

YOUNG AT HEART



SERVING SENIORS SINCE 1975

www.poultneyyahsc.com February 2023

802-287-9200

# Young at Heart Senior Center

## HELLO FEBRUARY

### Congratulations 2023 Elected Board Members!!

**President:** Suzy Kasuba

**Vice President:** Jeff King

**Secretary:** Maureen Capman

**Treasurer:** Carol Stierle

### Trustees:

John Thomas (3 year)

Sheila Nichols (2 Year)

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**

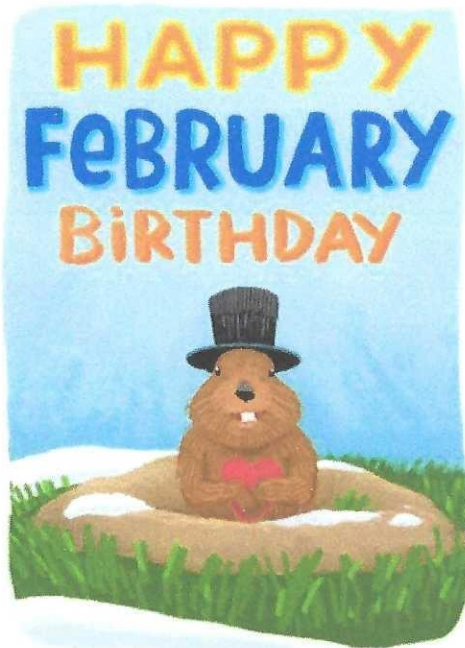
**Make an appointment with the American Red Cross**

**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**

Tuesday	Wednesday	Thursday	Friday
	1	2	3
<p><u>Bone Builders 9:30</u></p>	<p>Beef Stir Fry w/ Veggies over Brown Rice Cole Slaw Oranges</p> <p><u>Card Playing 1:00</u></p>	<p>Pork chops w/gravy Mashed Potatoes Carrots Fruit Crisp</p> <p><u>Bone Builders 9:30</u></p>	<p>Vegetable Quiche w/ Cheese Garden Salad Fruit Muffin</p>
7	8	9	10
<p>Baked Chicken w/ Rice California Mixed Veggies Garden Salad Peaches</p> <p><u>Bone Builders 9:30</u></p>	<p>Mac &amp; Cheese Stewed Tomatoes Broccoli Fruit Salad</p> <p><u>Card Playing 1:00 PM</u></p>	<p><b>BIRTHDAY DINNER</b> Hungarian Goulash Carrots Garden Salad Fruit Muffin</p> <p><u>Bone Builders 9:30</u></p>	<p>BBQ Ribs Potato Salad 3 Bean Salad Fruit Crisp</p>
14	15	16	17
<p><b>VALENTINE'S DAY</b> Beef Stew Garden Salad Fruit Cocktail Biscuit</p> <p><u>Bone Builders 9:30</u></p>	<p>Sausage, Peppers &amp; Onions over buttered Noodles California Mixed Vegetables Jello w/ Fruit</p> <p><u>Card Playing 1:00 PM</u></p>	<p>Sloppy Joes w/ Ground Turkey Home fries Cole Slaw Apples</p> <p><u>Bone Builders 9:30</u></p>	<p>Pea Soup Ham Salad Sandwich Veggie sticks w/dip Mandarin Oranges</p>
21	22	23	24
<p>Shepherd's Pie Garden Salad Peaches Fruit muffin</p> <p><u>Bone Builders 9:30</u></p>	<p>Roast Pork w/ Gravy Mashed Sweet Potatoes California Mixed Vegetables Fruit Crisp</p> <p><u>Card Playing 1:00 PM</u></p>	<p>Corn Chowder Egg Salad Sandwich 3 Bean Salad Oranges</p> <p><u>Bone Builders 9:30</u></p>	<p>Chicken &amp; Rice Casserole w/ Vegetables &amp; Cheese Beets Fruit Cocktail Pudding</p>
28			
<p>Chicken Parmesan over Pasta Garden Salad Fruit Salad</p> <p><u>Bone Builders 9:30</u></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>

### **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 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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153 Main St., Suite 2B  
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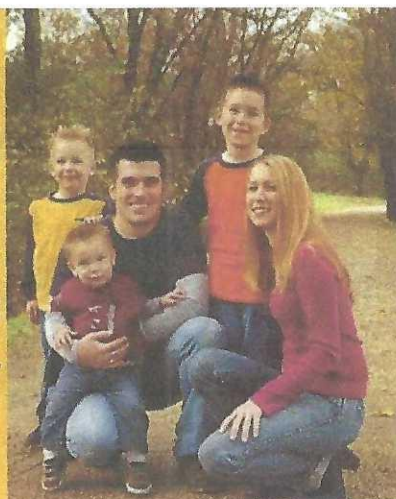
28 Fourth St.  
Fair Haven, VT 05743  
(802) 265-4055

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**Ad Rates:**

**\$12 @ month    \$60 @ 6 months    \$115  
@ 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.*