

YOUNG AT HEART



SERVING SENIORS SINCE 1975

www.poultneyahsc.com February 2025

802-287-9200

# Young at Heart Senior Center



## **Poultney Historical Society (Rescheduled)-Wed. Feb. 5th**

Join us after lunch on February 5th for a presentation from the Poultney Historical Society. If you would like to attend lunch before hand please call to make a reservation. (802)287-9200. Menu to include: Roast Pork, Mashed Sweet Potatoes, Vegetable, and a Dessert.

## **Soup'er Bowl Party Friday, February 7th**

Wear your favorite sports team's attire, enjoy some snacks, and there will be a chance to win a prize (Winner to be drawn after the Super Bowl). Lunch menu to include: Cheddar Broccoli Soup, Deli Sandwich, and snacks!



## **Birthday Dinner Thursday, February 13, 2025**

Call (802)287-9200 to reserve due to limited seating. Menu to include: Baked Ham, Mashed Sweet Potatoes, Vegetable, and a special Dessert. Recognition of those with February birthdays followed by 50/50, prize raffle, and bingo. Bring a prize for the table if you wish and small change for Bingo. Raffle tickets are \$1 each or 6 for \$5. Valentine's Day Theme

## **AARP FREE INCOME TAX PREPARATION!!**

**Friday, March 14th, 2025**

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.**



## **Yellowstone and Tetons May 17th-24th, 2025**

Cost will be \$2,650pp double occupancy. \$3,650 single occupancy AIR FAIR NOT INCLUDED but group air fair options are available. Fly into Salt Lake City for 1 night, 3 nights in Jackson, 2 nights in Yellowstone, and last night Billings, Mt and fly from there back. See Old Faithful, Buffalo Bill Museum, and more. Some activities, meals included.

Call Excite Experiences at 402)293-9282 for more information!

For full itinerary please go to:

<https://poultneyahsc.com/trips/>

## Staying Healthy

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

### VNA Foot Clinic

**February 7, 2025 from 8:30-10:45am, must sign up!**

VNA will trim your toenails for \$10, fingernails are an additional \$10. Reservations are required and the schedules fill up quickly usually 1-2 months in advance. Call (802)287-9200

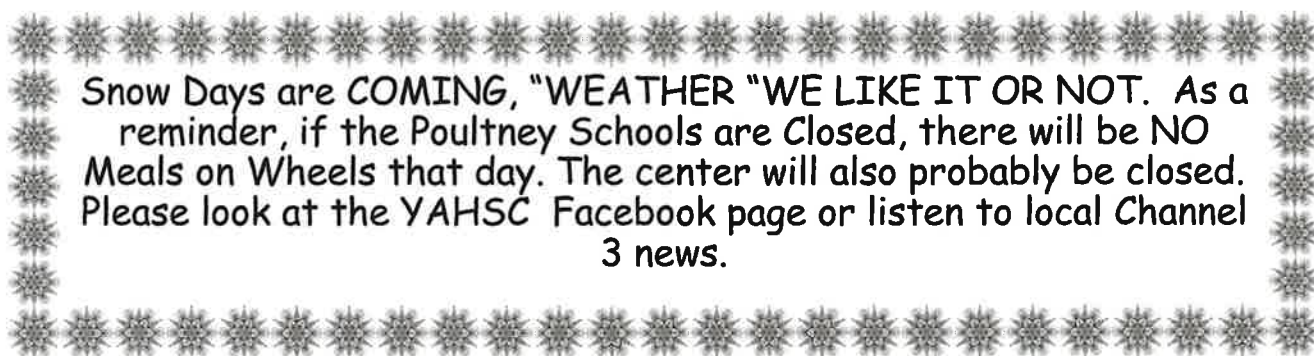
### Chair Yoga with Carolyn

We will be having chair yoga after lunch starting at about 12:45pm. This will continue through at least the end of February. There will be no class February 21st. Call for more info (802)287-9200 or hope to see you there!

February



4 Pat	Provost	19 Linda	Shaw
6 Dorothy	Turunen	Ann	Coulter
Barb	Haviland	21 Michele	Grenier
Irene	Ashford	27 Marie	Aitchison
8 Ellis	Flanders	Francis	Hoyd
9 Pam	Goodwin	Wanda	McNew
13 Shirley	Rogers	28 Molly	Douglas



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 probably be closed. Please look at the YAHSC Facebook page or listen to local Channel 3 news.

### Board of Directors:

**President:** Jeff King

**Vice President:** Mark Teetor

**Trustees:** John Thomas, Sheila Nichols, Pat Beatty, Mary Pernal, and Michelle McCarron

**Secretary:** Carol Brown

**Treasurer:** Carol Stierle

**Director:** Carrie LaFond-Hurlburt

**Kitchen Manager:** Carol Stierle

**Cook:** Diane Ferguson

ALL MEALS INCLUDE		1% MILK	CALL , IF EATING IN	Whole wheat bread	Meals Served 12:00	low sodium gravy is used	Feb. 2025
Tuesday		Wednesday		Thursday		Friday	
4		5		6		7	
Goulash Garden Salad Berries  <u>Bone Builders 9:30</u>		Roast Pork Mashed Sweet Potatoes Brussels Sprouts Apple Crisp  <u>Card Playing 1:00</u>		Vegetable Quiche Garden Salad Yogurt Parfait  <u>Bone Builders 9:30</u>		<b>SOUP'ER BOWL PARTY</b>  Cheddar Broccoli Soup Deli Sandwich Pears	
11		12		13		14	
French Toast Casserole Sausage Home Fries Berries  <u>Bone Builders 9:30</u>		Chicken & Biscuits Mashed Potatoes Peas & Carrots Peaches  <u>Card Playing 1:00 PM</u>		<b>BIRTHDAY DINNER</b>  Ham Mashed Sweet Potatoes California Mixed Veggies Fruit Crisp  <u>Bone Builders 9:30</u>		<b>VALENTINE'S DAY</b>  Spaghetti w/ Meatballs Garden Salad Pears Brownies  <u>Chair Yoga @12:45</u>	
18		19		20		21	
Beef Stew Garden Salad Corn Muffin Berries  <u>Bone Builders 9:30</u>		Mac & Cheese Stewed Tomatoes Broccoli & Cauliflower Applesauce  <u>Card Playing 1:00 PM</u>		Baked Chicken Mashed Potatoes Stuffing Peas & Carrots  <u>Bone Builders 9:30</u>		Taco Bake w/ lettuce & tomatoes Cole Slaw Mandarin Oranges	
25		26		27		28	
Hillbilly Stew Garden Salad Biscuit Pears  <u>Bone Builders 9:30</u>		Chicken Pot Pie Cole Slaw Jello w/ fruit  <u>Card Playing 1:00 PM</u>		Pork Chops w/Gravy over Rice Carrots & Peas Beets Pineapple  <u>Bone Builders 9:30</u>		Meatloaf w/ Gravy Mashed Potatoes California Mixed Veggies Fruit Cocktail  <u>Chair Yoga @12:45</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>

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 \$4.00 if 60 and over, and a fee of \$6.00 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.

**February is National Senior Independence Month**, a time to celebrate and support the independence of older adults. Here are some ways to celebrate and support seniors during this month:

- Get involved with a local senior center- Senior centers offer programs that can help seniors live independently and have higher levels of health, social interaction, and life satisfaction
- Help seniors make changes -Family members can help seniors make changes that improve their quality of life, such as asking for and accepting help when needed
- Modify the home environment- Make it easier for seniors to get around inside and outside the home with ramps, enhanced lighting, and removing trip

# Whitney's West Side Styles

2660 County Route 17  
West Granville, NY

Mary Whitney,  
Licensed Hairdresser

Hours  
Tuesday - Saturday  
8am - 5pm

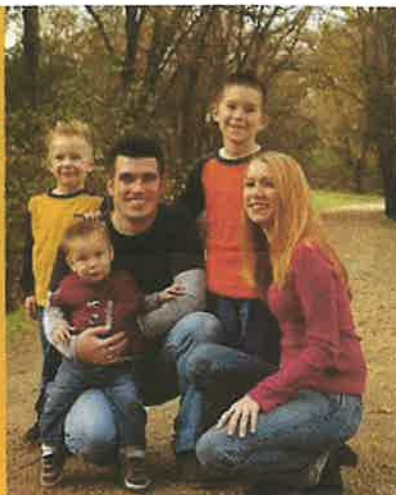
(518) 642-1331  
Call for an Appointment

## K & K CREATIONS FAMILY HAIR CARE

336 SOUTH STREET  
POULTNEY, VERMONT

Phone: (802) 287-4241

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



VOLUNTEER

Greetings,

With the help of our dedicated volunteers and community partners, we oversee preparing, serving, and delivering around 12,000 meals annually to older adults in the Poultney area.

Most of our services are provided at no charge. As a nonprofit, we depend on donations to provide the support and guidance that inspires our community to embrace aging with confidence. Like most, we too have seen an increase in our costs.

Due to this we have made some changes to the meals on wheels and congregate dining. As of January 1, 2025, No cost to guests 60 and over but we do ask for a suggested donation of \$4 per meal. Guests under age 60 are charged \$6 per meal.

We appreciate your understanding,

Carrie LaFond-Hurlburt

Helping you move and feel better for over 25 years!



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

153 Main St., Suite 2B  
Poultney, VT 05764  
(802) 287-8213

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(802) 265-4055

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Interested in placing an adhere and supporting the Young at Heart by deferring the cost of this newsletter, please call (802)287-9200 to find out more.

\$12 a month     \$60 for 6 months

## *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.*