

# Essex Senior News

## SPECIAL EDITION

An update from the  
Essex Area Senior Center

### INSIDE THIS ISSUE

#### PAGE 2

- EASC closure update
- Contact information for community resources
- Online contact information for EASC

#### PAGE 3

- New & Improved
  - Social Media & Virtual Programming
- Baked with Love
  - Rhubarb Dump Crisp

#### PAGE 4

- Mind benders
  - Logic Puzzle
- A Little Giggle

# JUNE 2020

Greetings friends,

Isn't it wonderful to see the sun again! It will be even more exciting to see you again when we are able to open the center back up. Many of you have called in asking when we will be able to resume center activities. At this point, we are waiting for the go ahead from the Department of Health and are monitoring the Governor's orders very closely. Once we get the go ahead, we will be happy to open our doors and welcome you back. In the meantime, I want to encourage you to check out the center website and Facebook page for updates and great virtual programming. To find out more about virtual programming and how to access it, see page 3 of this newsletter. As always, Nicole and Sammy are only a phone call away if you need help getting online to our website or assistance in creating an email or Facebook account. Don't miss out on our webinars, videos, live broadcasts and up-to-date announcements.

 Nicole & Sammy

#### 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](#)

Program Director-Senior Services:

Nicole Mone-St.Marthe [NStMarthe@essex.org](mailto:NStMarthe@essex.org)

Interm Admin. Assistant:

Sammy Garey [sgarey@essex.org](mailto: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](http://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](mailto: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

---

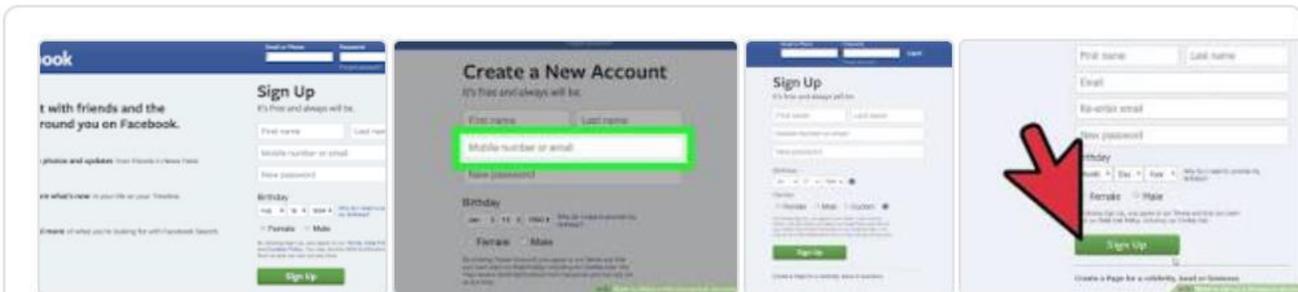
## New and Improved: Social Media and Virtual Programming

We want to connect with you! While people are apart, social media has been an effective tool for staying connected to friends and family. Social media allows us to be interactive with our community members by helping to facilitate the creation and sharing of information, ideas, and interests via virtual communities and profiles.

The EASC is now offering virtual programming on our Facebook page. WHAT IS VIRTUAL PROGRAMMING? It's all the fun and exciting activities we run at the center, available to you from home. Each week, the EASC Facebook page will offer informative learning series on topics such as gardening, crafts, cooking, and general well-being. We will also be airing live activities such as bingo, and seated yoga. A calendar of virtual programming will be available on our website within the next week. If you already have a Facebook account you can go straight to the Essex Area Senior Center page to take part in and view all programming. If you do not have an account. Follow the instructions below to create one.

How to create your own Facebook account:

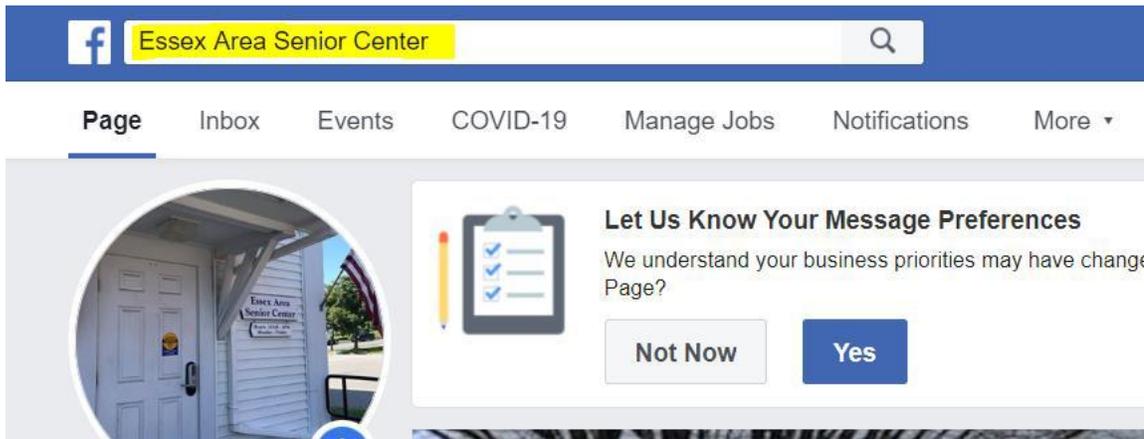
Creating a Facebook account is easy and quick. The only information you will need is your name, email address (used to confirm your account when you are setting it up), date of birth, and gender. Creating an account on Facebook will allow you access to the Essex Area Senior Center Facebook page for frequent updates on programming, announcements, and virtual programming. Follow the instructions below to create your account today. If you are need of assistance, feel free to call the center, leave a message, and Sammy or Nicole will call you back to help walk you through the process.



**To create a Facebook account:**

1. Go to [www.facebook.com/r.php](http://www.facebook.com/r.php).
2. Enter your name, email or mobile phone number, password, date of birth and gender.
3. Click Sign Up.
4. To finish **creating** your **account**, you need to confirm your email or mobile phone number.

Once your account is set up, you simply type Essex Area Senior Center in the search box at the top of the page.



Once on the page, you can click on the thumbs up icon at the top of the page and you will be able to enjoy all the programming EASC has to offer online. Remember if you have questions, call Nicole or Sammy and we can walk you through the process.

---

## *Baked with Love:*

### Easy Rhubarb Dump Crisp

#### Ingredients:

3-4 cups of rhubarb cut into ¼ inch pieces  
1 cup white sugar  
1 (3 ounce package) strawberry Jell-o package  
1 package yellow cake mix  
1 cup water  
¼ cup butter, melted

Preheat oven to 350\*. Grease a 9x13 baking dish. Spread rhubarb evenly in bottom of baking dish. Sprinkle the sugar over the rhubarb, followed by the powdered Jell-o mix, and finally the dry cake mix. Pour the water and melted butter over the top. Do not stir. Bake for 45 minutes or until the rhubarb is tender. ENJOY!



## MIND BENDERS :

### Backstory and Goal

The Hominyville Craft Fair features a "candle cornucopia," where several different local candlemakers are offering their top-selling candles for sale. Using only the clues below, match each candle's two fragrances to its price and candlemaker.

		sellers				fragrances			
		Hope	Iris	Nathaniel	Terry	clove	ginger	lavender	sandalwood
prices	\$4.50								
	\$5.50								
	\$6.50								
	\$7.50								
fragrances	clove								
	ginger								
	lavender								
	sandalwood								

### Active Clues

1. The \$7.50 product contains lavender.
2. Nathaniel's product costs 1 dollar more than the ginger product.
3. Hope's product contains lavender.
4. The \$6.50 candle is either Iris's product or the clove product.
5. The ginger candle costs less than Terry's product.

### A Little Giggle

