

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

July 2023

## A Fruitful Summer for FEAST!

Thank You MHS Students! | FEAST Farmstand Reopens for Summer 2023.

FEAST Senior Meals has a sweet summer ahead! We said goodbye to our Montpelier High School volunteers on June 8th when we held a celebration brunch for them, their Community-Based Learning teachers, and our FEAST Team; see below:



Then on June 21st, we celebrated the grand reopening of our FEAST Farmstand at MSAC. The farmstand will be a weekly event on Wednesday mornings at 9am this season. Nourish your palate and check out the fresh produce, live music, and festivities each week through September!

Finally, the FEAST team would like to thank the Community Harvest of Central Vermont for delivering 200 pounds of strawberries in June! All those tasty berries will be used in our Meals on Wheels menu for months to come, along with excess produce from



the FEAST Farm throughout the summer. These stories are the paradigm of our community feeding each other model at FEAST!

## MSAC Announces A New Series: Vermont Author Book Talk!

According to Vermont Public Radio, our brave little state has a high concentration of writers and authors. MSAC plans to start celebrating them this fall with our **Vermont Author Book Talk**.

We'll give you a heads up in plenty of time to buy or borrow — and read — an author's work. Then the author will host a presentation and discussion on the book. The fall series features two senior-age authors. Join us!

Montpelier novelist Cynthia J. Bogard presents:

*A History of Silence*, published spring 2023 by Atmosphere Press.

A lost love, secret life, a mother's longing — and a murder! More about this tale of women finding their voices and finding each other at [www.cynthiajibogard.com](http://www.cynthiajibogard.com).

**Thursday, September 21, 2023, at 1:30-3:00 pm at MSAC**

Author Rick Winston presents his chronicle of a lifetime love affair with cinema:

*Save Me a Seat! A Life with Movies*, published in August 2023 by Rootstock.

The story of building a vibrant film culture in a very unlikely place — Montpelier! More about Rick, his books, and events at <http://rickwinston.org>.

**Thursday, November 2, 2023, at 1:30-3:00 pm at MSAC**



Please support our local book culture by buying these books at Bear Pond Books.

Events are free and open to the public. We invite MSAC members to make an afternoon of it — come for lunch at noon and stay for the presentation at 1:30 pm.



**FEAST Farmstand - Wednesdays at 9am**

Follow our activities online!  
[www.montpelier-vt.org/MSAC](http://www.montpelier-vt.org/MSAC)



# Director's Dispatch



Dear Readers,

The mists of time have parted, and I've arrived three years later with a load to be thankful for—it has been three years since I stepped into this fairly accidental journey at MSAC. As you know by now, this is my last dispatch as your Director... in fact, by the time you read this I will already be sailing away on my next adventure. So before I depart, I want to leave you with this invitation:

***It is time for you to be the authors of your own story.***

MSAC is a special place, a gem, as many have told me over the years. My outstanding team and I have worked our tails off to construct a solid "post-pandemic" foundation to ensure that the systems, processes, and structures that support the hundreds of yearly classes, events, drop-in groups, wellness events, and thousands of meals can continue in sustainable perpetuity in service to you— our deserving community of aging adults.

We have carried the torch for you, advocating at local, state and even federal levels. We have worked hard to raise the annual revenue to cover three-quarters of our budget. We have invited you in, again and again, to roll up your sleeves and serve next to us. We have laughed with you, we have cried with you, we have danced together.

Now it is time for you to author the future of MSAC, to decide what this place means to you, to determine what you are willing to give so you can receive, to discern the path forward for this special place. City management has decided to try an experiment by not hiring a new Director. Arne McMullen, long-time

Recreation Director will now be at the helm of both Recreation and Senior Services. A performance audit will take place to determine the needs of MSAC.

To me, the need is clear: MSAC needs leadership to steward the continual growth of this vital organization. But it won't be up to me anymore (and I'm sorry for that, but I have been called away to step into further community impact work). So it is going to be up to you to author the future story of MSAC.

Just as we do over the course of our lives, if we are able, we get to determine the path we tread. I invite you now to step in and help ensure the continued evolution of this "home away from home". Please stay connected.

It has been a deep honor and privilege to serve you.

Sarah Lipton  
Former MSAC Director

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## In Your Own Words

### ***What does FEAST Mean to You?***

*"I enjoy the people, so I don't have to eat alone. And I don't have to cook!!"*

If you have a quote you'd like to share, contact us:  
[msac@montpelier-vt.org](mailto:msac@montpelier-vt.org).

# Town Square

## MSAC Receives \$50,000 Grant

The National Life Group Foundation has awarded a \$50,000 grant to MSAC to support the Root to Fork Food Security Program, which provides access to healthy, nutritious food for area residents of all ages, as well as provides social engagement among different generations. The grant will specifically help to pay for replacing a dishwasher and heat pumps in the kitchen of the program, which prepared more than 5,000 pounds of produce in 2022. "National Life has had a long relationship with MSAC, and we are so humbled that the city is as committed to ending childhood hunger as we are," said Beth Rusnock, president of the National Life Group Foundation. "The additional benefit of helping seniors at the same time is priceless."



## MSAC Hosts 1<sup>st</sup> Hybrid AARP Town Hall with Senator Bernie Sanders

FEAST prepared delicacies for the event, and over 70 folks came out to MSAC. 6,175 total Vermonters were on the phone and 1,064 stayed on for more than 5 minutes, 1,900 people watched AARP VT's Facebook livestream. ORCA media coverage of the event can be seen here: <https://bit.ly/3Jd-Su11>. Media coverage of the event can be found on WCAX, WCAX 2, and VPR's websites.



photos by Ryan Garvey



## Health & Wellness with MSAC

July is a good time to focus on wellness, so we've lined up some things to support you: **Smoothies at the Farmstand** on July 19, member-prioritized lending of **e-bikes at the Montpelier Farmer's Market** throughout the summer. **A Taste of Feldenkrais** will be offered on Thursday, July 20th, 1:00 - 2:00pm with guest instructor Eve Boltax. The Feldenkrais Method is a gentle movement and awareness practice designed to improve your overall well-being, as founder Dr. Moshe Feldenkrais shares, "*Making the impossible possible, the possible easy, and the easy elegant.*" Eve will present an *Awareness Through Movement*<sup>®</sup> chair lesson and a *Functional Integration*<sup>®</sup> hands-on demo.

Participants will be guided to explore and reconnect with their bodily experience, improving mobility, balance, and coordination.



## Foot Clinics Return!

Thanks to VASCAMP for the grant, MSAC has hired registered nurse Sue Mugford to operate foot clinics twice a month. Call the main office to get on the list!

802-223-2518







# Focus on FEAST



## Congregate Lunch Schedule Change...

During the summer months, we've moved back to a biweekly lunch schedule: the 1st & 3rd Thursdays of the month. The suggested donation for meals is \$10, but nobody will be turned away for lack of funds. Meals will be lovingly prepared in our FEAST Kitchen. Please call ahead to reserve your meal: [\(802\) 262-6288](tel:8022626288) or email: [emutino@montpelier-vt.org](mailto:emutino@montpelier-vt.org) by the Wednesday prior.

Do you want to deliver for our Meals On Wheels routes?

Contact FEAST Manager Poa at: [262-6288](tel:262-6288) or [feast@montpelier-vt.org](mailto:feast@montpelier-vt.org)

## July Congregate Lunches

Menus will be published in the e-newsletter, website, and on our [FEAST Senior Meals Facebook page!](#)

**Meal dates for July are: July 6th and July 20th.** The Woods Lodge's Feed Every Need program will be supporting our meals this month.

FEAST Meals on Wheels Menu is available for download on the FEAST website ([www.montpelier-vt.org/FEAST](http://www.montpelier-vt.org/FEAST)), and hard copies are available at MSAC.

Interested in volunteering at the farmstand or kitchen? Contact our office: [802-262-6284](tel:802-262-6284)

### FEAST Farm Stand

Wednesdays, June - September

9 - 10:30 am

**Welcome to our new Americorps member:  
Jen Ireland**

## Dirt on the Farm



*Welcome Jen!*

Hi, I'm Jen Ireland. This summer I'm serving as the Americorps Root to Fork Coordinator, working with the FEAST Farm and the Montpelier Senior Activity Center, under the Montpelier Parks and Trees Department.

### What's the job?

Splitting my time between the FEAST Farm and the Montpelier Senior Activity Center, I help in all steps of a food system— root to fork (or as I like to think of it- seed to belly).

It starts at the FEAST Farm where under farm manager Charlie, I help plant, tend and harvest a beautiful diversity of crops. We follow that food system into cleaning and processing the vegetables that will eventually go to either MSAC's weekly farmstand, or to the Meals on Wheels kitchen, where it will be cooked up and distributed to older adults in Vermont.

As we wait for those crops to grow big, another part of my service is helping out in the Meals on Wheels kitchen under Chef Shalonda, and sometimes helping to package and deliver Meals on Wheels meals.

### How'd I get here?

Originally from Vermont, I knew I wanted to come back again this summer and was looking for a job that was "farming plus something". I happily found it in this position where it's farming plus feeding folks— whether at the senior center or at their doorsteps.

The interest in farming grew over many years of volunteering with *Willing Workers On Organic Farms* (WWOOF) during my off times, at farms across the country. The distribution, coordination, and needed flexibility parts of the job feel like a natural extension of project management skills from my other careers.

### What's great about the position so far:

My big goal is to always be learning. I think in being here, as the Root to Fork Coordinator I've found the perfect position for that... It's gonna be a great summer!

# Arts Corner

## Purchase Maya Mandala Designs by Geeta Thapa from our June ArtWalk:

The Center for Arts and Learning now has an online shop featuring work from the exhibits currently on display and curated by CAL. This includes artwork in the galleries, hallways, and those at the Montpelier Senior Activity Center. Purchases support both the artist, MSAC, and CAL. Pick up or shipping (at additional cost) will be arranged with CAL staff after purchase.

Shop Link: <https://calvt.myshopify.com/collections/montpelier-senior-activity-center>



## Barre St. Community Potlucks

*All summer long for everyone...*

You can see designs like this one in the online shop!  
You can also find other collections from CAL there.

Our neighbors are welcome to join the Center for Arts & Learning and MSAC for a casual, musical get together at our monthly summer potluck at 5:30pm on the playground behind our buildings. Rain space is inside MSAC. We'd love to see more of you. For information: [info@cal-vt.org](mailto:info@cal-vt.org). **Our third potluck will be on Wednesday, July 26th**, and we will be making viewers for the upcoming solar eclipse in April 2024.

*Contact us if you'd like to be featured in the Arts Corner!*

# Sprightly Seniors

Celebrating MSAC's community of active older adults...



Recently my husband Steve and I, while in Argentina, took a side trip to visit dear friends in Uruguay. Many of you know and/or have taken Spanish classes with Carlos Reyes. He and his American wife, Tee Thomas, are now living in La Paloma, Uruguay. It is located up the coast from the capital of Montevideo, about three hours by car.

However, we traveled across the Rio Plata by ferry from Buenos Aires and then by bus to La Paloma. We spent three nights with Tee and Carlos in their compound where they live with three cocker spaniels, a mastiff, Carlos' mom and a 10-year-old nephew.

It was so fun to reconnect and visit them in their home. They live 4 blocks from the ocean. La Paloma is a small town of 5,000 people and is a summer destination due to its pristine beaches and good climate. As it was autumn there we didn't swim but had some nice walks on the beach.

- Heather Bailey  
MSAC Advisory Council Member



Enjoying Sprightly Seniors?  
See our Wellness Tip on Page 10!



# News & Events



## Montpelier Alive's 2023 Independence Day Celebration July 3rd | Downtown Montpelier

Get ready for Montpelier's biggest celebration of the year! Find so many things to do, all afternoon and evening, both on the statehouse lawn and throughout town. Whether you're marching or watching, the July 3rd Parade is Montpelier's must-see event of the year! This year's parade theme is "Resilience." Think sunflowers, growth, smiles, and sun!

This year's Family Fest begins with 'Dance, Sing, and Jump Around' with Liz Benjamin. This interactive family dance will kick off the day at 3pm, followed by an appearance by the Big Nazo puppet group and the Providence Drum Troupe, both back by popular demand! In addition, there will be two bouncy houses on the State House Lawn, sponsored by Capital Community Church.

The July 3rd festivities are generously supported by lead sponsors Union Mutual, Community National Bank, and National Life Group. Additional sponsors include North Country Federal Credit Union, Cody Chevrolet, UVM Health Network, The City of Montpelier, Casella, and Denis, Ricker, & Brown.

Learn more at: [montpelieralive.com/july-3rd-schedule](https://montpelieralive.com/july-3rd-schedule).

## Memorable Times Online: Compare the Fairs! with Scottish Memory Café friends Wednesday, July 5th | 10:30 - 11:30am | Zoom

We are excited to join with memory café friends in Scotland to sample summer festivities from Vermont and various areas of Scotland. Come along with us for the fun! Contact Barb Asen at [basen@cvcoa.org](mailto:basen@cvcoa.org) or [802-476-2681](tel:802-476-2681) for more information or the Zoom link.

## George's Mystery Book Group Monday, July 10, 2023 | 6-8 PM | East Montpelier Room, Kellogg-Hubbard Library

KHL's own George Spaulding leads a mystery book group. June's selection is Killers of a Certain Age by Deanna Raybourne. Multiple copies are available at the main desk of the library. For more information, contact George at [gspaulding@kellogg-hubbard.org](mailto:gspaulding@kellogg-hubbard.org).

## Shelburne Museum Trip Wednesday, July 12th | 9:30am - 3pm

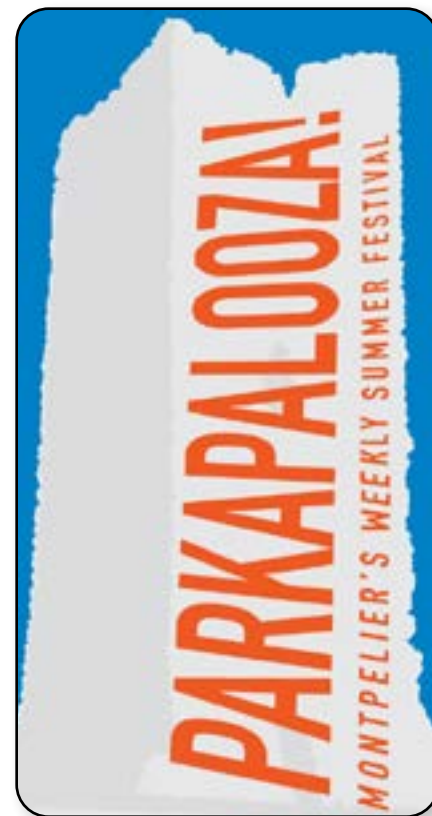
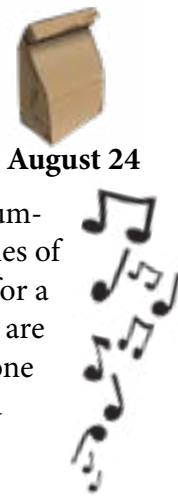
You will have time to roam the Shelburne Museum. There are many exhibits, but three to view this summer: Pop Up Structures, Stephen Huneck art, and Built from the Earth. Bring your lunch or stop at the Café to pick up something to enjoy. Register by Wednesday, July 5th with our office: [802-223-2518](tel:802-223-2518).

## The Hunger Mountain Co-op Brown Bag Summer Concert Series Downtown Montpelier | 12-1pm | July 13 - August 24

The Hunger Mountain Co-op Brown Bag Summer Concert Series is Montpelier Alive's series of FREE and fun lunch-time concerts. Join us for a diverse lineup of local and regional acts that are sure to delight. Bring a takeout lunch from one of our wonderful downtown restaurants and enjoy! Learn more on their website: <https://montpelieralive.com/brownbag>

## Parkapalooza Summer Concert Series Old Shelter, Hubbard Park | 5:30-7pm | July 13 - August 24

Parkapalooza is Montpelier's evening summer concert series playing live music at the Tuning Forks Soundstage in Hubbard Park on Thursdays starting at 5:30pm. Arrive early, and plan for fun times throughout the summer. Each family friendly event will feature live music, food vendors, our giant slip 'n slide, and a huge open space for people to gather and listen to live music. Our lineup of local and regional bands. Parkapalooza celebrates all that we love about Central Vermont— family time outside, community and the arts.





# News & Events

## Medicare and You Workshop

Tuesday, July 18 | 1:30 - 3:30pm | Zoom

Medicare & You Workshops are offered regularly to help individuals who are new to the Medicare system. Sessions take place remotely using Zoom. If you want to participate, pre-register by calling [802-479-0531](tel:802-479-0531) or by sending an email with your name, address, phone number, and the date of the workshop you would like to register for, to: [medicareworkshops@cvcoa.org](mailto:medicareworkshops@cvcoa.org).

## Lake Elmore Extravaganza!

Thursday, July 20th | 4:30-9pm | Cost: \$10

We'll enjoy Fire Tower pizza (or other menu options) on the deck overlooking the lake. Homemade ice cream and other treats are available for dessert. Afterwards, we can stroll to the beach and then prepare for the "one of a kind" Elmore Community Bingo. \$2 buys you admission and three bingo boards.

Prizes include homemade baked goods and beach toys! During intermission, kids jump "double dutch" out front. It's all fun, friendly, and the perfect activity for a Vermont summer night! Bring money for casual dinner, dessert, and bingo. **Deadline: Friday, July 14th.**

## Walk the Danville Rail Trail

Friday, July 21st | 9:30am-2pm | Cost: \$10

Walk on a flat rail bed through fields and forest. We will walk about 45 minutes toward St Johnsbury and then back for lunch at the Bentley's or Three Ponds restaurants. Bring comfortable walking shoes and spending money for lunch. **Deadline: Friday, July 14th.**

## Hood Museum & Tea at King Arthur Flour

Wednesday, July 26th | 9:30am-4:30pm | Cost: \$17

The Hood Museum of Art in Hanover, New Hampshire dates to 1772, the museum is owned and operated by Dartmouth College. Domesticity and Kinship in Global African Art- This exhibit emphasizes the role of women artists in crafting African art. There is also a new body of paintings by Cree artist Kent Monkman. There are other collections so I suggest you go to <https://hoodmuseum.dartmouth.edu/explore/collection> to see what else is on display.

We will arrive in time for a guided tour of the museum. There will be time for lunch in town followed by time to return to the museum to complete your visit. To add to a perfect day, we will take a short ride to King Arthur Flour for tea and a pastry on the way home. **Deadline: Wednesday, July 19th.**

## Montréal Museum Trip

Thursday, August 10th | 8am - 6pm | Cost: \$85

We will explore the Montréal Museum and view the following exhibits: Indigenous Columbia and the Wolf Clan, along with others. Bring your lunch, visit one of the local restaurants, or stop by the museum café to pick up something to enjoy. You **MUST** have a passport or enhanced license to join this trip. **Register by Wednesday, July 26th with our office: [802-223-2518](tel:802-223-2518).**

## Adult Summer Reading Challenge

August 12 - 31, 2023 | Kellogg-Hubbard Library

Read a book in as many categories and places as your summer allows. All kinds of reading count: audio books, books read to you, e-books, etc. Mark categories and places until you reach your personal goal and turn this in for a summer reading prize at the main circulation desk.

Questions? Ask Michelle at [msinger@kellogghubbard.org](mailto:msinger@kellogghubbard.org). Download the Summer Reading Challenge sheet on KHL's website: <https://www.kellogghubbard.org/adult-programs>.

## Age Outdoors: Bike, Run and Walk for a Healthy Future

Saturday, September 9 | 8am - 2pm

Support CVCOA's annual fundraiser while practicing healthy aging in this bike ride, fun run, and walk along the Lamoille Valley Rail Trail, beginning and ending at Oxbow Park.

After your route, enjoy a lunch from Morse Block Deli, lawn games, and music.

Register today at: <https://tiny.cc/ageoutdoors2023>



## Have You Subscribed to our Social Media Pages?

On Facebook, we're at:

[@MontpelierSeniorActivityCenter](https://www.facebook.com/MontpelierSeniorActivityCenter)

On Instagram, we're at: [@MSACVT](https://www.instagram.com/MSACVT)

And on YouTube, we're at:

[@MontpelierSeniorActivityCenter](https://www.youtube.com/MontpelierSeniorActivityCenter)



## Drop In Groups

Monday Walks*	Mondays   8:30 am   meetup locations vary week to week
Coffee & Conversations on Mondays	Mondays   9:30-10:30 am   MSAC Community Room
Artists Group In-Person at MSAC	Mondays   10am-12 pm   MSAC Art Room
Scrabble	Tuesdays   1-3 pm   MSAC Art Room
Trash Tramps Outdoors	Tuesdays   2:00 pm   meets at 1:50 pm inside MSAC
Crafters Group In-Person at MSAC	Wednesdays   12-3 pm   MSAC Art Room
Bridge	Thursdays   12:30-3:15 pm   MSAC Art Room
Community Jam with Experienced Musicians	Biweekly 1st & 3rd Thursdays   6:15-8 pm   MSAC Community Room
Ukulele Players	Biweekly 2nd & 4th Thursdays   3:30-5 pm   MSAC Community Room
Scrabble & Mah Jongg	Fridays   1:00-3:30 pm   MSAC Art Room
Italian Group	Returning for Fall 2023!

***\$5-10 suggested donation for drop-in groups. Check out the new donation box in the lobby!  
Your donations help ensure we can keep our space beautiful and enduring for these groups.***

\*Contact Joan Barrett for more information about Monday Walks: [barrettsvt@gmail.com](mailto:barrettsvt@gmail.com).

### **Editor's Note: Where is the Class Schedule?**

In an effort to avoid repeated content month after month in the newsletter, we're shifting the layout to include the class schedule for each quarter only at the beginning of each quarter. In other words, we will publish the class schedule in the December, March, June, and September newsletter issues. You can see and download the current class schedule each quarter on our website: <https://www.montpelier-vt.org/msac>, as well as on our socials and e-newsletter. You may also pick up a physical copy in our office.

Do you have feedback about this new change? Email Matt at [mwilson@montpelier-vt.org](mailto:mwilson@montpelier-vt.org). We strive to make our newsletter the best reading experience for our members, and we'll always adapt to your desires.

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## **Five Myths About Retirement That Can Lead You Astray**

Whether you are decades away from retirement or it's right around the corner, it's important to separate fact from fiction when it comes to planning for your post-work life. Here are five common – and often costly – myths that often mislead people about life in retirement. Keeping them in mind can help you avoid missteps and achieve your goals for a happy and satisfying retirement.

### **Myth #1 – Retirement life will be less expensive**

Retirement often frees up more time to pursue other interests and hobbies. This may include more travel, social activities and other pursuits that require a financial commitment. Depending on your goals, be prepared for life in retirement to cost more than you might think. In particular, be cognizant that many people overestimate how much money they'll save by “downsizing” their homes. While they may save on property taxes and utilities, they may encounter new costs related to their new, smaller living arrangements, such as homeowner association and facility fees.





# Five Myths About Retirement That Can Lead You Astray (Cont.)

## Myth #2 – Health insurance is simple – and free!

Medicare is a critical benefit for retirees, but it wasn't designed to cover everything. Medicare involves a complex combination of various policies and full coverage comes with costs. Medicare Part A, the basic coverage for hospital insurance, is free for most Americans over the age of 65. That said, other forms of Medicare have costs associated with coverage. According to Medicare.gov, in 2023, the standard premium for Medicare Part B, for physician services is \$164.90 per month. Medicare Part D, for prescription drug coverage, also involves monthly premiums. Most retirees will pay premiums for supplemental health coverage or choose a Medicare Advantage plan to protect them. Copays and deductibles can be included. Plan on health care as a major expense in retirement.

## Myth #3 – Social Security will take care of my financial needs in retirement

According to the Social Security Administration, more than one-third of Americans rely on Social Security for more than half of their income in retirement. That said, it's important to be realistic. The average Social Security benefit for retired workers in January 2023 is \$1,827 per month. Even if you double that for a married couple, it is likely to be far less than your pre-retirement income, and far from enough to meet your needs in retirement. That's why saving in a workplace retirement plan, IRAs and other types of investment vehicles, is critical to protect your long-term financial security.

## Myth #4 – Taxes won't be a major concern in retirement

You might think that because you aren't working, taxes don't come into play. The reality is far different. Most people are required to pay taxes on a portion of their Social Security income. What's more, distributions from workplace savings plans such as 401(k)s, 403(b)s and traditional IRAs are generally subject to income tax as well. Most income generated by bonds, bond funds and CDs are taxable. You may even need to make quarterly estimated tax payments on your investment income and retirement plan distributions.

## Myth #5 – Retirement will mean it's time to kick back and relax

Given the longer life expectancies many Americans enjoy today, the reality is that leaving your position with a company or ending a career doesn't necessarily mean you are done with work. Many people have the desire to remain active. This can take the form of consulting, using the talents and experience you have to continue to earn money. It also might mean spending significant time volunteering for organizations you support. In short, retirement doesn't mean setting your talents, abilities and energy aside. For many, it's the start of a new chapter in life.

## Planning helps you stay reality-based

As you structure your retirement plan, it makes sense to put some thought into what life will look like, and how that might impact your living costs. A good plan will help you set these myths aside and deal with the real world of retirement.

*Ellie Tobin Stubbs, CFP® , AWMA®, BFA™ is a Financial Advisor with Ameriprise Financial Services, Inc. in Barre, VT. She specializes in fee-based financial planning and asset management strategies and has been in practice for 21 years. To contact her, [ameripriseadvisors.com/ellie.stubbs](https://ameripriseadvisors.com/ellie.stubbs). 802-622-8060. 14 North Main Street, Suite 2001, Barre, VT 05641.*

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File #5613374 (Approved until 05/01/2024)

# Community Connection



City of Montpelier  
vermont

We're starting a  
podcast!

A Minute in  
Montpelier  
podcast

Episode #1 - The 2023 Reappraisal  
Listen on Spotify

## Wellness Tip

**Myth:** Happiness is up to the individual.

**What science shows:** Happiness might seem to be rooted in the self, but your community matters. "If I'm happy, but all the people around me are not, I'm not going to stay happy," Simon-Thomas says. Often people think that they can learn how to be happy without factoring in the people who they interact with on a daily basis. But according to Simon-Thomas, "Our happiness depends on the happiness of others."

What makes us happy? Everyone has an opinion, it seems, on the route to true happiness, but how do we separate fact from fiction? Read more here: <https://bit.ly/43WeV2Q>



## Graffiti Removal Infrastructure Team (GRIT) Returns for Summer 2023

### What is GRIT?

Are you disturbed by the increase in graffiti appearing on buildings, retaining walls, signs, bridges, benches and other places in Montpelier? If so, you're not alone. GRIT was formed last summer as a volunteer group to restore the city's infrastructure to its pre-vandalized state. (See "before" and "after" photos below.)

GRIT enjoys the support of the Department of Public Works, the Police Department, Montpelier Alive, and MSAC. GRIT members identify places in the downtown that have been vandalized and need to be cleaned up. GRIT members clean the streets of Montpelier by scraping off stickers, using wipes treated with solvents, and painting over graffiti. The day and time of outings varies according to the weather.

New volunteers are welcome and you don't need to commit to regular attendance. You can come just once or as often as you like. The work isn't physically demanding and requires no prior experience or specific skills. For more information, please contact Nancy Schulz: [SaddleShoes2@gmail.com](mailto:SaddleShoes2@gmail.com).



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Help us turn this.... into that!



And turn this.... into that!



# Bulletin Board

PAID ADVERTISEMENT:

## *Time to Downsize?*

If you have more space in your home than you need, you may be thinking about downsizing.

1. The more equity you have in your current home, the more you'll have on hand to apply toward your smaller residence.
2. Do the research. Compare the cost of your current home, taxes, insurance and repairs to what you would be paying somewhere new.
3. Consider the location. You may want something easy to maintain and located near important services.

*Need help with home financing?* NorthCountry Federal Credit Union can help!

Call us toll-free during work hours at [\(800\) 660-3258](tel:8006603258) and ask for the Mortgage Department.



*Stay active and healthy this July at MSAC... we have plenty of ways for you to achieve fitness here. Our summer classes and drop-in groups will allow you to meet friends who can support and encourage you. There's FEAST with our bimonthly congregate lunches, weekly farm-stand, including a special health week coming in mid-July, and nutrition information readily available. Last, our staff is here to support you in finding what you need, even if it is outside our organization. Our mission is to help you find wellness in aging, and we hope you can discover all there is to offer at MSAC!*

## Would you like to become a newsletter contributor or content volunteer?

Are you a writer or poet? Do you want to interview someone? We could use your fresh perspectives for our monthly newsletter, and we want to hear from you!

Also, do you live in a surrounding town from Montpelier and want to volunteer for our expanding Front Porch Forum group to get the word out about MSAC events? Become one of our content mavens and help us spread the word about everything at MSAC!

*Interested in either proposition?*

Email: [mwilson@montpelier-vt.org](mailto:mwilson@montpelier-vt.org)

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## Would you like to place an ad or sponsored article in the MSAC Newsletter?

The MSAC newsletter reaches over 1,500 residents in Central Vermont through our paper and digital copies. If you are interested in placing an ad with us, contact Communications & Development Coordinator Matt:

[mwilson@montpelier-vt.org](mailto:mwilson@montpelier-vt.org) | [802-262-6284](tel:8022626284)

## Small Home Repairs with Jerry Farland

Need a volunteer for small home repairs? One of our generous community members, Jerry Farland, is offering his services. Jerry is a retired carpenter, so if you have something broken, he can help! Just supply your own materials. Donations to MSAC Special Projects helps others in need of materials.

Email him at:

[gerfarland@hotmail.com](mailto:gerfarland@hotmail.com)

## July is Wellness Month at MSAC!



Montpelier Senior Activity Center  
58 Barre Street  
Montpelier, VT 05602

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**Dear Newsletter Subscriber:**

Save MSAC \$1 per month (and save paper!) by switching to our e-letter. You'll get the newsletter in full color and earlier than the USPS edition. Email [msac@montpelier-vt.org](mailto:msac@montpelier-vt.org).

**Important Dates:**

- **MSAC Summer Classes Begin:** July 3rd
- **July 3rd Celebrations:** July 3rd
- **Independence Day:** July 4th
- **FEAST Farmstand Wednesdays:** July 5th, 12th, 19th, and 26th.
- **Shelburne Museum Trip:** July 12th
- **Lake Elmore Extravaganza:** July 20th
- **Walk the Danville Rail Trail:** July 21st
- **Hood Museum & King Arthur Flour:** July 26th
- **Montréal Museum Trip:** August 10th

**Sustaining MSAC's Future**

Please consider MSAC when making your estate plans and keep us vibrant for years to come. To learn more, contact Matt Wilson at [262-6284](tel:262-6284) or [msac@montpelier-vt.org](mailto:msac@montpelier-vt.org)

**Montpelier Senior Activity Center**

Office hours: Monday - Thursday, 8:30am - 3pm | Friday, Office Closed

[223-2518](tel:223-2518) (phone) • [262-6285](tel:262-6285) (fax) • [montpelier-vt.org/msac](http://montpelier-vt.org/msac) (website) • [msac@montpelier-vt.org](mailto:msac@montpelier-vt.org) (email)

FEAST Senior Meals Program Reservations • [262-6288](tel:262-6288) • [feast@montpelier-vt.org](mailto:feast@montpelier-vt.org)

*MSAC is a division of the Community Services (CS) 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.*

- Arne McMullen, Director of Recreation & Senior Services
- Norma Maurice, CS Office Manager
- Matt Wilson, CS Communications & Development Coordinator
- Tom Leahey, CS Administrative Assistant
- Poa Mutino, FEAST Program Manager
- Shalonda James: FEAST Kitchen Manager / Chef



**Notice: MSAC will be closed on Tuesday, July 4th and have limited services on Monday, July 3rd.**

**MSAC Advisory Council:** Dianne Maccario (Chair), Suzi Swanson (Vice Chair), Chris Ackerman, Heather Bailey, Gail Carrigan, Mary Carlson, Kris Clark, Barbara Dall, Laura Morse, and Rick Winston.