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www.twinvalleyseniors.org  
Facebook: TwinValley Senior Center

## TWIN VALLEY SENIORS INC.

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



### September 2021 Newsletter

#### Board of Directors

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](mailto:info.twinvalleyseniors@myfairpoint.net)

Don't forget when shopping online use [smile.amazon.com](https://www.smile.amazon.com) to help support Twin Valley Seniors.



## News from the Center

### Last Edition as Executive Director of Twin Valley Senior Center

As I put together the September newsletter, I want you to know that I have decided to step down as the Executive Director of the Center on October 1, 2021. For the last twelve years I grew to have much love and passion for the senior center that serves the residents in the six towns we cover. It has been such a privilege and an honor to serve you. The decision to resign has been a difficult one for me to make. I feel the Center is to a point for more growth with leadership, knowledge, technology, and energy to move to the next level.

Without the many, many wonderful people that have been by my side, volunteered, and worked with me plus, support from community members, the Center has grown from a small unknown entity to an organization that is well known and respected. This was not done by me alone but with each and every one of you. When people would say it had such an inviting, welcoming, homelike atmosphere, I could not have asked for more.

My goal and vision for the Center is not complete but my time has run out. We have a great start to bring it to a Center that is used by all, offering local services such as the many activities we now have and hopefully will have many more in the near future.

I have made such wonderful friends; laughed, cried, and celebrated through many different scenarios. I hope that you know I gave my best to serve as your Director of the Center and something that you can be proud of having in our rural area. I ask that you carry on your support of the Center as you always have, to look out for each other and always take care of yourself.

My appreciation love and respect to each of you.

(Continued on page 2)

#### **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.

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## September is Senior Center Month and Falls Prevention Week

Falls Prevention Awareness Day is on September 22 at the start of the fall season and it's a very serious matter that we all need to be paying attention to. It's the leading cause of injury-related emergency department visits.

### TVSC Flu Clinic

When: September 29, 2021

From: 1:30 to 3:00 pm

No appointment needed. 18 years of age and up, no minors. Bring insurance information. A billing representative will be present to assist with paperwork. **Be prepared to mask, social distance, and be screened.** We will not be offering COVID/flu joint clinics.

### Don't Forget Grandparents Day - September 12th



Grandparents Day is a day for celebrating the connections between generations. No longer have your grandparent(s), make a card for an elderly neighbor, share a meal, play a board or card game, go for a walk, or just visit over a drink and cookie but, visit and put a smile on some ones face.

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**HAPPY  
BIRTHDAY**

Virginia Black	7
Roberta McLaughlin	16
Carl "Charlie" Vieth	19
Dwight Duke	26
Brien Ducharme	30

**A Very Special Birthday to Carl "Charlie" Vieth of  
of Cabot**



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### Activities:

Monday:	Bone Builders 9-10am
Tuesday:	Fall Prevention & Sun Style 73 10-11am
Wednesday:	Bone Builders 9-10am
Friday:	Fall Prevention & Sun Style 73 10-11am



A very special thank you to Sue Carey. Sue has gone above and beyond in showing her caring for others. All through the pandemic Sue did the Bone Builders leadership via Zoom for TVSC participants. Now that TVSC is open and offering classes at the Center Sue is coming Monday & Wednesday to lead the class and at the same time offering the class via zoom. This is dedication, commitment, and lots of compassion to help the senior population get their exercise to stay healthy. Words cannot express our gratitude to Sue!

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Last month I asked you to submit your favorite recipe and the story to go with it because we did not have a menu to publish. I received our first recipe and story.



## Recipe of the Month - For all you chocolate fudge lovers!

By Joyce Copping

I learned how to make this chocolate fudge when I was 10 years old as my mother had to go away for the day. She had never left me alone before. She said, "Come, I'll show you how to make fudge." I was in 7<sup>th</sup> Heaven. I made the fudge exactly as she said. Wonder of wonders, I have been making this recipe since. I have made it for bazaars friends, and always on my children's birthdays, Christmas and any time they wanted. It never failed that I wouldn't make their special fudge. Even my husband loves it. Just make it according to my directions and you'll just love it!

### Chocolate Fudge

2/3 cups of cocoa	4 1/2 tablespoon of butter
3 cups sugar	1 tsp vanilla
1/8 tsp salt	Nuts if desired
1 1/2 cups milk	

Boil for 20-21 minutes. I put the butter and vanilla in as I remove pan from the heat. Stir until it starts to harden. Pour into a buttered dish. I use an 9 x 5 glass dish.

### Thank You

To the Cate Farm for donating plants to the center for our garden beds. With the donation of plants, we all have been able to enjoy some lovely flowers inside and outside the building.

To Ron Smith from Maple Hill Lumber we thank you for your donation of lumber to make the flower bed around the new signage. Not only did you donate but helped Fred Wilber make the flower box.

To Rich Christiansen (Plainfield Hardware) for the donation of topsoil to fill the box. Not only was the topsoil donated but brought over to the center and placed in the flower box! Know Mama C. really appreciated your kindness.

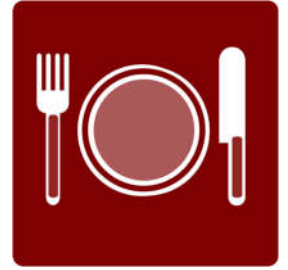
To everyone who has called, brought and shared fresh local items from your gardens I can only say "it is like you" with your kindness.

To Alan & Sandi Farnham for allowing Joyce Fowler to raid your blueberry patch for the center we thank you. Joyce not only picked the berries but cleaned and brought them to the center. Very much appreciated Joyce!

thank you!

## Missing Menu

TVSC sends their deepest apology for not having the menu on this page. However, we are in transition of a temporary cook and have not been able to produce the menu as this goes to press. You may want to come and visit any Monday, Wednesday, or Friday at noon to have a surprise meal with folks at the Center.



We are asking you to submit to us your favorite recipe and a short story about the recipe. You can send the recipe with your name and number to TVSC, P.O. Box 152, East Montpelier 05651. You may also email the information to [twinvalleyseniors@myfairpoint.net](mailto:twinvalleyseniors@myfairpoint.net).

Recipes that are chosen (with their story) will be featured as Recipe of the Month in our local newsletter and also on our Facebook and Webpages.

The cook may prepare the recipe at lunch time at the Center and for Meals on Wheels. Please start preparing and submitting your recipe and story now. We would like our first featured recipe of the month in the September issue of the newsletter.

Look for the menu back on this page in October.

