

YOUNG AT HEART

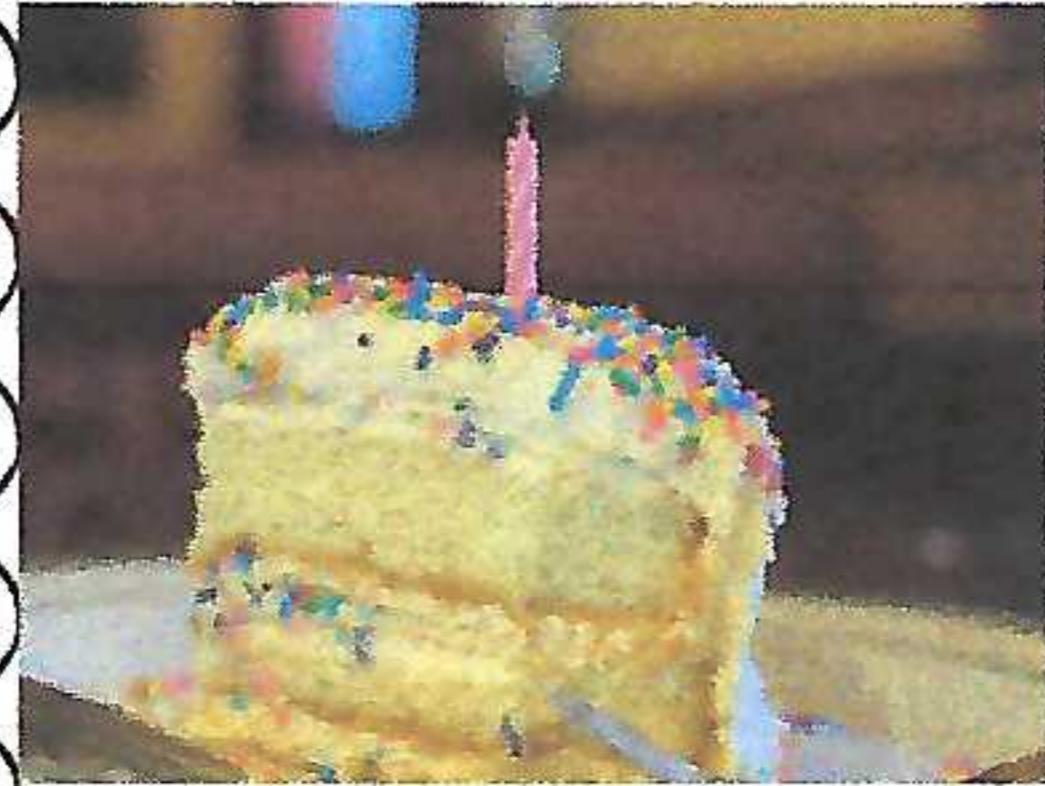


SERVING SENIORS SINCE 1975

# Young at Heart Senior Center

www.poultneyahsc.com October 2023

802-287-9200



## Birthday Dinner, Thursday, October 12th

Call (802)287-9200 to reserve due to limited seating. Menu to include Chicken a la King w/ Pasta, Garden Salad, Cranberry Sauce, and a special dessert. If you would like to bring in item to contribute to the raffle it is greatly appreciated! Also bring your dimes and quarters for BINGO after the meal!

## Annual Election of Officers



Monday, October 16, 2023, will be our election of officers. The public is encouraged to join. We will meet at 10am at our center 206 Furnace St. in Poultney.

## Tea Cup Auction!!!

Friday, November 10th

At Modern Woodmen in Wells.

Doors open at 5:00, Drawing begins at 6:30

\$1 for each set of 10 tickets

Concession stand with sandwiches, snacks, and desserts!

All proceeds benefit the Young at Heart Senior Center

Thank you for your support!

**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



**SUPPORT AND SERVICES  
AT HOME**

*a caring partnership*

**Foot Clinic**

**Foot clinic is October 6, 2023**

**from 8:30am-11am**

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

**Please call YAH to schedule**

**(802)287-9200**

**Blood Pressure Clinic**

**Thursday, October 12, 2023**

**10:15am–12:15pm**

**Sponsored by SASH**



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



**OCTOBER  
BIRTHDAYS**

2	Blanche	Ross	23	Judy	Prunier
4	Richard	Thomas		Alice	Reed
5	Elaine	Bagley	24	Peggy	Moulton
12	Maureen	Capman		Solange	Martineau
	Donald	Boutwell	25	Donna	Lamb
13	Pamela	Mikkelson	26	Diane	Rice
14	Joan	Vladyka	27	Ruth	Jones
17	JoAnn	Richardson	28	Dorothy	LeBlanc
22	Ruth	Baker	29	Katherine	Dikeman
			31	Audrey	Haschemeyer

ALL MEALS INCLUDE		CALL , IF EATING IN BY 9AM		Whole wheat bread	Meals Served 12:00	low sodium gravy is used	Oct. 2023
Tuesday		Wednesday		Thursday		Friday	
3		4		5		6	
Chicken, Broccoli, & Rice Casserole Mixed Veggies Mandarin Oranges <u>Bone Builders 9:30</u>		BBQ Pork Rib Baked Beans Macaroni Salad Garden Salad Fruit Salad <u>Card Playing 1:00</u>		Meatloaf Mashed Potatoes Carrots Fruit Crisp <u>Bone Builders 9:30</u>		Ham Salad Sandwich on wheat Squash Soup Cole Slaw Pineapple	
10		11		12		13	
Hamburger w/ Bun Sweet Potato Fries Garden Salad Berries <u>Bone Builders 9:30</u>		Mac & Cheese Stewed Tomatoes Broccoli Cottage Cheese w/ Fruit <u>Card Playing 1:00 PM</u>		BIRTHDAY DINNER Chicken a la King w/ Pasta Garden Salad Cranberry Sauce <u>Bone Builders 9:30</u>		Vegetable Quiche w/ Cheese Cole Slaw Zucchini Muffin Yogurt with Fruit	
17		18		19		20	
Hungarian Goulash Pasta Mixed Veggies Garden Salad Fruit Salad <u>Bone Builders 9:30</u>		Sweet & Sour Chicken Rice Peas & Carrots Mandarin Oranges <u>Card Playing 1:00 PM</u>		Beef Stew Garden Salad Fruit Crisp Corn Muffin <u>Bone Builders 9:30</u>		Stuffed Pepper Casserole w/ Ground Turkey and Brown Rice Broccoli Pears	
24	4	25		26		27	
Chef Salad Sweet Potato Fries Yogurt Parfait w/ fruit & granola <u>Bone Builders 9:30</u>		Reuben Casserole Garden Salad Jello w/ Fruit <u>Card Playing 1:00 PM</u>		Pulled Pork Sandwich Home Fries Cole Slaw Peaches <u>Bone Builders 9:30</u>		Chicken Alfredo Carrots & Broccoli Cucumber & Tomato Salad Mandarin Oranges	
31							
Beef Stir Fry w/ Peppers, Onions, Broccoli, Carrots, & Snap Peas Brown Rice Garden Salad Pineapple <u>Bone Builders 9:30</u>		Card Playing 1:00 PM		<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>

**Board Meeting 3rd Monday of the Month  
@10am!! All are welcome!**

**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.



2660 County Route 17  
West Granville, NY

*Mary Whitney,  
Licensed Hairdresser*

*Hours  
Tuesday - Saturday  
8am - 5pm*

*(518) 642-1331*

*Call for an Appointment*

**Young at Heart Thrift Store**

**Open Tuesday- Friday**

**9am –1pm**

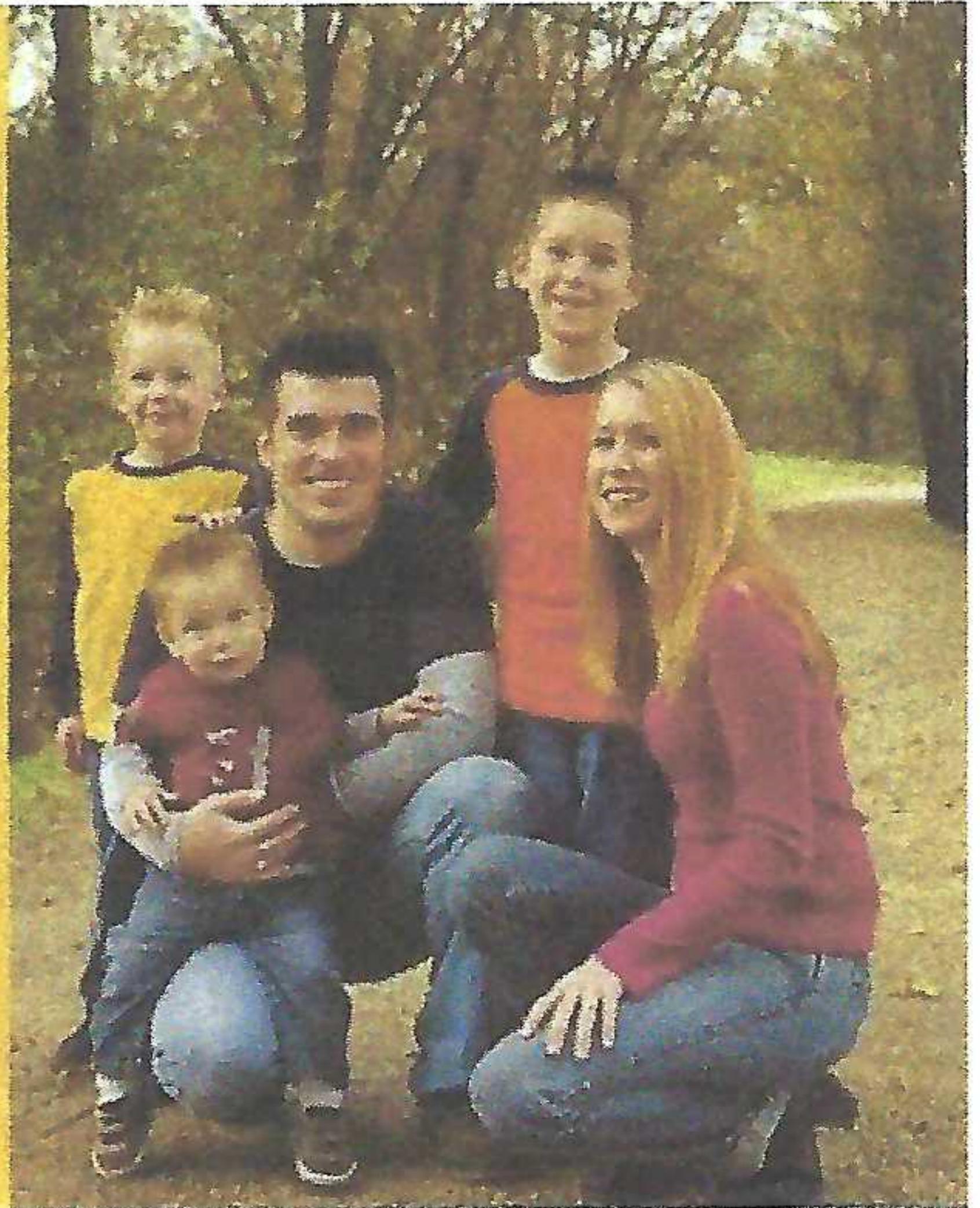
**We are accepting donations at this  
time during regular business hours.**

## **K & K CREATIONS FAMILY HAIR CARE**

**336 SOUTH STREET  
POULTNEY, VERMONT**

**Phone: (802) 287-4241**

**KANDKCREATIONS@COMCAST.NET  
WWW.KANDKHAIRSALON.COM  
www.facebook.com/kimberly.flynn.982**



## **RIVERSIDE MAPLES**

**Syrup for sale by the:**

**Gallon, 1/2 gallon, and quarts!**

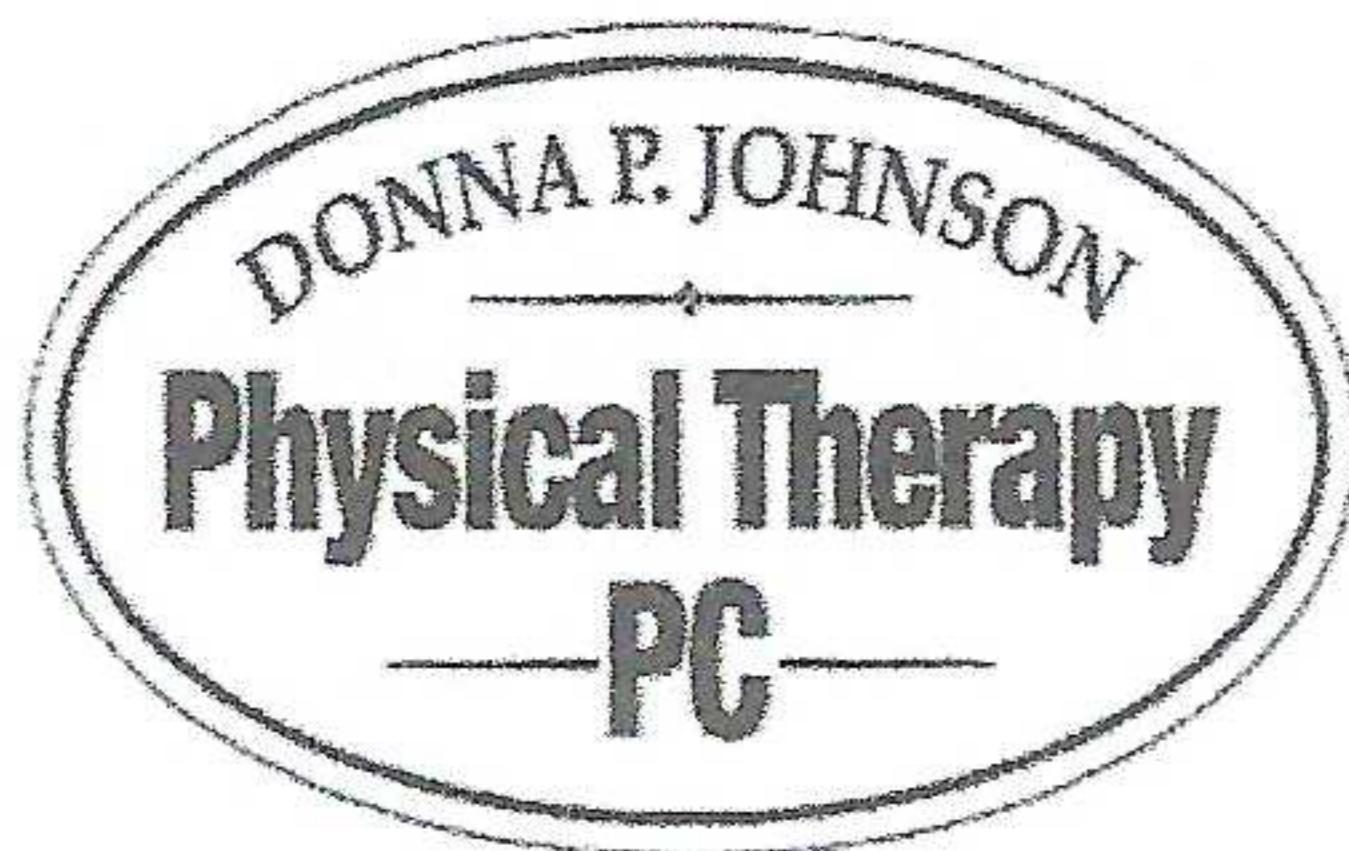
**Owners: Charles and Pat**

**Matteson call**

**802-287-9063**



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

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**\$12 a month      \$60 for 6 months**

**\$115 a year**

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.

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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.