



## SPRINGFIELD FAMILY CENTER

### March 2026 Newsletter

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### **A Heartfelt Message to Our Neighbors and Friends**

On behalf of everyone at the Springfield Family Center, we want to express our deepest gratitude for your overwhelming support in voting YES for the town appropriation. Your generous decision ensures that we can continue our vital work in providing food assistance to those in need within our community.

This approval is more than a financial contribution, it reflects the kindness, compassion, and solidarity that define our town. Your vote empowers us to continue our mission of alleviating hunger and fostering a sense of security, hope, and belonging for all.

As we enter this new season, we are reminded that together, we can make a

meaningful difference. Your support strengthens the heart of Springfield and brings comfort and reassurance to those we serve.

Thank you for standing with us, your generosity truly makes a difference in the lives of so many. Here's to a season of community, care, and continued kindness.

With gratitude,

The Springfield Family Center Team

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## Seeking Seed Donations

Grow a Row, Feed a Neighbor - 2026 Season Is Almost Here!

Growing season is just around the corner, and there's nothing better than fresh, homegrown food to nourish our bodies and strengthen our community.

Last year, we launched our "Grow a Row, Feed a Neighbor" Initiative, encouraging local gardeners to plant an extra row of vegetables specifically to donate to our local food shelves. Thanks to your generosity, we were able to share fresh produce with neighbors who needed it most all summer long.

We're excited to do it again this year, and we need your help!

We are currently seeking seed donations of all kinds, vegetables and herbs. These seeds will be shared with community members who may not have access to them, encouraging everyone to plant an extra row (or even just an extra plant or two!) to donate back to local food shelves.

If you are:

A gardener planning your spring planting

A seed saver with extras to share

Someone who wants to support local food access

We would love your support!

Together, we can grow more than food, we can grow community.

Please feel free stop by to donate seeds and learn more about how you can participate.

Together we can make this growing season one that gives back!



## Community Partner Highlight: A Story of Sweet Generosity

Three to four years ago, we put out a simple call on Facebook. We asked if anyone might be willing to bake a homemade treat to include in our weekly lunch distribution and snack bags, something special to brighten the day for the individuals and families we serve, while also helping us offset costs.

One person answered that call without hesitation: **Karen Engdahl**.

What began as a single act of kindness quickly became a beautiful tradition. Like clockwork, every Friday, Karen arrives with lovingly baked, homemade goodies ready to be tucked into our snack bags. Week after week. Year after year. No fanfare, no spotlight, just a quiet, steadfast commitment to caring for others.

For many of our constituents, these treats are more than just something sweet. They are a reminder that someone took the time to mix, measure, bake, and give, just for them. In a world that can sometimes feel hurried or impersonal, Karen's homemade gifts carry warmth, dignity, and heart.

Aesop said, "No act of kindness, no matter how small, is ever wasted." Karen embodies this truth every week.

Karen, thank you for sharing your passion, your time, and your generosity. Your small acts of kindness have created a lasting impact, and they truly make a difference in the lives of those we serve.



## March 2026 Buy a day; make a Difference Honoree

*On behalf of American Legion Post 18 and VFW Post 771, we proudly honored Ernest C. "Puggy" Lamphere (1936-2026) as March 4th's SFC's Buy a Day; Make a Difference honoree.*

Born and raised in Springfield, Vermont, Puggy's life was defined by service, leadership, and compassion. He served 26 years in the U.S. Army Reserves during the Korean Era, retiring as a Sergeant First Class. His dedication to protecting others continued at home through more than four decades with the Springfield Fire Department, where he rose through the ranks to become Fire Chief, helping build a safer, stronger community.

Puggy was also a lifelong educator and mentor, earning his teaching certificate, serving as a substitute teacher, and inspiring future generations as a Fire Science instructor at

Springfield Tech Center. He gave generously of his time as a sports official, community leader, Justice of the Peace, Deputy Sheriff, Constable, and Health Officer. His faith guided him as an Elder of the Springfield Church of Christ, and he remained deeply involved in local service organizations throughout his life.

Puggy believed in showing up for others. In helping feed our neighbors, his legacy of care and commitment carry on.

## ***Springfield Family Center, Inc.***

### **Buy a Day, Make a Difference!**

**Purchase a calendar day in honor of yourself or someone special and gift enough ingredients to make meals for up to 30 food insecure neighbors.**

**The honoree will be publicly recognized on their chosen day as a partner in the Springfield Family Center's efforts to help reduce hunger in their community!**

**What a unique way to help someone celebrate a birthday, anniversary, or other special occasion by giving this gift of hope.**

**Lead the way by buying a day! Spread the word about your special day to friends and family and any donation made on your day will be matched up to \$100.**

**To secure your day, make a one-time gift to the Springfield Family Center in the amount of \$100 or become a sustaining donor throughout the calendar year \$10/month.**

**For more information or to purchase your day please email us at [SFCbuyaday@gmail.com](mailto:SFCbuyaday@gmail.com)**



**Buy A Day, Make A Difference!**

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## March Food Drive - Give a Little, Help a Lot!

Our friends at Thrive Thrift Store & Community Resource Center are spreading the love this March with a food drive to support Springfield Family Center's food programs.

Tip for your trip: On your way to Claremont? Swing by 5087 Route 5, Ascutney (right at the 4-way intersection) and drop off your in-date food donations, easy, quick, and heartwarming!

Together, we're making sure no one in our community goes hungry.

Thrive Donation Hours: Tuesday-Saturday, 10:00 AM - 5:00 PM

Springfield Family Center is also looking for Protein donations to include canned meats, as well as in date fresh/frozen's meats.



## Monthly Food Drive

For the month of March, we are collecting nonperishable food items for The Springfield Family Center



**Store & Donation Hours**  
**Tuesday-Saturday**  
**10am-5pm**



**5087 Route 5**  
**Ascutney, VT 05030**

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## Garden Party Fundraiser is Shaping Up to Be an Event to Remember!

Remember to Save the date! On May 9th, join us at the Elks Club on Park Street for the

Garden Party Fundraiser, hosted by Springfield Family Center and Springfield Supported Housing Programs.

Enjoy live music, refreshments, and more at what's shaping up to be a truly memorable event, all while helping feed and house our neighbors in need.

We're deeply grateful to our first two amazing sponsors:

**\$250+ Root Sponsor:**

- **ImageTek MFG** -280 Clinton Street, Springfield, VT

**\$125+ Seed Sponsor:**

- **Primerica - Deb Cox, Investment Advisor** -368 River Street, Ste 142 Springfield, VT

We would love to highlight your business as a sponsor in the fight against hunger and homelessness. Stand with us and make a real difference in our community!

We are also looking for silent auction items! If you would like to donate an item or service, we would greatly appreciate your support.

Stay tuned for more information on how to reserve your tickets soon...

Interested in sponsoring or donating a silent auction item? Contact Trisha at [trisha.sfc@gmail.com](mailto:trisha.sfc@gmail.com).

Together, we are making a measurable and meaningful difference!

# ImageTek



## PRIMERICA®



# SAVE THE DATE GARDEN PARTY FUNDRAISER

BENEFITING SPRINGFIELD SUPPORTED HOUSING  
PROGRAM AND SPRINGFIELD FAMILY CENTER

SATURDAY MAY 9TH  
5PM TO 9 PM  
THE ELKS CLUB  
SPRINGFIELD, VT

ENJOY SILENT AUCTION  
LIVE MUSIC:  
RUST & RUINS  
STEAM JENNY  
MILK HOUSE HEATERS

REFRESHMENTS AND  
CASH BAR WILL  
BE AVAILABLE



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## Springfield Family Center & Community Food Resources

Springfield Family Center (SFC) provides a variety of food support in the community:

- Food Shelf - Available by appointment on Monday, Tuesday, and Friday.

- Community Lunches – To-go house-made meals served Monday through Friday, 11:30 AM – 12:30 PM.
- Fresh Foods – Bread, eggs, and produce available in the front lobby Monday–Friday, 9:00 AM – 2:30 PM, while supplies last.
- **Springfield Town Library** – SFC prepares and freezes meals that are available at the Library for access outside SFC’s business hours.

Weekend Meals at **Springfield Turning Point Recovery Center**

- On-site Lunch – Saturdays at 12:00 PM
- To-Go Brown Bag Lunch – Sundays, 10:00 AM – 4:00 PM



Turning Point Recovery Center of Springfield, VT offers two different meal options on the weekends!

Come sit down and enjoy a free meal on **Saturdays at 12 pm** or stop in on **Sundays from 10 am – 4 pm** to pick up a free bagged lunch!

**Center Weekend Hours:**

**Saturday: 9 am – 5 pm**  
**Sunday: 10 am – 4 pm**

## Upcoming Community Events

**River Valley Technical Center, in partnership with Working Communities Challenge, is offering a FREE Community Skills Training Course for the Workforce!**

This is a great opportunity to brush up on your computer skills and build confidence for today’s workplace.

What: Free Computer Skills Training

When: Every Thursday, March 12 - April 16

Time: 4:30 - 6:30 PM

Where: River Valley Technical Center  
307 South Street, Springfield

Scan the QR code to reserve your spot today!

Don't miss this chance to strengthen your skills at no cost, space may be limited.

## FREE Computer Skills Training for the Workforce (CSTW)

4:30-6:30 on Thursdays

Get all your tech skills for employment. Learn laptop and desktop basics, internet safety, email, video conferencing, and Microsoft Word and Excel. At the end of the course, students will have the skills needed for employment or career pathways.



### Classes

River Valley  
Technical Center  
307 South Street  
Springfield, VT on  
Thursdays  
4:30 - 6:30 PM

March 12  
March 19  
March 26  
April 2  
April 9  
April 16

To enroll in the training,  
use the QR code below.



Call RVTC at  
802-885-8300

**Type of Class:** in-person

**Start Date:** March 12, 2026

**End Date:** April 16, 2026

**Class Days:** Thursday

**Time:** 4:30 PM - 6:30 PM

Week One: Laptop and desktop basics

Week Two: Internet and online safety

Week Three: Email

Week Four: Video conferencing

Week Five: Word and Excel

Week Six: Job Search / Career Exploration

**Cost:** Free

\*attend 5  
out of 6 classes  
to have the  
deposit refund.



<https://vtadultcte.org/classes/computer-skills-training-for-the-workforce-cstw/>

**Springfield Town Library will be offering FREE HIV and Hepatitis C Testing\*\***

What: Free HIV and Hep C Testing

When: March 15  
Time: 11:00 AM – 2:00 PM  
Where: Springfield Town Library  
43 Main Street, Springfield

Stop by for a free, confidential 20-minute rapid test. Participants will receive a free meal and drink, plus a \$25 gift card for getting tested.

This is a great opportunity to take charge of your health in a safe, supportive setting. No appointment is necessary.

Know your status. Protect your health.



## Free HEP C and HIV Testing



**Get a \$25 gift card\*  
for testing!**

\*if you haven't been tested by To The Point in the last 3 months (either at TLC or a Pop-Up Clinic)

**Mon, March 16<sup>th</sup>**

**11:00am-2:00pm**

*(Registration will close at 1:00pm or once 25 people have registered.)*

at the

**Springfield Town  
Library**

**43 Main St.  
Springfield, VT**

**20-minute rapid tests**

*Already know you have Hep C or HIV?  
Healthcare providers will be on-site, come  
talk about starting treatment (for free).*

**Connect with us!  
Call or Text  
802-526-9141**



VRmont Studios is partnering with VTel to offer a series of FREE Tech Talks for the community!

These friendly, hands-on workshops are designed to help you feel more confident navigating today's digital world, whether you're troubleshooting a device, learning new tech skills, or simply curious about how things work.

What: FREE Tech Learning Workshop

Where: VRmont Studios, located on 23-25 Main Street, Springfield, VT

When: Wednesdays on April 1, May 6, June 3, July 1st 11:00 AM

Bring: Your own device if you have one

RSVP: Call VTel at 802-885-9000

Non-VTel customers are absolutely welcome, these sessions are open to everyone!

\*Snacks and drinks provided



# Tech Talks



**Upcoming Technology Workshops with VTel  
@ VRmont Studios in Springfield**

**Come meet our friendly VTel tech experts.  
Feel more confident about your online experience.  
Snacks and drinks provided.**

**Attendees encouraged to bring  
their own device to each session.**

**Upcoming Dates for  
Tech Talks with VTel**

**Wednesday, April 1 @ 11am  
Wednesday, May 6 @ 11am  
Wednesday, June 3 @ 11am  
Wednesday, July 1 @ 11am**

**Meeting Place for Tech Talks:**

**VRmont Studios  
23-25 Main Street  
Springfield, VT**

**Open to Everyone:  
Non-VTel Customers  
Are Welcome!**

**RSVP Required, Please Call VTel to Register: 802-885-9000**



## Gratitude's: A Heartfelt Thank You

To everyone who donated food, financially, or volunteered their time to support Springfield Family Center's charitable food programs, **THANK YOU**

Because of your generosity, families in our community have meals on their tables, seniors have access to nutritious food, and neighbors facing difficult times feel supported and cared for.

You are the heart of this work. And because of you, our community is stronger, healthier, and more compassionate.

From all of us at Springfield Family Center, thank you for standing with us and with your neighbors.

### **February Food Donors:**

Willing Hands

VFW Post 771 Auxiliary

Daryl

Rodney Holton

Keith & Judy Sterns

Plains Brook Farm

Patricia Schmidt

Pat Hill

Donna Builder

United Methodist Church

Ken Lawrence

Boris

UU Church

Ginny T.

St. Mary's Church

Alyson Caborn

Kathryn DiMarco

Jennifer Snow

Ken Lawrence

Springfield Town Library

Allison Sylvester

North Liquidators

Springfield Housing Authority

Nadine Fletcher

George

Carol

Danny Sanbourn

Marie Reed

American Legion 18

Shaw's Supermarket

Dollar General

Barb Keller

**Monetary Donors:**

Pat Hill and Angela Trauth

Springfield Assembly of God

The Vermont Country Store

Carol Hansen

Alwin Schuller

Kathryn Waters

Tessa Daniels

Jenna Martin

Paul Cioffi

Caroline Comley

Carol Knight

Thomasena Coates

Chris Pujdak

Joanne Alix Watercolors

Rachel Fontana

Ian Speers

Another special thank you to the **Jack and Dorothy Byrne Foundation and The Vermont Foodbank** for their generous grant support of our work in the community.

Your commitment to caring for others and strengthening food access across our region makes a meaningful difference every day. Because of your partnership, Springfield Family Center is able to continue serving individuals and families with dignity, compassion, and hope.

You truly help make our work possible. Thank you for the great care you take in supporting our neighbors and investing in our community.

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See you in April!

Your Friends at the Springfield Family Center

802 885 3646

[\*\*Click Here To Donate Today To SFC!\*\*](#)



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