

ESSEX AREA SENIOR CENTER LAUNCHES “SPREAD THE LOVE” CAMPAIGN

February is going to be a “feel good” month in the Essex community! The Senior Center is launching its first ever “Spread the Love” campaign, and we’re hoping everyone in the Town, Village, and surrounding boroughs will jump on board.

We know that, typically, February is associated with love, romance, hearts and Cupid in honor of Valentine’s Day. We’d like to focus not on romantic love (which can be wonderful, of course!), but on the love and warmth of a kind heart.

We’d like to challenge each person to recognize those who, by some small act of kindness, made your day a little brighter. Maybe the teller at the bank greeted you with a smile and engaged in personable conversation with you. Perhaps a delivery truck gave you the go ahead to pull onto the highway at a busy time of day. How about that young person working at the grocery store who smiled and offered to help you out with your groceries, or simply took the time to speak with you? Or that Respite volunteer who gave you a warm hug and was so attentive to your family’s needs...

Every day there are everyday folks who say or do something to brighten another’s day. It doesn’t have to be something monumental, it just has to be considerate and kind. The Coordinator of the Senior Center, along with some members, would like to help you recognize those folks. Here’s how: Be sure to notice or ask for the person’s name who extended a kindness to you. When you get home, jot down a little note to that person’s boss, manager, parent, etc. stating what he or she did that brightened your day, and say a simple, “Thank you”. We have paper and envelopes printed with “Spread the Love”, and we will help you to find the address of the manager/boss if need be, and will even mail your letter if you’d like. We’re hopeful that this will have a ripple effect, with more and more people noticing kindness and penning a note of thanks.

These days, when the news has been filled with so much negativity and hurt, let’s all do our part to remember those who put a smile on our face or warmed our hearts in some way. Spread the Love, my friends, and have a happy February!

*Note to Senior Van riders: The Center will be closed on February 20 in observance of Presidents’ Day. Please call on Friday, February 17 for rides needed Sunday, Monday and Tuesday, February 19-21.

Reminder: The Champlain Valley Quilt Guild’s “Challenge Quilts” will be on display at the Senior Center during the months of February and March. Everyone is welcome to attend a reception on Saturday, February 4 from 2-4 PM in honor of the display.

Essex Area Senior Center is located at 2 Lincoln Street at the Five Corners in Essex Junction, and is a department of the Village of Essex Junction. For more information, please call Lou Ann Pioli at 876-5087, or visit our webpage at www.essexvtseniors.org. Many of our weekly events can also be found on the calendar page of the Essex Reporter.