

Active Times

Newsletter of the Montpelier Senior Activity Center

January 2014



Our mission is to enhance the quality of life for older adults in Montpelier through opportunities that develop physical, mental, cultural, social, and economic well-being in a welcoming, flexible environment.

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



Montpelier Memory Café

By Lisbeth Dodd, Volunteer,
Montpelier Memory Café

Community volunteers, including people living with memory loss, their care partners, and other supporters, are eagerly anticipating the opening of the Montpelier Memory Café, January

11th, at the Montpelier Senior Activity Center. The Café will include music provided by guitarist Eric Friedman. The Café will meet monthly, from 10 to 11:30am and will be free and open to the public. A care partner must accompany participants.

The Memory Café goals are to encourage interaction, offer an enjoyable social experience, share information about Alzheimer's disease and related disorders, and provide an opportunity to interact with Café volunteer staff in a safe, supportive, and stress-free setting. The Café will begin with social

(continued on page 3)

Nicole Galipeau

Hand Building with Clay Instructor

Nicole was born and raised in Massachusetts, studied art in Maine and lived there awhile before moving to Vermont. She has lived in her Montpelier location for eight years.

Nicole bartends at Kismet and teaches art at the Montessori School of Central VT. She's worked in restaurants for most of her adult life, while simultaneously creating art. Nicole is currently working on a series of clay amulets — flask-like vessels. Also in progress are illustrations for a book on a Taoist poem for children.

For Nicole, moving to Montpelier coincided with increased interest in ceramic arts. At first she threw functional objects and decorated them with a new joy and ease, knowing the glazes and the firing would change her work for better or worse. This relieved pressure to create art that would 'succeed' — a block for many artists.

In Montpelier, Nicole's family includes six-year-old daughter Georgia, Georgia's dad Silas, and his mother "grammy". Nicole passes on to her daughter the creed of "do unto others as you would have them do unto you."

Nicole feels lucky to live in Montpelier which has become like an extended family. She enjoys spending time with her daughter and other children they've become close to. In summer they are voracious swimmers, and swimming is a spiritual as well as invigorating exercise for Nicole. She also practices Sun Do, a Korean yogic practice that has inspired her life.



MSAC Trips

April 19-29, 2014 Trip to Nicaragua:

Planting Hope seeks volunteers to join a multi-generational trip to promote reading, cooperative games, and make new friends. This will be a great opportunity to combine service and vacation, practice your Spanish, and enjoy time with younger friends and family, too.

Approximate cost: \$1,150 + Airfare (\$700) per person. Family discounts available. For more info call Beth at 778-0344 or email Beth@plantinghope.org.



Memory Café (Continued from Page 1)

time, coffee and snacks. Following introductions we'll enjoy activities such as musical performances, sing-alongs, and board games. At some Café gatherings guest speakers may introduce participants to topics related to memory loss.

Dr. Bere Meisen started the first Memory Café at Leiden University in the Netherlands in 1997. The movement has since spread throughout Europe the United States. Memory Cafés are found in a variety of settings, such as restaurants, bookstores, and senior centers. The Children's Museum of New Hampshire started an Alzheimer's Café in 2011, the first on the East Coast. Dartmouth College's Center on Aging has been hosting monthly Cafés for three years.

Mick Byers, care manager at Valley Terrace residential facility in White River Junction, founded the first Memory Café in Vermont. An early supporter of the Montpelier Memory Café, he shares his "high hopes that this time will help us understand the journey this disease puts us on and to experience some joy, love and peace with our loved ones along the way." Jeanne Kern, Family Caregiver Coordinator at Central Vermont Council on Aging, echoes similar sentiments. "Too often when we hear the word 'dementia' we focus on the losses an individual, a family, will experience. A Memory Café provides an opportunity to enjoy the now, this moment. We don't stop being fully human; we still need to enjoy the company of others, to sing, to dance – to experience joy."

Participants and volunteers are always welcome to attend the Café, and Steering Committee meetings. The next Steering Committee meeting will be on Monday, January 6th, at 6:00 PM at MSAC. For further information, contact Lisbeth Dodd at 229-9630.

Montpelier Memory Café Volunteers Share Their Thoughts:

"I retired from teaching at Montpelier High School two years ago. My life took another turn when I couldn't continue to care for my mother, who has Alzheimer's, in our home. She is now in an assisted living facility and doing better. I heard about the Café at Dartmouth, but it was too far to go. Montpelier Café's morning time will be good for my mother. I know my mother will like it; she still enjoys getting out, but if she feels uncomfortable, like when she can't remember someone or their name, she won't feel she has to apologize."

-- Ellen Sholk

"My sister is an artist in Florida, living with advanced Alzheimer's. I volunteer with the Memory Café because she can't. I only wish that she could join us, she would have loved it."

-- Lisbeth Dodd

Recurring Activities and Special Events



Landscape Photography by Lee Lilly Mon. Dec. 30– Thu. Jan. 30

Taking pictures is a lifelong passion for Lee Lilly who began when he was 16. Lee started taking films with an 8 mm movie camera of the scenery around Vermont and wherever he travelled with his family. Years later, a class got him seriously interested in still photography. He began to take close-up photos of flowers using slow speed film and a tripod to capture their color and fine detail. Lee and his camera travel great distances by bicycle around Vermont.

Computer & Technology Assistance,
2 Thursdays, Jan. 2nd and 16th, 10 am-12 pm
Montpelier Middle School students, Omeed Fallahi and Angus Fraser, will be in the MSAC computer lab to provide introductions and technical assistance for such applications as email, Facebook, basic word processing, and more. Please call to confirm before coming for help. Open to MSAC members.



Rekurs First & Third Thursdays of Most Months



Reiki Clinic, Friday, January 3rd, 12-4 p.m.

Sessions are 1/2 hour, fee is \$15. Hour sessions available. To make appointment, call Lynne Ihlstrom, Reiki Master, at 522-0045.

Rekurs First Friday of Most Months



Foot Clinic, Monday, January 6th, 9 am-1 pm

Nurses from Central VT Home Health & Hospice will provide this service for \$15. Check or cash to CVHHH. Fifteen-minute appointments. To reserve call MSAC at 223-2518. Call for details on what to bring. Nurses clip toe nails, clean nail beds, file nails & lotion feet. Please arrive 15 minutes early.

Rekurs Monday Every Six Weeks



Home Share Now, Tuesdays Jan. 7th, & 21st 10:30-12
Joel Rhodes, Program and Outreach Assistant with Home Share Now and VHCBC AmeriCorps Member, will be at an information table at MSAC to discuss the Home Share program and answer questions.

Rekurs First & Third Tuesdays of Most Months



Memory Café Launch, Sat. January 11th, 10-Noon

The first cafe will include introductions among the participants, refreshments, a performance by singer/guitarist Eric Friedman, friendly volunteer-led conversations in small groups, and a chance to tell us what you'd like to see and do at future Memory Cafes. For more information, see the feature article on page 1.



Film: Renoir, Sat., Jan. 11th, 6:30 p.m.

In 1915, elderly painter Pierre-Auguste Renoir is crippled by both loss and arthritis, but when vibrant teenager Andrée brightens his life, he finds new purpose — as does his son Jean, a wounded soldier who is inspired by Andrée's love of cinema. In

French, with subtitles. MSAC & Dharma Film Series. Suggested donation \$3. For comfort, bring a cushion. For more info, call Neville at 224-1001.

Library Book Delivery Service, Tuesday, Jan. 14th, 1 p.m.

Rachael Grossman from Kellogg-Hubbard Library will talk about the book delivery service available on the first and third Tuesdays of each month. See signup sheet near office for more info.



CVCOA: Friday, January 17th, beginning at 9 a.m

Sarah Willhoit from CVCOA will work with people who need any type of assistance with their Medicare Part D Plan. Contact her at 479-4400, and she will schedule a half-hour appointment with you and tell you what to bring.



Diabetes Prevention Series, Tuesdays, Jan. 21st– May 6th, 5-6 p.m.

You can reduce your risk for type 2 diabetes and gain tools for healthy living. Did you know that losing a modest amount of weight and increasing physical activity can help you prevent or delay type 2 diabetes? Learn how the YMCA's Diabetes Prevention Program can help you reach healthy living goals. For more info, call 225-5680 or email Lisa.willette@cvmc.org. Participants must eligibility criteria. After weekly sessions, the series meets once a month for 8 months.

“Walk the Camino” with Barbara and Whit Dall, Tuesday, January 21st, 6:30 p.m.

The Camino is an ancient pilgrimage trail that starts in France and stretches across N. Spain ending in Santiago de Compostela. Martin Sheen walked it in the movie “The Way.” The Dall's walked it in April 2013 and would like to share their experiences and slide show with you.



Weekly Activities: Classes, Groups, Games, Meals

Register Now! Spaces still available in many classes!

SPACE	SAT./SUN.	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
RESOURCE ROOM					3:00-4 Singing Class	
LARGE COMMUNITY ROOM		11:30-12:30 Demystifying Computers 12:30-3 Mah Jongg 1-3:00 Bridge 2-4:00 Cribbage	10:30-12:00 Band 12-1:00 Feast Together 1:30-3:00 Scrabble 2:00-3 Intermediate Bridge 5:00-6 Preventing Diabetes	5:30-6:30 How to Retire (beg Jan 15)	9:00-11:30 Bridge 11-1 Feast to Go 10-12:00 Computer Assistance (1/2 & 1/16) lab 12:45-3:00 Bridge 6-8:00 Ukulele Group	10-3:00 Mah Jongg 12-1:00 Feast Together
ART AREA		10-12:00 Painting Class 1-2:30 Clay Group 3:30-5:30 Pastels Class	4-5:30 Mac User Group	9:30-11:30 Rug Hooking	4:00-5:30 Drawing	
STUDIO	Sun. 5-6:30 Yoga Integral	10:30-11:15 Dance to Fitness 1-2:15 Gentle Yoga 3:30-5:00 Vinyasa Restorative Yoga	9-10:30 Gentle Yoga 11-12:00 Chair Yoga 4:30-5:30 Tai Chi for Arthritis	9-10:30 Gentle Yoga 1:30-3:00 Tai Chi Long Form (beg 1/15) 5-6:30 Hatha Yoga	9-10:30 Yoga for Balance 5-6:30 Vinyasa Restorative Yoga 6:45-7:45 Intl Folk Dance (beg 1/23)	10-11:30 Hatha Yoga
UPSTAIRS ACTIVITY ROOM		9-10:00 Living Strong 10:15-11:15 Living Strong 12:45-2:00 French Intermed 2:30-3:30 Living Strong Group 5-6:00 Living Strong 6:10-7:10 Living Strong	8:30-9:40 Living Strong 10-12:00 Write a Poem 1:15-2:30 Italian II 3:00-5:30 Film Series: Documentaries (beg 1/7)	8:30-9:45 Spanish Past Tense 10:15-11:15 Spanish Conversation 12:00-1 Exploring Balance 1:30-3:30 Writing	8:30-9:40 Living Strong 10:00-11:30 Advanced iPhone 12:45-2:00 French Beg 5-6:00 Living Strong 6:10-7:10 Living Strong	9-10:00 Living Strong 10:15-11:15 Living Strong 2:30-3:30 Living Strong Group
OFFSITE	2-3 pm Swimming# New time!	10-11:30 am Exercise†	9-11 am Bowling° 10-11:30 am Exercise† 10-11 am Swimming# 10-11 Water Aerobics#	10-11:30 am Exercise†	10-11:30 am Exercise† 10-11 am Swimming#	10-11:30 am Exercise†

†Exercise refers to monthly membership for use of gym at First in Fitness in Montpelier. A monthly use can start any day.

#Swimming, Water Aerobics & Tennis are activities at FiF in Berlin. Tennis is 8 weeks & the others are 13 weeks.

°Bowling is a 13 week activity held at Twin City Lanes in Berlin.

*Bridge, Cribbage, Mah Jongg, Scrabble, Ukulele Group, Clay Group, Living Strong Group (2:30 pm), Mac User Group do not require registration. Donations appreciated.

Announcements

This year we have **three seats available on the MSAC Advisory Board** beginning on June 25, 2014. They are all for three year terms. Please **nominate someone** who you think will represent your interests and the interests of others for one of these positions. Nomination forms can be found in the office. These seats are open to any current member of the Center. Board members have a responsibility to attend a board meeting each month of about two and a half hours and contribute their time organizing or contributing to one or two functions a year sponsored by MSAC. We need new and different points of view as we continue to increase the membership of the board, so please join us! The deadline for nominations is March 10, 2014.

Montpelier Chamber Orchestra recently delivered an **\$840 check to MSAC**, our proceeds from the Fall **Montpelier Home Tour**. Ours was the most earned by any of the participating non-profits. Thanks to all who sold tickets, served as docents, and helped in other ways to support this effort, and we look forward to more partnerships with MCO in the coming year.

The **AARP Tax Clinic** resumes this winter, between February and April and scheduled to take place in the Resource Room every Monday and Thursday from 9 am-4 pm. Call MSAC's main office to make an appointment, and stop by to pick up the list of what to bring.

Submitted from Georgia Valentine, AARP Tax Clinic coordinator for MSAC: "'Tis the season..." No, actually, I mean that other season approaching, perhaps a bit less joyously: Tax Season! **The AARP volunteer tax program welcomes new volunteers** for our training for 2013 returns, beginning in January. There are various roles including Client Facilitators who welcome clients, sort their paperwork and help with preliminary questions, and Tax Counselors, who actually prepare and/or review returns. You don't have to be a tax wizard, but you will need to be trained in program policies and procedures and standards of conduct (confidentiality, non-discrimination) and, if you are assisting with returns, basic income taxes. Mostly you need to enjoy being helpful and part of a cordial and devoted team. Plus, of course, you get some basic knowledge for your own taxes! For more information, contact Georgia Valentine (229-2928) or Vern Mackay (tookmac@myfairpoint.net).

Thanks to all who worked hard and spent much to make the **2013 Holiday Arts, Crafts & Goodies Bazaar a fundraising success** despite competition with many similar events happening the same day – Dec. 14! Through a combination of revenue from vendor table rentals, a raffle of items donated from vendors, sales of items handmade by members, sales of giftable items donated by members, sales of donated baked goodies and coffee, and donations from the No Strings Marionette Company show, we came within \$100 of reaching our \$2500 budgeted goal! By leaving out several tables of leftover gift-able items, we are hoping to bridge the final gap by the time this newsletter reaches you.

A highlight of the raffle was a **gingerbread house** lovingly made by Amy Wales, an MSAC member and longtime baker. Amy originally donated the house to the Unitarian Church of Montpelier fair raffle the previous week, and when MSAC member Larry Masure won it, he turned around and gifted it to MSAC for our raffle. This time, member Lorraine Menard won it. The gift that kept on giving!

Martin Pincus, a former MSAC yoga instructor who took medical leave over a year ago following a fall, has recovered and is considering returning to teach at MSAC in the Spring or Summer. If you'd be interested in taking yoga classes with Martin, please let us know at the office for scheduling purposes.

The **MSAC FY15 budget** has been drafted as part of the overall city budget, and there will be opportunities for the public to comment on January 8, 15, & 23. **Consideration of changes in some dues and fees** is underway, and members are encouraged to speak with Advisory Board members or Janna as well as attend Advisory Board meetings this winter. Any widespread new dues/fees would be announced well in advance and effective in July 2014.

We are seeking members from Berlin, Calais, East Montpelier, Middlesex, Plainfield and Worcester to make postings to **Front Porch Forum** as part of MSAC's awareness-building in our supporting towns. Templates and instructions available upon request in the office or by email.

The room formerly known as the Resource Room is now called “**The Multi-Purpose Room**” and will continue to host the Feast program office in addition to other uses. The room formerly known as the Game Room is now called “**The Resource Room,**” and changes to the lighting and contents are underway. This room will be used for clinics, small classes, brochure/resource display and more.

The **MSAC pool table** has moved to the Recreation Department building across the street. Covered by a series of protective layers when not in use, and limited to people aged 14 and older, we encourage members to use the table in its new, sunny location! Ask at MSAC for more information and schedule.

Class Announcements

Nearing the end of the 3rd week of registration (12/19), there were **509 registrations processed for 259 unique members**, 290 of those in on-site Movement Classes for 186 members! (In Fall 2013 classes, there were a total of 660 registrations for 359 members.)

Important Dates:

Friday, January 3rd Last day of registration -- \$10 late registration fee after this date
Sunday, January 5th First day of classes for Winter Quarter

Delayed start dates: Tai Chi Long Form, January 15th. Scandanavian Film Class, January 16th. International Folk Dance, January 23rd. How to Retire Without Going Broke, January 15th.

Full Classes/At Risk Classes

The following classes are full as of December 19th: Drawing, Advanced iPhone, Tai Chi Long Form, Gentle Yoga with Patty Crawford on Tues. and Wed. a.m., Hatha Yoga with Joan Stander on Wed. and Fri., Vinyasa Restorative Yoga with Lynne Ihlstrom on Mon., Yoga for Balance, Thurs a.m., and Painting, Mon a.m.

The following classes need more members to register in order to run: Rughooking, Spanish Conversation, Tai Chi for Arthritis, Living Strong Mon/Thur 6:10 pm, Chair Yoga, International Folk Dancing and Documentary Film Series at MSAC.

Two February Workshops with Ginny Sassaman

\$25 per person, open to the public, minimum 6 people each, registration open until the Monday before the start date, call MSAC to register or for Ginny’s full description/biographical statement.

- **Saturday February 1st, 9 AM till noon, Nurturing Positive Relationships**

Healthy relationships with others – either a large circle of friends or a small group of trusted loved ones – is one of the most important elements of a happy life. But of course, humans being humans, building strong relationships is not always easy. With an M.S. in Mediation and Applied Conflict Studies as well as ongoing studies in positive psychology and the science of happiness, Ginny Sassaman brings a unique approach to exploring how to nurture positive relationships. From learning ways to increase our own positivity and resilience to understanding helpful aspects of conflict theory and resolution, this three hour workshop will be fun, insightful, and provide practical tools you can put to use right away to build happier relationships.

- **Saturday, February 8th, 9:00 AM till noon, Meditating for Happiness**

A tremendous amount of research has shown that meditation is one of the very best things anyone can do to enhance their wellbeing, positive outlook, and overall health. All too often, myths about meditation make many people shy away from it. Truthfully, there are many fairly simple methods that anyone can learn. This three hour workshop will allow participants to participate in a “sampler plate” of meditation and mindfulness activities, with a goal of each person discovering which practices work best for them. This workshop is designed to be fully accessible to adults from any socio-economic or religious background – it is completely non-religious in nature.

Save the Date: February 11th Chinese New Year Celebration event at MSAC, with Tai Chi demo, film, refreshments. Details coming soon. . . .

January Menus for *Feast*

***Feast Together:* Tues and Fri, 12-1pm**

Tuesday, come 10:30 to dance to *Swingin' Over Sixty*
Seniors 60+ no charge; suggested donation of \$5
Guests and others under 60: \$6
Frequent after-lunch, free programming

***Feast To Go:* Thur, Take-out, 11am-1pm**

Open to everyone regardless of age or affiliation
\$5-\$8.50 options, including VT Meals Tax
All proceeds benefit *Feast Together* and *Feast at Home*

Reservations requested by end of previous day, 262-6288. Menus subject to change, and many surprises await!
All meals include Milk option and Fresh Fruit. To inquire about *Feast at Home*, call 262-6288.

Thu 1/2: Cream and Leek Baked Haddock, Brown Rice, Spinach and Shallots, Pudding

Fri 1/3: Ground Beef Shepherd's Pie, Squash and Broccoli, Mashed Potatoes

Tue 1/7: Beef Stew over Egg Noodles, Onions, Carrots, Peas and Parsnips, Vanilla Custard

Thu 1/9: Beef Lasagna and Garlic Bread, Broccoli

Fri 1/10: Roast Pork with Mustard Crust, Lemon Brussel Sprouts, Sauteed Cabbage and Apples, Macaroni and Cheese, Brownie

Tue 1/14: Chicken Kebab with Peanut Sauce, White Rice and Black Beans, Spinach

Thu 1/16: Swordfish, Potato Salad, Orzo Salad, Salad Greens

Fri 1/17: Braised Chicken/Hungarian Mushroom Stew, Egg Noodles, Polenta, Winter Squash

Tue 1/21: Roast Turkey and Gravy, Stuffing, Green Beans, Potatoes, Cranberry Sauce

Thu 1/23: Beef Meat Loaf, Squash, Potatoes, Pastries

Fri 1/24: Spaghetti with Ground Beef Tomato Sauce, Garlic Bread, Mixed Vegetables, Tossed Salad

Tue 1/28: Slow Cooked Pork with Rosemary, Red Cabbage, Kale, Baked Sweet and Russet Potatoes, Apple Crisp

Thu 1/30: Poached Fish en Papillote, Spinach and Shallots, Potatoes, Pudding

Fri 1/31: Ground Beef Shepherd's Pie, Squash, Broccoli, Mashed Potatoes



This lovely roast pork with mustard crust will be featured on 1/10 (see left).



Feast at Home is in need of some new drivers for regular or substitute shifts to deliver meals one day per week from MSAC to seniors in the Montpelier and Berlin area.

Feast Together hospitality volunteers are also needed for Tuesday and Friday welcome and check-in duties.

Please stop by or contact Anne-Marie Keppel at 262-6288 to learn more about these and other fun and heartfelt volunteer experiences with *Feast*.

The Green Corner

Efficiency Vermont and the country's leading manufacturer of energy-efficient bulbs have teamed up to reach 'hard to reach' consumers through a new program that will run throughout 2014. Through this program, energy-efficient compact fluorescent lights (CFLs) are donated to organizations like the Montpelier Senior Activity Center and then distributed to seniors. We should receive the bulbs in mid-January and hope to distribute them then—stay tuned for more info. Below are the types that will be available, showing the maximum quantity for each person.

<u>CFL Wattage</u>	<u>Incandescent Wattage Replaced</u>	<u>Maximum Quantity</u>
13 Watt	60 Watt	4 bulbs
19 Watt	75 Watt	4 bulbs
23 Watt	100 Watt	8 bulbs
3-Way (11 / 20 / 26 Watt)	3-Way (40 / 70 / 100 Watt)	2 bulbs
Globe (9 Watt)	Globe (40 Watt)	2 bulbs

MSAC Wish List

Can you help MSAC by donating any of the following? Thanks in advance!

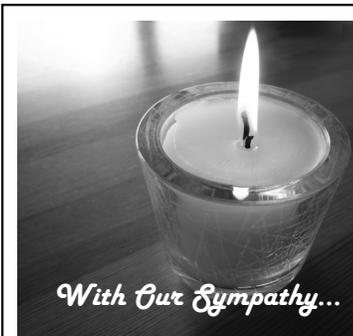
- Bulletin boards of various sizes in excellent condition
- Shelving / Bookcases in excellent condition
- Lightweight 6 or 8 foot tables in excellent condition
- Winter undercover storage for MSAC van
- Experienced event coordinators willing to volunteer time for MSAC's Spring Rummage Sale and Winter Holiday Bazaar in 2014.

Member Acknowledgments



Lindy Biggs
 Nancy Braun
 David Carris
 Jeanne Evans
 William Hammond
 Paula Higgins
 Stephen Knowlton
 Paulette Major

Rilla Murray
 Linda Paradee
 Louise Rauh
 Ellen Seeger
 Jody Sherman
 Charlies Stone, Jr.
 Benjamin Wall
 Yvonne Wall



*Manuel Canas, Jr.
 Irene Reinka
 Elizabeth Warren*

Note: Birthdays lists are now hung on the member info bulletin board rather than printed here.

Montpelier Senior Activity Center
58 Barre Street
Montpelier, VT 05602

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Dear Newsletter Subscribers, Some of you are receiving Active Times by e-mail only. Thank you for saving MSAC \$1 per month (and paper)! To make the switch, and always have your newsletter in color online, send an e-mail to: msac@montpelier-vt.org.

MSAC is closed December 31 & January 1 for New Year's and January 20 for Martin Luther King Day. There will be no classes or activities on those days.

Submissions for February Newsletter due Jan. 11!

MSAC Advisory Board 2013-2014 (Agendas and Minutes posted on website)

The board is interested in your opinion. Contact info, agendas, minutes are posted on website & outside the office. All board meetings are open to the public, and members are encouraged to attend!

3 Years	2 Years	1 Year	Advisory Board Meeting Dates
Fran Krushenick	Sylvia Kingsbury	Elizabeth Dodge	Next Meetings: Wed. Jan. 22 & Feb. 12 starting at 1:30 at City Hall Manager's Conference Room in City Hall, 39 Main St.
Tina Muncy	Jane Osgatharp	Peter Harris	
Sue Stukey	Janet Ressler	Frank Woods	

Montpelier Senior Activity Center

223-2518 • 262-6285 (fax) • www.montpelier-vt.org/msac

E-mail: msac@montpelier-vt.org

Front Office is Open: Mon-Fri 9-4

Staff Names and Normal Schedules:

Janna Clar, Director (M-F, 9-4)

Johanna Nichols, Program Assistant (M-F, 9-4)

Lise Markus, Office Assistant (M-F, 9-12)

James Sharp, Outreach Assistant

Anne-Marie Keppel, Just Basics Feast Coordinator (M-F, varies)

Justin Turcotte, Chef for Feast (M-F, 7-2:30)