

ESSEX SENIOR NEWS

Special Edition

An update from the
Essex Area Senior Center

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September 2020

Senior Center to Host Rec Kids

The Essex Westford School District is starting the school year for all students in grades K-12 in a hybrid model, which involves them attending school in-person two days a week and learning remotely three days a week. Recognizing that this leaves a significant gap in supervision and support for kids from 7:30a.m.-3:00p.m. on days when they are not in school while parents have to work, Essex Junction Recreation & Parks (EJRP) has launched Rec Kids Supported Learning Spaces. A variety of community locations have been identified to house students during these hours so working families can do what they need to do and students can be safe.

The Essex Area Senior Center was identified as a potential community space to support this initiative but only to be used if need demanded. With more than 700 kids in need of this service, the Senior Center will serve as home base for students from 7:30a.m.-3:00p.m. up until October 9, at the latest. The hope is that in-person learning will return for K-5 students by then, but either way an alternate space will be sought for these students by then.

While we recognize the needs and desires of our loyal seniors is to open up the center as soon as possible. This timeline aligns with our desires to open the center by early October. There are still so many unknowns, but if all goes well, the center will be able to fulfill a vital community need while it is closed. We are proud to be a part of this community solution. And, we look forward to having our seniors return to the center as soon as we can safely do so.



Contact Information

Essex Area Senior Center
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802-876-5087 / www.essexvtseniors.org
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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

The First Steps Towards Reopening:

We are continuing to monitor the requirements and guidance given by the CDC and VT Department of Health. Since we are currently unable to meet the restrictions and guidelines set forth for reopening the center at this time, we are going to move forward with a new initiative called **Programming in the Park**. During the month of September there will be a few of our favorite programs being offered at Sandhill Park. Programming outdoors allow us to maintain social distancing requirements and offers the safest environment to get together and enjoy each other's company.

For further information on what programs are being offered, and how to sign up for them, see page 3.

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:

Programming in the Park

Sand Hill Park on Sand Hill Road in Essex has long been enjoyed by generation after generation for its natural beauty, ease of access, and variety of amenities. It has hosted school children on field trips, summer camps, family cookouts, and now will be host to the ESSEX AREA SENIOR CENTER!

Check out these great activities and be sure to contact Nicole by phone 876-5087, or email NStmarthe@essex.org if you would like to sign up for one. Activities are limited to a specific number of attendees so waste no time signing up! Pre-registration is required for all events and trips.

Seated Yoga in the Sand Hill pavilion. Thursday, September 17 @ 10:30-11am. 10 participants allowed. Chairs will be provided.

BINGO IS BACK! Tuesday, September 22nd @ 2:30 – 3:30. 10 participants allowed. Bring your own bingo dabber or pen/markers. Disposable paper bingo cards will be provided. Van service to this event is available by scheduling a ride with the Essex Senior Van service 878-6940.

Van Day Trips

Fall Foliage Tour: Friday, September 25th @ 10:30am – 12pm. Enjoy a scenic ride through Jericho, Underhill, and Cambridge. Bring your cameras to capture the beautiful mountain views full of Fall foliage. We'll end our drive with a stop at Palmers Maple House to enjoy a maple creamie so don't forget your pocket change. The van will leave the center at 10:30am. If you need to be picked up by the senior van, please request a ride to the center when signing up for the trip. Spots are limited, call Nicole at 876-5087 and get your name on the list soon!

Apple Picking in the Islands: Friday, October 2nd. The van will leave the Senior Center parking lot at 10:30am. Join us for a beautiful drive out to the Lake Champlain Islands to visit Allenholm Farms 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. 11 seats are available. There is no cost for this trip. Apples and other goodies are at your own expense. Call Nicole at 876-5087 to reserve a 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 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?
<ul style="list-style-type: none"> • Fever - an oral temperature of 100.4 or greater
<ul style="list-style-type: none"> • Shortness of breath within the most recent 2 weeks
<ul style="list-style-type: none"> • Cough
<ul style="list-style-type: none"> • Chills
<ul style="list-style-type: none"> • 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:

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 1st marked the start of a new membership cycle. Memberships 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:

Chickpea Tuna Salad



High-protein chickpeas are a good source of magnesium and potassium, which may reduce blood pressure.

Ingredients

- 1 (15-ounce) can low-sodium chickpeas, rinsed and drained
- 1 (5-ounce) can tuna, drained and flaked
- 1 tablespoon Dijon mustard
- 3 tablespoons olive oil mayonnaise (regular mayo works just fine but is higher in cholesterol)
- 1 cup halved cherry tomatoes
- ½ cup green or black olives (optional)
- Spinach or torn salad greens

Instructions

- 1.** Add the chickpeas, tuna, mustard, mayonnaise, and cherry tomatoes to a bowl and stir to combine. Season with salt and pepper to your liking. Add olives, if using.
- 2.** Lay a bed of spinach or greens on a plate and top with salad mixture for an easy dinner. Alternatively, eat the salad between 2 slices of whole-grain bread like a tuna salad sandwich.

MIND BENDERS : Riddle Me This...

Can you spot the 6 differences in these two pictures?



JUST FOR LAUGHS

The New 60

