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Facebook: TwinValley Senior Center

TWIN VALLEY SENIORS INC.

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



May 2021 Newsletter

Board of Directors

George Cushing, Chair, 9/2021
Denise Wheeler, Vice Chair, 1/2022
Susan Crampton, Secretary, 3/2021
George "Bill" Bollenback, Treasurer, 8/2023
Fred Wilber, 5/2023
Cecile Sherburn, 7/2022

Rita Copeland, Executive Director
Work: (802) 223-3322
E-mail: twinvalleyseniors@myfairpoint.net

Open:

Monday, Wednesday, and Friday
9am to 2pm.
Free bus service for seniors & disabled in the six towns served.

Lunch (open to the public):

Monday, Wednesday, and Friday at 12:15 pm.
Cost: Seniors/\$5.00
Under 60/\$6.00. No one is turned away because of inability to donate and the process is very confidential.



Many classes are offered from Bone Builders to Art. Donations welcomed. For more information: 802-223-3322 or e-mail at:
info.twinvalleyseniors@myfairpoint.net

Don't forget when shopping online use smile.amazon.com to help support Twin Valley Seniors.



News from the Center

From Rita Copeland, Executive Director

Thank you Morse Family

I would like to take this opportunity to tell the family of Robert Morse how appreciative we are for sharing some of Bob's love for the Senior Center. He was a very active volunteer from the start of our remodeling at the present location to move in. Thank you to his family for having memorial donations sent to the Center that he so loved. Bob cared for his fellow friends at the Center and the communities we serve. He knew just about everyone. I know that Bob wanted the Center to thrive and grow so that everyone could have a place to attend, enjoy each other, make new friends, and combat isolation. I am sure Bob is smiling down on his family for having the Center receive donations in his memory and that his fellow volunteers and friends will not let him down and carry on with the important work at Twin Valley Senior Center.

Thank you 1st & 2nd Graders at East Calais Elementary School

We received a large brown envelope from Mrs. Ecklund's class with beautiful Earth Day cards made for our Meals on Wheels recipients. This 1st & 2nd grade class have made several beautiful cards in the past few months for the homebound seniors. We are so pleased here at Twin Valley to know that they are thinking of others at their age. These cards put smiles on the faces of the homebound residents that may be alone and isolated. Here at the Center we know how much receiving the cards from the students mean to the recipients because they tell the drivers or they call me at the Center to let me know. Thank you so much students!



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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.

AARP 2020 Taxes

Following is a note from AARP Tax preparer Jim McQuestin. TVSC and community residents owe a huge thank you to Jim for helping so many with preparing their taxes. Jim spent many hours volunteering his time and knowledge. Above all, doing the tax service free of charge to all low income and disabled residents.

At the Center I know just how hard Jim had to work and the time he put into doing the returns under strict guidelines because of the pandemic. Jim always showed understanding, compassion, and patience to everyone he came in contact with. As every year, Jim goes above and beyond helping so many that need the service.

To all who left donations in the box for Twin Valley Senior Center please know that we really appreciate your kindness. I feel so blessed to have AARP work with myself and Jackie to bring this valuable service to you so close to home and free of charge.

Jim's Note:

We have concluded the tax clinic at Twin Valley Senior Center for 2021. According to my records, through a strong team effort we were able to assist 82 taxpayers/couples with getting their tax returns prepared and filed. Probably as important, if not more so, we helped many of those folks get their homestead declarations and property tax adjustment claims filed with Vermont.

It was certainly a challenging tax season, trying to figure out how to assist folks with their taxes while doing so in a manner designed to keep them and us as safe as possible in the middle of a pandemic. There were certainly times as late as January when I wasn't sure we were going to be able to have a tax clinic at all.

Please extend my very sincere thanks to your Board for once again permitting us to hold the tax clinic at Twin Valley Senior Center. Without the use of the facility, and without all of the assistance you (Rita) and Jackie provided, there would have been no tax clinic this year. Hoping that 2022 sees us all able to resume normal operations - Jim McQueston

Where are we?

Twin Valley Senior Center cook, volunteers, and staff are as lonesome for the seniors to return as the seniors are wanting to return to the Center. It has been a difficult time to keep operations flowing and not being together with everyone. We have lost some very dear members during this closure period. To have them leave us at a time that we could not be together with them weekly, adds even more sadness to our loss.

Along with many of my counterparts at other centers in Vermont, we are all having a hard time trying to re-open our doors and follow the mandated guidelines with the space we have at our centers. At Twin Valley we could accommodate for the congregate just 4-5 people in our allotted space. Not that we wouldn't like 4-5 people but, we have to be fair to everyone. Bus service is another area that has to be re-visited along with volunteers to help us with the added screening and sanitizing and additional procedures all have to be taken into consideration. We, however, are still doing Bone Builders via Zoom and holding 2 different Tai Chi classes at the Center. We just finished the tax clinic and are holding the foot clinics regularly. We are preparing Meals on Wheels weekly with delivery of meals on Monday and Wednesdays hoping to resume three-day delivery once we are re-organized and open.

The Governor's guidelines are stating that hopefully by July 4th things can begin returning to normal. That will be

here before you know it and we are hoping that is the road we will be able to take to re-open. By that time, we are sure everyone will be completely vaccinated and we can feel much more relaxed knowing the population we work with is vaccinated as well as all volunteers and staff.

We want you to know that you can receive Meals on Wheels regardless of your ability to donate. You must be 60 + years of age to receive these meals. However, if under 60+ and need help please contact your local (VCIL) Vermont Center for Independent Living and they will help guide you with food insecurity. Please do not hesitate to contact me at the Center. The number is 223-3322 or email me at twinvalleyseniors@myfairpoint.net. If you have questions I have answers. No one should be going without proper food. If we cannot help you then we will guide you in the right direction. Please let us help you get the proper nutrition to keep you out of the hospital and nursing home. We want you to stay in your home in the community where you want to live. That is why we work hard to be sure we are doing all we can to support you. You may think it is charity but it is not charity. With many hands together it is caring, compassion, and love for all your years of giving to us. We want to give back so do not hesitate to contact me.

As TVSC looks forward to re-opening the senior center, I am reaching out to everyone. To our existing volunteers that were volunteering at the Center when we had to close, to reaching out for many more to join our team. We very much want to have additions to our Board of Directors. We would ideally like people from each town we serve. It is an important position to think about so that you can help guide the Center to cover the interests of people in your town. Many other volunteer positions are available including leaders for a variety of different exercise classes. Your thoughts and ideas as to what types of classes are always welcome as well as any activities you would like TVSC to host. Other areas of volunteering are Meals on Wheels packers and back up drivers. Periodic volunteers to take seniors for appointments, etc. An in-house handy man is always needed. Volunteers to work fundraisers in many different capacities and volunteers are always needed to help process the many donated local fresh fruits and vegetables during the growing season that our great friends and neighbors donate. Even an hour of your time would be the most rewarding hour of your day. So please give it some thought and feel free to contact me 223-3322 or via email twinvalleyseniors@myfairpoint.net. Please know that the younger generation is always welcome. Even sitting with a senior at the Center visiting, playing games, teaching about I-Pads would be possible. If you like making jewelry, doing fingernails, etc., I am sure some of our beloved seniors would enjoy being pampered. Maybe earning school credits would be possible while volunteering.



Perreault, Elizabeth	1
Wilber, Fred	9
Marosz, Edward	13
Christiansen, Kris	14
Crampton, Susan	22



May Menu

MONDAY	WEDNESDAY	FRIDAY
3 Veggie fried rice with eggs Peppers, string greens & onions Corn Green beans Applesauce	5 Baked herb & lemon fish Carrot coins Broccoli Whole wheat bread Chocolate chip cookie	7 Beef goulash Mixed vegetables Brussel sprouts Whole wheat bread Tropical fruit
10 Broccoli & potato frittata Cauliflower Mixed vegetables Whole wheat bread Tropical fruit	12 Sweet & sour beef over brown rice with peppers & broccoli Peas & carrots Whole wheat bread Pudding	14 Veggie macaroni & cheese Broccoli Squash Whole wheat bread Strawberry rhubarb pie
17 Spaghetti w/meat sauce Green beans Mixed vegetables Whole wheat bread Pears	19 Pulled pork w/whole wheat roll Creamed corn Spinach Oatmeal cookie	21 Turkey noodle casserole Peas & carrots Brussel sprouts Whole wheat bread Jell-O w/fruit
24 Pesto chicken w/egg noodles Spinach Peas Whole wheat bread Peaches	26 Roast turkey w/roasted potatoes Mixed vegetables Whole wheat bread Apple crisp	28 Chicken parmesan Beets Broccoli Whole wheat bread Birthday cake
31 CLOSED FOR MEMORIAL DAY 		2% milk served at all meals Menu subject to change. Vegetables subject to change due to local availability and donations