

YOUNG AT HEART



SERVING SENIORS SINCE 1975

www.poultneyahsc.com October 2022

802-287-9200

# Young at Heart Senior Center



## Halloween Party!!

Join us Thursday, October 27th for lunch, games, and festivities. Games start at 11am if you would like to take part in pumpkin bowling and bocce. Lunch menu to include: mac & cheese, stewed tomatoes, carrots, mandarin oranges, and a special dessert! All the classic Halloween songs will be playing. Costumes are encouraged. Limited seating, call to make reservations (802) 287-9200.

## Tea Cup Auction

Friday, October 14

Toys, Baked Goods, Crafted Items, Groceries, Jewelry, White Elephant Items and much more!

Doors open at 5:00, drawings begin at 6:30

\$1 for each set of 10 tickets

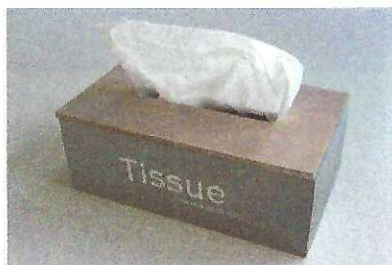
Concession stand with sandwiches, snacks, and desserts!



## October Birthday Dinner

Thursday, October 13th

Menu to include: Hot open-faced turkey sandwich with gravy, mashed potatoes, stuffing, peas & carrots, cranberry sauce, and dessert. There will be a raffle, 50/50, and games. Seating is limited so please call to reserve your seat.



## FLU CLINIC

VNA will be here Wednesday,

**October 19th from 9am-11am.**

Please bring your insurance card and wear a shirt that provides easy access to your upper arm.

Call (802)287-9200 to schedule your appointment.





## Blood Drive

Blood Drive is Saturday, November 26, 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:

PoultneyYAHSC

**Bone Builders Tuesday and Thursday at 9:30am Drop-ins always welcome**



2 Blanche Ross

Linda Danielson

4 Richard Thomas

5 Elaine Bagley

12 Maureen Capman

13 Pamela Mikkelsen

14 Joan Vladyka

17 JoAnn Richardson

22 Ruth Baker

23 Judy Prunier

Alice Reed

24 Peggy Moulton

Solange Martineau

26 Diane Rice

27 Ruth Jones

28 Dorothy LeBlanc

29 Katherine Dikeman

31 Audrey Haschemeyer

## Blood Pressure Clinic

Tuesday, October 10, 2022

10:30am—12:30pm

Sponsored by SASH

## Foot Clinic

Foot clinics is October 7, 2022

from 8:30am-11am

Cost is \$10 to the VNA

Please call to schedule

## Board of Directors:

### President:

Jonas Rosenthal

### Vice President:

Suzy Kasuba

### Secretary:

Maureen Capman

### Treasurer:

Carol Stierle

## Trustees:

John Thomas

Gerry Woodruff

Sheila Nichols

Mary Preseau

Pat Beatty

## Site Director:

Carrie LaFond-Hurlburt

## Cook:

Diane Ferguson

| Tuesday   | Wednesday   | Thursday   | Friday  |
|---|---|--|---|
| 4   | 5   | 6  | 7   |
| <p>Goulash<br/>Broccoli<br/>Garden Salad<br/>Fresh Fruit</p> <p><u>Bone Builders 9:30</u></p>   | <p>Corn Chowder<br/>Chicken Salad w/Celery<br/>Sandwich<br/>3 Bean Salad<br/>Mandarin Oranges</p> <p><u>Card Playing 1:00</u></p>                       | <p>Crustless Veggie Quiche<br/>w/ Cheese<br/>Sweet Potato Home Fries<br/>Fruit Crisp</p> <p><u>Bone Builders 9:30</u></p>  | <p>Roast Pork w/ Gravy<br/>Mashed Potatoes<br/>Peas<br/>Applesauce<br/>Biscuit</p>        |
| 11  | 12  | 13   | 14  |
| <p>Chef Salad w/<br/>Chicken,egg, cheese,<br/>croutons, and<br/>veggies<br/>Fruit &amp; Yogurt Partfait<br/>w/ Granola</p> <p><u>Bone Builders 9:30</u></p> | <p>Spaghetti &amp; Meatballs<br/>Crunchy Baked<br/>Zucchini<br/>Cucumbers &amp; Tomato<br/>Salad<br/>Fresh Fruit</p> <p><u>Card Playing 1:00 PM</u></p> | <p><b>Birthday Dinner</b></p> <p>Open Face Hot Turkey<br/>Sandwich w/ Gravy<br/>Mashed Potatoes<br/>Peas &amp; Carrots<br/>Stuffing<br/>Cranberry Sauce</p> <p><u>Bone Builders 9:30</u></p> | <p>Chop Suey w/ Beef &amp;<br/>Pork w/Veggies over Rice<br/>Cole Slaw<br/>Fruit Crisp</p> |
| 18  | 19  | 20   | 21  |
| <p>Turkey Burgers w/<br/>Bun<br/>Sweet Potato Home<br/>Fries<br/>Mixed Veggies<br/>Fresh Fruit</p> <p><u>Bone Builders 9:30</u></p>                         | <p>Meatloaf w/ Gravy<br/>Mashed Potatoes<br/>Carrots<br/>Fruit Crisp</p> <p><u>Card Playing 1:00 PM</u></p>   | <p>Cream of Broccoli Soup<br/>Ham Salad Sandwich<br/>3 Bean Salad<br/>Upside down Fruit Cake</p> <p><u>Bone Builders 9:30</u></p>  | <p>3 Cheese Baked Ziti<br/>Squash<br/>Garden Salad<br/>Pears</p>                          |
| 25  | 26  | 27   | 28  |
| <p>Hamburgersw / Buns<br/>Potato Salad<br/>Mixed Veggies<br/>Fresh Fruit</p> <p><u>Bone Builders 9:30</u></p>   | <p>Sweet &amp; Sour Pork w/<br/>Vegetables over Brown<br/>Rice<br/>Garden Salad<br/>Fruit Cocktail</p> <p><u>Card Playing 1:00 PM</u></p>               | <p><b>Halloween Party</b></p> <p>Mac &amp; Cheese<br/>Stewed Tomatoes<br/>Carrots<br/>Mandarin Oranges<br/>Brownie</p> <p><u>Bone Builders 9:30</u></p>                                      | <p>Baked Chicken w/ Gravy<br/>Mashed Sweet Potatoes<br/>Broccoli<br/>Peach Crisp</p>      |
|   |   |  |   |

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>

### **\*\*\*STUFF-A-SHANTY\*\*\***

The Poultney Chamber aims to collect enough cold weather gear to stuff-a-shanty, with cold weather clothing for kids and adults. !These warm items will be donated to those who need them before the worst of the winter weather hits! They want everyone to be warm this winter, whether they are just going outside for a breath of fresh air, playing in the snow, walking to work or school, or taking care of shopping or other errands.

If you knit, crochet, sew, or like to "make things" here's a project for you! Maybe you have used, but still serviceable, cold weather gear at home you can donate, or just like to shop for others. There are lots of places right in town to get warm clothing and you can donate starting in October.

The Poultney Area Chamber will be collecting the hats, mittens, scarves, blankets, and other similar small pieces of cold weather gear from boxes placed at local businesses, and keep track of how full the ice fishing shanty is getting. Young at Heart Senior Center is a collection site. Donations can be dropped off during business hours Tuesday –Friday 8am to 2pm.

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.



# Whitney's West Side Styles

2660 County Route 17  
West Granville, NY

*Mary Whitney,  
Licensed Hairdresser*

*Hours  
Tuesday - Saturday  
8am - 5pm*

*(518) 642-1331  
Call for an Appointment*

Helping you move and feel better for over 25 years!



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153 Main St., Suite 2B  
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28 Fourth St.  
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Thank you to our advertisers!!

Interested in placing your AD here and supporting the Young at Heart by deferring the cost of this newsletter, please call (802)287-9200 to find out more.

Ad Rates:

\$12 @ month \$60 @ 6 months \$115 @ year

## Volunteers Needed!

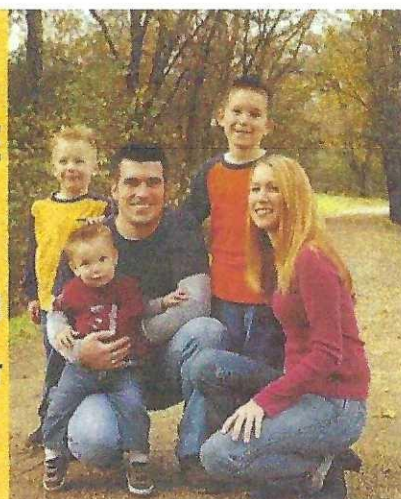
We are in need of volunteers in all areas from the kitchen, to dining room servers, substitute meals on wheels drivers, and in the thrift store. We could use volunteers from 8am-11am helping to prep food or 11am- 1pm helping with dishes. We also need dining room help Tuesdays from 10:30-1 and subs. Please call (802) 287-9200 if you are looking to volunteer. Thank you!!!

## K & K CREATIONS FAMILY HAIR CARE

336 SOUTH STREET  
POULTNEY, VERMONT

Phone: (802) 287-4241

KANDKCREATIONS@COMCAST.NET  
WWW.KANDKHAIRSALEN.COM  
[www.facebook.com/kimberly.flynn.982](http://www.facebook.com/kimberly.flynn.982)



## YAHSC Thrift Store

Open Tuesday through

Friday 9am to 12pm

**HUGE SALE**

**SATURDAY,**

**October 8th!!**

**9am-1pm**

**Come see us during  
Poultney's Town Wide**