

YOUNG AT HEART



SERVING SENIORS SINCE 1975

www.poultneyyahsc.com September 2022

802-287-9200

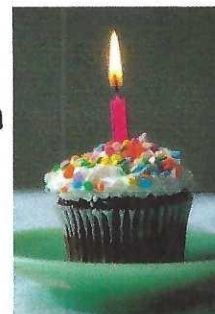
Young at Heart Senior Center



Birthday Dinners are Back!!!

Join us Thursday, September 15th for lunch and games! We will be serving Chicken and Biscuits, Mashed Potatoes, Carrots, Cranberry Sauce, and a dessert.

Seating is limited so please call (802)287-9200 to make reservations!



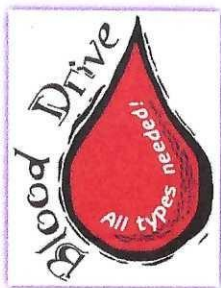
Need help paying your rent/rent expenses, utilities/home energy costs? Vermont Emergency Rental Assistance Program (VERAP) will be at YAHSC on Wednesday, September 14th from 9:30-12:30 to offer 1 on 1 application assistance. Call us at (802)287-9200 to make an appointment or to get more detailed information on the program. You may be surprised on who can qualify for this program.

BRRR....Cold Weather will be here before we know it!

Southern Vermont Council on Aging will be at YAHSC on Wednesday, September 28th from 10-12 to provide 1 on 1 assistance to 3SQT applicants for SNAP and Fuel Assistance. SVCOA's goal is to help as many people as possible receive benefits.



We're excited to share that we were selected by Shaw's to benefit from their **Give Back Where It Counts Program**. For the month of September 2022, Young at Heart Senior Center will receive a \$1 donation from each purchase of the \$3.00 reusable GIVE BACK WHERE IT COUNTS Bag at the Shaw's store located at Shaw's 55 Depot Street, Poultney VT.



Blood Drive

Blood Drive is Saturday, September 10, 2022

9:30am-2:00pm

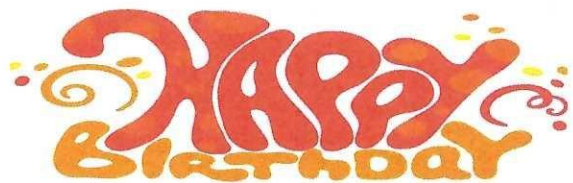
Make an appointment with the American Red Cross

Call 1(800)733-2767 or

Online at RedCrossBlood.org use sponsor code:

PoultneyYAHSC

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



2 Joseph Phillips, Jr.

Mary Ann Richards

3 Patricia Szabo

7 Shirley Scott

9 Bernie Vladyka

10 Altas Johnston

Deborah Williams

11 Julius Kiemersma

14 Peggy Billow

17 Cathy Farrell

Cindy Krueger

18 Jane Salisbury

20 Ann DeBonis

23 Linda Phillips

25 Donald Clark

26 Joanne Moss

Ginny Maguire

Oliver Allen

28 Edith Golden

30 Debra West



Blood Pressure Clinic

Tuesday, September 13, 2022

10:30am-12:30pm

Sponsored by SASH

Foot Clinic

Foot clinics is September 2, 2022

from 8:30am-11am

Cost is \$10 to the VNA

Please call to schedule

Board of Directors:

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John Thomas

Gerry Woodruff

Sheila Nichols

Mary Preseau

Pat Beatty

Site Director:

Carrie LaFond-Hurlburt

Cook:

Diane Ferguson

| Tuesday | | Wednesday | | Thursday | | Friday | |
|--|--|--|--|---|--|---|--|
| | | | | 1 | | 2 | |
| | | | | BBQ Chicken Macaroni Salad 3 Bean Salad Sweet Potato Home Fries Melon <u>Bone Builders 9:30</u> | | Sloppy Joes w/Ground Turkey Mixed Vegetables Garden Salad Fruit Crisp | |
| 6 | | 7 | | 8 | | 9 | |
| Sausage,Peppers, & Onions w/Pasta Garden Salad Fresh Fruit <u>Bone Builders 9:30</u> | | Baked Chicken Stuffing Mashed Sweet Potatoes Broccoli Fruit Crisp <u>Card Playing 1:00 PM</u> | | Beef Stew w/Potatoes, Carrots & Onions Muffin Garden Salad Jello w/ Fruit <u>Bone Builders 9:30</u> | | Baked Ham Scalloped Potatoes Carrots Zuchinni Muffin | |
| 13 | | 14 | | 15 | | 16 | |
| Stuffed Pepper Casserole w/ Ground Turkey & Brown Rice Garden Salad Fruit Crisp <u>Bone Builders 9:30</u> | | BBQ Ribs Rice Squash & Zuchinni Garden Salad Fresh Fruit <u>Card Playing 1:00 PM</u> | | Chicken w/Biscuits Mashed Potatoes Carrots Cranberry Sauce <u>Bone Builders 9:30</u> | | Vegetable Quiche Home Fries w/Peppers & Onions Muffin Yogurt Fruit Salad | |
| 20 | | 21 | | 22 | | 23 | |
| Vegetable Lasagna Garden Salad w/Chick Peas Fresh Fruit <u>Bone Builders 9:30</u> | | Sweet n Sour Chicken w/ Brown Rice Vegetable Garden Salad Muffin w/Fruit <u>Card Playing 1:00 PM</u> | | Mac & Cheese Stewed Tomatoes Garden Salad Fruit Crisp <u>Bone Builders 9:30</u> | | Corn Chowder w/ Ham Salad Sandwich Pasta Salad w/ Veggies Berries | |
| 27 | | 28 | | 29 | | 30 | |
| Smothered Pork Chops w/ Stuffing Mashed Potatoes Carrots Apples <u>Bone Builders 9:30</u> | | Spaghetti w/Meatballs Mixed Vegetables Garden Salad Yogurt w/ Berries <u>Card Playing 1:00 PM</u> | | Beef & Veggie Stir Fry w/ Brown Rice Garden Salad Oranges <u>Bone Builders 9:30</u> | | Turkey Chili Sweet Potato Home Fries Corn Muffin Fruit | |

Menu is subject to change without notice due to product availability and Nutritionist.
Garden Salads consist of Lettuce, Tomatoes, onion, peppers,. 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 vary depending on what's in season. We will have fresh meats, yogurts, vegetables, and fruits into October.

September is Fall Prevention Month- 6 Steps to Fall Prevention

1. Find a good balance and exercise program.
2. Talk to your healthcare provider, ask for an assessment of your risk of falling
3. Regularly review your medications with your doctor or pharmacist
4. Get your hearing and vision checked annually and update your glasses
5. Keep your home safe. Remove hazards, increase lighting, keep stairs safe, and install grab bars.
6. Talk to your family and enlist their support.

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*

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!!!

Helping you move and feel better for over 25 years!



www.DonnaJohnsonPT.com

153 Main St., Suite 2B
Poultney, VT 05764
(802) 287-8213

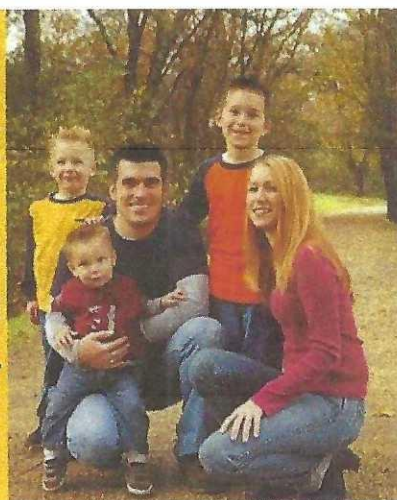
28 Fourth St.
Fair Haven, VT 05743
(802) 265-4055

K & K CREATIONS FAMILY HAIR CARE

336 SOUTH STREET
POULTNEY, VERMONT

Phone: (802) 287-4241

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WWW.KANDKHAIRSSALON.COM
www.facebook.com/kimberly.flynn.982



YAHSC Thrift Store

Open Tuesday through

Friday 9am to 12pm

HUGE SALE

SATURDAY,

SEPTEMBER 10th!!

9am-1pm

Come make a deal!!

We have lots of merchandise to move!

Young At Heart Senior Center

206 Furnace Street

Poultney, VT 05764

Help Support Young at Heart

For more than 40 years, The Young at Heart Senior Center has been committed to being an active force in making our region a positive, safe place to live and grow old. As you know, we offer nutritious meals, entertainment, information, educational opportunities, and a place to socialize. We work closely with the Southwestern Vermont Council on Aging and the Community of Vermont Elders (COVE) to provide access to information and services, including Meals on Wheels. Like most people, we pay our insurance, utility bills, heating costs, cooking fuel, and exorbitant food prices.

Help us continue this mission by making a financial contribution today. Your support will help Young at Heart continue to meet the needs of today's seniors, and ensure a place for the elders of tomorrow, next year, and five years from now.

Please make your tax deductible donation payable to Young at Heart, and mail to Young at Heart Senior Center, 206 Furnace St., Poultney, VT 05764. Young at Heart is a 501(c)3 nonprofit organization.

Have you considered including Young at Heart in your Will or Estate Planning? For more information, consult with your financial and legal counsel.

The Young at Heart Senior Center is a community organization whose mission is to be a positive force in making our region a better place to live and thrive as we grow older.

A 501(c)3 not-for-profit organization.