

4583 US Route 2  
Mail: P.O. Box 152  
East Montpelier, VT 05651  
Telephone: (802) 223-3322  
www.twinvalleyseniors.org  
Facebook: TwinValley Senior Center

## TWIN VALLEY SENIORS INC.

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



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

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



## News from the Center

From Rita Copeland, Executive Director

### Happy New Year

Certainly 2020 has been a very challenging year and a strange one under the pandemic. The Center closed in March which put a big damper on our fundraising events not being held. Our Veterans, Hunter's Breakfast, Thanksgiving and Christmas were special days for hosting gatherings which could not take place. The Center staff has dearly missed the one on one contact with many who attended the Center as well as the delivery staff for the Meals on Wheels clients they serve.

However, the volunteers and staff have been grateful for being able to cook, package, and deliver the meals to the homebound. We did start to allow a little activity at the Center but, had to stop in November to meet state guidelines.

Our telephone contact with the seniors that attended the Center tell us how much they miss coming to the Center and each other. There was always something for them to do from exercise to getting their feet pampered.

The Center wants each and every one of you to know how grateful we have been for your continued support which allowed us to purchase the property on June 1, 2020. Purchasing the property was necessary to have the option to expand for needed space. Over the years we have grown and will hopefully have continued growth in the future. We are hoping year 2021 (without the pandemic) will let us review Twin Valley's present and future needs.

Everyone needs to pray strongly that the pandemic will be gone and

#### **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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that the New Year will allow us to be up and running again. Hopefully, getting back to normal! Remember, TVSC is your Center for meals, programs, socialization. We hope you will join us. Your ideas and suggestions are always welcomed and appreciated. We want the Center to be what you want it to be.

We are always looking for board members. This is your opportunity to have a voice in the overall operations of the Center and help take the Center in the right direction for people in your community. We would really appreciate having each town we serve have a representative on our board of directors. Please give it some thought and email me at [twinvalleyseniors@myfairpont.net](mailto:twinvalleyseniors@myfairpont.net) or give me a call at 223-3322 for more information regarding a board position. Any resident (if interested) can be on the board. If you have time, experience and knowledge in the fields of CPA's, Public Relations, Contractors, Web, and Facebook, etc. we can certainly use you as a volunteer in these areas. I am sure there are many young capable people that like working with Web and Facebook. These young people that care about the older generation certainly would have a lot to offer probably from being with their own grandparents, relatives. It would be awesome to have their thoughts and point of view added to our Board of Directors. I know of one younger volunteer that I had at the Center who just loved the participants. He eventually moved away and not long after that I received an email asking me if I would write a reference letter for him. Low and behold the letter was to a senior community care place in Connecticut where he applied and received the job of working with geriatric patients. Another volunteer was going into geriatric nursing and I also submitted a letter of reference for her and she succeeded with her courses and on her way to her dream job.

Our wish at Twin Valley to each and every one of you in the New Year is happiness, peace, comfort, and good health throughout the year. Remember these few words for the New Year...Life is great when you participate!

## What a Welcome Gift!

Twin Valley was once again the recipient of approximately 500 lbs. of beef raised by Maple Hill School and Farm. The beef was slaughtered, packaged, and delivered to the Center on December 11<sup>th</sup>. by two Maple Hill School and Farm employees. The phone call came to the Center that morning and what a welcomed phone call knowing we were going to have fresh local ground beef. We are so fortunate to have the school and farm take such good care of the elderly nutritional needs in our area delivering monthly to many with food supplies. They certainly know the true meaning of giving and caring about others. Saying thank you does not cover the gratitude that Twin Valley Seniors have for their hard work and thoughtfulness not, just for the beef but they are always there if we have someone that needs some assistance with home projects.



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## Activities

### Bone Builders/Arthritis

Every Monday & Wednesday via ZOOM with instructor Sue Carey. Classes are 9 - 10am. For more information please contact the center at 223-3322 or email [twinvalleyseniors@myfairpoint.net](mailto:twinvalleyseniors@myfairpoint.net).

### Foot Clinics at TVSC

January will bring two Foot Clinics to the Center. The pandemic caused the Center to limit the number of clients at each clinic. January brings a second clinic so that CVHHH can accommodate bringing everyone up to date during our closure time. Having the second clinic will help the schedule so that everyone can get back to having their feet taken care when they should. You must (if you do not have an appointment already) contact the center @ 223-3322 to make an appointment. The number of attendees can only be two at a time when there use to be four.

Until the time we can get back to normal. Please be sure to keep your appointment and if you cannot call as far in advance as you can. This may allow someone waiting to step in your timeslot. January clinics are January 4<sup>th</sup> and again on January 6<sup>th</sup>.

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### Food Shelf at The Old Brick Church

The Old Brick Church Food Shelf is open to residents of East and North Montpelier, Calais, Plainfield, and Marshfield on the second and fourth Tuesdays of each month from 2 to 5 pm and anyone who attends the Sunday services at the Old Brick Church. For more information, please contact Pastor Herb Hatch at 479-0836.

### Thank You!

Thank you goes out to many who helped by their donations to fill Christmas bags for the homebound. I will not mention names but you all know who you are. Your kindness and thoughtfulness made this Christmas a little brighter for 45 homebound seniors. Thank you to the people that worked at putting it all together and our dedicated delivery drivers who played Santa for the Center. To making special cookie treats bags for the seniors, for the many items purchased plus Christmas bags to put items in, gifts of hams which made a wonderful Christmas meal, gift certificates, home made scarfs, and hats, wrapped donation gifts from a donor and last but not least the donation of money to purchase items for seniors. We thank each of you very much. We know this would add some smiles on the senior faces knowing they may have been alone but certainly not forgotten.



DiMatteo, Jackie	3
Fowler, Joyce	9
Heller, Joan	15
Chesaux, Linda	31



## January Menu

MONDAY	WEDNESDAY	FRIDAY
<p><b>2% milk served at all meals</b>  <b>Menu subject to change.</b>  <b>Vegetables subject to change</b>  <b>due to local availability</b>  <b>and donations</b></p>		<p><b>1</b>            Sausage, cabbage, apple, and onion saute over brown rice            Corn            Applesauce</p>
<p><b>4</b>            Breakfast sandwich with bacon            Roasted potatoes            Spinach            Tropical fruit</p>	<p><b>6</b>            Turkey &amp; biscuits            Squash            Green beans            Apple crisp</p>	<p><b>8</b>            Baked ham            Carrots            Cauliflower            Whole wheat bread            Gingerbread cake</p>
<p><b>11</b>            Meatloaf with mashed potatoes            Broccoli            Cauliflower            Whole wheat bread            Applesauce</p>	<p><b>13</b>            Baked fish with lemon &amp; herbs            Mixed veggies            Kale            Whole wheat bread            Donuts</p>	<p><b>15</b>            Turkey stew over masked potatoes            Peas and carrots            Broccoli            Whole wheat bread            Pineapple upside down cake</p>
<p><b>18</b>            Teriyaki pork &amp; veggie stir fry over brown rice            Spinach            Corn            Peaches</p>	<p><b>20</b>            Shepherd's pie            Stewed tomatoes            Cali vegetable mix            Whole wheat bread            Cookie</p>	<p><b>22</b>            Tuna noodle casserole            Peas and carrots            Broccoli            Whole wheat bread            Jell-O with fruit</p>
<p><b>25</b>            Beef &amp; root vegetable casserole            Spinach            Squash            Whole wheat bread            Mandarin oranges</p>	<p><b>27</b>            Hamburger patty with whole wheat bun            Broccoli            Peas and carrots            Peanut butter cookie</p>	<p><b>29</b>            Spinach &amp; cheese frittata            Carrots            Cauliflower            Whole wheat bread            Birthday cake</p>