

Essex Senior News

APRIL 2019

An update from Essex Area Senior Center

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CONTACT INFORMATION

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2 Lincoln Street
Essex Junction, VT 05452
802-876-5087
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*"SPRING: A lovely
reminder of how beautiful
change can truly be."*

Gardening is a hobby everyone can enjoy, including seniors. Planting a garden and seeing it grow is rewarding within itself, but the activity of gardening also has many other benefits as we age.

The Benefits of Senior Gardening



The Health Benefits of Gardening for Seniors:

- Gardening gives us fresh air and helps us connect with the environment. But, did you know there are also health benefits as we watch those flowers grow?
- Gardening relieves stress. Alleviating stress is something we all look to do at any age. Researchers found that gardening can lower levels of cortisol which cause stress, high blood pressure and even affects glucose levels.
- Gardening increases serotonin levels. Just as gardening lowers our cortisol levels, it also raises our serotonin levels. Serotonin is a chemical in the brain that helps to put you in a good mood and helps you feel calm.
- Gardening boosts the immune system. Studies have shown that spending time in the garden can also boost the immune system. The so-called "friendly soil bacteria" (*Mycobacterium vaccae*) found in garden dirt has been found to alleviate problems like asthma, psoriasis, and asthma. So, go ahead and get your hands dirty! It's good for you!
- Gardening is good exercise. While you may not be running a 5k, there's no doubt that gardening gets the blood pumping. Bending, squatting, and pulling weeds takes a lot of physical energy. Any type of exercise is good for the body and can help slow down the aging process. It may be a good idea to get some stretches in before you hit the garden to avoid straining a back muscle or injuring something else.
- Gardening may lower the risk of dementia. Gardening requires a lot of hand/eye coordination as well as sensory awareness which may be why researchers have found that it helps to lower the risk of dementia.
- Gardening for seniors with Alzheimer's & Dementia: While gardening can help to lower the risk of dementia, it can also serve as a form of therapy for those dealing with dementia as well as Alzheimer's disease. Some facilities offer therapeutic gardens to help residents better stimulate their senses.
- Gardening can also help with eating habits if residents are planting, growing, and then enjoying what they sow. If gardening was a hobby that brought great joy before memory problems set in, bringing it back can also provide a sense of comfort since many with Alzheimer's remember the things that made them most happy.

*More information on gardening for seniors can be found on www.Seniorliving.org



ESSEX AREA SENIOR CENTER – WHAT TO KNOW

The Essex Area Senior Center (EASC) is a warm and welcoming place for residents and non-residents of the Essex community. We have grown over the years and are a vibrant group who love to gather, socialize, play games, venture on trips together, dine together, try new things and so much more. The Center is a home-away-from-home for many, and consists of a strong membership who continue to volunteer regularly, as well as fundraise for upgrades, improvements and new ideas.

The membership is active with local churches and area organizations who continue to support Center activities with meals, supplies and events. Everyone at the Center is also a wealth of knowledge. You never know what you will learn, or who you will speak to that can help you with something you have been trying to work through. Staff is there to help you get the information you are searching for, but also help utilize one another to learn about new hobbies, stores, deals around the community and so much more. It truly is a small world, after all!

The Essex Area Senior Center is strong and healthy because of its members. Alongside the membership, the Center has a long-standing relationship with the Village of Essex Junction Trustees who graciously provide the space and utilities to the membership and visitors. EASC is also staffed with a member from the Essex Parks and Recreation department; the Program Director of Senior Services is supported by both the director of Essex Parks and Recreation and Essex Junction Recreation & Parks. As the two municipalities continue to align departments, the two department Directors will work toward a more unified and efficient process to program development, staff support for EASC and much more to come in the future.

Please feel free to stop by and ask questions, renew your membership, tell your non-member friends about joining the Center and to stop by to say hi and participate!

PLEASE NOTE



The **Center** will be closed on holidays observed by the Town of Essex municipality.



Please also be aware that the Center is closed on snow days issued by the Essex/Westford School District. Be careful and stay safe.

flowers spring up
where friends
have walked



Welcome New & Renewed Members!

Jacqueline Cote Ann Murdock

Rosalie Allard MaryHelen Taft

Donna Harnish Rebecca Blanchard

Lynn Willey Marion Parks

Toshiko Dowler Tom Tiller Sr.

Joan Vallee Janice Brgant



2019 New & Renewal Memberships

EASC memberships are for individuals 50 years of age or older.

Annual membership dues are \$12 for Essex residents and \$15 for those living outside the Essex community. Please make checks payable to Village of Essex Junction.

If you would prefer the monthly newsletter mailed to your home, please add \$6 to your membership payment for the year of mailings.

APRIL LUNCHEONS – AT • A • GLANCE



LUNCHEON SCHEDULE: SEE CALENDAR INSERT FOR MORE SPECIFIC DATES & TIMES

EASC plans luncheons every Wednesday from late August through the month of May. Luncheon locations may vary between an area restaurant, the Essex Middle School, or right here at 2 Lincoln Street in the main room at the Center. We work with the Culinary program through the Center for Technology – Essex (CTE) for soups provided at the hosted meal-site luncheon or for Friday soup & sandwich days.

1st & 2nd Wednesday (this month): Luncheon held on-site at EASC; sandwiches and desserts are provided by sponsoring churches in the community. Soup is provided by the Culinary program at CTE and a program is included during the meal. The lunch on **April 3rd** will be sponsored by Holy Family & Grace Methodist. The lunch on **April 10th** will be sponsored by Essex Congregational and St. James. **Early sign-up is requested; this meal costs \$2/member, \$4/non-member.**

3rd Wednesday: Luncheon is held at Essex Middle School; we are invited to a delicious meal through the Child Nutrition Services of the school district and students and school staff take very good care of us.

Sign-up is required ahead of time; deadline Monday, 4/15. This meal costs \$3/member, \$4/non-member.

4th Wednesday (or last Wednesday): This luncheon is a potluck! Admission is a dish to share with your fellow diners (please, no desserts). Cake and ice cream are provided by the Center to celebrate birthdays this month. **Sign-up is requested ahead of time.**

Soup & Sandwich Friday: Once a month, we host a soup & sandwich luncheon. Soup and dessert is provided by the Culinary program at CTE and the Center, and you come with a sandwich of your choice.

Sign-up is required ahead of time; meal costs \$1/member, \$3/non-member.

DATE	LOCATION	MEAL	PRICE / PROGRAM
April 3	EASC, 2 Lincoln 11:30am – 1pm	Soup, Sandwich & Dessert	\$2/member
April 10	EASC, 2 Lincoln 11:30am – 1pm	Soup, Sandwich & Dessert	\$2/member
April 17	Essex Middle School, 12:15-1:15pm	Cafeteria Special	\$3/member – Sign up by Noon on 4/15
April 24	EASC, 11:30am – 1pm	Potluck, dessert provided	April birthdays



Member birthdays this month...

Betty Bingham Barbara Birong William R. Black Renee Boyd
 Rita Burns Joan Cook Connie Gilbeau Anna Gravel Cristina Herrlich
 Audrey Larrow Reta Masters Madaline Myers Margaret Preston
 Nancy Reed Liz Schick June M Silverman Jill Tarule Tom Tiller
 John Truax Helen Kaley Wallace Irene Wrenner

Have a great month of celebrating!



BINGO Callers

April 2	Monica Gershenfeld-Dougherty
April 9	Martha DiMaggio
April 16	Maddie Lister
April 23	Fran Hogan
April 30	Nancy Smith

Thank you to this month's BINGO callers!
Who is ready to call in May?



New Canasta will meet on the 4th Thursday of every month at the round table from 12:30-4pm.



NEW APRIL PROGRAMS!



Holly Lemieux Join us on Tuesday, April 9th from 10:30-11:30 for an informative meeting with Holly Lemieux. Holly specializes in Drafting Estate Plans (including Wills & Trusts) Elder Law, Medicaid Planning, Special Needs Planning, Incapacity Planning, Probate Matters and Trust Administration.



Thursday Think Tank April 18th is national "Get to Know You Day". Come to the center from 11-12 to take part in an interactive brainstorming session that will generate new ideas for program planning, and help us get to know your interests!



EASC Book Club This month, the book club will be starting a new book entitled In The Fall, by Jeffrey Lent. Due to Easter, there will be no meeting in April. The next meeting to discuss the book will be on May 16th. Happy reading!



SENIOR VAN TRANSPORTATION

The Essex Senior Vans are available Monday – Friday for medical appointments, grocery shopping, rides to and from the Senior Center and more. Looking for a ride? Call **878-6940** Monday thru Friday between 9am – Noon for a reservation. **NEW TO THE VANS?** Call **876-5087** for a New Rider packet to be mailed to you. All necessary forms must be completed prior to your first appointment on the vans.

To learn more about the following opportunities, please connect with Ally, Nicole, Adriane or Betsy at 878-1342 or at the Center:

- **Senior Van phone volunteers:** preferably Friday mornings, 9am – Noon, or sub other mornings



New Program Director – Senior Services

The position will be reposted in April, internally through the Town and externally if needed, to refresh the applicant pool. We know it is important to find the right person for EASC!

UPDATE

Village Budget Meetings: Transportation available, call ahead

Village Meeting: Wednesday, April 3rd, Free dinner @ 6pm, Meeting at 7pm @ Essex High School. Please call the Senior Van scheduling office at 878-6940 on April 3rd between 9am-12pm to reserve a ride.

Community Events for Seniors:

Shrek the Musical, performed by the students of ADL Middle School: April 10th 5-7pm @ ADL, Admission is FREE! Drive yourself or sign up for a ride at the Senior Center on the blue table by the office. Transportation is limited so sign up today.



Spring Tasting at Dakin Farm & Lunch – April 18th 9 - 2pm. \$10 Essex residents / \$12 non-residents. *Sign up through the Essex Parks and Recreation Department at 81 Main Street.

Come see how time-honored skills and century-old tradition combine with the most modern smokehouse facilities to produce ham, cheddar cheese, Pure Vermont Maple Syrup, and other specialty foods known the world over for their unique flavor and wholesome goodness. We will watch an exceptionally high quality movie about the Dakin Farm story in a state-of-the-art movie theater with large digital screen and surround sound. Then we will enjoy samples and do a little shopping in the gift shop before stopping for lunch at the Dutch Mills on the way home. Transportation is provided. This trip includes a stop for lunch after Dakin Farm at your own expense. The van is scheduled to leave the Senior Center at 9:00 a.m. Time is set aside for all to peruse the gift shop area- come prepared!



QUESTIONS – COMMENTS – SUGGESTIONS? WE’RE HERE TO LISTEN & HELP!

EASC, 2 Lincoln Street, Essex Junction, VT 05452 • 802-876-5087 • www.essexvtseniors.org

Center Hours: Monday – Friday • 10:00am – 4:00pm

The Essex Senior News is a publication by the Essex Area Senior Center. Not a member? Come visit and join!

APRIL

Essex Area Senior Center:

876-5087

www.essexvt seniors.org

2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	10-Noon: Mah Jongg 12:30-3:30: Bridge * Don't forget to sign up for Wednesday's lunch!	12:30-3:30: BINGO	Luncheon @ EASC: 11:30am - 1pm 1:15pm: Duplicate Bridge 1:30-4pm: Drop-in Games	10-10:30: Seated Yoga 12:30-4pm: Drop-in Games	10-Noon: Mah Jongg 1-3pm: Knitting / Crocheting 1-4pm: Cribbage, Cards & Games	
7	8	9	10	11	12	13
	10-Noon: Mah Jongg 12:30-3:30: Bridge * Don't forget to sign up for Wednesday's lunch!	Be Kind to Lawyers Day 10:30-11:30am: Elder Law with Holly Lemieux 12:30-3:30: BINGO	Luncheon @ EASC: 11:30am - 1pm 1:15pm: Duplicate Bridge 1:30-4pm: Drop-in Games	10-10:30: Seated Yoga 12:30-4pm: Drop-in Games	10-Noon: Mah Jongg 1-3pm: Knitting / Crocheting 1-4pm: Cribbage, Cards & Games	
14	15	16	17	18	19	20
	10-Noon: Mah Jongg 12:30-3:30: Bridge * Sign-up deadline @ Noon for EMS Lunch	12:30-3:30: BINGO	Luncheon @ EMS: 12:15-1:15pm 1:15pm: Duplicate Bridge 1:30-4pm: Drop-in Games	10-10:30: Seated Yoga 11am-Noon: Think Tank Thursday - Brainstorm 12:30-4pm: Drop-in Games 1pm: Program Meeting	10-Noon: Mah Jongg 12-1pm: Soup & Sandwich 1-3pm: Knitting / Crocheting 1-4pm: Cribbage, Cards & Games	
21	22	23	24	25	26	27
	10-Noon: Mah Jongg 12:30-3:30: Bridge * Sign-up deadline @ Noon for Potluck	12:30-3:30: BINGO * Sign-up deadline @ Noon for CTE Lunch on May 1st.	Birthdays Potluck @ EASC: 11:30am-1pm 1:15pm: Duplicate Bridge 1:30-4pm: Drop-in Games	** Trip to Proctor Theatre. Registered participants, please arrive to EHS by <u>9am sharp!</u>** Staff coverage at EASC will be limited today due to the theatre trip.	10-Noon: Mah Jongg 1-3pm: Knitting / Crocheting 1-4pm: Cribbage, Cards & Games	
28	29	30	MAY 1st			
	10-Noon: Mah Jongg 12:30-3:30: Bridge	12:30-3:30: BINGO	Luncheon @ CTE: 11:00am - 12:30pm 1:15pm: Duplicate Bridge 1:30-4pm: Drop-in Games	10-10:30: Seated Yoga 12:30-4pm: Drop-in Games 12:30-4pm: New Canasta, Game		