

# Essex Senior News

## SPECIAL EDITION

An update from the  
Essex Area Senior Center

# MAY 2020

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Hello!

Oh how we have missed each and every one of you! We hope you are all doing well and enjoying some relaxation and maybe even exploring a new hobby. We'd love to hear about what you've been doing to pass the time. Send Sammy and I an email and let us know what you've been up to! We've been busy making calls! If you haven't received a call from one of us, you will soon. Throughout the duration of the stay-at-home order, we will be calling to check in and say hello. As always, you are welcome to contact us at anytime if you are in need, or if you just want to say hi. Leave a message on the center voicemail and we'll get back to you. We've come across a great program by AARP. Connecting People to People is a phone line that allows you to connect to a friendly volunteer who is ready and waiting to have great conversation and get to know you. You may be isolated... but you don't have to be alone. Volunteers are ready to chat Monday-Friday from 9am-5pm. Call 1-888-281-0145 and give it a try. 

### Contact Information

Essex Area Senior Center

2 Lincoln Street, Essex Jct., VT 05452  
802-876-5087 / [www.essexvt seniors.org](http://www.essexvt seniors.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.essexvtseiors.org](http://www.essexvtseiors.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!

As we've been navigating these new, uncharted waters of communication through social media, it became very apparent that our center website was in need of a little love and attention. The site has now been updated with new contact information, and gives a great overall picture of our center activities and services. Please take the time to check out our new site, and remember to check it regularly for updated information. You can find the most up to date newsletter and some fun pictures posted there. Check us out at [www.essexvt seniors.org](http://www.essexvt seniors.org)

## Baked with Love

### 4 Ingredient Hamburger Casserole- Quick and Easy!

Ingredients:

- 1 (1lb) box of medium pasta shells
- 1lb ground beef
- 2 (10oz) cans of tomato soup
- 2 cups of shredded cheddar
- 1 cup of shredded mozzarella
- ½ cup water
- Garlic, salt & Pepper to taste

1. Cook and drain the pasta according to the package directions.
2. Meanwhile, preheat your oven to 375 degrees and grease and 9x13 baking dish.
3. In a large skillet, brown and chop the ground beef with garlic powder, salt and pepper (or any seasoning of your choice).
4. Add the cooked pasta, tomato soup, a half cup of water and HALF of the cheese to your skillet with the browned beef; stir and cook for 2-3 minutes over medium heat.
5. Pour the mixture into your greased dish and top with the remaining cheese.
6. Cover with foil and bake for 20 minutes. Uncover and continue baking for an additional 10 minutes (I also like to turn the broiler on for the last 2-3 minutes to brown the cheese).
7. Serve immediately and store any leftovers in the fridge for up to 3 days.

### Recipe Notes

- You don't have to use mozzarella for this dish if you'd rather use 100% cheddar instead. Your preference! I like the mozzarella because it makes the cheese stringy.
- You can also add a diced onion or onion powder to the beef mixture. My family doesn't care much for onion, so I leave it out.

## ≡ ESSEX AREA SENIOR CENTER



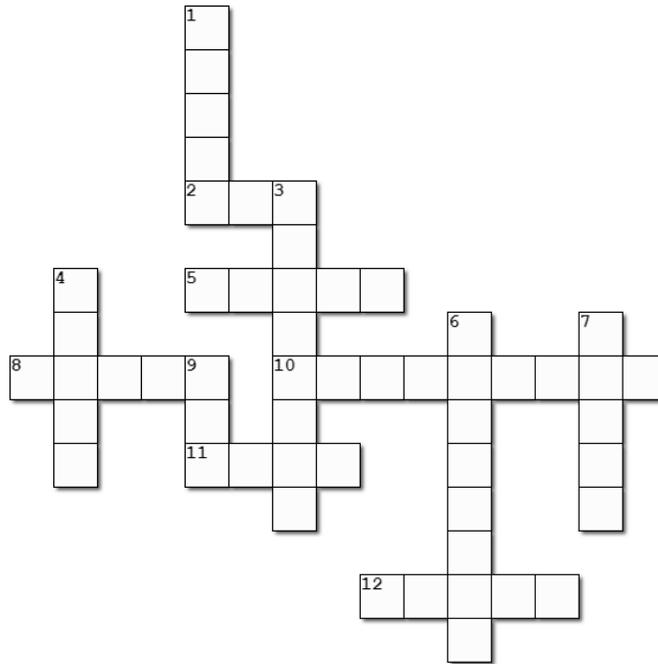
WELCOME TO ESSEX AREA  
SENIOR CENTER

Where Friends Become  
Family



**How well do you know the EASC**

Complete the crossword puzzle below



Created using the Crossword Maker on TheTeachersCorner.net

**Across**

- 2. Abbreviation for the school we visit every 3rd Wednesday
- 5. The game played on Tuesdays from 12:30-3:30
- 8. \_\_\_\_\_ and Sip is one of our most popular activities
- 10. Day of the week that duplicate bridge is played
- 11. Name of our senior van driver who also teaches Briscola.
- 12. Our Administrative Assistant's last name is...

**Down**

- 1. The number of rooms in the senior center.
- 3. Our soup and \_\_\_\_\_ luncheons are delicious
- 4. Festival that is one of our biggest fundraisers. It takes place each Fall.
- 6. Thinking of You Bags were passed out in what month?
- 7. The first name of our Seated Yoga instructor
- 9. The center opens at \_\_\_\_\_ o'clock each day.

**JUMBLE**

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

DAEIB

UNCOE

DURRED

SPYAMW

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**THAT SCRAMBLED WORD GAME**  
by David L. Hoyt and Jeff Knurek



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

Answer here:

**SUDOKU**

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