



TWIN VALLEY SENIORS

Cabot, Calais, East Montpelier, Marshfield, Plainfield, Woodbury

OCTOBER 2015 NEWSLETTER

"Growing old ain't for sissies." Bette Davis

4583 US Route 2
Mail: P.O. Box 152
East Montpelier, VT 05651
Telephone: 802-223-3322
www.twinvalleyseminors.org

OUR MISSION

To facilitate the social, emotional, and physical well being of independent senior citizens by providing access to community resources and providing services and activities that maintain Senior citizens' independence and wellness.

Board of Directors

Pat Boyle, Term Ends:

Michael Caccavo, Chair,

Term Ends: 01/16

George Cushing, Term Ends:

Mervin Spooner, Term Ends: 8/15

Joyce Fowler, Vice Chair, Term Ends:

8/15

Shirley Boardman, Term Ends: 11/15

Susan Crampton, Term Ends: 3/16

Arthur Chickering, Term Ends: 3/18

A change at Twin Valley Senior Center (TVSC) is taking place: beginning November 1, 2015 TVSC is increasing our request of donation for meals. We presently ask a donation of \$4.00 for those age 60+ and under 60 a donation of \$5.00. Our Meals on Wheels donation request is also \$4.00. The last time that TVSC raised the donation request from \$3.00 to \$4.00 was the year 2011. At TVSC we have tried very hard not to have to take this route but, as I am sure you are very aware, expenses always increase. It is the same way at the Center with our food purchases.

Our donation of meal request will change for age 60+ to \$5.00 and age 60 under \$6.00. The Board of Directors and I as Director want you each to know that all donations are very confidential and that no one at the Center or a Meals on Wheels recipient will ever be turned away because of inability to donate. The staff and the volunteers work very hard to make TVSC a place that you can take part in and be very proud of. We want the Center to be intergenerational with everyone coming together, joining activities, sharing food, and lots of fun. Please stop in anytime just to see what goes on at the Center. Everyone is welcome!

Mark your Calendar!!!! A fundraiser for Twin Valley Senior Center sponsored by the Plainfield Coop on October 17th from 4pm to 7pm at TVSC, 4583 US Rte.2, East Montpelier. The Plainfield Coop has also collaborated with the Center by giving us a monthly credit from the Coop.

The Harvest Dinner Buffet by Chef Adam Woogmaster of Goddard College will consist of all our local fall vegetables and ham, plus apple pie and cheese for dessert. We are very grateful to the Coop for helping support the Center which they feel, as we do, is a valuable service to the six communities we serve. The dinner buffet will be by donation. We always welcome reservations for the dinners as it helps with the meal planning but we will be sure there will be plenty of food available and above all we hope you will come and support the Center. We will have a raffle on a food basket but final details are not available as this goes to press.

October 13th tune your radio to Goddard Station **WGDR-WGDH 91.1** and **91.7 FM** at 9:30 AM and hear Joseph Gainza's interview with Karen Starr from the Plainfield Coop Board of Directors and Rita Copeland, Executive Director of Twin Valley Senior Center. They will be talking about their collaboration and the Harvest Dinner sponsored at TVSC by the Plainfield Coop. Learn about both of these entities and have an opportunity to call them and ask questions of them.

TVSC would like to thank Dick Payne and Fred Ducharme who are stepping down from the Twin Valley Senior Center's Board of Directors. Both Fred and Dick are from Cabot. Their dedication to the Center has helped make the Center continue to grow as a valuable service to the six towns we serve. We hope they are proud of all they have done to serve the Center. The Board will truly miss your input and dedication.

TVSC also would like to welcome from the Town of Plainfield, Pat Boyle and George Cushing who have stepped forward to volunteer to serve on the Board of Directors. Their willingness ensures that the Center remains an organization that can continue to provide services to the six communities. The BOD applauds and welcomes each of you to the Board. We know your knowledge and input will only make us become stronger as we move toward the future.

The Twin Valley Senior Center Board of Directors and I, as the Director, want to thank taxpayers of the Towns of Plainfield, Calais, Woodbury and Marshfield for the appropriations you approved at Town Meeting which were recently received. These are important appropriations to the Center. The expense of operating the Center rises just as it does at your home. (Cont'd on page 6)

WE ARE GETTING READY!

November 14th 5 AM to 11 AM

The biggest Hunter's Breakfast around.

TVSC is on a mission this year, with some added help from Fred Ducharme and Scott St John of Cabot, joining Rita to make this the biggest and best Hunter's Buffet ever. So as you sight in your rifles be sure to sight in Twin Valley Senior Center's Hunter's Breakfast Buffet. We **PROMISE** no running out of food, we will be ready for all hunters and of course we welcome the public. **WE WILL KEEP THE FOOD FLOWING.**



FOOT CLINIC

OCTOBER 14

Fee: \$15.00.

Please bring

the following items each time:

clippers, basin, towel(s), foot-soak

soap, and lotion.

Call 223-3322 for an appointment.

MISS MANNERS

Thanks to all the **gentlemen** who have heeded the request to lower the toilet seat. It's noticed & appreciated.

There is no need to **rush/run** to the lunch service line. You are needlessly creating a **hazardous condition** for many. We have fragile folk who still pick-up their own lunches. How would you feel if you knocked **someone** down and they broke a bone? Also what kind of **impression** are you making on guests considering membership?

Along the same vein: there is no need to push your chair back & leave it there on your way to the food service line. Please return your chair so there is room for other folks to navigate to and back from the food line without having to deal with chairs. Thank you.

The first Friday of each month Twin Valley Senior Center hosts a "Death Café". October 2nd this month.

Time is from 11:45am-12:15pm (lunch available for attendees) and resumes after lunch until 1:00pm. People may bring their own lunch if they wish. A donation of \$5.00 is requested for lunch from the Center.

If you would like to come and join the group and not speak, only listen, that is fine. The group discussions remain confidential and are not to be discussed outside of the sessions.

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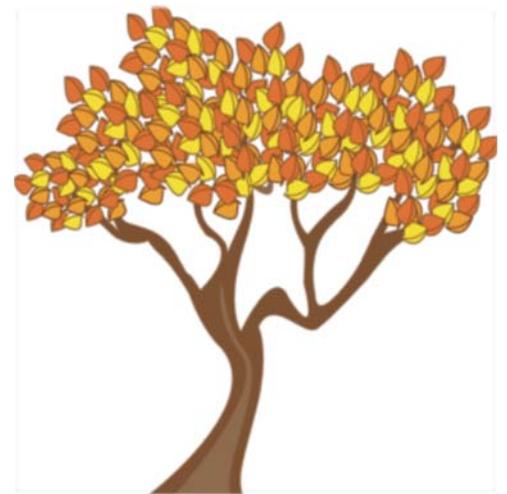
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Random thoughts as we age:

The biggest lie I tell myself is ..."I don't need to write that down, I'll remember it."

Wouldn't it be great if we could put ourselves in the dryer for ten minutes and come out wrinkle-free and three sizes smaller!

Last year I joined a support group for procrastinators. We haven't met yet!

I don't trip over things, I do random gravity checks!

I don't need anger management. I need people to stop pissing me off!

Old age is coming at a really bad time!

Lord grant me the strength to accept the things I cannot change, the courage to change the things I can and the friends to post my bail when I finally snap!

I don't have gray hair. I have "wisdom highlights".... I'm just very wise.

Teach your daughter how to shoot, because a restraining order is just a piece of paper!

If God wanted me to touch my toes, he would've put them on my knees.

The kids text me "plz" which is shorter than please. I text back "no".....which is shorter than "yes".

I'm going to retire and live off of my savings. Not sure what I'll do that second week.

When did it change from "We the people" to "screw the people" ???

Even duct tape can't fix stupid but it can muffle the sound!

Why do I have to press one for English when you're just gonna transfer me to someone I can't understand anyway?

Of course I talk to myself, sometimes I need expert advice!

Oops! Did I roll my eyes out loud?

At my age "Getting lucky" means walking into a room and remembering what I came in there for.

My dad told me that oil spots on the street were little kids that got run over because they didn't hold anyone's hand while crossing the street.

If the ice cream truck is playing music, it means they have run out of ice cream.

People get 10,000 words per month. If you reach the limit, you can't physically speak until the new month begins. Anytime I was especially talkative, Dad would say, "Careful now, I have to think you are up over 9,000 by now." That would shut me right up.

They don't sell replacement batteries for that toy.

TVSC is still asking for a commercial vacuum cleaner and floor polisher if you have one available that you no longer need. We have two wonderful volunteers that do our floors and rugs weekly and these two items would be very beneficial to the center and help make their work easier. Please call 223-3322 or email Twinvalleyseniors@myfairpoint.net.

leaf tree
 temperature cool
 leaves many
 colors pretty
 crisp air
 apple picking
 pie baking

FALL PUZZLE ANSWERS

AARP Vermont
 Barre: Wednesday, October 28, 2015
 Noon-2PM (Lunch served)
 Vermont Historical Society
 60 Washington St.
 Barre, VT 05641
 (attendees get free admission to the museum too)
 RSVP REQUIRED 1-877-926-8300
 Free and open to the public.
INFO ON THE LATEST SCAMS
 OTHER LOCATIONS AS WELL AS -- CALL THEM!

OCTOBER MENU 2015

<p>1% milk served at all Meals</p> <p>Menu subject to change</p>		<p style="text-align: center;">2</p> <p>Ham Carrot Cabbage Potato Soup Egg Salad Sandwich Spinach Salad w/Mandarin Orange Crackers Bar Cookie</p>
<p style="text-align: center;">5</p> <p>Pork Stir Fry/Noodles California Mixed Vegetables WW Bread Mandarin Oranges</p>	<p style="text-align: center;">7</p> <p>Chili with Beef/Brown Rice Corn Bread Green Beans Carrots Butterscotch Pudding</p>	<p style="text-align: center;">9</p> <p>Broccoli Cheese Soup/Crackers Chicken Salad Sandwich Pasta Salad/Coleslaw Pears</p>
<p style="text-align: center;">12</p> <p>Hamburg Green Bean Casserole Cauliflower Copper Pennies (carrots) WW Bread Apple Spice Cake</p>	<p style="text-align: center;">14</p> <p>Chicken Patty on WG Bun Sweet Potato Oven Fries Broccoli Mushroom Supreme Oatmeal Raisin Cookie Fresh Fruit</p>	<p style="text-align: center;">16</p> <p>Tuna Noodle Casserole Peas + Carrots Wax Beans WW Bread Yogurt Parfait w/Mandarin Oranges</p>
<p style="text-align: center;">19</p> <p>Chicken Spinach Alfredo 3 Bean Salad Brussels Sprouts WG Garlic Bread Fruit Cocktail</p>	<p style="text-align: center;">21</p> <p>Meat Loaf Mashed Potato Broccoli Carrots WG Roll Apple Pie Wedge</p>	<p style="text-align: center;">23</p> <p>Baked Chicken/Gravy Mashed Potato Stewed Tomatoes Spinach WG Bread Cranberry Sauce Yogurt w/Granola Topping</p>
<p style="text-align: center;">26</p> <p>Beef, Vegetable Soup/Crackers Brilled Cheese Sandwich w/Tomatoes Garden Salad Custard</p>	<p style="text-align: center;">28</p> <p>Spinach Tomato Quiche Tomatoes/Zucchini/Onion Vege. Mix Carrots Blueberry Shortcake WG Bread</p>	<p style="text-align: center;">30</p> <p>Roast Beef/Gravy/Mashed Potato Braised Cabbage/Carrots/Onions Green Beans WG Roll Monthly Birthday Cake</p>

Don't let the word Senior Center mislead you. Twin Valley Senior Center is for all residents of all ages. We welcome newcomers to join us for all our activities. All our Healthy Living programs are for anyone out there that would like to join us free of charge. We encourage anyone to come join us for our lunch time meal at 12:15pm each Monday, Wednesday and Fridays. We have activities on all three of these days and our doors are open to anyone. If you have questions please feel free to call 223-3322 for more information and please feel free just to drop by.

Rita

Learning How to Cuss

A 6 year old and a 4 year old are raking the yard. The 6 year old asks, "You know what? I think it's about time we started learning to cuss." The 4 year old nods his head in approval.

The 6 year old continues, "When we go in for breakfast, I'm gonna say something with hell and you say something with ass." The 4 year old agrees with enthusiasm.

When the mother walks into the kitchen and asks the 6 year old what he wants for breakfast, he replies, "Aw, hell, Mom, guess I'll have some Cheerios." WHACK! He flies out of his chair, tumbles across the kitchen floor, gets up, and runs upstairs crying his eyes out, with his mother in hot pursuit, slapping his rear with every step. His mom locks him in his room and shouts, "You can stay there until I let you out!"

She then comes back downstairs, looks at the 4 year old and asks with a stern voice, "And what do YOU want for breakfast, young man?" "I don't know," he blubbers, "but you can bet your fat ass it won't be Cheerios!"



Volunteer of the Month -- Joanne Martin

EXCERPS FROM
1003 HOUSEHOLD HINTS AND WORK SAVERS
(BALDWIN, NY AREA)
BUSINESS ADVERTISERS/SUPPORTERS
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#266 To make your own clothespin bag, fasten a pair of oval embroidery hoops in the top of a small flour sack, then slip a wire coat hanger over it. The hanger will move along the clothesline, and the pins are easy to get at when needed. (Comment: what's a flour sack? What year did they switch to paper? Can you still find a wire coat hanger?)

#343 Blood Stains. Lady MacBeth never knew that blood stains could be easily removed. For fresh stains, soak in cold water. Wash in warm suds. For stubborn stain, use salt water solution (1/4 cup salt to 2 cups water). Do not use hot water first; it may set the stain.

#355 Fruits or Fruit Juices. Pour boiling water from height of 2 or 3 feet through stain. If stain is not removed, use hydrogen peroxide. Rinse well. Do not use soap first; it may set the stain. [So where's the safety instructions? Like "spread the stained area of cloth with embroidery hoop and lay over basin" and "be careful on that stepladder -- good idea to have someone steady it for you". Maybe that's why they want you on a stepladder -- so you'll be far away from the streaming, steaming H2O!]

#375 Rain Spots (On Suede Slippers). Rub lightly with an emery board such as the one used in manicuring. (Are these the ruby slippers we hear tale of?)

#388 Learn to sew by starting with the simple, easy patterns. Do a little practicing on crepe paper before you spend money on cloth. Try the more difficult stitches on some spare piece of fabric and go to work on your garment only after you have mastered your practice tries. GOOD ADVICE!

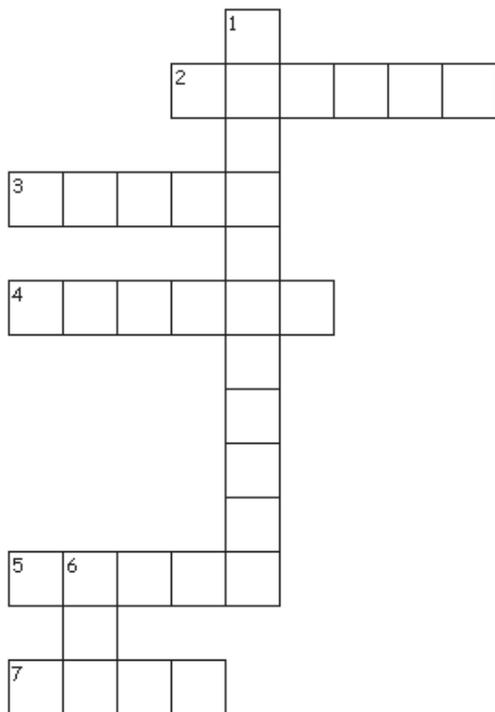
Joanne is married to Stanley Martin and together, along with their sons Chris and Pat, run the local business, Country Floors. She keeps the books for the business. She also has a daughter Kim.

She is well known for her volunteer cooking such as the chicken pie supper she recently prepared for the annual Northeast Kingdom Fall Foliage week. She has cooked for the Center for our annual Thank You dinner for our volunteers as well as other meals at the church and many more meals over many years that I am unaware of and TNTC (too numerous to count)!

She keeps the books for the Twinfield Varsity Girls Softball team and enjoys this a great deal as I have been told.

At TVSC she volunteers as a substitute instructor for the Bone Builders class. Thank you for your service to the Center and the greater community, Joanne.





FALL

Across

- 2. many
- 3. air
- 4. pretty
- 5. picking
- 7. tree

Down

- 1. cool
- 6. baking

CLUE: #7 LEAF

Fundraising and special events are not easy tasks for our small rural non-profit Center to raise funds. The Center operates with a cook (35 hours) and administrator (30 hours) and the rest is accomplished by our wonderful staff of dedicated volunteers. TVSC has to operate the same as you operate your own home. We have no safety cushion to fall back on. We have no endowments. We operate on a week to week and month to month basis.

We try to offer all our healthy living programs and most services free to the public. We do this because we know that the budgets of Seniors are not unlike the Center's. If they had to pay dues, fees for programs and the like they would not be able to afford to partake of the services we offer that are beneficial to their wellbeing. The Center offers them the opportunity for socializing with friends and neighbors, meet new ones and have the benefit of educational programs that they otherwise might not have access to. The Meals on Wheels program certainly helps them remain in their own home, the Banfield Grant helps take care of their best friends (pets) and allows them vets & groomers visits at home.

We are truly proud of the Center and all that it accomplishes for everyone in the towns we serve. As we move forward there is a lot more we can bring to our communities with your help and support. Collaboration with the Plainfield Coop, The Maple Hill School & Farm, CVCOA, AARP, American Red Cross, CVHHH, SASH (Seniors Assisted Services @ Home) MOWOA (Meals on Wheels of America), VT Food Bank, The Health Center and local Church organizations are a few of the ever growing number of organizations we want to work with to bring many services to the six towns we serve. We always welcome new organizations and people of all ages living in and around our area to join with us to make the Center a place everyone can feel comfortable and at home in.

Drop in, call 223-3322, visit our Facebook page: Twin Valley Senior Center or visit our web page at www.twinvalleyseniors.org. Our web page has a donate button that is safe and secure. If you shop online and use Amazon please sign up with their SMILE program so that TVSC receives a percentage of your purchase amount. It's easy to do and will help us in fundraising: www.smile.amazon.com

We want to thank all the local residents who supplied the wonderful abundance of food from their gardens that we have enjoyed fresh at meals. We have also preserved food for the winter months. Your donations of food have helped us also with our food expenses.

There are so many of you that brought carrots, cabbages, Swiss chard, tomatoes, cucumbers, squash, melons, plums, berries and so much more. I am not listing you individually because I do not want to miss anyone. You know who you are and rest assured that it was and still is greatly appreciated.

Rita Copeland, Executive Director

Skinny Dipping

An elderly man in Florida had owned a large farm for several years. He had a large pond in the back.

It was properly shaped for swimming, so he fixed it up nice with picnic tables, horseshoe courts, and some orange, and lime trees.

One evening the old farmer decided to go down to the pond, as he hadn't been there for a while, and look it over.

He grabbed a five-gallon bucket to bring back some fruit. As he neared the pond, he heard voices shouting and laughing with glee.

As he came closer, he saw it was a bunch of young women skinny-dipping in his pond.

He made the women aware of his presence and they all went to the deep end.

One of the women shouted to him, 'we're not coming out until you leave!'

The old man frowned, 'I didn't come down here to watch you ladies swim naked or make you get out of the pond naked....'

Holding the bucket up he said, 'I'm here to feed the alligator.'

OCTOBER

John Opalski	10
Anna Towne	11
Perley Smith	31



ALZHEIMER'S ASSOCIATION

alz.org/care

The Alzheimer's and Dementia Caregiver Center provides reliable information and easy access to resources, including:

- * Alzheimer's Navigator -- Assess your needs and create customized action plans of information and support.
- * Community Resource Finder -- Find local resources.
- * ALZConnected -- Connect with other caregivers who can relate to your situation.
- * Care Team Calendar -- Organize family and friends who want to help with caregiving.

800.272.3900

24/7 Helpline -- Available all day, every day.

**GOT THIS
DONE YET?**



TWIN VALLEY SENIOR CENTER MONTHLY ACTIVITIES FOR OCTOBER 2015

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
ONGOING JIGSAW PUZZLES & NOW CRIBBAGE				Tai Chi 10AM-11AM	Bone Builders 10:40 AM DEATH CAFE 11:45AM Tai Chi 1-2PM Activity Time	
4	5	6	7	8	9	10
	Early Bird Bone Builders 7:30 AM Bone Builders 10:40AM Tai Chi 1-2PM	Tai Chi 10AM-11AM	Early Bird Bone Builders 7:30AM Bone Builders 10:40AM BINGO AFTER LUNCH	Tai Chi 10AM-11AM	Bone Builders 10:40 AM Tai Chi 1-2PM Activity Time	CARD GAMES PLAYED DAILY: RUMMY PENUCHLE
11	12	13	14	15	16	17
CALL TVSC WITH QUESTIONS: 223-3322	Early Bird Bone Builders 7:30 AM Bone Builders 10:40AM Tai Chi 1-2PM MOVIE 1PM FLU CLINIC 10:30-11:30AM	Tai Chi 10AM-11AM WGDR Radio Interview @9:30AM TVSC & Pld. Co-op	FOOT CLINIC Early Bird Bone Builders 7:30AM Bone Builders 10:40AM BINGO AFTER LUNCH	CANCELED Tai Chi 10AM-11AM	Bone Builders 10:40 AM Tai Chi 1-2PM Activity Time	GREAT HARVEST DINNER SPONSORED BY PLAINFIELD CO-OP 4-7PM @ TVSC
18	19		21	22	23	24
	Early Bird Bone Builders 7:30AM Bone Builders 10:40AM Tai Chi 1-2PM MOVIE 1PM SASH/BP CLINIC	Tai Chi 10AM-11AM	Early Bird Bone Builders 7:30AM Bone Builders 10:40AM BINGO AFTER LUNCH	LAST Tai Chi 10AM-11AM	Bone Builders 10:40 AM Tai Chi 1-2PM Activity Time	
25	26	27	28	29	30	31
LUNCH IS ALWAYS AT 12:15	Bone Builders 7:30AM Bone Builders 10:40AM Tai Chi 1-2PM MOVIE 1PM		Early Bird Bone Builders 7:30AM Bone Builders 10:40AM BINGO AFTER LUNCH		Bone Builders 10:40 AM Tai Chi 1-2PM Activity Time	HALLOWEEN

"They say I'm old-fashioned, and live in the past, but sometimes I think progress progresses too fast!"

Dr. Seuss