

YOUNG AT HEART



SERVING SENIORS SINCE 1975



www.poultneyyahsc.com August 2022

802-287-9200

# Young at Heart Senior Center



**Join us for lunch and music!!**

Musician Jason Allen will be here on Thursday, August 18th to perform right after lunch. Jason is a member of the Army Band and a self-taught musician.

He is well versed in many genres of music. He will play a mix of 50's and 60's rock hits, gospel/hymn, Big Band/Jazz standards, Americana and various patriotic songs. Space is limited so please call to reserve a seat.

## Hypertension Presentation

Southern Vermont Council on Aging will be hosting a Nutrition Education Program on Hypertension Thursday, August 25th, from 1-2pm at the Young at Heart Senior Center.

Presentation will include a food demo and Q & A with SVCOA Registered Dietician.

Please call YAHSC at (802)287-9200 to register.



Huge THANK YOU to everyone that donated to the Basket Raffle and Golf Tournament Fundraisers! The basket raffle was our best year to date, we had over 170 baskets plus large ticket items. This is our largest fundraiser each year. The Golf Tournament was successful as well and will become an annual event! It would not have been possible without all of our hole sponsors and prize donations. Your continued generosity and support help the young at Heart Senior Center continue to offer and expand on our services. We thank you all very much for being a part of the Young at Heart community!



## Blood Drive

Blood Drive is Saturday, September 10, 2022

9:30am-2:00pm

Make an appointment with the American Red Cross

Call 1(800)733-2767 or

Online at [RedCrossBlood.org](http://RedCrossBlood.org) use sponsor code:



### August Birthdays

1 David Knipes

2 Marion Parent

Kathleen Knipes

3 Matt McCoy

4 Arthur Moyer

Marlene Parker

7 Diane Proulx

Cindy Davis

8 Gene Sargent

9 Mildred Corey

Nancy Boyton

Gloria Marcy

14 Virginia Ericson

17 Marge Lowe

20 John Richards

21 Carol Beaver

Rosemary McManus

23 Jack Roberts

Barbara DeBonis

28 Mary Whitney

**SASH**  
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AT HOME

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### Blood Pressure Clinic

Tuesday, August 9, 2022

10:30am—12:30pm

Sponsored by SASH

### Foot Clinic

Foot clinics is August 5, 2022

from 9am-11:15am

Cost is \$10 to the VNA

Please call to schedule

### Bone Builders

Tuesday and Thursday at 9:30am

Drop-ins always welcome

### Board of Directors:

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### Site Director:

Carrie LaFond-  
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### Cook:

Diane Ferguson



Tuesday	Wednesday	Thursday	Friday
2	3	4	5
Baked Ziti Mixed Veggies Garden Salad Fresh Fruit  <u>Bone Builders 9:30</u>	Baked Fish w/ Rice Mixed Veggies Garden Salad Fruit Salad	Sloppy Joes w/ ground Turkey Home Fries Beets Jello w/ fruit  <u>Bone Builders 9:30</u>	Quiche w/ Veggies and Cheese Cucumber & Tomato Salad Fruit Salad Muffin
9	10	11	12
Steak and Cheese Sandwich w/ Peppers and Onions Garden Salad Fruit Salad  <u>Bone Builders 9:30</u>	Pork Parmesan w/ Pasta & Sauce Mixed Veggies Berries  <u>Card Playing 1:00 PM</u>	Chicken & Biscuits Peas & Carrots Mashed Potatoes Pineapple Tidbits  <u>Bone Builders 9:30</u>	Chef Salad w/ Chicken Yogurt Muffin Fruit Salad
16	17	18	19
Haluski Ham w/ Cabbage, Carrots, and Onions Buttered Noodles Mandarin Oranges  <u>Bone Builders 9:30</u>	Shepherd's Pie Mixed Veggies Fruit Crisp  <u>Card Playing 1:00 PM</u>	Sliced Turkey w/ Gravy Mashed Sweet Potatoes Stuffing Green Beans Cranberry Sauce  <u>Bone Builders 9:30</u>	Mac and Cheese Stewed Tomatoes Broccoli Pears
23	24	25	26
Turkey Burgers 3 Bean Salad Garden Salad Fruit Salad  <u>Bone Builders 9:30</u>	Meatloaf Mashed Potatoes Broccoli Fruit Crisp  <u>Card Playing 1:00 PM</u>	Sweet & Sour Chicken w/ Mixed Veggies Brown Rice Garden Salad Fruit Salad  <u>Bone Builders 9:30</u>	Roast Pork w/ Gravy Mashed Sweet Potatoes Brussels Sprouts Strawberry Shortcake
30	31		
Scrambled Eggs Sausage Home Fries w/ Peppers & Onions Fruit Salad Zucchini Muffin  <u>Bone Builders 9:30</u>	Beef Stroganoff w/ Noodles Carrots Garden Salad Fresh Fruit		

Menu is subject to change without notice due to product availability and Nutritionist.  
 Garden Salads consist of Lettuce, Tomatoes, onion, peppers, eggs. Fruit Salad is pineapple,  
 bananas, Strawberries, blueberries, grapes, and/or peaches, when available.



**3SQVT** :The Department for Children and Families (DCF) announced a new program starting October 1, 2020. 3SquaresVT in a SNAP offers older and/or disabled Vermonters an easier way to receive and keep 3SquaresVT food benefits.

This program is for households where everyone is: at least 60 years old or receiving disability benefits, and not earning income from a job or self-employment. Households that qualify will be able to: apply using a simpler, shorter application, and keep their benefit for three years without needing to do an annual review.

3Squares in a SNAP is a demonstration project authorized by the Federal Nutrition Service of the USDA. The goal is to increase the participation of older and disabled Vermonters in the state's federal nutrition assistance program: 3SquaresVT. It does this by streamlining the application and recertification process. The project is authorized for a period of five years.

To learn more, go to <https://dcf.vermont.gov/benefits/3SquaresVT/SNAP>



## Farmers Market

Thanks to the Vermonters Feeding Vermonters grant we are able to have our Farmers Markets on Fridays from 11am until 12:30 or supplies last. We will be set up outside near the parking lot (depending on construction status). Each week our offerings will very depending on what's in season. We will have fresh meats, yogurts, vegetables, and fruits into October.

## HYDRATION TIPS

- **Drink even when you aren't thirsty.** For most adults it is recommended to consume 8 glasses of water a day.
- **Eat fruits and vegetables that are rich in water.** Be sure to add strawberries, oranges, watermelon, cantaloupe and other melons, lettuce, cucumbers, spinach, and skim milk to your diet regularly.
- **Flavor the water, if needed.** If you need flavor in your drinks add flavoring with fresh fruits or 100% fruit juice.

Essential Meal on Wheels preparation and deliver will continue as always, unless school is cancelled. The Southwestern Vermont Council on Aging is the administrator of the Meals on Wheels program in Rutland County. Our center provides home cooked nutritious meals including protein, vegetables, milk/juice, bread and fruit. The visit by the volunteer driver is just as important as the healthy meal.

In order to SIGN UP for Meals on Wheels you must call the SVCOA at 1-800-642-5119 or 786-5990. The program depends on participant contributions to help support it. There is SUGGESTED donation of \$3.50 if 60 and over, and \$5.00 if under 60 years of age.

A person over 60 years of age is eligible for Meals on Wheels if he/she:  
Experiences "food insecurity" as described by the Urban Institute OR Has temporary or permanent incapacity. Also Eligible: The spouse of an eligible participant, regardless of age, if according to criteria, recipient of the meal is in the best interest of the meal. OR A person with a disability, who resides with, or is in the care of individuals receiving home-delivered meals. OR A person over 60, with a disability, if they reside in senior housing where congregate meals are provided OR  
A Person with a disability who is referred by The Vermont Center for Independent Living.



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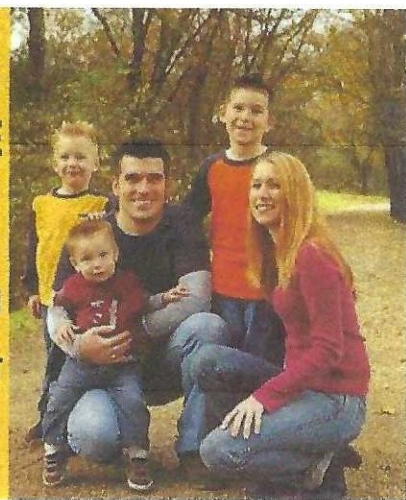
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## YAHSC Thrift Store

### August Sales

Open Tuesday through

Friday 9am to 12pm

\$3 bags of clothing

(some exclusions apply)

Come make a deal!!

We have lots of merchandise to move!

Stock changes daily.

YAHSC greatly appreciates the generous outpouring of donations we receive on a daily basis.

Clothing-CANNOT be stained, ripped, have any missing/broken zippers, or buttons and cannot have an odor.

ITEMS THAT WE CANNOT ACCEPT:

Cribs, car seats, booster seats, diaper genie, pack & plays

Textbooks and encyclopedias

Small appliances missing pieces and/or cords

Broken or damaged items

**IF DONATION BOX IS FULL PLEASE DO NOT LEAVE DONATIONS OUTSIDE OF BOX!!**