

Action Times

August 2013

Montpelier Senior Activity Center
58 Barre Street, Montpelier, VT 05602
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What's Inside:

Profile: James Sharp / Meal Menus	2
One-time Activities and Events	3-4
Announcements	5, 8
Ongoing Summer Activities Calendar	6-7
The Green Page / MSAC's Wish List	9
Trips	10
Member Acknowledgements	11

A Gathering Place for
Healthy Aging and
Lifelong Learning



LET THE TASTY MEALS BEGIN!

At long last we are pleased to announce the launch of our meals program! We're now licensed by the Department of Health as a restaurant, and Chef Justin, Sous-chef Mary, and many volunteers have begun our offerings in earnest:

- *On-site meals* are served on Tuesdays and Fridays from 12-1 p.m. The suggested donation for those 60 and over is \$5; the cost for others is \$6. Reservations are appreciated in advance at 262-6288.
- Anyone can enjoy our *café meals*, served take-out or picnic style, on Thursdays from 11-1 pm for between \$4 and \$8. All proceeds benefit the meals program, so treat yourself and support area seniors! Reservations are appreciated in advance at 262-6288.

Upcoming menu entrées are listed on page 2; for complete menus, check the bulletin board at MSAC or the website for details.

(continued on page 2)

Welcome to James Sharp Outreach/Media Assistant



We're pleased to welcome James Sharp to the new position of Outreach and Media Assistant at the Montpelier Senior Activity Center. James grew up in Ithaca, NY and has been in Montpelier since 1998. Living in Montpelier has given James many opportunities to work with non-profit organizations concerned with social and environmental issues - most recently Vermont Natural Resources Council.

James has a strong background in writing and desktop publishing that will serve him well in his new position. We're very pleased to present this publication: his first newsletter for MSAC! Outside of work, his interests include spending time with his fiancée Megan and step-son Aodhan, making improvements on their Montpelier homestead, cooking and eating delicious food, brewing beer, and doing pretty much anything that develops more self-sufficiency.

Continued from Page 1 (Tasty Meals)

- Tues July 30: Pork w Rosemary, Sweet and Russett Potatoes
- Thur Aug 1: Roast Chicken or Black Bean Burgers
- Fri Aug 2: Spaghetti and Meatballs
- Tues Aug 6: Roast Pork Loin w Gravy or Tofu w Tomato
- Thur Aug 8: Baked Haddock
- Fri Aug 9: Shrimp or Tofu Stir Fry
- Tues Aug 13: Chicken and Mushroom Marsala
- Thur Aug 15: Flank Steak BBQ or Arugula/Pesto/R.Red pepper Flatbread Sandwich
- Fri Aug 16: Youth guest day! Chicken Caesar Salad or TBD Alternate
- Tues Aug 20: Chicken or Tempeh Enchiladas
- Thur Aug 22: Indian Beef or Curried Peas
- Fri Aug 23: Seared Salmon w/ Salsa
- Tues Aug 27: Pork w Rosemary
- Thur Aug 29: Roast Chicken or Black Bean Burgers
- Fri Aug 30: Spaghetti and Meatballs

Our partner Just Basics, Inc. was key in developing the meals program. Special thanks to Executive Director Kimberley Lashua for her dedication, tireless hours and good cheer. Be sure to say hello, as she's on-site most days from about 9-1.

We're still recruiting volunteers for various shifts and teams – especially table set-up/breakdown on Tuesdays and Fridays – so call 595-9145, or look for a sign up form in the lobby or on the website. Finally, remember that you can inquire about home-delivered meals at 595-9145.

And with that, we wish you: Bon Appetit!

One-time Activities and Events (open to the public)



Reiki Clinic,
Friday, August 2nd, 12-4 p.m.

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

Foot Clinic, Friday, August 9th, 9 a.m-1 p.m.

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 will clip toe nails, clean nail beds, file the nails and lotion the feet. Please arrive 15 minutes early.



Advance Directive Assistance, Friday, August 9th & 23rd, 2-4 p.m.

Sponsored by the Funeral Consumers Alliance of VT, these appointments include information on funeral planning. Forms will be available. Assistance is free, but donations to MSAC are appreciated. Call Mary Alice at 223-8140 for more info.



Film: In A Better World,
Saturday, August 10th, 6:30 p.m.

With his doctor father working abroad, bullied Elias finds solace in a friendship with a volatile new student. But the boys' shared revenge only seems to invite more violence in this compassionate drama about the interplay between two loving and dysfunctional families. In Danish, with subtitles.

MSAC & Dharma Film Series.

Suggested donation \$3. For comfort, bring a cushion. For more info, call Neville at 224-1001.

Classic Films of the 1950s with Rick Winston,
Monday, August 12th, 6:30-8 p.m.

Rick Winston will show clips from several acclaimed films of various genres from that era and discuss their significance.

Rick will be teaching a series by the same name in the Fall of 2013.

(Supported in part by the National Endowment for the Humanities (NEH) & the Vermont Humanities Council (VHC). Any views, findings, conclusions, or recommendations expressed in this program do not necessarily represent those of the NEH or the VHC. A Vermont Humanities Council Program hosted by MSAC. Free and Open to the Public. ADA accessible.)





Friday, August 16th, 9-12 p.m., 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 at MSAC. Call Sarah directly at 479-4400 to set up an appointment.

Youth/Senior Lunch, Friday, August 16th, 12-1 p.m.

Bring your young friends or grandchildren to lunch! Chef Justin will cook up something delicious to please palates of all ages. All guests under age 60, \$6. Please reserve with your own name and your guest's name at 262-6288 by Thursday, August 15th.



Green Burials, Friday, August 23rd, 4:30-6 p.m.

A brief DVD, *Dying Green*, will be shown at MSAC by Mary Alice Bisbee to explain what green burial is. An open discussion will follow about the pros and cons of such a process, and what sort of legislation may or may not be needed in Vermont to allow this to happen. Come to learn and to express your opinion! This event is FREE and open to the public. For more information call 223-8140.



Choices for Burial Panel, Wednesday, August 28th, 7 p.m.

Experts explain conventional and alternative options and take questions about burials in VT. Panelists include Paul Guare from Guare & Sons Funeral Home; Patrick Healy from Green Mount Cemetery; and David Grundy, formerly of Funeral Consumers Alliance of VT. The moderator will be Jamie Renner from Central Vermont Council on Aging. The event is open to the public and free of charge. Light refreshments will be served. For more information call Jamie at 585-9683.

Did you know that all the activities on page 3-4 are open to the public and not limited to MSAC members? Tell your friends!

Announcements

FROM US AT MSAC

MSAC bids farewell to Liz Dodd, Americorps Neighbor to Neighbor member, when her 11-month term of service ends in mid-August. However, Liz will stay involved at MSAC in other ways as a member and volunteer. Some highlights of Liz's past year have included development of the Resource Room, leading of Healthy Aging classes, and production of a 5-panel series on Successful Life Changes for Seniors. Liz has also contributed greatly to outreach at MSAC. Thank you, Liz, for all you've done and are continuing to do!



Thank you to our recent donors! Since our early June appeal was mailed, MSAC members have contributed \$6,550 to the kitchen fund for small wares, including: 2 gifts of \$500, 4 gifts of \$200-250, 42 gifts of \$50-100, 57 gifts of \$20-40, and 21 gifts of \$5-15. We are 82% of the way to our goal of \$8,000 and have already purchased such important items as: hotel pans, storage containers, an immersion blender, hand tools and knives, pots and pans, table linens, a new coffee maker, and more.

We'd like to give a big thanks to all our instructors, both paid and volunteer! Paid instructors have received a 10% raise in their hourly wage as of July 1st for the first time in many years.

MSAC Gift certificates are no longer applicable for meal purchases, as Just Basics, Inc. receives donations and fees for meals now. Gift certificates are still good for dues/renewals, class and trip fees, and can even be donated (as some have done) to the scholarship fund.

You can find the June 25th Annual Meeting minutes on the bulletin board or the website; thanks to all who attended. We again thank outgoing Advisory Board member, Brenda Snetsinger, for her years of service to the board.

Fall Class Preview

Anticipated New Classes for Fall:

- new Living Strong classes
- new yoga classes, instructors TBD
- Two film series with Rick Winston: Classic Films of the 50s at MSAC, Foreign Films of the 60's at the Savoy
- Beginning Ukulele with Bob Rigger
- Drawing with Jeneane Lunn
- Stage-to-Screen Play-reading with Joanne Greenberg
- Cooking classes with Chef Justin Turcotte

Most classes on break for the summer will be returning in the fall, including foreign languages, Tai Chi, poetry, clay, and more! Details for the fall schedule should be ready by mid-August, and registration will begin in September.

(continued on page 8)

Ongoing Summer Activities

Some classes are full, while others are still taking registrations. If you have a question about a particular class, just ask us at the office. And remember, if you have outstanding dues or class fees, please pay them ASAP!

SPACE	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LARGE COMMUNITY ROOM		12:30-3 Mah Jongg* 12:30-3:00 Bridge 2-4 Cribbage* 2:30-4:30 Billiards Class (ends 8/12) 6-7 Salsa	10:30-12 Band & Dancing 12:00-1:00 On-site Meal 1:30-3 Scrabble*		9:00-11:30 Bridge 11-1 Take-Out Cafe Meals 12:45-3:00 Bridge 3-4 Singing 6-8 Ukulele Group*	10:00-3:00 Mah Jongg* 12:00-1:00 On-site Meal
ART AREA		10-12 Painting II 1-2:30 Handbuilding Clay Group		6-7:30 p.m. Floral Arranging (8/14 only)	9:30-11:30 Rug Hooking	
STUDIO	5:00-6:30 Integral Hatha Yoga	10:30-11:15 Dance to Fitness 3:30-5 Vinyasa/Restorative Yoga	9:00-10:30 Gentle Yoga 11:00-12:00 Chair Yoga	8:00-9:30 Gentle Yoga 1:30-2:30 Tai Chi practice^ 5:00-6:30 Hatha Yoga	9-10:30 Gentle Yoga 5-6:30 Vinyasa/Restorative Yoga	10:00-11:30 Hatha Yoga
UPSTAIRS ACTIVITY ROOM		9:00-10 Living Strong 2:30-3:30 Living Strong 5:00-6:00 Living Strong	2-3 Organizing/Managing Papers (8/20) 4-5 French Conversation 6-8 Acting	8:30-10 Spanish 1:30-3:30 Writing	5-6 Living Strong	9:00-10 Living Strong 2:30-3:30 Living Strong
OFFSITE		10-11:30 Exercise† 5-6 Swimming†	9-11 Bowling° 10-11 Swimming† 10-11 Water Aerobics 10-11:30 Exercise†	10-11:30 Exercise†	10-11 Swimming† 10-11:30 Exercise†	10-11:30 Exercise†

^No instructor for summer
 †Exercise refers to use of gym at First in Fitness in Montpelier. Swimming is at FiF in Berlin.
 °Bowling is held at Twin City Lanes in Berlin.
 *Bridge, Cribbage, Mah Jongg, Scrabble, Ukulele Group do not require registration. Donations appreciated. We are gathering names in the front office for a Scrabble group.

Continued from Page 5 (Announcements)

Want to practice yoga, dance, painting, foreign language, or something else? Vacant rooms are available to members at many points in the week; check schedules posted around the center or inquire at office for details.

MSAC will be participating in the Home Tour organized by Montpelier Chamber Orchestra on Saturday, October 5th. MSAC Volunteers are sought for advance ticket sales as well as day-of event shifts on 10/5 -- sign up with office staff.

The automatic openers at the interior front and side doors should be installed very soon. The installation of these doors is made possible in part from a generous donation from Sylvia Walker in memory of long-time MSAC member, Jackie Secore.

FROM THE COMMUNITY

Take advantage of free services! Remember, as a senior 65+, you qualify for *free swimming* at the public pool (call 223-6829 for more info), and *free tuition* for classes at CCV and other area colleges. The *circulator bus is free to everyone*, regardless of age, and can be boarded at MSAC 9 times daily (call 223-7287 for more info).

Onion River Exchange, MSAC's next-door neighbor at 46 Barre St., helps Central Vermonters to exchange goods and services without using money. Instead, members buy and sell services for Community Credits, a time-based currency. MSAC encourages you to join by contacting ORE at info@orexchange.org or 802-552-3040. Here are some examples of what ORE members are offering for exchange right now:

- Service Offers: sign language classes, decorating suggestions, driving, medical bill and insurance questions, herbal medicine/wellness consultations
- Service Requests: cleaning office space, help copying videos, cutting trees, singing lessons for my daughter, assistance following hip replacement surgery

The Barre Street neighborhood group is compiling comments for Montpelier's Parking Committee. If you have thoughts, concerns, ideas or questions about parking on Barre Street, please send them to Kyle Neyer at krnburg@gmail.com. Please include your full name, address, and a daytime phone number with your comments.

Montpelier's Pedestrian Committee, working to make this a more pedestrian-friendly city, meets on the fourth Tuesday of each month at 5:30 p.m. at the police station. Anyone is welcome to attend, or people may contact Chris Andresen who will bring your thoughts to the committee.

The Montpelier Community Justice Center is looking for volunteers who can give one hour per week to mentor individuals returning to our community after prison. Volunteers will be part of a 3-person circle of support, and will be trained and supported in this work. For more information, contact Judy Gibson at 223-9606 or jgibson@montpelier-vt.org.

The Vermont Mountaineers baseball team wrapped up their regular season games in July, but with the team currently ranked first in the league, be on the lookout for some playoff games in early August. For more information, check the online schedule at thevermontmountaineers.com.

The Green Corner

Welcome to what we hope will be an ongoing feature of the MSAC newsletter: the green corner. A healthy environment is the foundation for much of our mission, including: healthy aging; physical, mental and social well-being; and overall quality of life. As our way of acknowledging this, we'll attempt to highlight some ways in which the MSAC community can participate in supporting a healthy environment.

Composting of kitchen/meal food scraps has begun at MSAC! In future newsletters, we'll update you on how much food waste is being diverted from the landfill.

One hot topic this month is green burial. The Green Burial Council defines a burial as "green" when it aims to protect worker health, reduce carbon emissions, conserve natural resources, and/or preserve habitat. Two events this month will touch on the issue of green burial. See our event listings starting on page 3 for more details.

There's also a lot happening in Montpelier these days in regards to alternative transportation. In this month's newsletter, you'll find announcements on page 8 to help you get involved in the recently formed parking and pedestrian committees. There's also a new bus stop in the Murray Hill neighborhood with service to MSAC's new Tuesday luncheons. We have more details about this at the office.

In coming months, look for more transportation-related environmental news here on the green page, including bicycle-related committees and projects, the environmental footprint of MSAC's building, the gleaning partnership between Just Basics and Dog River Farm, our community partner HomeShare Now's work, the potential to organize a community garden project for MSAC next growing season, and efforts afoot to bring Burlington-based CarShare Vermont's services to town.

MSAC Wish List

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

- More volunteers for meals program, especially hospitality before and after meals on Tue/Thur/Fri. Fill out form at office or contact Kimberley 595-9145
- Members interested in hanging their art at MSAC for 4-6 week periods in the coming months
- Small, sturdy table approx. 24x24 inch surface with similar clearance below
- Sandwich boards in decent shape
- Office-style scissors
- Sturdy paper-cutter
- Two small brooms with long-handled dustpans

Trips

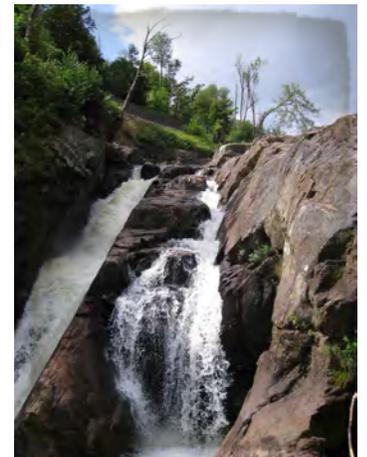
Mon, Sep 16- Thu, Sep. 19: Montreal/Quebec

The deadline to submit a deposit for this trip has been extended to July 31st. If you're interested, contact the office immediately or speak with Tina Muncy!

Enjoy a guided tour of Quebec City and Montreal, visit beautiful Notre Dame Basilica and Montreal's Olympic Park, and more on this four day, three night trip.

SUMMER VAN TRIPS: Reserve your spot now!

Wed, Aug. 7: Ausable Chasm. 9 a.m.-7:30 p.m. with lunch available at café and dinner stop in Burlington (you pay). Step back in time as you walk the nature trails in the midst of a primeval Adirondack Forest. Stroll past falls, caves, rocks, and the quiet of Mystic Gorge. Descend hundreds of feet to walk on natural stone walkways and gaze upon eons of geologic history etched in stone. Requires ability to walk on uneven ground and hills. \$65 includes admission; optional scenic raft ride: \$10. Reserve by 7/26. This trip may be cancelled if not enough people sign up.



Wed, Aug. 14: Tour of Wind Turbines. 8:30 a.m.-3 p.m. Working together with Vermont Electric Coop, Green Mountain Power has built 21 wind turbines along the ridgeline of the Lowell Mountain Range. This location offers both a reliable source of wind, and also the infrastructure necessary to bring the project online. These turbines provide electricity to 24,000 Vermont homes. You may bring a lunch and we will eat at Johnson State College to enjoy the

view and have time to visit the library, or you might enjoy a pizza at a local Johnson restaurant. Short stop at the Johnson Woolen Mill before we head for home. \$15. Reserve by 8/7.

Tues, Sept. 3: Rudyard Kipling House (Dummerston). 10 a.m.-6 p.m. with lunch stop in Putney (you pay). Trip to Naulakha, a National Historic Landmark. Tour of house of 1 1/2 hours (may be difficult for physically challenged people – steep stairs, and bathrooms are on 2nd floor); also we can walk around the property, gardens, path to pergola. \$45 includes admission. Reserve by 8/23.

Member Acknowledgments



1st Juri Prince, Pat Yoder	20th Jerry Balkcom, Mary Sue Lyons, Jane Richmond
3rd Nancy Buinicky, Carol Johnson	21st Elizabeth Winston
4th Ann O'Leary, Linda Simmons-Arnold	22nd Anita Belotserkovsky, Joyce Kahn, Lynne Walther
5th Joseph Mureta	23rd William Doelger, Peter Weinbaum
6th Jean Merrill	24th Joan Black, Frederick Cook, Theresa Lever, Deborah Post
7th Thomas Keck	25th Diana Fielder, Anne Mondejar, Ruth Wallace-Brodeur
9th Marilyn Hart, Vicki Hill, Donna Sawyer	27th Mary Carlson, Charlotte Gibson, Maggie Thompson
10th Meg Walbridge	28th Barbara Arley, Maya Richardson, Sue Rigger, Christine Rousseau, Suzanne Stone
11th Katherine Heim, Duncan Wilkie	29th Donna Youngblood
13th Barbara Buckley, Gina Kurrle	30th Barbara Barranco, George Johnson, William Preis, Maria Withey
14th Virginia Humphreys, Jane Osgatharp	31st Bob O'Donnell
15th Jeff Howard, Karen Saudek	
16th Iona Lopez, Marilyn Wilson	
17th Margaret Murray, Lowell VanDerlip, Amy Wales, Mary White	
18th David Blosser, Andrea Carbonneau, Joanne Greenberg, Kathleen Herrington	
19th Marla Edson, Kristina McGinnis, Deborah Surwilo	



Donna Russo
 Norma Kritchman
 Christie Carter
 Patricia Cano
 Sheryl Hull
 Debra Carr
 Carole Courlang
 Paula Smyrski

Susan Shattuck
 Barbara Gramuglia
 Ruth Youngblood
 Barbara Garton
 Liz Prichett
 Robert Gefvert
 Barbara Gefvert
 Barbara Garton
 Lew Friedland
 Bernard Johnson
 Emily Wagner
 Mary Robertson
 Dorothy Canas
 Manuel Canas

*Ethel Cribley
 Joseph Howard
 Donald Morgan
 Betty Phinney
 John Pollard
 Donald Roberts
 Sharon Spiegel
 (instructor of Spanish at MSAC)
 John Wires*



Montpelier Senior Activity Center
58 Barre Street
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Dear Newsletter Subscribers! Some of you are receiving Action 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.

Submissions for September Newsletter due by August 14th!

Front Office Hours: Mon-Fri 9-4

Summer Staff Hours:

Janna Clar.....Mon-Fri 9-4

Lise Markus.....Mon-Fri 9-12

Johanna Nichols.....Mon-Tue 9-4

James Sharp.....Mon-Fri 4-7

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

The board is interested in your opinion. Contact info for board members is posted on website & outside the office.

3 Years	2 Years	1 Year	Next Advisory Board Meeting Dates
Fran Krushenick	Sylvia Kingsbury	Elizabeth Dodge	Next Meetings: Wed. Aug. 21 & Sep. 25
Tina Muncy	Jane Osgatharp	Peter Harris	starting at 1:30 at City Hall Manager's
Sue Stukey	Janet Ressler	Frank Woods	Conference Room.

Montpelier Senior Activity Center

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Janna Clar, Director

Johanna Nichols, Program Assistant

Lise Markus, Office Assistant

Lisbeth Dodd, N2N Americorps Member

James Sharp, Outreach/Media Assistant

MSAC Kitchen Fund: \$1,450 to go to meet our goal – we're 82% there!
Thank you to all who have contributed thus far.

The mission of the Montpelier Senior Activity Center 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.