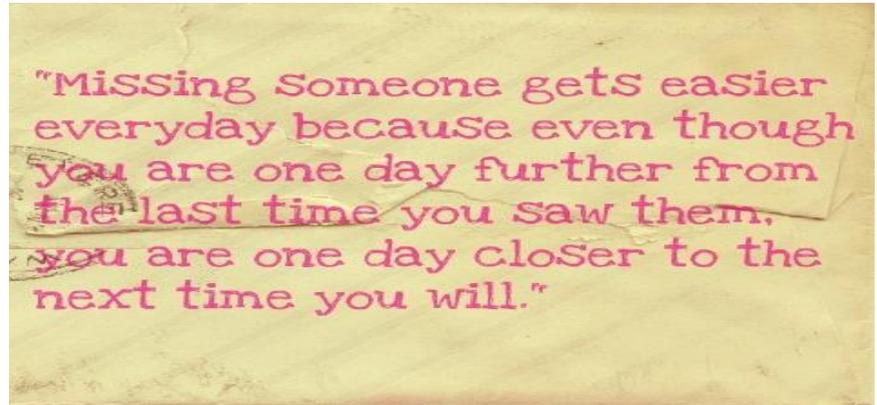


Essex Senior News

SPECIAL EDITION

An update from the
Essex Area Senior Center

APRIL 2020



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Hello to all our members!

Please know that while the EASC is closed, you are continually on our minds and in our hearts. We sincerely hope you are all well and staying healthy. This is a difficult time for everyone, but we are always just a phone call away. Please carefully read page 2 for more information on how to reach out to us should you need any assistance.

With love, Nicole and Sammy 

Contact Information

Essex Area Senior Center

2 Lincoln Street, Essex Jct., VT 05452

802-876-5087 / www.essexvt seniors.org

Facebook: [Essex Area Senior Center](#)

Program Director-Senior Services:

Nicole Mone-St.Marthe NStMarthe@essex.org

Interm Admin. Assistant:

Sammy Garey sgarey@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

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

With the temporary closure of the center and the suspension of Senior Van services, 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. We WILL get back in touch with you shortly, so be sure to leave your contact information in your message. If you are experiencing symptoms identified to be signs of Covid-19, such as fever, cough, or shortness of breath please contact your primary care provider immediately. If you are experiencing an emergency, please call emergency services such as 911.

As the stay-at-home order continues, you may find that you are in need of provisions. We highly encourage you to reach out to local friends and family for help in replenishing your supplies. If you are finding that you are unable to establish contact with someone who might be able to assist you in errands such as grocery shopping, please call the center at 876-5087 or email Nicole with a message regarding your needs. We will do our best to assist you in replenishing your essential supplies. You can also reference the resources listed at the bottom of this page for additional assistance.

If at any time you are questioning the status of the center closure or Senior Van services, please call the center or the Senior Van and listen to the phone greetings, as we will be updating them regularly.

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

Home away from home improvements! We sincerely hope you are all doing well and staying healthy. We know that this is a very difficult time for everyone and we are all eager to get back to our normal routines and quality time with friends and family. With this in mind, Sammy and I have been working very hard to clean and refresh the center so that it is warm and welcoming when it comes time for your return. With a whole lot of elbow grease and determination, we were able to repaint and reorganize both the game room and the library. In addition, we added an accent wall in the great room and repainted the office. We hope that you find these updates refreshing and welcoming upon your return. We can't begin to explain how excited we are for you to enjoy these fresh new spaces.



Baked with Love

Even with as few as 3 ingredients, delicious treats can be made! Give these 3 ingredient cookies a try. They are easy, tasty, and a wonderful treat for a quick pick me up! They are also highly recommended by Nick, one of our Senior Van drivers.

Ingredients

- ¾ cup butter, room temperature
- ½ cup sugar
- 2 ¼ cups flour

Directions:

1. Beat butter and sugar on medium speed until light and fluffy.
2. Add all of the flour in one go and let it mix until mixture resembles a crumb texture.
3. Dump cookie mixture onto a clean surface and continue by hand. Lightly knead and work crumbs until it forms a dough.
4. Shape dough into a log shape and wrap in plastic wrap. Place in refrigerator or freezer to firm for about 30 minutes.
5. Slice the chilled dough into 1cm thick slices and place on cookie sheet. Bake in preheated oven at 325°F for 20 minutes or until slightly golden.



Are you sharp as a tack? Try out some of these brain benders!

SUDOKU-EASY

1

7	4			3			1	
	1	9		6	8	5		2
					4	3		
	5	6	3	7				1
		1	8				9	5
	9			2		6		
1		3	4		7	2		
5			2					8
	8				1	4	7	

9	8	1	3	6	5	2	7	4
7	6	5	4	8	2	3	1	9
2	4	3	1	7	9	8	5	6
1	9	2	6	3	4	7	8	5
4	3	7	5	2	8	9	6	1
8	5	6	9	1	7	4	3	2
3	2	4	7	5	6	1	9	8
5	1	8	2	9	3	6	4	7
6	7	9	8	4	1	5	2	3

A number can only occur once in a row, column, or square.

Sudoku puzzles require you to find the missing numbers (1-9) in a 9 by 9 grid, with that grid itself divided into 9 square grids of 3 by 3.

Spot the Difference

Find the 12 differences between the two Easter pictures below.



JUMBLE

THAT SCRAMBLED WORD GAME
by Henri Arnold and Mike Argirton

Unscramble these four Jumbles, one letter to each square, to form four ordinary words.

WOGAL
□ □ ○ □ □

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DEGAL
○ □ □ □ □

MOANAZ
○ □ □ □ □

www.jumble.com

KOYDEN
○ □ □ □ □



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

At A "○ ○ ○ ○ ○ ○" ○ ○ ○ ○ ○ ○