

YOUNG AT HEART



SERVING SENIORS SINCE 1975



Easter Brunch!



Join us Friday, April 7th for an early Easter brunch. Menu to

Include: Vegetable Quiche w/ Cheese, Garden Salad, Fruit Muffin, and a Fruit Salad. Call YAH to reserve your seat at (802)287-9200.

Birthday Dinner, Thursday, April 20th



our raffle!

Call (802)287-9200 to reserve due to limited seating. Menu to include: Roast Pork w/ Gravy, Mashed Potatoes, Broccoli & Carrots, and a Fruit Crisp! Feel free to bring an item for

Bingo Fundraisers!

Join us Thursday, April²⁷ and/or Sunday, April³⁰ at the MWA Hall in Wells where Young at Heart Senior Center will be receive part of the profits. We appreciate everyone's support with this over the years since this is a big fundraiser for our non-profit (thank you MWA).

Thursday, April²⁷ doors open at 5pm, games start at 7pm

Sunday, April³⁰ doors open at 10am, games start at 12pm

Concession available both dates.

MWA HALL 133 Main State Route, Wells, VT 05774

Walking Track is Open!

Did you spend too much time indoors this winter? Or do you just need to get some exercise? Whatever your reason is; come to Young at Heart to use our Path to Wellness that was installed late last year. If you haven't tried it, it's a must!

www.poultneyyahsc.com April 2023

802-287-9200

Young at Heart Senior Center



April Birthdays

- 1 Gloria Covell
- 2 Christine Gamble
Sandy Kelley
Linda Bates
- 6 Jane Gibson
- 7 Carol Brown
- 8 Judith Brown
- 11 Elizabeth Bruce
Fred Capron
- 15 Diane Ferguson
- 21 Mary Preseau
Edmund Preseau
- 23 Philip Gallo
- 24 Ron Kelley
- 25 Joan Sawyer
Patricia Panoushek
Sheila Nichols
- 26 Rose LaRose
- 27 George Butts
- 29 Una Jean Capman
Janet DeMatties
- 30 Carol Ross
Beverly King
Helen Young

SASH[®]
SUPPORT AND SERVICES
AT HOME

a caring partnership

Blood Pressure Clinic

Thursday, March 9th, 2023

10:15am—12:15pm

Sponsored by SASH

Foot Clinic

Foot clinic is April 7th, 2023

from 8:30am-11am

Cost is \$10 for toenails (fingernails are extra) to the VNA

Please call YAH to schedule

(802)287-9200

Board of Directors:

President:

Suzy Kasuba

Vice President:

Jeff King

Trustees:

John Thomas

Gerry Woodruff

Sheila Nichols

Mary Preseau

Pat Beatty

Secretary:

Maureen Capman

Treasurer:

Carol Stierle

Site Director:

Carrie LaFond-Hurlburt

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

Apr-23

Tuesday		Wednesday		Thursday		Friday	
4		5		6		7	
Goulash Broccoli & Cauliflower Garden Salad Garlic Bread Peaches <u>Bone Builders 9:30</u>		Sweet & Sour Pork w peppers,carrots & pineapple over brown rice Cole Slaw Fresh Fruit Salad <u>Card Playing 1:00</u>		Chicken & Biscuits Mashed Potatoes Carrots Cranberry Sauce <u>Bone Builders 9:30</u>		Easter Brunch Vegetable Quiche w/ Cheese Garden Salad Fruit Muffin Fruit Salad	
11		12		13		14	
Baked Chicken w/ Stuffing & Gravy Mashed Sweet Potatoes Peas Cranberry Sauce <u>Bone Builders 9:30</u>		Turkey Tetrazzini over pasta Garden Salad Pineapple Tidbits <u>Card Playing 1:00 PM</u>		Cream of Broccoli Soup Ham Salad Sandwich Garden Salad Pears <u>Bone Builders 9:30</u>		Meatloaf Mashed Potatoes w/gravy Carrots & Peas Fruit Crisp	
18		19		20		21	
Baked Ziti w/cheese California Mixed Veggies Garden Salads Fruit Salad <u>Bone Builders 9:30</u>		Chicken Alfredo Brussels Sprout Garden Salad Mandarin Oranges <u>Card Playing 1:00 PM</u>		BIRTHDAY DINNER Roast Pork w/ Gravy Mashed Potatoes Broccoli & Carrots Fruit Crisp <u>Bone Builders 9:30</u>		Baked Ham Sweet Potatoes California Mixed Veggies Fruit Muffin	
25		26		27		28	
Stuffed Pepper Casserole w/ground chicken Garden Salad Peaches Fruit muffin <u>Bone Builders 9:30</u>		Taco Casserol w/ lettuce, tomatoes fresh on top 3 Bean Salad Peaches <u>Card Playing 1:00 PM</u>		Mac & Cheese Stewed Tomatoes Broccoli Fruit Salad <u>Bone Builders 9:30</u>		Vegetable Soup Egg Salad Sandwich Cole Slaw Peaches	

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>

EFFECTIVE April 1, 2023 Home Delivered Meal Participant Eligibility Changes from DIAL

Any person is eligible who is age 60 or over, and is unable to obtain or prepare meals on a temporary or permanent basis due to a physical, mental or cognitive condition that requires assistance to leave home.

Also eligible are the spouse, regardless of age, of eligible individuals receiving HDM; and individuals under 60 years of age with a disability, who reside with an eligible individual receiving HDM.

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.