

# ESSEX SENIOR NEWS

Special Edition

An update from the  
Essex Area Senior Center

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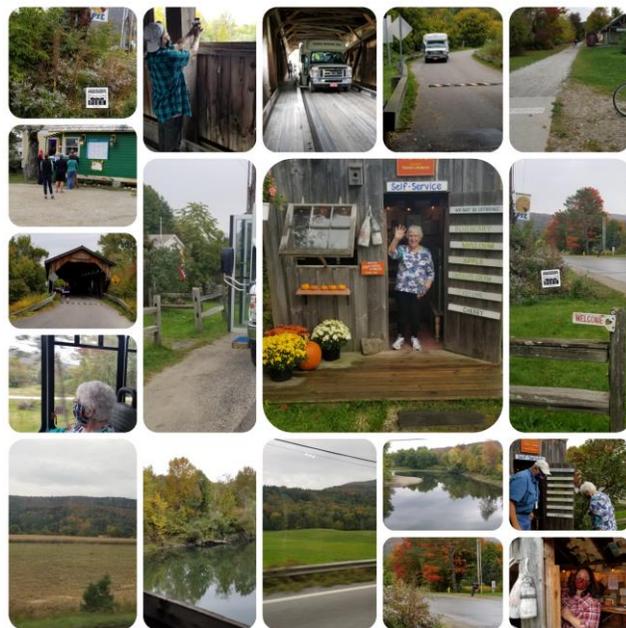
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# October 2020

## Frolicking Through The Foliage

What better way to usher in the Fall season than by enjoying a Fall foliage tour together. On September 25, guided by senior van driver Nick Mone, we explored the colorful Vermont countryside as we rambled through the backroads of Jericho, Underhill, Cambridge and Jeffersonville. We stopped to enjoy some local treats at Poor House Pies and the Burger Barn. As always, the food was great, but the company was even better! The sites and colors of Autumn were inspiring and left us all exciting for our next adventure... Apple Picking! Contact Nicole by October 6<sup>th</sup> if you have not already signed up and would like to join us.



### Contact Information

Essex Area Senior Center  
2 Lincoln Street, Essex Jct., VT 05452  
802-876-5087 / [www.essexvtseniors.org](http://www.essexvtseniors.org)

Facebook: [Essex Area Senior Center](https://www.facebook.com/EssexAreaSeniorCenter)

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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](http://www.essexvtseniors.org)

## ☆☆ 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](mailto:NStMarthe@essex.org).

### Assessing the timeline for reopening:

We are continuing to monitor the requirements and guidance given by the CDC and VT Department of Health. With the State of Emergency extended into October by Gov. Scott, we are now looking at a hopeful reopening in November.

We are all anxious to return to our activities and see our friends, but we want to make sure that we reopen in the safest manner possible and are diligent in our efforts to keep all of our members and staff healthy. When we are given the green light to reopen the center, you will receive notification by mail. I will also keep the website and Facebook page updated as more information is known. In the meantime, if any of your contact information has changed (mailing address or phone number) please contact Nicole with your updated information. You can call 876-5087 and leave a message, or email her at [NStmarthe@essex.org](mailto:NStmarthe@essex.org).

## 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:

### Friday Van Day Trips

**Apple Picking in the Islands:** Our original Friday, October 2<sup>nd</sup> trip is being rescheduled to Friday, October 9<sup>th</sup> due to the wet weather. If you are interested in attending the trip and have not already signed up, contact Nicole by October 6<sup>th</sup> to reserve your seat. The van will leave the Senior Center parking lot at 10:30 am. Join us for a beautiful drive out to the Lake Champlain Islands to visit Allenholm Farms and Hackett's and pick a peck of apples. If you need to be picked up by the senior van, please request a ride to the center when signing up for the trip. There is no cost for this trip. Apples and other goodies are at your own expense. Call Nicole at 876-5087 to reserve your seat.

**Shop 'Til You Drop:** On Friday, October 23<sup>rd</sup>, we will be taking a trip to Williston. The van will leave the senior center parking lot at 10 am. If you need to be picked up at home, please let Nicole know this when registering. We will make stops at Walmart and The Christmas Tree Shop. We will also include a lunch stop at Panera for those interested. Lunch and shopping are at your own expense. This trip requires pre-registration and a \$5.00 transportation fee. Contact Nicole at 876-5087 to reserve your seat.

### **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.

 **CURRENTLY** - we are now providing transportation for the following services:

- **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 Thursdays.
  - Please shop responsibly and within reason as our vans are not equipped for large grocery quantities for all riders.

 **NEW Hair and Nail appointments**

- Transportation will be provided as space is available.

 **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).

## NEW PROCESS - HOW TO SCHEDULE YOUR RIDE:

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.

The van currently provides rides on Tuesdays, Wednesdays, and Thursdays from 9-2pm.

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 1<sup>st</sup> marked the start of a new membership cycle. Memberships run from July 1, 2020- June 30<sup>th</sup> 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.

## JUST FOR LAUGHS



## Made with Love:

# Delicious Ham and Potato Soup

This is a delicious recipe for ham and potato soup that a friend gave to me. It is very easy and the great thing about it is that you can add additional ingredients, more ham, potatoes, etc. and it still turns out great.

### Ingredients

- 3 ½ cups peeled and diced potatoes
- ⅓ cup diced celery
- ⅓ cup finely chopped onion
- ¾ cup diced cooked ham
- 3 ¼ cups water
- 2 tablespoons chicken bouillon granules
- ½ teaspoon salt, or to taste
- 1 teaspoon ground white or black pepper, or to taste
- 5 tablespoons butter
- 5 tablespoons all-purpose flour
- 2 cups milk



### Directions

- **Step 1**  
Combine the potatoes, celery, onion, ham and water in a stockpot. Bring to a boil, then cook over medium heat until potatoes are tender, about 10 to 15 minutes. Stir in the chicken bouillon, salt and pepper.
- **Step 2**  
In a separate saucepan, melt butter over medium-low heat. Whisk in flour with a fork, and cook, stirring constantly until thick, about 1 minute. Slowly stir in milk as not to allow lumps to form until all of the milk has been added. Continue stirring over medium-low heat until thick, 4 to 5 minutes.
- **Step 3**  
Stir the milk mixture into the stockpot, and cook soup until heated through. Serve immediately.

### Nutrition Facts

#### Per Serving:

194.9 calories; protein 6.1g 12% DV; carbohydrates 19.5g 6% DV; fat 10.5g 16% DV; cholesterol 29.9mg 10% DV; sodium 393.7mg 16% DV.

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## MIND BENDERS : Riddle Me This...

### Logic Problem

Use the table to help you solve the logic problem. Each square represents a possible answer. Follow the rows and columns to find the correct combination. Draw a dot in a square for the answer where the vertical and horizontal squares meet. Draw an "x" in a square that isn't the answer.

	Game	Doll	Kite	Basketball	Blue	Green	Red	Orange
Hannah								
Jack								
Cassie								
Paul								
Blue								
Green								
Red								
Orange								

Hannah, Jack, Cassie and Paul attend a birthday party. They each bring a gift: a kite, doll, game, and basketball. After the party, each child goes home with a different color balloon: red, blue, green, and orange. Using the clues given, figure out which child brought what gift, and what color balloon they went home with.

1. Hannah did not bring the doll as a gift but she did go home with a blue balloon.
2. Jack brought the basketball for a gift but did not go home with a red or green balloon.
3. The child who brought the kite for a gift went home with a red balloon.
4. Cassie brought the doll as a gift.