



Congratulations 2023 Elected Board Members!!

President: Suzy Kasuba

Trustees:

Heart Vice President: Jeff King

John Thomas (3 year)

Secretary: Maureen Capman

Sheila Nichols (2 Year)

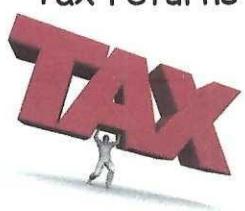
Heart Treasurer: Carol Stierle

Mary Preseau (1 year)

AARP FREE INCOME TAX PREPARATION!!

Thursday, March 9th, 2023

Tax returns will be prepared and electronically filed by
preparers certified by AARP.



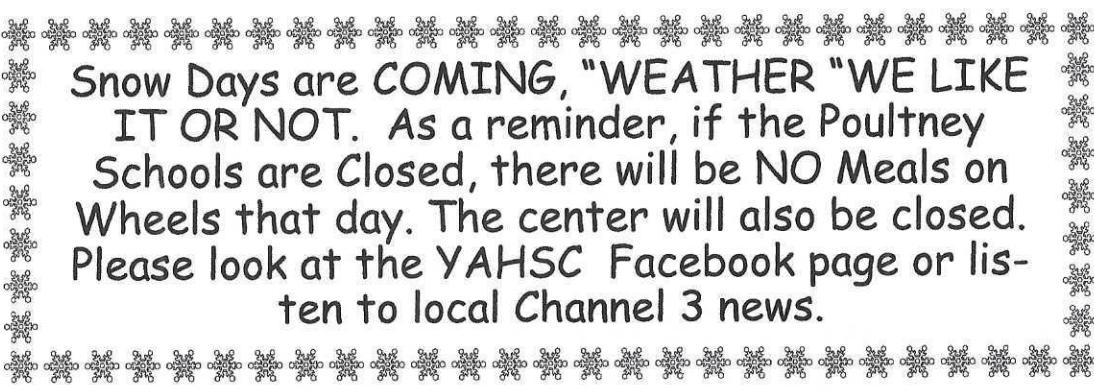
Appointments are limited and must be scheduled in advance. Please call Young at Heart to schedule (802)287-9200.

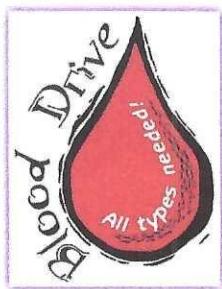
Birthday Dinner, Thursday, February 9th



We will be serving Hungarian Goulash, Mixed Vegetables, Garden Salad, and a special dessert! Feel free to bring an item for our raffle. Also, remember your dimes and quarters Bingo to follow lunch!

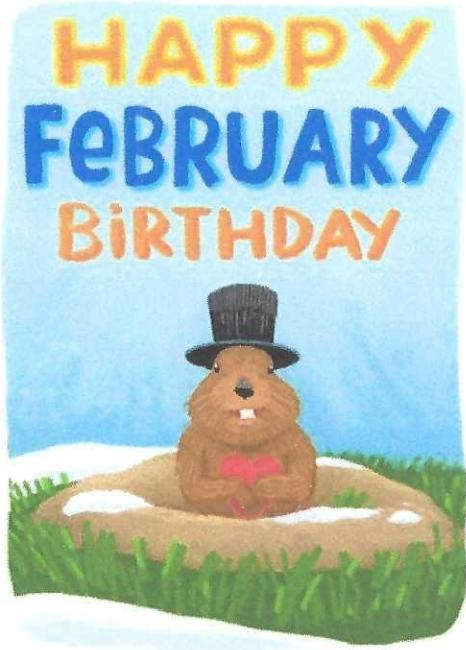
Snow Days are COMING, "WEATHER" WE LIKE IT OR NOT. As a reminder, if the Poultney Schools are Closed, there will be NO Meals on Wheels that day. The center will also be closed. Please look at the YAHSC Facebook page or listen to local Channel 3 news.





Blood Drive
Saturday, March 25th @ St. Raphael Catholic Church
From 9:30am-2pm
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



February Birthdays

4 Pat Provost
6 Dorothy Turunen
Leon Parker
7 Maureen Hill
8 Ellis Flanders
9 Pam Goodwin
13 Shirley Rogers
19 Linda Shaw
27 Susan Kasuba



Blood Pressure Clinic
Thursday, February 9th, 2023
10:30am—12:30pm
Sponsored by SASH

Foot Clinic
Foot clinic is February 3rd, 2023
from 8:30am-11am
Cost is \$10 to the VNA
Please call to schedule

Board of Directors: President: Suzy Kasuba Vice President: Jeff King 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
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ALL MEALS INCLUDE	1% MILK	CALL , IF EATING IN	Whole wheat bread	Meals Served 12:00	low sodium gravy is used	Feb-23
Tuesday	Wednesday	1	2	3		
	Beef Stir Fry w/ Veggies over Brown Rice Cole Slaw Oranges <u>Bone Builders 9:30</u>	Card Playing 1:00	Pork chops w/gravy Mashed Potatoes Carrots Fruit Crisp <u>Bone Builders 9:30</u>	Vegetable Quiche w/ Cheese Garden Salad Fruit Muffin		
7	8	9	10			
Baked Chicken w/ Rice California Mixed Veggies Garden Salad Peaches <u>Bone Builders 9:30</u>	Mac & Cheese Stewed Tomatoes Broccoli Fruit Salad <u>Card Playing 1:00 PM</u>	BIRTHDAY DINNER Hungarian Goulash Carrots Garden Salad Fruit Muffin <u>Bone Builders 9:30</u>	BBQ Ribs Potato Salad 3 Bean Salad Fruit Crisp			
14	15	16	17			
VALENTINE'S DAY Beef Stew Garden Salad Fruit Cocktail Biscuit <u>Bone Builders 9:30</u>	Sausage, Peppers & Onions over buttered Noodles California Mixed Vegetables Jello w/ Fruit <u>Card Playing 1:00 PM</u>	Sloppy Joes w/ Ground Turkey Home fries Cole Slaw Apples <u>Bone Builders 9:30</u>	Pea Soup Ham Salad Sandwich Veggie sticks w/dip Mandarin Oranges			
21	22	23	24			
Shepherd's Pie Garden Salad Peaches Fruit muffin <u>Bone Builders 9:30</u>	Roast Pork w/ Gravy Mashed Sweet Potatoes California Mixed Vegetables Fruit Crisp <u>Card Playing 1:00 PM</u>	Corn Chowder Egg Salad Sandwich 3 Bean Salad Oranges <u>Bone Builders 9:30</u>	Chicken & Rice Casserole w/ Vegetables & Cheese Beets Fruit Cocktail Pudding			
28						
Chicken Parmesan over Pasta 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>

Heart Healthy Habits for Seniors

Get enough exercise- Physical activity is one of the best ways to improve heart health.

Quit smoking

Eat a heart-healthy diet- Load up on fresh fruits and vegetables while limiting saturated fats, salt, and foods containing cholesterol, like fatty meats .

Watch your numbers- Get regular check-ups to monitor health conditions that affect the heart.

Reduce Your Alcohol Intake

Watch Your Weight

Get Better Sleep

Reduce Your Stress

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.



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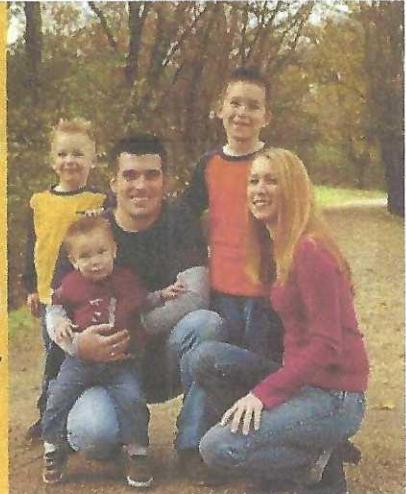
28 Fourth St.
Fair Haven, VT 05743
(802) 265-4055

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@ year

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.