

Active Times

Newsletter of the Montpelier Senior Activity Center

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!**



Annual Rummage Sale

Saturday, May 17th

It's time for spring cleaning here at MSAC; we're sorting through old closets and files, replacing our front door and purchasing new partitions to better provide privacy for our various events at the center. And to help you with

your spring cleaning, we're holding our annual Rummage Sale on Saturday, May 17 from 9 am to 4 pm!

For those who'd like to drop off items for the sale, donations are being accepted during the week before the sale from Monday, May 12th at 9 a.m. to Thursday, May 15th at 12 noon (or by prior arrangement). We are seeking donations of clean, quality home goods, all season clothing and shoes, toys, jewelry, music, small furniture, and more. There will be a boutique section for finer apparel. **NO BOOKS PLEASE!** There will also be a small hand-made crafts table being organized by Sally Decicco and Rebecca Sheppard.

Volunteers will be needed for advertising, sorting, pricing, selling, and bagging. If you want to volunteer, call the office at 223-2518.

Don't forget that our **SILENT AUCTION FOR TWO OF MONTPELIER'S ANTIQUE FIRE ALARM BOXES** will continue through May 19 and that bids can be recorded while you're at the Rummage Sale! Lovely **posters and postcards** of the Fire Alarm Boxes, made by an MSAC family, are also for sale in the office all month, and proceeds benefit MSAC. Thanks for your support!

Jamie Cope, Member & Volunteer

Jamie Cope has visited many Senior Centers and believes MSAC is the most alive she's seen. There's a feeling of excitement & interest, and members are involved: ready to share their thoughts and interests. Friendliness is key to MSAC's success.



By volunteering in the kitchen, Jamie is learning secret tips from Chef Justin. She says we could publish a book called "Kitchen Fun" because that's what the time together in the kitchen is like. Yes, even if she has been cooking for eighty five years, she is still in a learning mood. And now she has a fantastic chef!

Jamie grew up in Hollywood, CA during the depression. Her family lived on oranges and walnuts and all the fresh fruit they could eat. At that time in California, practically-free fresh food was abundant — 12 oranges for ten cents!

They lived close to the ocean so the sand and sea was their playground. When she thinks of childhood she can only remember it filled with freedom and joy.

Jamie bought a North Street home for the extraordinary view from its large windows overlooking Montpelier snuggled in the center of its surrounding ancient mountains. The mornings are beautiful and the sunsets exquisite. She's loved her home, forest and gardens for 29 years, and it's only one mile from the town center. Plus, her daughter Tami lives within walking distance.

Before Jamie moved here she filled her life with photography, but when she settled here she began a position in public relations for the state of Vermont. She created syndicated radio and cable television programs, a Burlington Free Press newspaper column, and a WCAX interview program. Those years were a lot of fun and she enjoyed them immensely.

Presently, she is looking forward to working in her summer garden in the beauty of Vermont.

Be sure to check out Jamie Cope's photograph exhibit, on display at MSAC from May 22nd to June 27th (see our *One Time Activities and Events* section on page 5 for more info).

Notes from the Feast Kitchen by Sous Chef Mary Roehm

Now in our tenth month of service, we celebrate and thank our volunteers! Chef Justin and I could not possibly process and prepare such great food without all of you volunteers! We welcome ALL volunteers whether you only have an hour or two or the day. We really do have fun. Our youngest volunteer, Torin, is 10 years old. We remember Ignacio fondly, including his pranks and his love of chocolate pudding. Then there is the food... We are so grateful for all the donations of food from local farmers and growers... While we continue to grow, we ask you all to pass on the good word to others and bring a friend! Feast meals are prepared with love and laughter. We welcome your feedback and are pleased you are enjoying our food. Seasonal, local, organic and fresh is our mantra. This supports our vision of feeding the highest quality food to people in central Vermont.



There are still a few things we need in the kitchen, either second hand or donated new: two regular sized **hand mashers**. I was trained as a Pastry Chef, and I would LOVE to be able to make you more chocolate desserts. To do this, I need **Chocolate Angels**: people to donate funds to purchase thick slabs of high quality, dark chocolate, which cost \$70. We will get quite a few desserts from one slab, but it's not in the budget now. So, calling all chocolate lovers...I see a Chocolate Roulade w/Chocolate Pudding in the future!

Montpelier Fashion Show: Vintage Edition

The Montpelier Fashion Show presents, the Montpelier Senior Activity Center's *Vintage Edition* fashion show on **Saturday June 7th, 2014**. BE A PART OF THE VINTAGE FUN! See details below.



After nine years of successful, fun and brilliant fashion shows in downtown Montpelier, the Montpelier Fashion Show has decided to go vintage and turn the event into a benefit show. The fashion show has partnered with many non-profits over the years including the Northeast Organic Farming Association, Nongame Wildlife Fund, Central Vermont Humane Society, Prevent Child Abuse Vermont and others. This year, the non-profit partner is Just Basics of Montpelier. Just Basics, in conjunction with the Montpelier Senior Activity Center, provides on-site meals to seniors in our area along with home delivered meals to seniors and those with disabilities.

The Vintage Edition Fashion Show will feature looks from the 1920's through the 1990's and the models will walk the runway to tunes of eras gone by provided by DJ Fred Wilbur. Some models will wear their own vintage clothing and others will be suited up in clothing from Montpelier's vintage clothing store, "The Get Up."

In addition to the show, spectators will have the opportunity to bid on items that are being auctioned off. In this "practical auction", one will be able to bid on items such as legal services, oil changes, or a season's worth of plowing! All proceeds go to benefit the Just Basics Feast program and the Montpelier Senior Activity Center.

HOW YOU CAN PARTICIPATE:

- **WEAR** your vintage clothing, jewelry, shoes, and hats! We want an audience full of memorable attire.
- **DRIVE** your vintage car! Tell us ahead of time and we'll find you VIP parking.
- **BRING** your vintage items to show off! A few days before the event drop off antiques that would be fun to decorate the event. Old mirrors, lamps, end tables... You name it.
- **MODEL** if you've got an itch to walk the runway! We take models of all shapes, sizes and ages. Feel beautiful and have fun while soaking in applause.

To sign up for one or more of the above or to volunteer to help with logistics, contact the MSAC office. For more information, see Anne-Marie Keppel in the Feast office on Tuesday or Friday mornings at, or before lunch.

802-262-6288 justbasicsinc@gmail.com

A volunteer meeting will be held in Wed. May 14th, 3:00 pm at MSAC

One-time Activities and Events (open to public unless noted)

Computer Workshops with Beth Burgess

These free workshops cover important topics and help you use technology more effectively. Participants must bring their own laptop to participate in the class. Please sign up in the MSAC office. Full descriptions of these workshops are posted in the computer lab.

Free on the Web, Monday, May 5 from 3-4:30pm

This workshop will cover how to find FREE stuff on the internet.... no strings attached!

Safety on the Web, Monday, May 19 from 3-4:30pm

If you've used the web and email for any length of time, it's likely that some of your personal information is out there. The workshop includes information on essential habits to improve browsing safety.

How Macs are Organized, Monday, May 26 from 3-4:30pm

This workshop will teach the basic structure of MacBooks and how to find what you're looking for.

Growing Older Discussion Group, Tuesdays starting May 6, 11-Noon

Drop in to this informal group to share experiences, thoughts and fears about aging, including expected and unexpected disabilities, relationship to friends, old and new, community, relationships with children, grandchildren, etc. This group will be a forum for sharing, for supportive and meaningful dialogue, rather than teaching. Led by Andy Potok, a painter earlier in his life, who, because of blindness, began to write. He has published four books, two of them about disability. All seniors welcome!



Osher Lifelong Learning Institute Program,

Wednesday, May 7th, 1:30 pm

(optional 12:30 BYO Brown Bag lunch social time before)

- May 7: "The Vermont Movie — Freedom & Unity: Doers and Shapers" w/ filmmaker Richard Peck.

For full information on speakers, costs, and scholarships, visit the MSAC office for a brochure.

Vermont Veterans' Home Info Session,

Friday, May 9th, 12:45 pm

Learn valuable & insightful information on Vermont's only Veteran's Home, the second oldest in the nation. The discussion will provide a visual portrayal of life on the Residential Campus, and the requirements to become a resident. Veterans, their spouses, and Gold Star Parents may live on the campus.



The Good Old Days, Fridays, May 9th & 23rd, 1:00 pm

Join MSAC members over 75 years old in informal chats about the "good old days"! Share your memories of the Great Depression, World War II and what life was like for us who grew up before TV, the internet, McDonalds & the Beatles. Following our FEAST lunch, we "old timers" will meet in the Resource Room to have some fun talking & enjoying light refreshments together! If you need transportation or have questions, call Mary Alice a day ahead at 223-8140. Who says the "silent generation" doesn't have any fun?

Montpelier Memory Café, Saturday, May 10th, 10:00 am

This Café will feature a spring planting theme. Participants will plant pansies in small pots to bring home, and an herbalist will speak about growing and using herbs . The Café is for those with memory disorders; a care provider must accompany each participant. This event is free and open to the public. For further info please contact: Lisbeth Dodd, (802) 229-9630.

Free Coffee Hour for MSAC Members at the Gary Home

Wednesday, May 14th, 10:00 am

This event is at 149 Main Street. Enjoy free coffee and muffins and see the inside of the Gary Home, where MSAC and the Kellogg-Hubbard Library will jointly offer a book discussion group this summer. MSAC members only.

Ukulele Sing-Along w/ Union Elementary 1st Graders

Thursday, May 15th from 10:00-10:30 am

All are encouraged to attend and join in singing.



Restorative Justice Presentation by the City of Montpelier Community Justice Center, Tuesday, May 20th, 12:45 pm

Restorative Justice is a response to crime that tends to victim needs, promotes accountability & healing, involves community, & reduces re-offending. Hear stories with this approach restoring relations, increasing safety, & fostering understanding, democratic ideals, & tolerance. Citizens from all walks of life can get involved & make a difference.

Photography Exhibit by Jamie Cope,

Thursday, May 22– Friday, June 27

Jamie Cope's photographic career spans more than three decades of insightful image making. This retrospective brings together her portraits from when she first began photographing in the 1960s. Startling, subtle, and graceful, the photographs are an extraordinary revelation of character and feeling – capturing the exuberance of youth and the wisdom of old age. Cope's work has been featured at Burlington's Fleming Museum & at the US Senate offices in Washington DC.



Interview Workshop for Mature Workers, Friday, May 23, 12:45 pm

Join Vermont Associates for Training and Development for a special workshop about interviewing, specifically for mature workers. The workshop covers preparation for an interview, researching an employer beforehand, tips on body language & attitude, best ways to give examples of your work experience, tough interview questions for mature workers and how to answer them, and interview don'ts: what not to ask and why.



Capital Ringers Handbell Concert

Tuesday, May 27 from 5:00-5:30pm

Come watch Montpelier's Capital Ringers in concert at MSAC as they perform this complex and beautiful art! Trinity Methodist Church of Montpelier owns the bells and generously hosts this community-based group regularly.



Computer & Technology Assistance,
 2 Thursdays, May 1 & 15, 10 am-12 pm
 Montpelier Middle School students, Omeed Fallahi and Angus Fraser, will be in MSAC's computer lab to give introductions and technical assistance for email, Facebook, word processing, & more. Call to confirm. For MSAC members.



Recurs First & Third Thursdays of Most Months

Reiki Clinic, Friday, May 2, 12-4 pm

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



Recurs First Friday of Most Months



Foot Clinic, Monday, May 5th, 9 am-1 pm

Nurses from Central VT Home Health & Hospice provide this service for \$15. Cash or check to CVHHH. Call 223-2518 to reserve 15-minute appointments and to find out what to bring. Nurses clip toe nails, clean nail beds, file nails & lotion feet. Arrive 15 minutes early.

Recurs Sporadically; Check Future Newsletters to Confirm

Home Share Now, Tuesdays May 6th 10:30 am-12:00 pm

Joel Rhodes, Program and Outreach Assistant with Home Share Now and VHCBAmeriCorps Member, will be at an information table at MSAC to discuss the Home Share program and answer questions.



Recurs First Tuesday of Most Months

CVCOA: Friday, May 16, 9 am-12 pm, by appointment

Do you have questions about health insurance or other senior services? Sarah Willhoit, Information and Assistance Specialist with Central Vermont Council on Aging, is available by appointment only. Call Sarah directly at 479-4400 to set up an appointment.



Recurs Third Friday of Most Months



Massage Clinic, Wed, May 21st, 11 am-3 pm

Erika Peterson will offer Integrative massage, which includes a variety of techniques and modalities to individualize each session for the client's needs and limitations. 15 min. chair massages are by donation; 50 min. table massages are on a sliding scale starting at \$25! Come relax & take a break from the world! Call 249-4115 to make an appointment as space is limited! Seniors (50+) only.

Recurs Third Wednesday of Most Months

Advance Directives Assistance by Appointment

Have you created an Advance Directive, specifying what to do in case you can't make your wishes known at the end of life? Will you be buried or cremated? Have you chosen a final resting place? Do your family/friends know what you want? How do you want to be remembered? MSAC member Mary Alice Bisbee of the Funeral Consumers Alliance of VT can assist for FREE. Call 223-8140 for an appointment at MSAC or in your home.

By Appointment

May 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
\$8.50 options, including VT Meals Tax
All proceeds benefit *Feast Together* and *Feast at Home*



Quinoa Salad

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.

Thur 5/1: Seared Chicken Breast, Ceasar Salad, Polenta, Brownie.

Fri 5/2: Spaghetti and Meat Sauce, Green Beans, Whole Wheat Garlic Bread.

Tue 5/6: Balsamic Chicken with Olives and Walnuts/Pecans, White Bean and Quinoa salad, and Vanilla Custard.

Thu 5/8: Beef Lasagna, Broccoli, Garlic bread, Green Salad.

Fri 5/9: Pork Loin Stir Fry with Basil over Brown Rice, Sautéed Onions, Peppers, Bean Sprouts, Brownies.

Tue 5/13: Glazed Chicken Wings with Peanut Sauce, Spicy Cabbage Salad, White Rice, Vanilla Pudding.

Thur 5/15: Cumin Chicken over Brown/Jasmine Rice with Raita, Spinach Curry, Apple Crisp.

Fri 5/16: Beef Stew, Rutabagas, Spinach, Onions, Carrots and Green Peas, Whole Wheat Roll.

Tue 5/20: Ground Beef Chili, Mixed Vegetables, Tossed Salad, Corn Bread.

Thur 5/22: Roast Chicken with Cilantro Pesto over Balsamic and Grape Quinoa, Zucchini/Potatoes, Carrot Muffins.

Fri 5/23: Ginger Beef, Poppy Seed Coleslaw, Wheat Berry Salad, Wild Rice Pilaf.

Tue 5/27: New England Boiled Dinner, Pastries.

Thur 5/29: Sultan's Eggplant, Green Salad, Bulgur Tabouleh Salad, Hummus, Pudding.

Fri 5/30: Ground Beef Shepherd's Pie, Whole Wheat Roll.

Ongoing Activities

| SPACE | SAT./SUN. | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------------|---|--|--|--|---|--|
| RESOURCE ROOM | | 3-4:30 Computer Workshops (5/5, 5/19, 5/26) | 11-noon Growing Older Group* | | 3-4 pm Singing Class | 1-2:30 Good Old Days Group* (5/9 and 5/23) |
| LARGE COMMUNITY ROOM | | 12:30-3:00 Mah Jongg* 12:30-3 Bananagrams* 1:00-3:00 Bridge* 2:00-4:00 Cribbage * | 10:30-noon Band & Dancing 12-1 pm <i>Feast Together</i> 1:30-3:00 Scrabble* | 5-8 pm Cooking Around the World (5/7 + 5/21) | 9:00-11:30 am Bridge* 11-1 <i>Feast To Go</i> 12:45-3:00 pm Bridge* 6-8 pm Ukulele Group * | 12-1 pm <i>Feast Together</i> 2:30-3:30 pm Classical Music II 3:45-4:45 pm Classical Music I |
| ART AREA | | 10 am-12 pm Painting 1-2:30 pm Clay 3:30-5:30 pm Pastels 6:30-8:30 pm MSAC Monthly Film Series (5/19) | 1-3 pm Boomer Bike Series | 9:30-11:30 Rug Hooking 4:00-5:30 Drawing | | 10 am -3 pm Mah Jongg* 10 am—3pm Bananagrams* |
| STUDIO | Sat 10-11 am Gentle Yoga Sun 5-6:30 pm Yoga Integral | 10:30-11:15 am Dance to Fitness 1:00-2:15 Gentle Yoga 3:30-5:00 pm Vinyasa Restorative Yoga | 9:00-10:30 am Gentle Yoga 11-12:00 pm Chair Yoga 4:45-5:45 Tai Chi for Arthritis | 9-10:30 am Gentle Yoga 1:30-3 pm Tai Chi Long Form 5-6:30 pm Hatha Yoga | 9-10:30 am Yoga for Balance 5-6:30 pm Vinyasa Restorative Yoga | 10:00-11:30 am Hatha Yoga 1-2:15 pm Gentle Yoga |
| UPSTAIRS ACTIVITY ROOM | | 9-10 am Living Strong 10:15-11:15 Living Strong 12:45-2:00 French II 2:30-3:30 Living Strong Group 5-6 pm Living Strong 6:10-7:10 Living Strong | 8:30-9:40 am Living Strong 10-noon Write a Poem 1:15-2:30 Italian II 6:30-9 pm Film Class at MSAC | 8:30-9:45 am Spanish Past Tense, Pt. 2 11:45 am-1:15 pm Exploring Balance 1:30-3:30 pm Writing | 8:30-9:40 am Living Strong 10-11:30am Memoir 12:45-2 pm French I 5-6 pm Living Strong 6:10-7:10 Living Strong | 9:00-10 Living Strong 10:15-11:15 Living Strong 2:30-3:30 Living Strong Group |
| OFFSITE | Sunday 2-3 pm Swimming# | 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# 10am-12:30pm Films at Savoy | 10-11:30 am Exercise† 2-3 pm Tennis~ |

†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 are activities at FiF in Berlin that run for 13 weeks. ~Tennis is at FiF, Berlin, and runs for 8 weeks, three quarters per year.

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

*Bridge, Cribbage, Mah Jongg, Scrabble, Bananagrams, Ukulele, Growing Older, and The Good Old Days groups do not require registration. Donations appreciated.

Candidates for the MSAC Advisory Board

Ballots due June 2 at MSAC. Get a ballot at the office or vote online at <http://svy.mk/1j4UbgZ>



Whit Dall: I am a resident of Montpelier. I was an elementary school teacher for thirty three years and I worked part-time at National Life for five years. I have been an active member of the Montpelier Senior Activity Center participating in classes, working out at the gym, playing tennis, and doing volunteer work. I really enjoy what MSAC has to offer and I'm often encouraging others to join or come eat the delicious food! I am happily married and I have two grown children plus a lovely grandson. I am interested in serving on the MSAC advisory board to further strengthen the mission of MSAC and to encourage a healthy vision of seniors who are active, engaged, and like to walk!



Liz Dodd: During my year as an Americorps member serving at MSAC, I came to better appreciate the important role MSAC plays in our community. Through my work in direct services, volunteer recruitment and management, and leading workshops on topics of employment, housing, and depression, and writing for the newsletter, I learned first hand more about the issues facing our elder community. Since completing my Americorps term, I have continued to volunteer at MSAC. For example, I have helped lead the development of the Montpelier Memory Café, which serves people with Alzheimer's disease. I am a Licensed Clinical Social Worker, and since receiving my Masters in Social Work from UVM, have practiced in community health and mental services in Vermont for about 20 years. I maintain a private psychotherapy practice, with a focus on elder care. I feel MSAC will play an increasingly important leadership role in senior services in our community, as well as in Vermont, especially in the field of Alzheimer's disease. And it will need to closely consider its programming, financial and administrative structure, and operations as it does so. By serving on the Advisory Board I would like to positively contribute to that effort.



Scott Hess: Scott Hess and his wife Amy Willis moved to East Montpelier from New York City four and half years ago. For most of Scott's career, he was a self-employed trader on the floor of the New York Mercantile Exchange (NYMEX) in lower Manhattan. He served on NYMEX's board of directors for ten years, with three years on the executive committee. He was also employed in the organic bulk food business for two and a half years after he left the exchange. For the past four years, Scott has been an elected member of the East Montpelier planning commission. He has been on the Hunger Mountain Coop council for the past four years and is currently its treasurer. Scott is the co-chair of the stewardship committee of the Unitarian Church of Montpelier. He holds a BS from Montclair State University and an MBA from Pace University.



Nancy Munno: I moved here 7 years ago to be close to my son-in-law, daughter, and two grandchildren. I love Montpelier and being in my grandsons' lives. I have a BA in biology and an MAT in education. I was a biochemist with a pharmaceutical company, spent 25 years teaching middle school science, and, for the last 7 years, was a librarian in Northfield. My daughter's family lives in Montpelier and my two sons live in Syracuse, NY and Telluride, CO. My dog Captain keeps me active. I've been a Brownie and Girl Scout leader, board president for an environmental group, on the boards of two different condo associations, held various PTA positions when my children were in school, delivered Meals-On-Wheels, volunteered at the humane society, and currently volunteer in the MSAC kitchen. The Senior Center has been important to making a new home in Montpelier. I've taken yoga classes there for many years. It's a welcoming place that allows us seniors to explore and expand our interests within a caring and stimulating community. We are so lucky. I'd like to serve on the advisory board of the MSAC to help further the mission of this wonderful place.



Susan Torchia: My name is Susan Torchia, and I'm a candidate for one of the seats on the MSAC Advisory Board. I've been a member and volunteer at the MSAC for three years. My involvement as a volunteer has ranged from creating educational and colorful "table toppers" for Feast meals, to assisting with the development and facilitation of MSAC programs and fund raisers. I've taken many interesting classes at the center, as well as teaching a jewelry making course. My professional experience as an RN for the last 32 years has been invaluable. In assuming leadership roles in a variety of clinical settings, I've developed useful organizational and management skills. Other qualifications include previously serving on several local boards of directors. Currently, I'm a nurse volunteer at the PHWC in Barre, and a hospice volunteer for the CVHHH. I have seven wonderful grandchildren and look forward to the birth of my great grandson in April. I enjoy kayaking, fly fishing, and making art. My vision for the future of the MSAC includes increasing it's visibility in the community by offering a broader scope of relevant educational opportunities.

Announcements

Thank you to all the people and businesses that helped make the **April 12th Firebox Dinner** event a success (netting over \$1000 in donations despite changing to a free, rather than ticketed event when ticket sales were proving too low). Retired Assistant Chief **Bob Snetsinger** gave a detailed account of the history of MFD complete with rare slides, and children delighted to try on firefighting gear and learn about the alarms! **Event support** was provided by MFD Chief Bob Gowans, Glen Marold, Paul Carnahan (VT Historical Society), Russell and Dan Clar (postcard sales), and Good Taste Catering. Food donations were provided by: Applecheek Farm, Gaylord Farm, Greenfield Farm, Tangle town Farm, Black River Produce, Shaws Berlin and Price Chopper. Special thanks to **volunteers:** Lori Miller (head chili chef!), Mariah Lane, Sylvia Kingsbury, Sue Stukey, Barb Smith, Rebecca Shepard, and Brenda Snetsinger.

Remember, you can bid in the **silent auction on Firebox Numbers 51 and 751** through Monday, May 19th, so spread the word! (Attend the Rummage Sale on May 17th to place a late bid!) **Posters and Postcards of Firebox images** are also for sale in the office to benefit MSAC.

Memory Café Announcements:

The Memory Cafe's STEERING

COMMITTEE: Meets Monday, May 5th - 6:00 PM at MSAC. Anyone can attend to help plan future Memory Cafes. We particularly encourage people with early or middle-stage dementia to attend the meetings. Their input is especially welcome.

CALL FOR VOLUNTEERS: Performers, Crafters, Speakers, Instructors, and Cafe Assistants If you have a talent, hobby or special interest, & are willing to share your knowledge & passion for 20-30 minutes at a future Memory Cafe, please contact the Steering Committee. We also seek assistance with refreshments, activities, & working at the registration table or on the cleanup crew at future Memory Cafés. To volunteer, or for further info about the Montpelier Memory Café, please contact: Lisbeth Dodd, (802)229-9630. (See page 5 for May event details.)

Feast kitchen seeking: Kind, friendly, positive individuals who like to work as a team to nourish the community. There are opportunities to volunteer in the kitchen, dining room and for home delivery of meals. Days are Monday through Friday between the hours of 7:00 am and 2:00 pm. Make your own schedule! Contact Anne-Marie at 262-6288.

MSAC Proposed ByLaw Changes: The following were discussed at the most recent Advisory Board Meeting and will be voted on at **MSAC Annual Meeting at 1 pm on June 26. Save the Date** and plan to attend. Please contact the office if you wish to see a full copy of the ByLaws of MSAC.

Article III: Purpose: A. The purpose of the Montpelier Senior (Citizens—omit) Activity Center is to maintain.....etc.

Article VI: Advisory Board: B. The Advisory Board shall consist of 10 members the majority of whom shall be residents of Montpelier. MSAC shall endeavor to elect at least one Advisory Board member from a contributing town. Advisory Board members shall be elected for three year terms and may not serve more than two consecutive terms. Annually three members of the Board shall be elected except for the first year of the three year rotation in which four members will be elected. Notices of the Board vacancies.....etc.

G. A quorum for the Board meetings shall be six members.

You may notice a **Feast to Go PSA** being broadcast on local radio stations this month (with James' voice – your editor doing MSAC Outreach!) Thank you to MSAC member, local musician Ron Merkin, for providing the background music recording from his recent CD.

Any member wishing to request **Kellogg-Hubbard Library books for delivery** at MSAC is welcome to contact Rachael Grossman at KHLoutreach@kellogghubbard.org or 223-4665. Help is also available for members interested in learning more about using the library's online card catalog for searching the collection and reserving titles.

Reminder: There are now **MSAC Finance**,

MSAC Van Trips

Reserve your spot now! All trips depart from Department of Labor parking lot.



The Spitfire Grill,
performed at Northern Stage Theater in White River Junction.
Thursday, May 1st, 12:30-5:30 pm

Music and book by James Valcq. A warm and uplifting musical that reflects the camaraderie of small town life. A Wisconsin town rallies around a local restaurant, propelling the residents into a future filled with new optimism. Bring lunch on van or request Feast to Go from MSAC in advance and we'll bring it for you! **\$55 includes ticket and van ride. Minimum of 10 people, reserve by April 24th.**

Currier Museum and Frank Lloyd Wright House,
Manchester, New Hampshire
Friday, May 23rd, 10:45 am-7:30 pm

The Zimmerman House was designed by the acclaimed American architect Frank Lloyd Wright in 1950. It is the only Wright-designed building in New England that is open to the public. Comfortable shoes, particularly flats for women, are recommended. The Currier Museum of Art is an internationally renowned art museum located in Manchester, New Hampshire. It features European and American paintings, decorative arts, photographs and sculpture, including works by Picasso, Monet, O'Keeffe, Wyeth, and LeWitt. There is a café at the museum with light meals from \$5-\$15, or bring your own for picnicking. Our trip includes a tour of the museum and a tour of the house. The timing of this trip revolves around two meals. Since this is said to be a nice Café and reasonably priced, we suggest lunch in the Café and will NOT stop for dinner on the way home, so bring something to eat on the van. You may of course, bring two bag meals for lunch and dinner. **\$54 includes all admissions and van ride. Min.10, reserve by May 16th.**

St. Johnsbury: Athenaeum, Dog Chapel and Fairbanks Museum
Wednesday, June 4th, 9 am – 4:30 pm

Begin your day at the St. Johnsbury Athenaeum, a private, nonprofit library and art gallery. Then on to the Stephen Huneck Gallery and Dog Chapel. A stop for lunch with the picnic you brought or at one of several restaurants in St Johnsbury. After lunch we are on to the Fairbanks Museum and Planetarium. You will have some time to look at the varied items in this unusual museum and then we will have a private show of the night sky as it will be that night. **\$27 includes admission; lunch is on your own. Min. 8, reserve by May 28th.**

President Calvin Coolidge State Historic Site & Vermont Country Store
Thursday, July 10, 8:30 am – 5:00 pm
\$38 includes museum admission and van ride. Bring your own lunch or money for lunch. Min 10. Reserve by July 1st. For more information, contact MSAC.

Hood Museum of Art in Hanover and King Arthur Flour in Norwich
Wednesday, August 6, 2014, 9:00 am – 3:30 pm
\$12 includes museum admission. Min. 8. Reserve by July 28th. For more information, contact MSAC.

Once a Month Walks with Whitney Dall & Tina Muncy

Each walk is about two miles except where noted, and generally on flat ground with stopping places to enjoy the scenery. All trips start at the Department of Labor commuter parking lot in Montpelier—just take the Montpelier Circulator bus there, or drive there and leave your car before hopping on the van. **Please pre-register for each trip one week in advance, as trips not meeting the minimum by that date will be cancelled.** For full information on these trips, contact MSAC.

Thu, May 15th - Causeway – Colchester 3 1/2 miles 9:30am to 3pm \$9

Walk on the gravel path across Lake Champlain and back. We will stop on the way home for you to buy lunch or picnic, if you bring your own.

Tue, June 10th - Chickering Bog 12:30pm to 4pm \$5

Come on this walk in East Montpelier to hear the frogs and see the vegetation. Wear boots or shoes that do not mind being a little wet.

Tue, July 8th - Woodstock Carriage Roads – 9:30am to 3pm \$12

Tue, August 5th - Stowe, Vermont 9:30-1:30 \$8

Tue, September 16th - Foliage and Mill Stone Trails-- 1pm-4pm- \$5



MSAC Monthly Film Series 3rd Mondays, 6:30pm. Featuring critically acclaimed films from the U.S. and around the world! **May 19th:** Lee Daniel's *The Butler*, 2013, PG-13, 113 min. Please pre-register. Minimum 5 to run the film! Suggested donation: \$3. Film blurb available in office.

PLAYTIME EVENT AND TRIP FOR THEATER-LOVERS

Christopher Durang's contemporary comedy, *Beyond Therapy*, will be coming for a very short run (June 10-15) to Vermont Stage at Flynnspace in Burlington. As Time Magazine said when it premiered: "*The jokes [about psychiatrists] have never stopped, but rarely have they been as funny as they are in Beyond Therapy... Beyond Therapy offers the best therapy of all: guaranteed laughter.*" *Beyond Therapy* is hilarious and worth reading even if you don't get to see it.

Therefore, there will be a free discussion session with Joanne Greenberg at MSAC where we will look at some highlights of the play, featuring guest readers and film clips. MSAC members can read a copy of the script in advance at the MSAC office. You can choose to come only to the ses-

sion, as it will stand alone as an entertaining comedy, but you might also enjoy going on your own to Burlington to see Vermont Stage's live performance. Doing both the pre-show discussion and the actual performance of a play has been a real treat for participants in the past.



***Beyond Therapy* discussion: Monday, June 9, 5:00-6:15 at MSAC.** Sign up for this session at the MSAC office by Wednesday, June 4. **To see the show:** Call 802-863-5966 or go to flynntix.org for tickets or more information. Tickets will sell out fast! If you choose to go to the **Sunday matinee, June 15**, you can get a reduced MSAC group rate by calling Molly at 802.862.1497. **This is not an MSAC van trip. Transportation is on your own.**

Feast... Not Famine

By Barbara Smith, Kitchen Volunteer

Have you ever wondered about what goes into the meals program that we have at MSAC? How does it all come together to provide locally-based, flavorful and balanced variety of meals?

It starts with the Older Americans Act. The regulations specify that a nutrition program provide a basic meal pattern for seniors. The meal pattern is based on the Recommended Dietary Allowances (RDA) and the Dietary Guidelines for Americans.

These guidelines specify that the meals should provide 1/3 of the RDA of older Americans. Meals can be offered at a site where we all eat together, or for home delivery when needed. It is supervised locally by the Central Vermont Council on Aging.



Whew!! So, you see, there are many ‘cooks in the kitchen.’ What all this means is that there are standards that need to be met, while planning meals that are well prepared, nourishing and enjoyable. There are limits on the amounts served based on the calorie needs of older Americans.



The parts of the meal that are required are a protein source, fruits and/or vegetables, grain product and milk. Meals are reimbursed with federal money, which is why there is no charge for seniors, however anonymous donations are encouraged. Fats and desserts are not a “required” part of the meal pattern, and therefore not a reimbursable expense. They are often offered for special celebrations and holidays.

Meal planning involves offering as many local foods as possible, using minimally processed foods, appropriate portion sizes, while introducing many new and exciting tastes. Some of the foods often included which offer significant boost to nutrition are:

- broccoli – loaded with antioxidants, such as beta carotene which our bodies change to vitamin A, and vitamin C
- citrus fruits – oranges, grapefruits and tangerines, rich in vitamin C
- walnuts and almonds – 1 oz gives you protein, plus minerals and other micronutrients
- watermelon – not just water, provides vitamins C, beta carotene, lycopene, and iron
- spinach – folic acid, an important B vitamin, plus lots of beta carotene
- cantaloupe, yams, winter squash, and carrots – lots of beta carotene

Many generous donations of support come from the Central Vermont Council on Aging, Allison C. Levine of Community Harvest of Central Vermont, George Gross of Dog River Farm, and Pete's Greens.

The Green Corner

You may have noticed a number of yellow and green bags each Wednesday in our dining room and wondered what it's all about. MSAC is pleased to be a new drop off site for **Pete's Greens' Good Eats CSA**. Good Eats CSA is based on the Community Supported Agriculture (CSA) model where members receive a weekly share of produce, locavore goods, or meats after making a financial commitment for each seasonal period. CSA members also receive a weekly e-newsletter with news from the farm, recipes, and how-to info about the food in that week's share.

There are six different share types allowing you to mix and match the elements you want: veggies, localvore products, and meats. See the links below for details.

Summer shares run from June 18th through October 8th. Each Wednesday you pick up your food at MSAC and check your name off of the list so we know that you picked up. You can sign up online at <http://bit.ly/1eAR3I2> or download a sign-up form at: <http://bit.ly/1gWgOYW>

Member Acknowledgments



Patty Baroudi
William Benkwitt

Sharon Bernard
Margaret Bresee
Michelle Champoux
Alicia Cusimano
Catherine Devitt
Paul Falcone
Michele Hill
Jacqueline Johnson
Lillian Libertoff

Jillian Lisitano
Eve Mendelsohn
Lisa Middleton
Larry Mires
Ann Pelkey
Marjorie Ritvo
Elle Wainwright
Robert Youngblood
Phillip Zunder

Announcements (continued from page 11)

Fundraising, and Program Committees comprised of staff, Advisory Board members, and members-at-large. To get involved or attend a meeting, contact office for updated meeting schedules!

Thank you to Georgia Valentine, Jim McQueston, and Polly Ellerbe for assisting 180 people in **the AARP free tax clinic** at MSAC in 2014! We are also grateful to the many volunteers to helped with scheduling and greeting, and all of you who made donations to MSAC totaling over \$1100!

AARP safe driver classes are for folks 55+ to help them drive safer and longer. Courses cover defensive driving techniques and changes in vision, hearing and reaction times. Taking the

course may give a reduction in insurance rates. The cost of the four hour class is \$15.00 for AARP members and \$20.00 for non-members. All are welcome. Next scheduled course: **Montpelier Westview Meadows, Thursday, May 8th, 12:30 P.M.** Contact Doug Masson, 802-644-8310. (note: MSAC will host a course in July - stay tuned!)

Membership dues will increase from \$10 to \$15 for Montpelier members starting July 1st. Other dues will remain as is (\$30 and \$50). Most class fees will not increase for summer, but some increases, still under discussion, will be announced for Fall. The Advisory Board welcomes your input.

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. You can now also sign up for our e-Letters by using the simple form on our website!*

MSAC is closed May 26th for Memorial Day. There will be no classes or activities on this day.

Submissions for June Newsletter due May 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. May 28th |
| Tina Muncy | Jane Osgatharp | Peter Harris | starting at 1:30 at City Hall Council Chambers |
| Sue Stukey | Janet Ressler | Frank Woods | Save the Date at MSAC: Thur. June 26th, current and new board Meetings, lunch and 1 pm Annual Meeting |

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, closed 12-12:30

Janna Clar, Director

Dan Groberg, Program and Development Coordinator

Lise Markus, Administrative Assistant

James Sharp, Outreach Assistant

Feast Reservations Number: 262-6288

Anne-Marie Keppel, Just Basics, Feast Coordinator

Justin Turcotte, Chef for Feast

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your Capital City

