

Historic Flooding in Montpelier

In only a couple of days, from July 9th to 11th, downtown Montpelier and much of Vermont experienced historic flooding. Through the evening of July 10th, the North Branch and Winooski rivers swelled to over 21 feet in height, and floodwaters rapidly poured into local homes and businesses.

In the following weeks, flood relief was swift and immense. Donations came from all across the country and filled up the Recreation gym and MSAC. Our volunteer hub, staffed by Community Services personnel and helpful Montpelierites, organized thousands of volun-



teers to remediate water damage downtown. This crisis, fortunately, didn't impact MSAC with storm damage, however, we did become a temporary home for city employees displaced by the flood.

We've been through this before. From the fire over a decade ago to COVID just three years ago, MSAC has thrived through strife. We hope our membership is doing well, and we want to hear from you if you'd like to share your story. Contact Matt at mwilson@montpelier-vt.org. Be well from your neighbors and friends at MSAC!

Information About Flood Resources

As we all recover from the historic flood event in July that wreaked damages upon our downtown, we want you to know the resources available to help you bounce back. The City of Montpelier has created a webpage dedicated to flood relief updates and resources on their website: bit.ly/MontpelierFlood2023Resources. You can also check out Montpelier Alive's flood resources page: montpelieralive.com/flood2023. Both of these pages are actively updated for the latest information on flood recovery. We also encourage you to follow Montpelier Volunteers, which you can learn more about at the bottom of page 4. This group helped organize the volunteer hub downtown and will continue supporting Montpelier residents in need until this crisis is resolved. And most of all, please feel free to come into the Senior Activity Center, speak with MSAC staff, and share your stories. Together, we can heal and become more resilient from this strife.



Special Town Hall on the Future of MSAC
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Follow our activities online!
www.montpelier-vt.org/MSAC



Town Square

Announcement of Changes at MSAC

As many of you have seen in the latter half of July, there are some new faces around the building. In the aftermath of the flood in downtown Montpelier, city staff had to readjust their schedules and workspaces to meet the needs of this crisis. Now, as remediation experts clean up many buildings downtown, including City Hall, city staff who worked in those buildings have found a temporary home at MSAC.

This means city staff will be operating out of MSAC, and regular classes and activities will shift as a result. To be clear: no classes or activities will be canceled; however, we will set up new areas where you can congregate for your regular activities. We also want to be clear that these changes will not interrupt your accessibility needs. City staff will be parking at City Hall to avoid congesting the limited parking lot at MSAC. We understand that these changes may require some adjustments. We hope that we can band together as one Montpelier community through our shared struggle during this flood. Your patience and understanding are greatly appreciated, and we will continue to update you each week on any changes that arise. If you have any questions about these changes, please contact Director of Recreation & Senior Services Arne McMullen or Assistant City Manager Kelly Murphy using the contact information below.

Arne McMullen

Director of Recreation and Senior Services

[802-225-8699](tel:802-225-8699) | amcmullen@montpelier-vt.org

Kelly Murphy

Assistant City Manager

[802-262-6250](tel:802-262-6250) | kmurphy@montpelier-vt.org

Sprightly Seniors

An Update from the Appalachian Trail

by Phyllis Rubenstein | June 15, 2023

Today is day 62 of my thru-hike on the Appalachian Trail. This morning, I passed the 1/3 mile marker. As I write, I am sitting at mile 736.3 on the Trail.



And what a journey it has been.

Imagine a pleasurable activity that you would like to spend a lot of time doing. Then also imagine the most difficult physical activity you have ever endured, be it childbirth, hard labor, work performance, or an athletic challenge. That's what it's like to hike every day, both the pleasure and the challenge.

I am delighted by the wildflowers and animals, the views, and the hikers I meet each day. I enjoy stops in trail towns and hostels, where I can shower, do laundry, and get a good meal. I am challenged by significant changes in elevation,



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uneven and rocky terrain, occasional thunderstorms, rain, left knee pain, the constant need to be aware of the next water source, deciding where to camp, and more. Despite the challenges, I am quite content and very happy at times.

For more information about my hike, you may read my blog posts at <https://thetrek.co/author/phyllis-rubenstein/>.

- GMG Green Mountain Girl
Formerly known as Phyllis Rubenstein



Focus on FEAST



Summer Congregate Lunch Schedule

During the summer months, we have moved to a biweekly lunch schedule on the 1st & 3rd Thursdays of the month. The suggested donation for meals is \$14, 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 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

August Congregate Lunches

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

This month, our congregate lunches will be on August 3rd and August 17th!

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

Thank you for supporting FEAST Senior Meals! Please remember to RSVP by the Wednesday prior to the meal.

Flood Disaster: FEAST Farmstand Razed By Floodwaters

The Community Services Department didn't come out of the flood completely unscathed. The FEAST Farm was razed by the flood, taking out much of the infrastructure and resulting in 100% crop loss. **Despite this tragedy, our beloved farmstand will reopen for the fall using local donated produce. Details will be coming soon!**

While we're understandably gutted, please know that we will rebuild the farm, and we've already received some funding to do just that. We hope to be back in operation for the 2024 season. We will come back from this!

Volunteer help is crucial to our operations...

The FEAST kitchen needs our volunteers to help us process donated produce, serve meals to clients, and perform other daily tasks.

Interested? Contact our office: [802-262-6288](tel:802-262-6288) or fill out our Google Form: bit.ly/FEASTVolunteers2023.



FEAST Farm - Morning of July 11, 2023

Arts Corner

Barre St. Community Potlucks



Our neighbors are welcome to join CAL 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. The next potluck will be on Wednesday, August 23rd and is a Meet & Greet with Barre Street businesses and organizations! ****See more Arts Corner on Pages 7 & 8****

MSAC Special Town Hall - August 17th

All are invited to a special town hall-style meeting about the future of the senior center. Kelly Murphy, Assistant Town Manager, will be present, and participants will have the opportunity to ask and answer questions and share their views. There will be two sessions on Thursday, August 17th: 10:30-11:30 am and 6:30-7:30 pm.

Save the Date!

Session 1: August 17th from 10:30 - 11:30 AM

Session 2: August 17th from 6:30 - 7:30 PM

News & Events

Memorable Times Online: Getting Around Wednesday, August 2nd | 10:30 - 11:30am | Zoom

"We Get Around!" On the ground, on water, and in the air; on feet and skis, on rails and all kinds of wheels. Maybe with the help of a horse! What have been **YOUR** favorite ways of going from one place to another? Come share stories, pictures, and musical memories about "getting around!" Contact Barb Asen at basen@cvcoa.org or [802-476-2681](tel:802-476-2681) for more information and the Zoom link.

Community Conversation with Mosaic VT Thursday, August 3rd | 6 - 7:30 pm | Fox Market

Join Mosaic Vermont on August 3rd for a Community Conversation! Sultana Khan, the Director of Social Change, will lead a discussion about the importance of mattering and how a sense of belonging can help prevent violence and build resilient communities. No RSVP needed! Meet at Fox Market & Bar in East Montpelier (3070 U.S. Rte 2).

Medicare and You Workshop Tuesday, August 22 | 5 - 7pm | 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.

We will then email you information on how to join the workshop session on Zoom.

Vermont Author Book Talk Series Starts in September

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

The fall series features two senior-age authors. Please read the book in advance, then join us for a lively discussion.

Montpelier novelist Cynthia J. Bogard presents: *A History of Silence*, published in 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.cynthiajbogard.com. Given the flood and its effect on the library and bookstore, two copies are available for borrowing at MSAC.



Cynthia Bogard

Thursday, September 21, 2023

1:30-3 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 by Rootstock. The story of building a vibrant film culture in a very unlikely place — Montpelier! More about Rick, his books, and events at <https://rickwinston.org>.



Rick Winston

Thursday, November 2, 2023

1:30-3 pm at MSAC



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

Montpelier Volunteers Are Here To Assist You!

The Montpelier Volunteer Hub (located at Barre & Main Streets) is still open through the beginning of August. Please follow [@MontpelierVolunteers](https://www.facebook.com/MontpelierVolunteers) on Facebook and Instagram for the latest updates on the volunteer effort. We post information from the City of Montpelier, as well as relevant information from state and federal resources on the flood recovery effort. We're here to help our Montpelier community, so if you or someone you know needs assistance, don't hesitate to seek help!

News & Events

Updates on Groups with Mosaic

Have you or someone close to you been impacted by sexual assault, incest, harassment, coercion, discrimination, or other forms of sexual harm, at any time in the recent or distant past? Learn about self-care and resources.



Connect with others who understand. Groups for adults of all ages are forming in the Barre-Montpelier area this fall. One (delayed to late September start) is for women, female-identifying, and non-binary people; another (on hold till flood recovery at the site is complete) is for survivors of military sexual trauma. Inquire to Janna at Mosaic (see below) for more information and to register!

Individual Therapy Openings for People Impacted by Sexual Harm

A trained social worker provides time, space, and support. You are invited to start or continue a collaborative path of reflection, learning, self-care, and healing. A validating, encouraging, and trauma-informed approach is used. Limited spots, flexible scheduling. No cost; privacy assured. Free and confidential. Inquiries for individual appointments and the support groups to Janna Clar, MSW Intern at Mosaic Vermont: janna@mosaic-vt.org, 802-476-1388 ext. 1003.

Mosaic Vermont is Washington County's local sexual violence prevention and response organization. Advocates and other resources are also available, including a 24/7 Helpline! Learn more: www.mosaic-vt.org.

Local Gleaning Organization Seeks Pint Jars

Do you have unused pint jars aging in your cupboards? If so, Community Harvest of Central Vermont would like to put them into action for a fermented ginger carrot project. **They do not have to be a canning jar, but they do need to be the same size and shape as a Ball or Mason regular mouth pint jar (not wide mouth).** CHCV already has plenty of lids and bands, but your jars should be totally clean, run through the dishwasher if possible, and with any old labels removed. If you have jars to offer, please contact CHCV director Allison Levin at [802-229-4281](tel:802-229-4281) or CommunityHarvestVT@gmail.com.

Volunteers for CHCV glean locally grown fruits and veggies, then deliver the produce to nonprofit community food and meal providers that include the Montpelier food pantry, the FEAST Senior Meals program, and other senior centers.

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>

A Message from the Kellogg-Hubbard Library:

We extend our heartfelt thanks to all of the herculean volunteers who cleaned out our flooded basement and to all of the donors who are helping fund our recovery; we are continually grateful for the support and affection that this community offers the public library.

The Library has resumed curbside services, and it is available Monday – Friday from 10am – 6:30pm and Saturday from 10am – 2pm. We hope to have phones restored soon; for now, you can request library materials online via your library account or by emailing info@kellogghubbard.org. The following business day, you will find your materials on the table under the tent on our front lawn with your name on them.

You can return materials to the book drops. We have librarians working in the building daily. The summer reading program, outreach, and home delivery programs are all running more or less normally. If you cannot access the library for flood-related or mobility reasons, let us know, and we may be able to deliver your items to you.

Currently, the library is running on provisional power. For safety reasons, we cannot have patrons and visitors inside the building until our power and emergency systems are fully restored.

Please find all of this information and more, including a link to donate, on our website:

<https://www.kellogghubbard.org/>



5 Reasons to Plan for Unwelcome Financial Surprises

Life is full of surprises, and not all of them are positive. If you've experienced the unexpected death of a loved one, a sudden job loss, the wreckage of a natural disaster or other curveballs that have impacted your finances, you know how quickly it can happen.

While you can't control what might happen in the future, you can control how you plan for it. Here are five reasons why it makes sense to expect – and plan for – the unexpected.

Challenging life events are hard enough to manage. Financial decisions made in a moment of crisis may not be the soundest ones and could have consequences for years to come. If you have financial contingency plans in place, you may have less to worry about or distract you from the issue at hand. You can be free to focus on pressing personal situations when it matters most.



You'll have more choices. Planning when things are going well will give you more options for protecting your finances. Certain options that guard against financial loss may not be available when tragedy strikes. For example, it's too late to buy insurance after a kitchen fire or a family member becomes ill. Planning ahead can give you peace of mind that you'll be ready for these types of events.

Careful planning takes time. When you face an unexpected situation, you may not have the time or energy to consider your options carefully. With time on your side, you can be more deliberate, thorough and informed. For example, you can make multiple appointments to meet with tax, medical, financial planning and legal professionals to get advice and recommendations. These professionals can help you with a variety of tasks to prepare for the unexpected, such as updating your will, researching and comparing prices on financial products or insurance, establishing a trust or completing a health-care directive. All of these arrangements can be complex, requiring a certain amount of your time and attention to get them in order.

It's the considerate thing to do. Imagine the burden to family members if you're incapacitated and your finances are in disarray. Having your financial dealings in order makes it easier for a loved one to step in and help, as needed. Make sure a trusted family member knows where key financial documents are and how to contact the professionals who help with your finances.

Action beats fear. Conventional wisdom urges us to 'hope for the best and prepare for the worst.' It's good advice, and having a plan in place is empowering. You may not be able to prevent every unpleasant occurrence in life, but you can soften the blow of a personal hardship by putting safety nets in place. A financial advisor can help you identify options to prepare for life's uncertainties.

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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. 802-622-8060. 14 North Main Street, Suite 2001, Barre, VT 05641.

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Creating Sheds in Vermont



Support and Services at Home (SASH™) and the Vermont Community Foundation are supporting the development of Sheds in Vermont. Stipends, funds for project development, administrative and outreach assistance, are all available to support interested individuals or groups. The first step to starting a Shed is finding individuals willing to take on a leadership role to help get the Shed started. A leader may have previous management experience in the trades or another field, enjoy being a connector of people who gather to work towards a shared objective, and is someone who is willing to be the point person for the wider team working to support this project. Leadership requires a minimal time commitment, and is not a permanent, fixed role. Leaders are free to pass the torch to another group member at any time.

Interested parties can contact:

Casey Doerner: doerner@cathedralsquare.org

Tom Delaney: thomas.delaney@med.uvm.edu

Alexander Raeburn: alexanderraeburn@gmail.com

What is a Shed?

A Shed is a group focused on providing a space for socializing with directed activities for those who are retired or working less, and who find themselves with time on their hands and a desire to connect with others.

A Shed is a place to: learn something new, make new friends, share your skills, have a cup of coffee with friends, explore a new hobby, or rekindle a purpose.

Examples of what Sheds do include: building projects like raised bed gardens, planter boxes, bird feeders, or Little Free Libraries; learning to paint with a local artist or hosting a series of talks on a topic that interests the group; organizing a cycling meetup and bike tune-up space where individuals can ride together and teach younger community members how to maintain their bikes. In many cases, Sheds have a service focus and engage in an activity that serves the broader community.

Got extra time on your hands? Know anyone who would be interested? We would love to hear how best to support your Shed! More information can be found at: <https://usmenssheds.org/> (though known as Men's Sheds, this program is open to all genders)

Foot Clinics are Back at MSAC with Sue Mugford, LPN!

Please join me for the Montpelier Senior Center foot care clinics. I have been providing much needed foot care in our community for several years. Regular foot care and prevention is very important to our wellbeing. Every six weeks appointments are recommended to keep our feet in good condition.

The foot care service includes a visual inspection of the feet, with prevention education on common foot conditions. Foot soaks, nails clipped, and foot cream is applied. Please bring your own basin, towel, clippers and foot cream. I look forward to serving and providing our community with this much needed care.

To register for home visits or in person clinics at MSAC, contact the Montpelier Senior Activity Center's office at: [802-223-2518](tel:802-223-2518).



For information on the latest events, programs, and news from the Montpelier Senior Activity Center and FEAST Senior Meals, please visit us online on Facebook: [@MontpelierSeniorActivityCenter](https://www.facebook.com/MontpelierSeniorActivityCenter), on Instagram: [@MSACVT](https://www.instagram.com/MSACVT) and on our website: www.montpelier-vt.org/MSAC.

Pushing Your Envelope – One Day At A Time – Aging Gracefully

In the wake of the morning light, as I moved my body into the newly opened day, it struck me that staying in bed might be an alternative to the usual routines that were demanding my attention. It is surely the ordinary stuff of daily life that grinds the psyche down and threatens to take over one's waking hours, particularly as one ages.



We are saved from this conundrum by special projects, new initiatives, and upon occasion, relinquishing the rabbit hole of habit. The challenge is to enrich our lives in the here and now because there is no other time available. The operative cliché is: “Remember, all obstacles also represent opportunities.”

So, get out of bed, get off the couch, shut down the computer and the cell phone forsake easy tasks for challenging ones, shake up your routines, stretch, inhale and exhale, take an unplanned day trip, call up an out of touch friend and venture forth enthusiastically into the daily dance with spontaneous actions and see where all of this takes you.

And do not forget to...

Keep on keeping on while others drop out without a shout

Find task to do while in a queue

Eat everything on your plate and celebrate

Change the way you run your life and reduce strife

Use your brain for some exceptional gain

Challenge the status quo and let go

Express gratitude every day to sweeten your life in this way

Forgive yourself and place your mistakes on the back shelf

And embrace the following mantra:

“Every day in every way I am getting better and better”

Bob Lincoln

June 2023

A retired development officer, sometime poet, and raconteur

An Account of the 2023 Flood

The morning of Monday, July 10th, started like most Mondays this summer. Vermont experienced higher than average precipitation in June. The rain increased steadily from Sunday afternoon through Monday, which foreboded disaster to come through Monday evening. This weather event would eclipse Tropical Storm Irene in scope and magnitude.



Story Continued on Page 9...

Jeb Wallace-Brodeur, Times Argus, July 11, 2023

An Account of the 2023 Flood

As City Manager Bill Fraser stated in a press release on the morning of Tuesday, July 11th:

"It's not just your imagination that this is a big flood. This has been the second highest recorded Winooski River level in history, behind only the historic 1927 flood. This is higher than 1992 and both 2011 flood events."



Neal Goswami, Reuters, July 11, 2023

Overnight, Vermonters rose to the challenge of this crisis, not only in Montpelier, but state-wide. Montpelier Alive in coordination with the City of Montpelier organized a volunteer effort of over 3,800 individuals who carried out over 800 jobs across the greater Montpelier area. For a city of only 8,000 people, the generosity shown by these folks who were ready to serve the needs of our community is truly remarkable.

We thank all of our volunteers for their support!

Now as the waters have receded, we're left to reconstruct and deal with the reality of changes to our historic downtown area. As we adapt to these changes, our resilience will be essential to care for those in our community.



We are Vermont Strong and ready to move forward from the 2023 flood with a renewed resolve to build back better.

The 'She Dancing' Cloud...*3

The sky was blue and bright,
Not one cloud found in sight,
Oh, behold, here is one,
It dashes, dances and has come...

To be rocked by the wind,
To be shown how to be kind,
To be shown how to enjoy,
To be drawn to convey,
That dancing in the wind,
All alone and not seeming to mind,
Can bring happiness and smiles.



After highs and lows,
Arrows and bows,
'She Cloud' had enjoyed her dancing...
Within her own music and musing...

When other clouds became,
'She Cloud' danced and danced until insane,
Then slowly melting, letting go of her life's liquid,
She smiled and disappeared in the infinite

Blue sky...

'She Dancing' Cloud had been a legend
In her own way...
Leaving open space,
For others to stay...

By Yvonne Straus

© 2023



Summer Drop In Classes

Drop In Groups

Monday Walks*Mondays 8:30 am meetup locations vary week to week
Coffee & Conversations on MondaysMondays 9:30-10:30 am MSAC Community Room
Artists Group In-Person at MSACMondays 10am-12 pm MSAC Art Room
ScrabbleTuesdays 1-3 pm MSAC Art Room
Trash Tramps OutdoorsTuesdays 2:00 pm meets at 1:50 pm inside MSAC
Crafters Group In-Person at MSACWednesdays 12-3 pm MSAC Art Room
BridgeThursdays 12:30-3:15 pm MSAC Art Room
Ukulele PlayersWeekly Thursdays 3:30-5 pm MSAC Community Room
Scrabble & Mah JonggFridays 1:00-3:30 pm MSAC Art Room
Italian GroupReturning for Fall 2023!

\$5-10 suggested donation for drop-in groups. 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 Tuesday Walks: barrettsvt@gmail.com.*

Intergenerational FEAST Volunteers – July 19, 2023

The older adults and elders enjoyed two 7th graders company! It was a team of six who processed 50 lbs of carrots (peeled and chopped) and 50 lbs of potatoes (peeled and diced); and began to work on 100 lbs of zucchini and summer squash (sliced in half moons).



Thank you to all of our volunteers who help make dishes like this delicious vegan paella!



Bulletin Board

PAID ADVERTISEMENT:

How To Be Happy & Healthy

Squeeze more joy out of your money by spending it on experiences instead of things. A 20-year study conducted by Dr. Thomas Gilovich, a professor at Cornell University*, concluded that the happiness provided by possessions is short-lived. Positive experiences, on the other hand, are assimilated into our identity. The sights, sounds, and feelings you experience become a part of you, adding a richness material possessions can't.

* Source: www.forbes.com

Learn more about North Country Federal Credit Union on their website: <https://www.northcountry.org/>.

Contact: 1 (800) 660-3258 or Email: service@northcountry.org.



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

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

PAID ADVERTISEMENT:



Ellie Tobin Stubbs, AWMA, BFA
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Small Home Repairs with Gerry Farland

Need a volunteer for small home repairs? One of our generous community members, Gerry Farland, is offering his services. Gerry 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

PAID ADVERTISEMENT:

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— and —
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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.

Important Dates:

- **Parkapalooza Returns to Hubbard Park: Thursdays in August**
- **Regular Programming Resumes at the Recreation Gym Starting in August**
- **Mosaic Vermont Community Conversation: August 3rd**
- **Labor Day: September 4th**
- **Vermont Book Talk Series: September 21st & November 2**

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

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 (website) • msac@montpelier-vt.org (email)

FEAST Senior Meals Program Reservations • [262-6288](tel:262-6288) • 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 Monday, September 4th for Labor Day.

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