

THE GREATER RANDOLPH

Senior Center News

VOL. XX • NO. 9 • SEPTEMBER 2015

**Join us for lunch
at the Fork and
Spoon Café!**



Open Monday
thru Thursday,
serving at Noon.



lunch. No need to make a reservation; however, please try to arrive about 15 minutes before we serve, just in case we have to set another table. The Randolph Senior Center is here for you, please take advantage of our programs and activities. [Look inside for our Menu and Events

calendars.] The price of a meal is a “suggested donation” for those 60 years and better and for those under 60 years, the price is \$5.

Above all, do not lose your desire to walk: every day I walk myself into a state of well-being and walk away from every illness; I have walked myself into my best thoughts, and I know of no thought so burdensome that one cannot walk away from it... but by sitting still, and the more one sits still, the closer one comes to feeling ill... Thus if one just keeps on walking, everything will be alright.



SOREN KIERKEGAARD, LETTER TO JETTE (1847)

September is National Senior Center Month

The theme of this year’s national celebration is: Senior Centers: Celebrate LIFE at your senior center. We are a good reason to get up and get out! Drop by one of the senior centers in your area and get involved. There are opportunities to volunteer (MOWs drivers, as a Server or to bake for our fundraisers, or as a Board member).

We welcome adults of all ages, and your grandchildren, to participate in activities and to have

Flu Shot Clinic scheduled for Wednesday, Oct. 14, 2015.

Escape to Lake Champlain

*Sept 9, Wed., 12-5:30 pm, \$40 per person
If you missed the cruise in August.....*

[We need 12 people to make this a go]


The Spirit of Ethan Allen has the 3rd cruise, Celebrating Seniors, of the summer, on Wed., Sept 9, 2015, from 2-3:30 pm. We had several names on the waiting list for the August cruise, so we are offering the cruise again. If you are interested, please call as soon as possible to sign up.

We will need at least 12 people signed up and paid for us to do this trip and there’s not much time. Live entertainment, assorted desserts and coffee, tea and iced tea are offered on the cruise, plus we will use the Stagecoach and provide a box lunch for the trip up. Call us at 728-9324 to sign up.

BINGO STARTS! – Friday, September 25th from 10:00 am to Noon.

SEPTEMBER 2015 Entertainment & Education

NATIONAL SENIOR CENTER MONTH – FALL PREVENTION AWARENESS DAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
OCTOBER'S FLU SHOT CLINIC WILL BE HELD ON OCTOBER 14	1 BIRTHDAY TUESDAY 8:30-9:30 <i>Lift for Life</i> 9:45-10:30 Tai Chi for Arthritis & Fall Prevent 10:00 Mahjongg and Card Games 10:30 Cribbage	2 8:30-9:30 <i>Lift for Life</i> 9:45-1:00 FOOT CLINIC 12:45 BOOK CLUB	3 8:30-9:30 <i>Lift for Life</i> Open for activities on the Wii - Card Games 10-11:30 KNIT WITS
7  LABOR DAY (Closed)	8 8:30-9:30 <i>Lift for Life</i> 9:45-10:30 Tai Chi for Arthritis & Fall Prevent 10:00 Mahjongg and Card Games 10:30 Cribbage	9 8:30-9:30 <i>Lift for Life</i> 10:30 Crafts 12-5:30 PM Cruise on Spirit of Ethan Allen	10 8:30-9:30 <i>Lift for Life</i> Open for activities on the Wii - Card Games 10-11:30 KNIT WITS
14 10:30 Bingo 10:30 Wii Games/Exercises 2:15-4:00 Contract Bridge at Joslyn House	15 8:30-9:30 <i>Lift for Life</i> 9:45-10:30 Tai Chi 10:00 Mahjongg and Card Games 10:30 Cribbage 12:45 Board Meeting	16 8:30-9:30 <i>Lift for Life</i> 10:30 Crafts	17 8:30-9:30 <i>Lift for Life</i> Open for activities on the Wii - Card Games 10-11:30 KNIT WITS 11:00 NONAGENARIAN BIRTHDAY PARTY
21 10:30 Bingo 10:30 Wii Games/Exercises 2:15-4:00 Contract Bridge at Joslyn House	22 8:30-9:30 <i>Lift for Life</i> 9:45-10:30 Tai Chi 10:00 Mahjongg & Cards 10:30 Cribbage 11:30 Galen Mudgett on Saxophone	23 FALL PREVENTION AWARENESS DAY Tai Chi Demo at 10 am 8:30-9:30 <i>Lift for Life</i> 10:30 Crafts	24 8:30-9:30 <i>Lift for Life</i> Open for activities on Wii 10-11:30 KNIT WITS
FRIDAY 25 9-10 AM: (CSFP) Commodities pick up at Randolph Food Shelf			
28 10:30 Bingo 10:30 Wii Games/Exercises 2:15-4:00 Contract Bridge at Joslyn House	29 8:30-9:30 <i>Lift for Life</i> 9:45-10:30 Tai Chi for Arthritis & Fall Prevent 10:00 Mahjongg and Card Games 10:30 Cribbage	30 8:30-9:30 <i>Lift for Life</i> 10:30 Crafts	SPIRIT OF ETHAN ALLEN CRUISE on WEDNESDAY, SEPT. 9 12:00-5:30 PM WITH BOX LUNCH

Members are always welcome to attend our next board meeting, **SEPTEMBER 15**, at 12:45 pm
Emilie Daniel, Executive Director and Newsletter Editor • John Lutz, Newsletter Layout



SEPTEMBER BIRTHDAYS

Birthday Tuesday – September 1st

- | | |
|----|------------------|
| 1 | Susanne Barrett |
| 2 | Marian Whitaker |
| 2 | Linnie Laws |
| 2 | Annette Magnant |
| 2 | Morris Howard |
| 2 | Judith Corologos |
| 2 | Roy MacAskill |
| 4 | Nod Osmer |
| 4 | Robert Goodrich |
| 5 | Irma Hartigan |
| 5 | Pauline Larmie |
| 6 | Grace Wiggett |
| 7 | Martha Lawrence |
| 9 | Ellan Cole |
| 10 | Rachel Ribbi |
| 12 | Marilyn Hunt |
| 12 | Joe Rice |
| 14 | Marge Clifford |
| 14 | Charles Barnum |
| 15 | Carol Bushey |
| 19 | Jack Ducharme |
| 20 | Ruth Lutz |
| 22 | Lila Woodard |
| 22 | Betty Edson |
| 26 | Loraine Chase |
| 27 | Dot Wathley |
| 28 | James Whitehead |
| 30 | Emilie Daniel |
| 30 | Bob Graham |
| 30 | Clifton Smith |

Happy Birthday to you! Come on in and have lunch with us for Birthday Tuesday—if you are having your birthday this month, and you attend the Birthday Tuesday celebration, we will give you a complimentary meal on your birthday. We all love cake and ice cream! Best wishes for another wonderful year!

Sunday, Sept 13 National Celebration of Grandparents Day

Celebrate Grandparents Day with your loved ones on Sunday, Sept 13. We will designate Thursday, Sept 10, to Grandparents Day and our menu is Baked Fish, Brown Rice w/Kidney Beans with Cauliflower, Tomatoes, Spinach salad and Whole Wheat bread and Ice Cream w/Hot Fudge for dessert. Ask your grandparents to accompany you to lunch at our Fork & Spoon Café!

Thurs, Sept 17 at 11 am Nonagenarian Birthday Party!

On Thursday, Sept. 17, we will have a special birthday celebration just for people who have reached their 90's—the Nonagenarian party! The menu will be Mandarin Orange Pork Roast, with mashed potatoes, Brussels sprouts, spinach salad and Grasshopper Pie. The Nonagenarians are an elite group of people! This is a good time to get together with your friends, so we hope you will “make a note” and let us know if you need a ride in for the party. We have our list and will be calling people who we believe are 90 and better, to invite them to the party. If you want to be sure you're on the list, please call and let us know--728-9324.

Wednesday, Sept 23 Falls Prevention Awareness Day

The 8th annual Falls Prevention Awareness Day will be observed on September 23, 2015—the first day of fall. The event seeks to raise awareness about how to prevent fall-related injuries among older adults.

The 2015 theme is “Take a Stand to Prevent Falls.” Since Falls Prevention Awareness Day was first observed in 2008, we have grown participation in the event from 11 states to 48 states and the District of Columbia in 2014.

According to the US Center for Disease Control and Prevention, one in three adults over the age of 65 fall each year. Treatment of injuries due to falls is the most expensive health cost. In 2000, the total direct cost of fall injuries, for people 65 and older, exceeded \$19 billion. This financial toll is expected to increase as the population ages and may reach \$54.9 billion by 2020.

Most falls can be prevented. Falls are the main reason why older people lose their independence. Are you at risk? Four things you can do to prevent falls:

- 1 Begin an exercise program to improve your leg strength and balance;
- 2 Ask your doctor or pharmacist to review your medicines;
- 3 Get annual eye check-ups and update your eyeglasses;
- 4 Make your home safer by:
Removing clutter and tripping hazards;
Putting railings on all stairs and adding grab bars in the bathroom;
Having good lighting, especially on stairs.

Throughout the month we have a morning activity, a Lift for Life class, which meets either Tues & Thurs mornings or Wed & Fri mornings. Led by volunteers, Kathy Corrao and Lois Clark, they take the group through using leg and hands weights and balance and stretching movements. Each participant strives to increase arm and leg strength by gradually increasing the amount of weight in leg cuffs and the weight of free weights. It is very individualized. Much of the activity is performed while seated. The Lift for Life class runs as a 12-week session. To participate in the class, a doctor's approval is needed and you may pick up the form here. Please call Kathy at 728-3790 to find out more about the classes.

On Tuesdays, led by Emilie Daniel, there is a Tai Chi for Arthritis and Falls Prevention class held at 9:45-10:30 am. "A recent review of 111 randomised trials involving over 55,000 sub-

jects singled out tai chi and individually prescribed exercise programs to be effective in preventing falls. There remain skeptics who see tai chi as too gentle an exercise to have such significant effects. True, tai chi movements appear to be gentle and graceful, but like the force beneath a seemingly calmly flowing river, tai chi movements contain much power and internal strength. What is fascinating is that the fear of falling often results in more falls; hence, confidence in "not falling" will help to reduce falls. With regular practice, tai chi improves balance by strengthening muscles and coordination; at the same time, it strengthens the mind, thereby improving calmness and confidence in not falling. Thus, both physically and mentally, tai chi is an extremely effective exercise for fall prevention. A great bonus, at the same time, tai chi also improves almost all aspects of health!

Other activities we have at the Center are bingo, Skip Bo, card games, and Blokus. Thursdays, a fun and laughing group, the Knit Wits, meets at 10:30 and work on various knitting and crocheting projects (an open invitation to anyone who wants to join).

RSVP...Your Invitation To Serve

(Retired Senior Volunteer Program)

The Randolph Senior Center has partnered with RSVP (Retired Senior Volunteer Program), one of the largest volunteer networks in the nation for people over the age of 55 for helping us with our volunteer force. As a volunteer, you can use the skills and talents you've learned over the years, or develop new ones while serving in a variety of volunteer activities within your community. Service opportunities are as diverse as the communities in which volunteers serve and may include:

- Delivering home-delivered meals
- Providing rides to seniors in need
- Leading a Bone Builders class
- Volunteering to be part of the TeleCare Telephone Reassurance Program.

The Randolph Senior Center is now officially a RSVP Volunteer Station and we encourage you to join RSVP and the Randolph Senior Center in helping seniors in our communities of Braintree, Brookfield and Randolph. For more information, please call Kate Reilly-FitzPatrick, RSVP Coordinator, 802-479-1953. For volunteers already connected with the Randolph Senior Center, we are asking that you fill out, and return, the RSVP Enrollment Form, which we are either handing out to you individually or mailing. More about the TeleCare Reassurance Program coming up in the future. We'd like to see this idea to fruition.

Foot Clinic First Wed. of Each Month

The first Wednesday of each month, we offer a Foot Clinic. A nurse from the VNA will attend to you, who will trim your toenails, after a nice, warm soak. An appointment is necessary, the cost is \$20 and we ask that you bring a towel and a plastic foot basin. This is a good opportunity to chat with friends and stay for lunch, please call today at 728-9324.

Wed., Sept 2, 12:45 pm Senior Center Book Club Meets

The senior center book club is getting together again, after a summer break. For this month, the book selection is, *The Unknown Rockwell*, by James A. "Buddy" Edgerton & Nan O'Brien. You may access the library online at www.KimballLibrary.org and for further information, please call Amy at 728-5073.

Meals on Wheels Program

Please call 728-9324 for more information

If you, or someone you know, can benefit from a nutritious daily meal delivered to the home, please call us today to find out about the Meals on Wheels program. We cook, package and deliver meals to area residents—in Braintree,

Brookfield and Randolph. If you are 60 years or better, and unable to come into the senior center for lunch, or unable to cook or to get out and shop, you are eligible to receive the home-delivered meals. The program is also available for people who are under 60 years of age, who have applied through the Vermont Center for Independent Living. Meals are delivered Monday-Thursday, and on Thursday we include frozen meals for Friday-Sunday, if requested.

Currently, we daily deliver about 30 meals. The meals will help those who are recovering from a medical procedure (either a temporary or a permanent disability). We are usually able to deliver meals the next day after you sign up, unless you are living in an out-of-the-way place, then it may take an additional 24 hours. If you are a family member who would like someone checking in on your loved one, we will do that too, when the meal is delivered. We rely heavily on donations to make this program available; however, if you are unable to donate, go ahead and sign up--we want to be sure that no one is going hungry and will deliver meals regardless of the ability to pay. If you know of a neighbor or friend who may have some difficulty in preparing their meals, please encourage them to give us a call. This program specifically ensures that people are receiving a nutritious meal every day and having an opportunity to interact with someone, to enable them to live active lives in their communities for as long as possible. Please call us at 728-9324 for further information.

*For ease of making a donation to the
Senior Center Direct Deposit Option —*

NSB Community 150 Account

We'd like everyone to know that making a donation to the senior center can be as easy as designating an Automatic Transfer on a monthly basis to our NSB Community 150 account at the Northfield Savings Bank. To use this option

to donate to the Senior Center, one needs to fill out an authorization form from the NSB. If you think that this would be a good idea, please call the office at 728-9324 for further information.

20/20 Club Drawings begin Thurs, Sept 3

We have numbers 1-100 to pick from; however, half of those are already chosen. If you want to get in on the fun, call (or drop by the office) and secure your number. The cost is \$1 per week for 20 weeks. We will draw a number each week and someone will win \$20 each week. We pull from all 100 numbers each week, so there is a chance to win numerous times (if you are so lucky!). Your number is in EVERY weekly drawing (if you are paid up). This is a fundraiser for the senior center, so have a bit of fun and pick your number today!

Thanks to:

Joe Rice, for the beautiful wooden box filled with change, which Raquel Avila won;

Patty Laplante, for the blackberries picked from her garden;

Harold & Karmen Thygesen, for the jigsaw puzzles;

Shirley Huang, for the display of beautiful flowers picked from her Mother's garden (RIP Winnie);

Olive Towne for the envelopes;

Carol Blodgett for the rolls of lovely lace for craft projects.

Barry and Tina Mack for the donation of the 1/2 size violin;

Online shopping at Amazon.com

*Select a nonprofit through
AmazonSmile.org*

When you shop at Amazon.com, you may shop through their portal AmazonSmile and designate "Greater Randolph Senior Citizen Center" as the nonprofit to receive a percentage of your purchase amount. It's easy and will help sup-

port our activities and meals programs. We have received our first percentage check from Amazon, so through the faithful efforts of a few of you, we have seen results. If you want to know how it works, give us a call at 728-9324.

Trip to Washington, DC April 14-19, 2016

After a long Vermont winter, being in Washington DC in the spring time is a real delight to the senses! We have scheduled a 6-day trip to Washington, DC for April 14-19, 2016 (Thursday-Tuesday). The price is \$510 per person double occupancy, and the package will include:

Motorcoach transportation, 5 nights lodging including 3 consecutive nights in the Washington DC area; 8 meals: 5




breakfasts and 3 dinners; 2 full-day guided Tours of Washington, DC and an Evening Guided Memorial and Monuments Tour.

We are hopeful to include a tour of the White House, which means sending a list of all who are going months before we go—if you want to be included in the White House tour please be sure to sign up as soon as you can. Per instructions from Senator Leahy's office: You will need to present a government-issued photo ID for every guest on the tour 18 years or older, to get into the White House. Call us, or drop by, to sign up for the tour—802-728-9324.

Move for Well-being

Our group, at the Randolph Senior Center, has been faithfully "moving for well-being" each month. If you would like to join us, please drop by the senior center to pick up a Registration Form and a Log Book. There is a drawing, among all participants in our group, each month for a chance to win \$25. The winners of the past three months have been Linnie Laws, Julie Cook and Kitty Scott. [Checks are delivered directly to you through the mail.]

FORK & SPOON CAFÉ MENU for SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>Rose Olmstead – Cook Patty LaPlante – Asst Cook</p> <p>Linnie Laws & Cory Russell Part-time Office Managers Erin Betters, Housekeeper</p>	<p>1 BIRTHDAY TUESDAY</p> <p>Shepard's Pie Green Beans Fruit salad Spiced Muffins Pumpkin cake/ ice cream</p>	<p>2</p> <p>Liver & onions or chicken Parsley Potatoes Spinach Tomatoes, cucumbers Zucchini Bread/Brownies</p>	<p>3</p> <p>Ranch Chicken Sweet Potatoes Brussels Sprouts Toss Salad Biscuits Chocolate Pudding</p>
<p>7</p>  <p>LABOR DAY (Closed)</p>	<p>8</p> <p>Open-Face Turkey Sandwiches on Whole Wheat Bread Mashed Potatoes Brussels Sprouts Butterscotch Pudding</p>	<p>9</p> <p>Macaroni & Cheese Broccoli Tossed salad Zucchini Muffins Fruited Jello</p>	<p>10 GRANDPARENTS DAY</p> <p>Baked Fish, Brown Rice w/ Kidney Beans Cauliflower, Tomatoes Spinach salad Whole Wheat Bread Ice Cream w/ Hot Fudge</p>
<p>14</p> <p>Sausage Gravy Mashed Potatoes Broccoli Cornbread Applesauce</p>	<p>15</p> <p>Meatloaf Mashed Potatoes Carrots Sliced Tomatoes Whole Wheat Bread Jello cake w/ topping</p>	<p>16</p> <p>Dried Beef Gravy or Chicken Mashed Potatoes California Blend Veggies Cornbread Strawberries & cream</p>	<p>17 90+ BIRTHDAYS</p> <p>Mandarin Orange Pork Roast w/gravy Mashed Potatoes Brussels Sprouts Whole Wheat Bread Grasshopper Pie</p>
<p>21</p> <p>Chicken Divan Cranberry Carrots Tossed Salad Whole Wheat Bread Cherry Cobbler</p>	<p>22</p> <p>Scalloped Potatoes Sliced Ham Beets Carrot/ Raisin Salad Banana Muffins Pumpkin Stuff</p>	<p>23</p> <p>Beef Stroganoff on buttered noodles Broccoli Stewed Tomatoes Biscuits Caramel Pears</p>	<p>24</p> <p>Baked Spaghetti Tossed Salad Garlic Bread Chocolate Mayo Cake</p>
<p>28</p> <p>Pea Soup Tuna Salad Sandwiches Copper Penny Salad Watermelon</p>	<p>29</p> <p>Pork Noodle Casserole Green Beans Fruit Salad Biscuits Ice Cream w/ Hot Fudge</p>	<p>30</p> <p>BBQ Chicken Squash Mixed Veggies Cranberry sauce Cheese muffins Apple Crisp</p>	<p>We serve lunch Monday-Thursday at noon. We are open to the public and no one is denied a meal. The suggested donation is \$4-\$5 for those over 60. For those under 60, the cost is \$5.</p>

THE GREATER RANDOLPH
Senior Center News

6 HALE STREET
RANDOLPH, VERMONT 05060-1245

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Permit #17

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Joslyn House Invites You To Visit Them

Many older adults in our service area may be looking to downsize and move into a smaller housing unit. We can recommend the Joslyn House.

If you want to learn more, please plan a visit to see first-hand how their facility might meet your future needs. Exciting new options are now available.

Residents of Joslyn House experience the independence to maintain a level of privacy without being alone, to eat well without having to cook, to come and go freely knowing that someone will help them make travel or other arrangements, if they need assistance. Family members celebrate freedom from worry, knowing that there is someone at Joslyn House 24-hours a day to provide a helpful presence that eases daily living and someone to call if anything unforeseen happens. For more information or to plan your visit, call today at 802-728-9343.

THE GREATER RANDOLPH SENIOR CENTER

Serving **Braintree, Brookfield and Randolph**. All are welcome!

Open from 9:00 am to 2:00 pm., Monday through Thursday. Lunch at Noon.

Reservations are not necessary.

(802) 728-9324 • randolphsc@gmail.com • 6 Hale Street, Randolph, VT 05060

Senior Help Line at **1-800-642-5119**. Brenda Traegde, *Case Manager*, (802) 728-4737