

Remember to renew your membership!



Active Times

NEWSLETTER OF THE MONTPELIER SENIOR ACTIVITY CENTER

August 2018



A Gathering Place for Healthy Aging, Lifelong Learning & Delicious Meals!

Meeting National Accreditation Standards and Planning for the Future

by Bill Doelger, Advisory Council member

If you went to college or a university, you may have assumed the institution was accredited. It is not the same for senior centers of course, but the MSAC is seeking accreditation in the coming year with the help of volunteers. Baby Boomers are still retiring in large numbers, and our membership continues to grow. To deal with that growth, we will need to be as well organized as we can be, not only to reassure prospective members but also to continue operating efficiently. By meeting national standards and by giving greater credibility in fundraising, we are better equipped for the future.

If we become accredited, we are likely to be the first senior center in Northern New England to do so. Nationally, there are more than 200 centers that have met the requirements. This will be the first step in a larger effort to do strategic planning that may help the MSAC impact the well-being of older adults in and around Montpelier.

The accreditation effort is being led by Janna Clar and MSAC Advisory Council member Mary Carlson. Mary, a retired state employee, is capable in policy matters, collaborative group projects and the art of clear writing, among other skills. The later strategic planning effort will be led by Janna Clar and MSAC Advisory Council member Eric Rajendra. Eric comes to Montpelier to retire from an extensive consulting career working with multinational companies, governments and financial institutions. He is volunteering his time to work with MSAC partners and key members of our community to discover ways to improve health, impact income and meet social needs of our aging population.

I think that we have the best senior center in Vermont based on our wide variety of

programs, the financial support that we receive and our efficiency in operating with less than three full-time equivalent employees and many volunteers. We face many challenges addressing the needs of our aging population— from those about to retire to those that are struggling with aging issues who remember growing up in a very different era.

After World War II, we enjoyed continuing prosperity and rising standards of living. Life has become comfortable for many, and food choices have multiplied, but in the process many have become more sedentary and unhealthy, especially when it comes to what many of us decide to eat. It is not surprising that most of our program offerings have to do with movement. By adjusting our lifestyle day by day, we can choose to be healthy and avoid pain and disease. From the fit and active among us to the challenged and elderly, we need to develop programs that address everyone's needs to live well.

Issue Highlights:

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Get Involved!

MSAC's Advisory Council, members, and staff had a productive meeting on July 16 to firm up subcommittee assignments for moving forward with our national accreditation self-assessment process. This months-long effort is valuable in engaging and educating the community on the value of MSAC. Accreditation will recognize that we are meeting our mission, in compliance with national standards and operating as a viable, fundable and qualified provider. We seek more MSAC members to get involved; contact Janna or an Advisory Council member for more information.

ANNOUNCEMENTS

SAVE THE DATES!

Our Fall Program Guide and Registration forms should be ready **Tuesday, August 21**. Registration starts the **morning of Monday, August 27**. Most classes will begin the week of **Monday, September 24**.

VISTA News & Recruitment

We are thrilled that **Resource Development VISTA member, Becky Johnston**, will re-enroll in service with us for another year starting at the end of August. We are also recruiting for a new full-time VISTA position that will involve exciting community-building work.

City Recruiting for New Resiliency Resource Development VISTA Member to Lead Substance Abuse Prevention and Positive Youth Development Initiative

The Resiliency Resource Development VISTA builds the capacity of a coordinated Substance Abuse Prevention Initiative in Montpelier **to address opioid use and other risky behaviors**. The VISTA creates a “Parents and Children Affinity Network” and leads efforts to help parents and teachers identify



MSAC Advisory Council

The council is interested in your opinion. Agendas and minutes are posted on our website and outside the office.

All meetings are open to the public, and members are encouraged to attend!

Next meeting:

Monday, September 17,
12:30-3pm in Resource Room

Bob Barrett, *Chair*
Mary Carlson
Liz Dodd, *Vice Chair*
Bill Doelger
Fran Krushenick
Barb Ladabouche
Dianne Maccario
Laura Morse
Eric Rajendra
dianne richardson
1 vacancy

and implement initiatives that build youth self-esteem. For more information: <https://my.americorps.gov/mp/listing/viewListing.do?id=82013&fromSearch=true>

Looking to Volunteer?

Check out ongoing volunteer needs by contacting Becky. Did you know that MSAC volunteer hours count for **Onion River Exchange** time banking service?

- **Current Events:** Seeking qualified person(s) to lead regular current events discussion; contact Janna.
- **Committee Work:** Seeking members to support Advisory Council staff in program planning, fundraising, financial oversight and membership/hospitality excellence; contact Janna.
- **Office Support:** Seeking people with attention to detail to support customer service, data entry, etc. for a few hours each week; contact Norma.
- **Foot Clinic Support:** Seeking people able to commit to an occasional 4 hour shift, includes some lifting of basins and customer service; contact Harry.
- **Computer Lab Support:** Seeking skilled computer guru to assist with maintenance of public use computers, including for virus protection, updates, and trouble shooting; contact Harry.

Volunteer Spotlight: Summer Special Events by Becky Johnston, VISTA

This month, I'd like to rewind a bit and thank some members who were generous enough to give their time and support for two large events this summer: the MSAC Prom and the BioBlitz that our Community Services supported with the Parks Division.

Late June, we held our disco-fevered prom and silent auction! Elizabeth Mathai and Steve Farnham were kind enough to help get many of the incredible prizes we offered for the auction, while we had an incredible design team assist us in creating our discotheque at Capitol Plaza! These volunteers included: Sue & Art Stuke; Mary Carlson and Laura Morse! Special thanks as well to Joyce Kahn and Linda Hogan for donating their beautiful artwork to the silent auction.

In late July, we also had a great Senior Center volunteer turn out at Hubbard Park and North Branch Nature Center for the City's BioBlitz event! During this event, we were assisted by Meredith Kitfield, Mary Carlson, Laura Morse, Jessica and Susan Sanderson, Georgia

Valentine, Candace Shaffer, Ann Burcroff, Rebecca Sheppard, Peter Thoms and more! Special thanks also to frequent FEAST volunteer Jon Henry and van driver Jack Graves!

Thank you all for donating your time and energy this summer. We'll have more fun events to volunteer at this fall, including our Open House in late November!

Part-time Training Positions Open in Office or Facility Support

Vermont Associates for Training & Development has two positions for income-eligible adults 55+ to support our Community Services Dept. and gain valuable experience to stay vital in the workforce. Both positions are based at MSAC, supervised by city staff, and are open immediately. To learn more or inquire about your eligibility, contact Rick Smedley at 828-0036 or rsmedley@vermontassociates.org.

The Bus Blotter

This is a regular monthly column from Green Mountain Transit.

NEW Green Mountain Transit Bus Map & Guides

Effective Monday, August 27, Green Mountain Transit will be rolling out new Washington, Lamoille and Chittenden County Bus Maps & Guides. New Guides will be available the week before at MSAC and also on their website at: RideGMT.com!

Member Notes

Welcome New Members

Wolfgang Rohls
Louise Frazier
Debra Pinsot
Marty Levin
Anne Bren
Laurel Pontbriand

Joan Davidson
David Ellenbogen

With Our Sympathies

Maria Calamia
Barbara Bull
Irene Gora

Savoy DVD Lending

Mondays, 4-6pm
Wednesdays, 1-3pm



MSAC and Savoy members can borrow up to two titles at a time from the 1,100-title film collection for free and keep them for one week. Reserve a title by emailing savoydvd@gmail.com or just stop by. Browse titles at savoytheater.com/dvd-archive or in our printed guide. Donations appreciated. More volunteers needed; if interested, contact Becky, and you can make your own hours at your convenience. 225-8694 or rjohston@montpelier-vt.org.

Don't Know What To Watch?

Here are some hidden gems in the DVD archive, recommended by our Film instructor, **Rick Winston**:

The Fanny Trilogy: Travel to Marcel Pagnol's Marseilles in these three poignant French films from the 1930s. Get to know the wonderful characters Fanny, her father Cesar, her lover Marius who goes off to sea, and the much older Panisse, who marries Fanny in Marius' absence.

The Big City (Mahanagar): Satyajit Ray's 1963 film shows a changing India with great delicacy, as an independent-minded young wife in Calcutta defies her traditionally minded husband by getting a job

After the Wedding: This is a good film to make the acquaintance of the brilliant Danish director Susanna Bier. Jacob Petersen (Mads Mikkelsen) dedicates his life to helping street children in India., and when the orphanage he leads may be closed, he receives an interesting offer. A business man will give him \$4 million—with conditions.

Ballet Russes: This fascinating documentary tells the story of the itinerant and highly influential ballet company based in Paris that performed between 1909 and 1929 throughout Europe and on tours to North and South America.

Watch for new film events in the months to come!

MSAC is a community cooling shelter during times of high heat. Tell your friends, neighbors and relatives they are welcome M-F, 9am-4pm to beat the heat! In an emergency, dial 911 for help.

UPCOMING EVENTS

Free Drop-in Group: "Lives Well Lived: Questions & Discussions"

Monday, August 6 & 20, 3-4:30pm

When she saw the documentary "Lives Well Lived" at the Green Mountain Film Festival this year, Liz Benjamin found it gripping and moving. The filmmakers asked 22 different questions of older adults, such as: What is your secret for a happy life? What do you wish young people understood about life? Do you experience ageism? Liz immediately wanted to talk with others about these questions. She will facilitate an open, drop-in discussion of these in the MSAC Resource Room. Have a look at www.lives-well-lived.com.

Death Café (recurs 2nd Fridays)

Friday, August 10, 12:15-1:45pm

MSAC hosts this free, volunteer-led, drop-in discussion group each month. Death Cafe is part of an international movement to "increase awareness of death with a view to helping people make the most of their (finite) lives." Death Cafe provides a forum for you to share your thoughts about death, dying, and anything related in a safe, community environment. You can learn more at www.deathcafe.com or email montpelierdeathcafe@gmail.com. All are welcome; bring an open mind. Ellen Fein facilitates discussion. Advance sign-up in MSAC office. Free and open to public.

Navigating the Roadways of Senior Care

Monday, August 13, 6:30-7:30pm

As we age, we are faced with an ever changing landscape. At times it can be difficult to navigate all the different choices when it comes to housing decisions, financial and legal issues, and community resources available. Join us to chat with Samantha Wendel and Heather Barss, Certified Aging Life Care Professionals (Formally called Certified Geriatric Care Managers) from Armistead Senior Care to learn the ins and outs of planning for Long Term Care. Bring your questions! Free and open to public.



Foot Clinic

Wednesday, August 15, 9am-1pm

Nurses from Central Vermont Home Health & Hospice clip toenails, clean nail beds, file nails & lotion feet. \$20 for 15-minute appointment—call 223-2518. Bring basin for soaking feet, a towel, and nail clippers.

Trips

All trips are open to non-members and require advance registration using the forms available online and in the office. Trip flyers with descriptions, itineraries, fees and times are available.

- **Monday, August 6:** Taconic Mountain Ramble State Park
- **Monday, August 13:** Camp Plymouth State Park & Coolidge Historic Site
- **Thursday, August 23:** Old Stone House/Crystal Lake/Willoughby Lake
- **Wednesday, August 29:** Visit the Eastern Townships, Quebec World of Louise Penny's Books
- **Thursday, September 6:** Shelburne Farms
- **Friday, September 14:** Tunbridge World's Fair
- **Thursday, October 4th:** Millstone Trail Walk
- **Tuesday-Wednesday, October 9-10:** Montreal Botanical Gardens Lanterns & Overnight

Info for Barre Area Senior Center trips is in our lobby!

Amish Country, Lancaster PA April 8-12, 2019

Experience Amish culture (and make sure to bring your sweet tooth!) We're ready to start taking registrations. Over the course of your trip, you'll find yourself passing through beautiful farmland via horse and buggy, learning about Amish history and culture, and of course, having the opportunity to do a little shopping. To seal the trip with a (Hershey's) kiss, there will be a stop on your way home to Hershey's Chocolate World—known as "the sweetest place on earth!" For a complete itinerary, fees and more information, or to register, please visit our website or request a flyer at the office. Milne Travel and Norma planned this trip!

Free Mime Class with Rob Mermin

Saturday, August 18, 10am-noon

The class will be filmed in our Activity Room by a Swiss TV producer for a documentary on the Art of Silence. Come ready to move, have fun, and learn how Rob uses mime to help people with Parkinson's. Rob studied with Marcel Marceau and later founded Circus Smirkus. Limited space—intended for seniors only. Contact Rob at 922-1339 or robmermin@gmail.com.

UPCOMING EVENTS & PARTNER SERVICES

Rainbow Umbrella of Central Vermont

Tuesday, August 21, meet at 5:45pm

Rainbow Umbrella of Central VT, an adult LGBTQ group, meets the third Tuesday at 5:45 for a casual dinner at a local restaurant. We gather first at MSAC. Info: RUCVTAdmin@PrideCenterVT.org.

Red Cross Blood Drive

Wednesday, August 22, 12:30-5:30pm

The Red Cross Donor Coach will be in front of MSAC. Call 1-800-RED-CROSS or visit redcrossblood.org to schedule an appointment.

Advanced Cancer Support Group (recurs 4th Sundays)

Sunday, August 26, 4-6pm

Individuals and families living with incurable or advanced cancer are invited to meet to talk openly about concerns and interests. Questions? Contact Theresa at the CVMC Cancer Center: 225-5449.

Prevent Healthcare Fraud and Understand Medicare Rights:

Friday, August 31, 1-2pm

Wendy Gillander from Community of Vermont Elders (COVE) presents an informative talk covering the latest information about Medicare—including new cards—and how the Senior Medicare Project can help you avoid and address scams, fraudulent practices and other common challenges. Learn who to call to file a complaint. MSAC is a supporting member of COVE, a local non-profit whose mission is to promote and protect a higher quality of life for older Vermonters. COVE advances its mission through advocacy and education. Learn more about the work of COVE at their website: www.vermontelders.com.org, or by calling 229-4731. This event is free and open to the public; pre-registration at MSAC is appreciated.

Art Show

July 10-August 29, Community Room



The exhibit **Nerula: Illustrations of Clare Emerson Lane** continues this month—don't miss it! Description in July newsletter.

One-On-One Yoga Therapy

Contact Ragan to schedule a future appointment at 552-8995.

One-On-One PC Help

Local high school students provide free one-on-one assistance with your basic PC and web questions. Call 223-2518 for 20 min. appt.

Advance Directives Help

Mary Alice Bisbee can answer questions by phone and direct you to resources. Contact 223-8140. Another resource is www.vtethicsnetwork.org.

Funeral Consumer's Alliance contact info has be updated!

Do not use the contact information on most of the flyers in the Resource Room. **Instead**, contact the following: *Funeral Consumers Alliance at 802-865-8300 or www.funerals.org for more information and for the new 2018 Vermont Funeral Home Price Survey.* If you prefer a hardcopy version, one is located in the MSAC Resource Room and can be checked out.

CVCOA Chats

By appointment

Questions about health insurance/senior services/Fuel Assistance / Three Squares? Council on Aging is available. Call 479-4400 to set up an appointment.

Financial Coaching

By appointment

Capstone Community Action can provide one-on-one financial assistance. Contact Liz Scharf at 477-5215.

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Make reservations
(at least a day in advance)
or inquire about FEAST at
Home, by calling 262-
6288 or emailing
feast@montpelier-vt.org.

FEAST Together Menu

Tuesdays and Fridays, 12pm-1pm
Menus are subject to change. Options for vegetarians or those with other dietary restrictions are available.

Friday, August 3: FEAST kitchen closed for cleaning

Tuesday, August 7: Salmon with fruit relish, veggies, salad, brown rice, and blueberry crisp

Friday, August 10: Roast pork loin stuffed with gravy, fruit, veggies, whole wheat penne, and custard

Tuesday, August 14: Ground beef chili, fruit, salad, cauliflower, kidney & black beans, corn bread, cheese and a cookie

Friday, August 17: Chicken enchilada, fruit, veggies, coleslaw, rice and beans

Tuesday, August 21: BBQ pork shoulder, fruit, potato salad, coleslaw, veggies, baked beans and chocolate pudding

Friday, August 24: Chicken with relish, fruit, veggies, polenta and chocolate pudding

Tuesday, August 28: Ginger beef, fruit, poppy seed coleslaw, wheat berries

Friday, August 31: Thai red pork curry, cut fruit, veggies, jasmine rice and sheet cake.

FEAST Funding: Every dollar helps!

As a condition for receiving federal Older Americans Act nutrition funding support, MSAC does not charge for FEAST meals served to adults 60+. However, our actual cost per meal—including the overhead to manage the kitchen and staff the program—is approximately \$10. We raise about two thirds of it— and the entire cost for people under 60. When you make a donation for your meal, all proceeds benefit the program, which is subsidized by our contract with CVCOA and MSAC fundraising efforts. If you're able to donate the full amount or more, we appreciate it! If you're not able, we welcome you to FEAST, and your donation of any size helps! FEAST provides close to 18,000 meals per year—many going to seniors at a very high nutritional risk. Our delicious and nutritious meals also provide vital socialization and opportunities for meaningful volunteerism. Thank you for your support!

Focus on FEAST

By Jessica Sanderson

Michael Morse has been presenting delicious meals on Tuesdays and Fridays as he has taken over the kitchen from Chef Justin Turcotte. Justin and his wife and children will be traveling in Asia and Australia during the school year. They leave in August, so make sure to wish him “Bon Voyage!” Stop by Monday through Friday in the mornings to welcome Michael on board and tell him your favorite dishes so he can incorporate them in the menu.

Friday, August 17: Birthday Social

Remember to come to FEAST Together on the third Friday of each month for the Birthday Ice Cream Social. If your birthday is in August, you will be entered into the raffle drawing for a yummy baked good, but whether you win or not, everyone has fun and gets ice cream! Call 262-6288 to make your reservations. *You must be present at 12:30 to win the Raffle.*

FEAST Together News

The hot summer weather is a good excuse to come down to MSAC to cool off while you listen to music, take a movement class, admire the monthly art show and have a delicious meal with new friends you may meet at FEAST Together. Research studies show that sharing meals with loved ones or new friends keeps you happier and more active. Come have a Happy Meal on Tuesday, Fridays or both!

Volunteer Recruits Needed!

- We **really** need new drivers 10:30–11:30 am Mondays-Thursdays for the summer! Could you help, please?
- Still looking for a summer hostess for FEAST Together on Tuesdays from 11:30–1:30pm
- Summer Kitchen Prep cooks (sitting or standing) on Wednesdays and Thursdays.
- We welcome you to join us serving at FEAST Together - we will find the right match for whatever skill you want to bring.

Thank you, TEAM FEAST  's you!

AUGUST ACTIVITIES CALENDAR

Unless otherwise noted, below activities are all weekly.

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> 9-10 Bone Builders Non-Beginner (Koenemanns) 9-10:15 Yoga for Men 9:30-12 Film Appreciation w/Rick at Savoy 10-12 Painting 10:30-11:30 Pilates for Beginners 10:30-12:30 Writing 12-1 Zumba Gold (8/20 start) 12-3 Mah Jongg* 1-2:30 Handbuilding in Clay 12:45-2 Club de Français Intermédiaire* 1-3 Bridge* 2:30-3:30 Living Strong Group* 3-4:30 Expressive Intuitive Art Exploration 3:30-4:30 Very Gentle Yoga (Parker-Givens) 4-6 Savoy DVD Lending** 5-6 Bone Builders (Brown/Lever) 5-6:30 Gentle/Moderate Flow Yoga & Meditation (Parker-Givens) 5-8 Drawing in Perspective (7/30, 8/6 only) 	<ul style="list-style-type: none"> 8:30-9:30 Bone Builders (Barrett/Ladabouche/Phillips) 9-10:15 Spanish 5 9-10:15 Gentle Yoga (Crawford) 10:15-11:30 Bone Builders (Schulz) 10:30-11:45 Band & Dancing* 11-12 Chair Yoga (Parker-Givens) 12-1 FEAST Meal (skip 7/31) 12:15-1:15 Gentle Yoga for Low Back Health 1-3 Scrabble* 1:30-2:45 Gentle Yoga for Osteoporosis 1:45-3 Trash Tramps* 2-4 Knitting 5-6 Bone Builders (Muncy) 5-6 HIIT Kick (walk-in; 6 wks only, ends 8/14) 5:45 Rainbow Umbrella* (8/21 only) 	<ul style="list-style-type: none"> 8:30-10 Walks with Joan* 9-1 Foot Clinic (8/15) 9-10:15 Gentle Viniyoga 9-11 Photography Club* 9:30-11:30am Rug Hooking 10-12 Making Poems 10:30-11:15 Yoga for Balance (Flower/DiGiovanni) 11:30-1:00 Happiness Moves! 12:30-2:30 Writing 1:30-2:45 Yoga for Focus and Fitness 2:45-3:45 Chair Yoga (Royer) 3:30-4:30 Gentle Flow Yoga 3:45-4:45 Beginner Guitar 5-6 Advanced Beginner Guitar 5-6:30 Moderate Flow Yoga (Parker-Givens) 5:15-6:30 Bone Builders (Morse) 	<ul style="list-style-type: none"> 8:30-9:30 Bone Builders (Barrett/Ladabouche) 9-10:15 Moderate Yoga for Balance (Crawford) 9-10:15 Spanish 6 10-11:30 Movement for Wellness (no class August) 12:45-3:30 Bridge* 3:15-4:30 Moderate Yoga to Improve Balance (Royer) 4-5 Beginner/ Intermediate Voice for Shy Singers 5-6 Bone Builders (Brown/Lever) 5-6 Tennis Lessons (Rec Court) 5-6:30 Gentle Yoga with Meditation (Royer) 5:30-6:30 HIIT KICK (UES) 6-8 Ukulele Group* 7-8 Zumba (series 2 starts 8/16) 	<ul style="list-style-type: none"> 9-9:45 Pilates Express 9-10 Bone Builders Non-Beginner (Koenemanns) 10-11:30 Mod/Vig Hatha Yoga (Stander) 10-12 Digital Photography 10-3 Mah Jongg* 10:15-11:30 Bone Builders (Schulz) 12-1pm FEAST Meal (skip 8/3) 12:30 Birthday Social (8/17)* 12:15-1:45 Death Café (8/10) 2-3 Living Strong Group* 2:30-3:45 Gentle/Moderate Yoga (DiGiovanni) 4:15-5:15 Advanced Voice 5-6 Bone Builders (Muncy)
				<h2>Saturday/Sunday</h2> <ul style="list-style-type: none"> Sun 4-6 Advanced Cancer Support Group (8/26 only) Sun 5:15-6:30 Bone Builders (Morse)
				<p>*Does not require registration. Donations appreciated.</p>

Montpelier Senior Activity Center
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Important dates:

- August 14: Submission deadline for September Newsletter
- August 27: First day of Fall class registration.
- September 3: MSAC closed for Labor Day

Sustaining MSAC's Future

Please consider MSAC when making your estate plans and keep us vibrant for years to come. To learn more, contact Becca at 262-6284 or bjordan@montpelier-vt.org.

Montpelier Senior Activity Center

Office hours: Monday-Friday from 9am-4pm.

223-2518 • 262-6285 (fax) • www.montpelier-vt.org/msac • msac@montpelier-vt.org

MSAC is a division of the Community Services Department. MSAC's mission is to enhance the quality of life for older adults in the Montpelier area through opportunities that develop physical, mental, cultural, social, and economic well-being in a welcoming, flexible environment.



Janna Clar, Director of Senior Activity Center
Becca Jordan, Communications & Development Coordinator
Norma Maurice, Office Manager
Harry Divack, Administrative Assistant
Becky Johnston, Resource Development AmeriCorps VISTA

FEAST Meals Program and Reservations Number: 262-6288

Jessica Sanderson, FEAST Program Manager

Michael Morse, Kitchen and Operations Manager for Good Taste Catering