

ESSEX SENIOR NEWS

Special Edition

An update from the
Essex Area Senior Center

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AUGUST 2020



Greetings friends,

I hope each and every one of you have been able to enjoy this beautiful summer weather. I've been fortunate enough to see a few of you around town, but I miss you all and can't wait to see you again soon. That is why I am extremely excited to announce that we have begun the reassessment of services to work towards reopening! While we still have a little way to go before we can open the center, I am thrilled to say that we will be able to reinstate the Senior Van services starting the week of August 10th. It will be a soft opening with limited hours and available locations of service, but it's the first step to getting up and running. For more information, please see page 3. There are some important changes and updates so read carefully, and as always, feel free to give me a call if you have any questions.

Hope to see you all soon ☺ -Nicole

Contact Information

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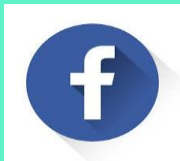
☆☆ ESSEX AREA SENIOR CENTER: WHAT TO KNOW DURING THE COVID-19 CLOSURE

With the temporary continued closure of the center we want to ensure that all seniors stay connected and feel supported by both your senior center staff members and the municipality. Please be aware that we are still monitoring all phone calls and emails that are received at the center. If you are in need of assistance, please call the center at 876-5087 and leave a brief message regarding what assistance you are seeking, or email Nicole at NStMarthe@essex.org.

There are many ways to stay informed on updates and the latest information regarding the EASC and Essex Senior Vans. Check us out online through:

Facebook

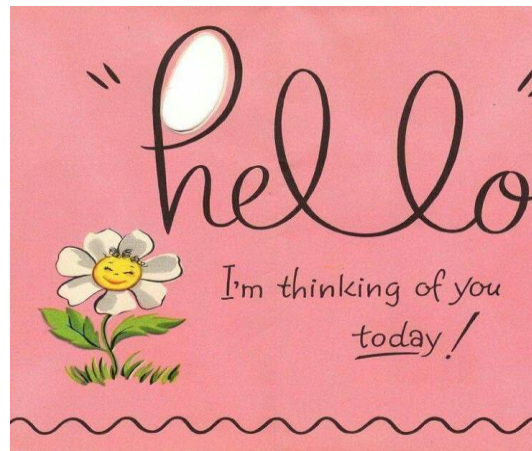
@essexareaseniorcenter



The Essex Area Senior Center
Website

www.essexvtseniors.org

As the stay-at-home orders are gradually being lifted, we are monitoring the requirements and guidance given by the CDC and VT Department of Health. We are currently unable to meet the restrictions and guidelines set forth for reopening but are continuing to monitor all developments and are hopeful for a soft opening within the next month.



HELPFUL COMMUNITY RESOURCES

Age Well Helpline: 1-800-642-5119

Aunt Dot's Place Food Shelf: 857-8208

Heavenly Food Pantry: 878-5745

Chittenden Emergency Food Shelf: 658-7939

Vermont 211: 211

New and Improved:

ESSEX SENIOR VAN SERVICES

Due to recent events, state and nationwide, regarding COVID-19 (also known as Coronavirus), we are taking proactive steps to reinstate transportation service to our 60+ community, with certain modifications. All riders and drivers will be asked to wear a mask or face shield when on the van. If you do not have either, one will be provided to you on the day of your ride. Before boarding the van, a staff member will ask you basic health assessment questions (see last page for questionnaire), and your temperature will be checked. You must have a temperature below 100°F to ride the van. Specific seats will be assigned to riders to maintain social distancing when on the van. A disinfectant spray will be used at the start of every van day, and the van will be disinfected/cleaned throughout the day between riders.

Our priority is keeping everyone as healthy as we can with limited exposure and within our best efforts and control. This not only includes, you - our rider - but also our drivers and general staff.

★ **Beginning the week of August 10th** - we will provide transportation for the following services only:

- **Well medical visits**
 - Transportation to/from physician offices for regularly scheduled appointments
 - Sick visits will not be permitted at this time, please find alternate transportation
- **Pharmacy/Prescription pickups**
 - Transportation will only be provided to pick up prescriptions. Additional shopping at these locations will not be permitted.
- **Grocery shopping**
 - Transportation to/from Hannaford, Price Chopper and Mac's Market will continue on Tuesdays, Wednesdays and Fridays.
 - Please shop responsibly and within reason as our vans are not equipped for large grocery quantities for all riders.

★ **BEFORE YOU CALL FOR A RIDE:**

Please review the following questionnaire. If you answer **YES** to any of the questions, please cancel your appointment or find alternate transportation.

Questions
1. Do you have any of the following?
• Fever - an oral temperature of 100.4 or greater
• Shortness of breath within the most recent 2 weeks
• Cough
• Chills
• Muscle pain
2. Are you ill or caring for someone who is ill? (Visitors who are well but who have a sick family member at home with COVID-19 should indicate as much).

Activities and transportation that **will not be provided at this time** to/from are: Essex Area Senior Center, Fanny Allen PT/OT offices, Hair or nail salons, Your place of employment, Fitness centers and other similar locations.

NEW - HOW TO SCHEDULE YOUR RIDE:

Beginning the week of August 10th, we will start with a “soft restart” of the service. During this opening week, the van will operate on Thursday and Friday. Moving forward, the van will run Tuesdays, Wednesdays and Thursdays from 9am-2:00pm.

Please call on the van phone line at 802-878-6940 on Mondays between 9am-2pm to schedule your rides for that week. Mondays will now be the call-in day for any appointment/transportation need for the whole week. You will not need to call the day before an appointment going forward. If you call for a ride AFTER 2pm, your reservation is not guaranteed. If this is an urgent appointment, please call 802-876-5087 and leave a message for Nicole. She will be in contact with you and if accommodations can be made, she will confirm your transportation need at that time.

Again, the first day of rides will be on Thursday, Aug. 13th.

We will communicate updates and/or any changes and encourage everyone to follow updated information provided by the Center of Disease Control and VT Department of Health.

<https://www.healthvermont.gov/> and <https://www.cdc.gov/>

Please remember that information and services are subject to change at any time related to driver availability and/or COVID-19 guidance from the Governor’s office.

Thank you for your support and understanding. We look forward to seeing you soon!

Stay healthy!

Memberships: July 1st marks the start of a new membership cycle. Memberships will run from July 1, 2020- June 30th 2021. We will begin selling new memberships when we reopen. Resident memberships are \$14, Non-resident memberships are \$18.

Mah Jongg: Mah Jongg cards have arrived. If you ordered Mah Jongg cards, please mail in your payment and I’ll be happy to mail you your new card. Checks should be made out to the Village of Essex Jct. and mailed to 2 Lincoln Street c/o EASC. Please make a note that the payment is for your updated Mah Jongg cards.

Made with Love:

Blueberry Zucchini Bread



Ingredients

- 3 eggs, lightly beaten
- 1 cup vegetable oil
- 3 teaspoons vanilla extract
- 2 1/4 cups white sugar
- 2 cups shredded zucchini
- 3 cups all-purpose flour
- 1 teaspoon salt
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1 tablespoon ground cinnamon
- 1 pint fresh blueberries

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease 4 mini-loaf pans.
2. In a large bowl, beat together the eggs, oil, vanilla, and sugar. Fold in the zucchini. Beat in the flour, salt, baking powder, baking soda, and cinnamon. Gently fold in the blueberries. Transfer to the prepared mini-loaf pans.
3. Bake 50 minutes in the preheated oven, or until a knife inserted in the center of a loaf comes out clean. Cool 20 minutes in pans, then turn out onto wire racks to cool completely.

MIND BENDERS : Riddle Me This...

Can you figure out the popular saying being represented in each square?

TEMPERATURE	PAR 2	CHANCE
HEART	COLLAR HOT	THE HEAD SAND