

YOUNG AT HEART



SERVING SENIORS SINCE 1975

# Young at Heart Senior Center

www.poultneyyahsc.com January 2023

802-287-9200



You all helped make 2022 one for the books.  
Cheers to a happy, healthy, and abundant 2023!

\*\*\*\*\*  
\* Snow Days are COMING, "WEATHER" WE LIKE  
\* IT OR NOT. As a reminder, if the Poultney  
\* Schools are Closed, there will be NO Meals on  
\* Wheels that day. The center will also be closed.  
\* Please look at the YAHSC facebook page or listen  
\* to local Channel 3 news.  
\*\*\*\*\*

**January Birthday Dinner, Thursday, January 12th**  
We will be serving Beef Stroganoff, Garden Salad,  
Fruit Salad, and a special dessert!



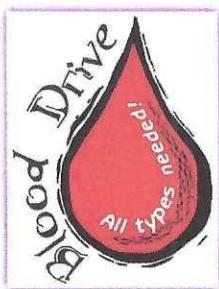
We will not be playing Bingo after lunch however, Did your Great Aunt Mary give you an orange scarf for Christmas when you prefer something blue? Did you receive your 100<sup>th</sup> frog mug "because you like frogs"? Rewrap it and bring it to the Re-gifting Party after lunch we'll do a Yankee Swap and you might go home with a treasure. If you liked all your gifts but still want to join the fun, wrap up something valued under (\$5? \$10?) and see what you get in return.



## NOTICE CHANGE OF DATE!!!

The election of officers and directors of Young at Heart Senior Center will take place **January 9th, 2023** board meeting. If you are interested in running for a position on the board, please contact Suzy Kasuba, Carol Stierle, or Carrie LaFond-Hurlburt at the center.

Annually, all four officer positions are re-appointed and two at large members. Nominations can be made from the floor. REMEMBER: This is YOUR Young at Heart, and everyone is eligible to vote, so COME ONE, COME ALL!! Please take part.



**Blood Drive**  
Blood Drive is Saturday, January 28, 2023  
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



### **HAPPY BIRTHDAY!!!**

4 Mary	Ellen Jones
Kay	Affinito
5 Robin	Miller
Mary	Thomas
6 Christine	Rochon
Dorothy	LaPlante
9 Doris	Hall
Carol	Ciejko
10 Carla	LaBelle
14 Sharon	Mallette
JoAnn	Holland
15 Daniel	Whitney
Louella	Nailor
17 Charlotte	Flanders
18 Jean	Hults
Althea	Lewis
20 Raymond	Bergeron
22 Joan	Edmundson
24 Lucille	McLellen
Lorraine	Wells
26 Patricia	McCoy
28 Catherine	Rochon
31 Kathie	Roby



**Blood Pressure Clinic**  
Thursday, January 12th, 2023  
10:30am-12:30pm  
Sponsored by SASH

**Foot Clinic**  
Foot clinic is January 6th, 2023  
from 8:30am-11am  
Cost is \$10 to the VNA  
Please call to schedule

### **Board of Directors:**

**President:**  
Suzy Kasuba  
**Trustees:**  
John Thomas  
Gerry Woodruff  
Sheila Nichols  
Mary Preseau  
Pat Beatty

### **Site Director:**

Carrie LaFond-Hurlburt  
**Secretary:**  
Maureen Capman  
**Treasurer:**  
Carol Stierle  
**Cook:**  
Diane Ferguson  
**Kitchen Manager:**  
Carol Stierle

ALL MEALS INCLUDE	1% MILK	CALL , IF EATING IN	Whole wheat bread	Meals Served 12:00	low sodium gravy is used	Jan-23
Tuesday	Wednesday	Thursday			Friday	
3	4	5			6	
Ground Turkey Sloppy Joes Sweet Potato Home Fries Garden Salad Fruit Salad <u>Bone Builders 9:30</u>	Mac & Cheese Stewed Tomatoes Broccoli Peaches  <u>Card Playing 1:00</u>	Vegetable Soup w/ crackers Chicken Salad Sandwich 3 Bean Salad Mandarin Oranges  <u>Bone Builders 9:30</u>	Meatloaf Mashed Potatoes Broccoli/Cauliflower Mix Fruit Crisp			
10	11	12			13	
Vegetable Lasagna Garden Salad w/ egg Pears  <u>Bone Builders 9:30</u>	Baked Chicken Brown Rice California Mixed Veggies Beets Pineapple  <u>Card Playing 1:00 PM</u>	BIRTHDAY DINNER Beef Stragonoff Garden Salad Fruit Salad  <u>Bone Builders 9:30</u>	Pork Chops w/ Gravy Mashed Sweet Potatoes Mixed Vegetables Fruit Crisp			
17	18	19			20	
Baked Ziti Mixed Vegetables Garden Salad Fruit Salad  <u>Bone Builders 9:30</u>	Chicken & Biscuits Mashed Potatoes Peas & Carrots Apple Sauce  <u>Card Playing 1:00 PM</u>	Shepard's Pie Broccoli Fruit Muffin  <u>Bone Builders 9:30</u>	Broccoli Cheese Soup w/ Crackers Ham Salad Sandwich 3 Bean Salad Fresh Fruit			
24	25	26			27	
Stuffed pepper Casserole w/ Ground Chicken & Brown Rice Garden Salad Fruit Salad  <u>Bone Builders 9:30</u>	Open Face Hot Turkey Sandwich w/ Gravy Mashed Potatoes Carrots Cranberry Sauce  <u>Card Playing 1:00 PM</u>	Sausage, Peppers, & Onions over Buttered Noodles Garden Salad Fruit w/ Jello  <u>Bone Builders 9:30</u>	Beef Stew Cole Slaw Biscuit Mandarin Oranges Pudding			
31						
Chicken Alfredo Mixed Vegetables Garden Salad Fruit Salad  <u>Bone Builders 9:30</u>						

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>

### **Mental Health Awareness Month, 6 Ways to Improve Mental Health**

1. Play Mind Games- Just as the body needs physical activity and stimulation to stay healthy, the brain needs stimulation to stay sharp and avoid cognitive decline as we age.
2. Get Physical-From taking regular walks to yoga classes and ballroom dancing, exercise and physical activity benefit both the mind and the body by boosting confidence and reducing the risk of falls.
3. Stay Connected with Friends- Time and distance can make it difficult for people to maintain close relationships with old friends, especially as they age.
4. Pick up a New Hobby
5. Volunteering
6. Care for a pet- When appropriate animals can help you stay active and offer companionship

Essential Meal on Wheels preparation and delivery 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.



2660 County Route 17  
West Granville, NY

*Mary Whitney,  
Licensed Hairdresser*

*Hours  
Tuesday - Saturday  
8am - 5pm*

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

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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.

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

***NOTICE: ELECTION for YOUNG AT HEART  
POSTPONED!***

Due to unforeseen circumstances, the election of officers and directors of Young at Heart Senior Center has been postponed until the January 9th, 2023 board meeting. If you are interested in running for a position on the board, please contact Suzy Kasuba, Carol Stierle, or Carrie LaFond-Hurlburt at the center. Annually, all four Executive positions are re-appointed. We also have three Trustees positions available. Please join us, open to all!

**Date/Time: January 9th, 2023 at 10:00 am**

**Location: Young at Heart Senior Center**

Helping you move and feel better for over 25 years!



[www.DonnaJohnsonPT.com](http://www.DonnaJohnsonPT.com)

153 Main St., Suite 2B  
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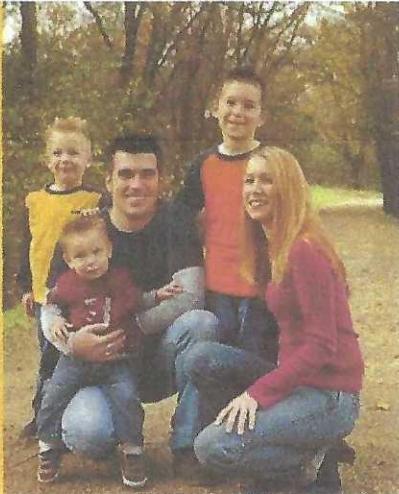
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**YAHSC Thrift**

**Store**

**Open Tuesday  
through**

**Friday 9am to  
12pm**

**New items arriving  
daily!**

*Young at Heart Senior Center*

206 Furnace St.

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 and Medicare. Like most people, we pay our insurance, utility bills, heating and cooking fuels, and food costs.

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.*