



◆ The Bugbee Bulletin ◆

Volume 2018
Issue 5

Published monthly by White River Council on Aging
262 N Main St., White River Jct., VT 05001-7027
(802) 295-9068 www.bugbeecenter.org

February 2018

Tax preparation assistance will NOT be offered at Bugbee Senior Center this year.

To find a WRJ site and schedule an appointment, call (during regular business hours) 1-866-444-4211 (outside NH) Or 211 (calling from NH) Or make an appointment online at www.NHTaxhelp.org.

Click on Get Free Tax Help, then “Find by Name”, and scroll down through all the locations, Sites are listed alphabetically, so “White River Jct” is near the end. Even though WRJ is not in NH, it is included in this site. There are two sites listed in White River Jct. Select the one you want and click on SCHEDULE AN APPOINTMENT.

SEVCA will offer free tax assistance to seniors by appointment at St. Paul’s Episcopal Church (income limit of \$64,000) on Thursdays from 10:45 AM—7:30 PM.

AARP will offer free tax assistance to seniors by appointment at Hartford Town Hall on Wednesdays and Fridays from 8:45 to 4:00.

Be sure to read the information on the NHTaxHelp home page. There is a lengthy list of the documents you will need to bring as well as other things you need to know.



Are You 75 or Older? DHMC wants your opinion about COLONOSCOPY!

If you are 75 or older, and had a colonoscopy with polyps found, you are invited to participate in a 90-minute focus group.

WHEN? March 2018 (day & time to be announced)
WHERE? Dartmouth Hitchcock Medical Center
WHY? For a research study to understand patient experiences with colorectal screening.

Light refreshments will be served.
Participants will receive a \$20 gift card.

To sign up or to get further information, contact Nick at 603-650-5215 and mention the Colonoscopy Focus Group.

Health Clinics at Bugbee Senior Center

Monday, Feb. 12 &
Monday, Feb. 26, 2018
10:00 to 12:00

Because wellness and prevention are important to a healthy community, on the 2nd and 4th Monday of each month a nurse from Visiting Nurse of Vermont and New Hampshire holds a free health clinic at the Center to check blood pressure, monitor medications and address any of your health concerns. No appointment needed.



Director's Corner

Well it is February and we are past the holiday season and in the “dog days” of winter, especially given the “cold snap” we just had for the first time in quite a while..

Our recent Holiday Bazaar raised funds needed to run our center and our programs. At this writing we raised just over \$8800, our best year ever. Another bit of good news is that our Annual Appeal has brought in more than \$20,000. This is under the amount which the Jack and Dorothy Byrne Foundation agreed to match at the time of this writing. I do have a pledge that if it materializes will put us over the top of our goal of \$25,000 so I am keeping my fingers crossed. Many thanks again to all who helped make these two important fundraisers successful this year.

And we are starting to think of those warm weather activities, including night openings and trips. We are currently working on both and are setting up another trip to York Maine, and the New London Playhouse and the very popular Isle of Shoals Cruise. This is your last chance to offer up any suggestions, so if you have an idea for us to consider, speak now or forever hold your peace, at least till next year. I will say that one potential outing involves a trip to the Northeast Kingdom during foliage season, but because we have not worked on all the details, more to come in the future if it comes together.

We have been getting phone calls about tax preparation assistance this year. As you know from prior newsletters, AARP will not be doing taxes at Bugbee again this year. We have included information about how to schedule your appointment elsewhere in this edition. As happened last year they will be done at Hartford Town Hall so follow the directions we have included as we cannot schedule you for an appointment.

On a final note. We appreciate the donation of small medical equipment from time to time. But as I have mentioned previously, it is greatly appreciated if folks would bring it in during our operating hours. When it is left outside in the elements, especially this time of year, the items can be damaged or be a “fire hydrant” for neighborhood dogs and/or cats marking their territory. In some cases this renders the piece unusable and it only ends up in the metal recycling. And if it has any hint of damage we do NOT loan it back out. My thanks in advance for your cooperation on this. (Repeated from February of 2017)

Len Brown



Change a Child's Life in One Hour Every Week!

Children who love to read do better in school, and “Everybody Wins! Vermont” helps kids love reading and books. A volunteer reading mentor reads with the same child every week at the local elementary school. Supported by the Everybody Wins! Site coordinator, mentors are friends who share books and conversation.

White River Elementary School is looking for volunteer reading mentors. For more information:

Visit online: everybodywinsvermont.org

Email: whiteriver@everybodywinsvermont.org

Call 802-2292665



February 2018 Meals



Monday

Tuesday

Wednesday

Thursday

Friday

<p>Please be seated by 11:50 to allow our wait staff to serve beverages before the salad course is served</p>			<p>1 Caesar Salad Shepherds Pie Baby Carrots Bread Pear & Blueberry Crisp</p>	<p>2 Tossed Salad Corn Chowder Chicken Salad Sandwich Vanilla Pudding w/ Peaches</p>
<p>5 Pickled Beets Macaroni & Cheese Stewed Tomatoes Green Beans Bread Grapes</p>	<p>6 Tossed Salad <u>BUFFET</u> Assorted Entrees Rolls Assorted Desserts</p>	<p>7 Green Salad Roast Turkey w/Gravy Mashed Potato Peas & Carrots Cranberry Sauce Bread Gingerbread w/Topping</p>	<p>8 Caesar Salad Roast Pork w/Gravy Sweet Potato Broccoli Applesauce Roll Peach Cobbler</p>	<p>9 Tossed Salad Spaghetti & Meatballs Green & Wax Beans Garlic Bread Mandarin Oranges</p>
<p>12 3-Bean Salad Italian Meatloaf Boiled Red Potatoes California Vegetables Bread Brownie</p>	<p>13 Tossed Salad Italian Chicken w/ Roasted Vegetables Over Rice Fruit Salad</p>	<p>14 Cottage Cheese w/Pineapple Baked Haddock Roasted Potatoes Fresh Spinach Red Velvet Cake w/ Cream Cheese Frosting</p>	<p>15 Caesar Salad Chicken Parmesan On Linguini Mixed Vegetables Garlic Bread Fruit Salad</p>	<p>16 Crunchy Romaine Salad Broccoli Shrimp Stir-Fry over Rice Ice Cream Fortune Cookie</p>
<p>19 Bugbee Senior Center Closed</p> 	<p>20 Corn & Bean Salad Hot Turkey Sandwich w/Gravy Mashed Potato Peas & Onions Cranberry Sauce Jello</p>	<p>21 Cole Slaw Baked Ham w/Pineapple Sauce Scalloped Potato Cauliflower w/Red Peppers Bread Vanilla Pudding</p>	<p>22 4-Bean Salad Liver & Onions Mashed Potato Roasted Brussels Sprouts Blondie</p>	<p>23 Tossed Salad C & S Pizza Melon Mix</p>
<p>26 Green Salad Oven-Roasted Chicken Rice Pilaf Cranberry Sauce Mediterranean Vegetables Peach Crisp</p>	<p>27 Cole Slaw BBQ Ribs Roasted Potato Corn Corn Bread Baked Pears</p>	<p>28 Caesar Salad Beef Stew Biscuits Baked Pears</p>		



February 2018




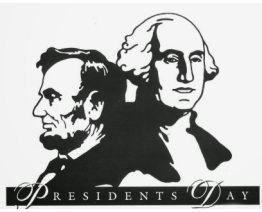
Monday

Tuesday

Wednesday

Thursday

Friday

<p>Events marked with a single asterisk (*) require advance sign-up. Double asterisks (**) indicate the start of a new session. To sign up for an event, call 802-295-9068 or stop in at the Center.</p>			<p>1 9:00 Computer* 9:00 Quilting 1:15 Sr. Fitness*</p>	<p>2 9:30 Tai Chi 1* 10:45 Tai Chi 2* 12:45 Book Club 1:00 Bingo 1:00 Shopping</p>
			<p>Shepherds Pie</p>	<p>Corn Chowder/ Chicken Salad Sandwich</p>
<p>5 9:00 ♥ warmers 1:00 Bingo 1:00 Shopping</p>	<p>6 8:45 Foot Care* 10:00 Aqua Aerobics* 1:00 Cribbage 1:00 Hand & Foot</p>	<p>7 9:00 Computer* 10:00 Poetry 12:45 Knitting 1:30 Linedancing**</p>	<p>8 9:00 Computer* 8:45 Foot Care* 9:00 Quilting 1:15 Sr. Fitness**</p>	<p>9 9:30 Tai Chi 1* 10:45 Tai Chi 2* 1:00 Bingo 1:00 Shopping</p>
<p>Macaroni & Cheese</p>	<p>BUFFET</p>	<p>Roast Turkey</p>	<p>Roast Pork</p>	<p>Spaghetti & Meatballs</p>
<p>12 10:00 Health Clinic 1:00 Bingo 1:00 Shopping</p>	<p>13 10:00 Aqua Aerobics* 1:00 Cribbage 1:00 Hand & Foot</p>	<p>14  9:00 Computer* 10:30 TOGETHER 12:00 <u>BirthDay Day</u> Audrey Lilly, pianist 12:45 Knitting 1:30 Linedancing*</p>	<p>15 9:00 Computer* 9:00 Quilting 1:15 Sr. Fitness*</p>	<p>16 9:30 Tai Chi 1* 10:45 Tai Chi 2* 12:00 <u>Chinese New Year's Lunch</u> 12:30 Tai Chi Demo 1:00 Bingo 1:00 Shopping</p>
<p>Meatloaf</p>	<p>Italian Chicken</p>	<p>Baked Haddock</p>	<p>Chicken Parmesan</p>	<p>Broccoli-Shrimp Stir-Fry</p>
<p>19 Bugbee Senior Center Closed</p> 	<p>20 1:00 Cribbage 1:00 Hand & Foot</p>	<p>21 8:45 Foot Care* 10:00 Poetry 12:45 England's Cornwall (Video) 12:45 Knitting 1:30 Linedancing*</p>	<p>22 9:00 Quilting 1:15 Sr. Fitness*</p>	<p>23 9:30 Tai Chi 1* 10:45 Tai Chi 2* 12:00 Galen 1:00 Bingo 1:00 Shopping</p>
		<p>Baked Ham</p>	<p>Liver & Onions</p>	<p>C & S Pizza</p>
<p>26 10:30 Health Clinic 12:45 Foot Care* 1:00 Bingo 1:00 Shopping</p>	<p>27 1:00 Cribbage 1:00 Hand & Foot</p>	<p>28 9:00 Computer* 12:45 Knitting 1:30 Linedancing*</p>		
<p>Oven-Roasted Chicken</p>	<p>BBQ Ribs</p>	<p>Beef Stew</p>		

February Happenings

Feb. 2 12:45 Bugbee Book Club. Marieke Sperry from Quechee/Wilder Libraries will facilitate a discussion of “The Underground Railroad” by Colson Whitehead. Copies of the book are available from the libraries. Next month’s book will be announced at this meeting. New participants always welcome.

Feb. 7 1:30 Linedancing with Jamie Orr. New session begins. \$28/4 weeks.

Feb. 8 1:15 Senior Fitness with Liz Hatfield. New session begins. \$21/3 weeks.

Feb. 14 10:30 TOGETHER women’s support group facilitated by Judy Adams. “What Makes Our Hearts Happy?” Let’s discover TOGETHER what our hearts need every day to help us thrive. New participants always welcome.

Feb. 16 12:00 Chinese New Year lunch. Join us as we celebrate “The Year of the Dog” with a special menu.

12:30 Tai Chi demonstration. Anne Bower, certified instructor, will give a brief demonstration of the movements involved and explain the health benefits of this ancient practice.

Feb. 21 12:45 Armchair Travel. Take a virtual tour of England’s Cornwall with Rick Steves. Explore the salty pirates’ towns, fishing villages and a tin mine in the far southwest of England. Discover the forgotten stone circles and wild ponies in Dartmoor National Park. This half-hour video is part of the Rick Steves’ Europe Public TV series.

Winter Weather Closing Policy

During the next few months, there may be days when weather conditions make it unsafe for our staff, volunteers and participants to be out on the roads. Our policy is that when the Hartford School District schools are closed due to weather conditions, the Bugbee Senior Center is also closed. Please watch your TV or listen to the radio for announcements. During school vacations, if we need to close the center, we will try to get the word out via radio and TV as well. If you aren’t sure if we are open, call the Center before you leave home.

When the Center is closed, there are no home-delivered meals. Meal recipients will receive an extra frozen meal to be used when the Center is unexpectedly closed.



Moving? Going on Vacation?

If you will be moving or away long enough to discontinue mail service, please let us know. If the Post Office returns your *Bugbee Bulletin* to us, we are charged 49¢. A quick phone call from you will mean a lot to us. And be sure to give us a call when you return so we can put you back on the mailing list.

If you would like to keep up with news here at the Center, we’ll be happy to send the *Bugbee Bulletin* to your winter address or, preferably, send it to you via email.

Sign Up Now For Computer Assistance



The school year is flying by! If you want to take advantage of Bugbee Senior Center’s partnership with the Hartford Area Career & Technology Center (HACTC) for one-on-one computer and cell phone assistance to seniors, you’ll need to act quickly.



The student instructors are all seniors in Computer Technology Applications. Students at HACTC come from Hanover, Hartford, Lebanon, Mascoma, Thetford, Windsor and Woodstock school districts. The student instructors are available on Wednesday and Thursday mornings at 9:00, by appointment only. If you have your own laptop or tablet, bring it with you, but we also have computers here that can be used. If you have questions about your cell phone, the students can also help with that. To make an appointment for two sessions (usually scheduled one week apart so you will have time to practice what you have learned), call Regina at 295-9068 between 8:30 and 2:30, Monday through Thursday. When you schedule an appointment, we will ask you to fill out a brief questionnaire so the students will be prepared to help you.



We are in need of volunteers to serve as wait staff in our dining room and substitute drivers to deliver home-delivered meals!

Wait Staff:

There is no order taking or carrying of heavy trays. Wait staff arrive around 11:30 AM to distribute water pitchers, bread baskets, butter and other condiments to the tables, and pour coffee, tea or milk before serving salads and the main course. Meals are plated in the kitchen and carried to the tables by wait staff. Wait staff clear the dishes between courses and after the meal, then wipe off the tables. Lunch is usually over no later than 12:45.

Most wait staff volunteers serve one or two days a week, depending on their desire and availability. If you are interested in volunteering or in finding out more about it, call Regina at (802) 295-9068, Mon-Thurs between 8 am and 3 pm, or stop in at the Center.

Home-Delivered Meal Drivers:

We need substitute drivers for all of our meal routes (Hartford-Wilder, White River Jct., Norwich, Quechee, Thetford). Volunteers typically deliver meals no more than one day per week, and never in really bad driving because when the Hartford School District is closed due to weather, Bugbee Senior Center is also closed.

Meals are picked up at the Center around 10:45 AM, Monday through Friday. The number of meals/stops varies by route. Most routes take an hour or less; Thetford takes longer because of the distance. Norwich and Thetford drivers do not return to the Center at the end of their route. A reliable vehicle is a must. Before "going solo" on a route, new drivers go out once or twice with an experienced driver.

If you are interested in volunteering or in finding out more about it, call Regina at (802) 295-9068, Mon-Thurs between 8 am and 3 pm, or stop in at the Center. .

A Few Reminders About Our Trips...

- * We do not provide personal assistance on our trips. Some trips involve moderate walking, sometimes over uneven surfaces and/or up and down stairs. If you have any questions about what you might encounter, please give us a call. We regret any inconvenience if you are unable to participate due to physical limitations that can't be reasonably accommodated.
- * If there is a trip that interests you, we encourage you to sign up right away. Payment is due 30 days before the trip, and your seat is not confirmed until we have received your payment. Once a trip is paid for, a refund will be given only if the trip is full and we are able to sell your seat.
- * Be sure to dress for the weather. Bring a sweater if you are uncomfortable in air-conditioning.
- * Snacks/water are not provided on the bus, but you are welcome to bring them with you.
- * Please be considerate of those around you and use your cell phone only if necessary. If you are playing games or listening to music, please use headphones or earbuds. We want everyone to enjoy the experience free of unwanted distractions.

7 WAYS TO FIGHT THE FLU

How are you going to fight the flu today?



Get your flu shot



Wash your hands



Stop smoking



Avoid touching your face



Eat your fruits and veggies



Sneeze and cough into your elbow



Stay home if you're sick



Looking Ahead

We're looking into other trips, but here's what we have so far:

Annual Seacoast Trip

Foster's Clambake & York Beach, Maine

Wed., Sept. 5, 2018 \$89/person

Menu

New England Clam Chowder
Freshly Dug Maine Clams
Cultivated Mussels;
Succulent Maine Lobster

(Substitute choices: BBQ Chicken
Or Vegetarian Polenta)

Roasted Red Bliss Potatoes and Onions
Rolls & Butter Hot Drawn Butter
Blueberry Crumb Cake
Iced Tea/ Lemonade/Coffee /Tea

Live Entertainment

After the Clambake, we'll drive up the coastline to York Beach. Take a stroll on the sand or do a little souvenir shopping. We'll stop at Johnson's for ice cream on the ride home, so bring a little spending money.



"42nd Street"

New London Barn Playhouse,
New London, NH

Wed., July 25, 2018

\$96/person



The ultimate show-biz musical! Show-stopping dance numbers and much-loved Broadway standards, including "We're in the Money", "Shuffle Off to Buffalo" and, of course, "42nd Street".

Trip includes buffet luncheon at
The Coach House Restaurant

Menu

Artisan Salad
Lemon Roasted Chicken
Horseradish Crusted Cod
Yukon Whipped Potato
Harticot Verts
Cookies & Brownies
Coffee/Tea/Soft Drinks

Mount Washington

Cog Railway

Wed., June 27, 2018

\$89/person

(Includes soup & sandwich
buffet luncheon)



Come experience a sense of adventure and history on the Mount Washington Cog Railway's 3-hour guided train tour to the highest peak in the Northeast. With approximately one hour to spend at the 6,288 foot summit, visitors can take in the spectacular panoramic view of the mountains and valleys of New Hampshire, Maine and Vermont, north into Canada, and east to the Atlantic Ocean.

Explore the mountain-top community which includes the Sherman Adams Visitors Center, Mount Washington Observatory's Weather Museum and 1853 Tip Top House. You can send a postcard stamped from the top of MT. Washington, get your photo taken at the summit marker., and purchase a souvenir at their gift shop.

We will have a substantial but late (1:30ish) lunch when we return to the Marshfield Base Station, so you may want to bring a snack and a drink. Regardless of the weather, be sure to bring a warm sweater, sweatshirt or windbreaker. The temperature and weather conditions at the top can be significantly different from those at the base. Wear sturdy shoes for walking on uneven terrain.

Isle of Shoals

& Harbor

Cruise

Isles of Shoals

Steamship

Company

Portsmouth, NH



We are working out the details for a trip to the Isles of Shoals, sometime in August. Last year's trip was a huge hit, but we've decided to make a few changes. This year, we will stop and get out on one of the islands. Because the cruise will take longer, we will have a box lunch on the island instead of going to a restaurants on shore. Watch for details in the next *Bugbee Bulletin*.



Uncle Lennie Wants YOU
To STOP

leaving donations of any kind, including medical supplies and
equipment, at our door when we are not open.

PLACE LABEL HERE

NON-PROFIT ORG
U.S. POSTAGE
PAID
WRJ VT 05001
PERMIT #2

The Bugbee Bulletin
White River Council on Aging
262 N Main St
WRJ, VT 05001
Return Service Requested



February 2018 Home-Delivered Meals



Monday

Tuesday

Wednesday

Thursday

Friday

<p>If you will not be home to receive your meal, please be sure to call the Center before 9:30 AM. Our drivers can not leave your meal if we have not heard from you.</p>				
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