



◆ The Bugbee Bulletin ◆

Volume 2016
Issue 7

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262 N Main St., White River Jct., VT 05001-7027
(802) 295-9068

January 2016

STATION:	12/5	Interim	To Date
Bake Sale	\$335.00	155.50	\$490.50
Boutique	\$508.25	450.75	\$959.00
Bugbee Café	\$317.00	0.00	\$317.00
Cookies		614.00	\$614.00
Crafts	\$317.25	371.75	\$689.00
Jewelry	\$454.25	118.75	\$573.00
Holiday Raffle *	\$3,660.00	79.00	\$3,739.00
White Elephant	\$600.00	189.35	\$789.35
	\$6,191.75	\$1,979.10	\$8,170.85
Bazaar '14			
STATION:	12/3	Interim	Final
Bake Sale	\$315.50	\$67.50	\$383.00
Boutique	\$302.00	\$380.25	\$682.25
Bugbee Café	\$210.00		\$210.00
Cookies		\$666.35	\$666.35
Crafts	\$216.75	\$385.75	\$602.50
Jewelry	\$389.25	\$140.25	\$529.50
White Elephant	\$354.65	\$273.40	\$628.05
Chinese Auction	\$405.00	\$281.00	\$686.00
	\$2,193.15	\$2,194.50	\$4,387.65

Bazaar '15 Update

The top table on the left shows the amount of money raised by each "station" at our annual Bazaar.

The bottom table shows the money raised at the 2014 Bazaar.

As you will see, the new Holiday Raffle was far more successful than last year's Chinese Auction! The key difference was that folks took raffle tickets to sell to family and friends. We can't thank them enough! Of course, we also are extremely grateful to each and every volunteer who worked on the Bazaar, as well as everyone who supported the Center by making a donation or purchase. The money raised goes directly to meet our operational expenses so we can keep the doors open.

Director's Corner

Well, it is 2016, and our holiday season has ended. I hope that you and yours had a wonderful time during the holidays. On behalf of the Board of Directors and Bugbee Senior Center staff, I want to wish everyone nothing but the best for the coming New Year.

Our recent Holiday Bazaar raised funds needed to run our Center and programs. At this writing, we have raised over \$8,000 to support us. This is a record amount, going back to 2002, the earliest year for which I have a record of this income. The difference was the "calendar raffle", which exceeded over \$3,000 in ticket sales, thanks to all of you who sold tickets for us. I also want to thank everyone who donated goods, baked breads and other sweets or made cookies. A special thanks goes to all of our volunteers who helped to run the Bazaar-related events. I also want to thank the staff people who volunteered extra time to assist with this annual event.

And speaking of raising funds, our Annual Appeal still has funds coming in and I want to express gratitude for the donations folks have made this year. It has been heartwarming to see the outpouring of support, particularly in light of some of the funding reductions which we have absorbed in prior years. Thank you all for this and for the comments some of you have included in the return envelopes. At this writing, we have not made our goal of \$20,000, so if you are able or if that letter is still sitting on your desk, I would be grateful if you made that tax-deductible donation and help our effort to reach our goal.

Here at Bugbee Senior Center, we are working on rebuilding our website. We are doing so because our site was outdated and could no longer be viewed in its entirety. I have opted to go with a similar "look" since we were not unhappy with the overall appearance and, for the most part, were satisfied with the content. When we finally get it up and running, we will be editing some content as well as updating outdated information, so you will see changes as they are happening.

Again, we here at Bugbee Senior Center wish everybody a happy and productive 2016. And I offer many thanks to all for your continued support of our center. Finally, if this message seems familiar it is because it should. I looked at my January 2015 message and since it seemed to have an appropriate message for the New Year, I simply updated it!

Len Brown

VINS Raptor Encounter

At Bugbee Senior Center
Thursday, January 21, 2016
12:30 PM



Live falcons, hawks and owls provide the lens through which we examine food webs, predator-prey relationships and the interdependence of the systems that support life. This first-hand encounter enables participants to understand the defining characteristics that make a bird a raptor and their adaptations for life as a predator on the wing. Touchable artifacts and hands-on materials round out this special experience during a 45-minute program.

This event is being funded through foundation grants to increase outreach into the community.

VINS is located at 6565 Woodstock Road (Route 4), Quechee, VT 05059. Their November–April hours of operation are 10:00 AM to 4:00 PM daily. Stop by or visit their website (www.vinsweb.org) to learn more about their many programs and wildlife rehabilitation efforts.



January 2016 Meals



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Please be seated by 11:50 so our wait staff can serve your beverage.</p> <p>Age 60+: suggested donation \$5 Under 60: \$6 fee</p>				<p>1 CENTER CLOSED</p> 
<p>4</p> <p>3-Bean Salad Meatloaf Mashed Potato Spinach Vanilla Pudding & Cookie</p>	<p>5</p> <p>Cole Slaw BBQ Spare Ribs Baked Red Potato Corn Cornbread Baked Pears</p>	<p>6</p> <p>Spinach Salad w/ Mandarin Oranges Sweet Sausage Masala w/ Bowtie Pasta Steamed Broccoli Bread Strawberries & Cream</p>	<p>7</p> <p>Green Salad Baked Chicken Sweet Potato Green Beans Bread Tangerines</p>	<p>8</p> <p>4-Bean Salad Shredded Pork Mashed Potato Brussels Sprouts Corn Bread Jello w/Fruit</p>
<p>11</p> <p>Cole Slaw Baked Ham Scalloped Potato Broccoli Bread Peach Crisp</p>	<p>12</p> <p>Caesar Salad Baked Haddock Roasted Potato Green Beans Bread Blueberry Cobbler</p>	<p>13</p> <p>Pickled Beets Macaroni & Cheese Stewed Tomatoes Spinach Vanilla Cake w/ Chocolate Frosting</p>	<p>14</p> <p>4-Bean Salad Roast Pork w/Gravy Mashed Potato Peas Applesauce Gingerbread w/ Topping</p>	<p>15</p> <p>Tossed Salad C&S Pizza Honeydew Melon</p>
<p>18</p> <p>Caesar Salad Swedish Meatballs Egg Noodles California Vegetables Bread Chocolate Pudding</p>	<p>19</p> <p>Tossed Salad BUFFET Assorted Entrees Assorted Desserts</p>	<p>20</p> <p>Green Salad Chicken Parmesan On Linguini Carrots Garlic Bread Mandarin Oranges</p>	<p>21</p> <p>Corn & Bean Salad Liver & Onions Mashed Potato Spinach Blondies</p>	<p>22</p> <p>Swiss Mushroom Burger w/Lettuce, Tomato & Pickles On Bun Tater Tots Ice Cream w/Berries</p>
<p>25</p> <p>Tossed Salad Open-Faced Hot Turkey Sandwich w/Gravy Mashed Potato Beets Gingerbread w/ Topping</p>	<p>26</p> <p>Green Salad Stuffed Peppers Wax Beans Bread Banana Pudding</p>	<p>27</p> <p>Cottage Cheese w/ Chives Chicken Pie Mashed Potatoes Carrots Clementines</p>	<p>28</p> <p>Broccoli Salad Beef Stroganoff on Egg Noodles Cauliflower w/Red Peppers Bread Fruit Salad</p>	<p>29</p> <p>Tossed Salad Corn Chowder Ham Salad Sandwich Pear & Blueberry Crisp</p>



January 2016



Monday

Tuesday

Wednesday

Thursday

Friday

Reminders:

- A single asterisk (*) beside an activity indicates an event that requires a sign-up or appointment. It may or may not be possible to join in mid-course. Call us at 295-9068 if you have questions.
- A double asterisk (**) indicates the first day of a multi-session course that requires a sign-up.



<p>4 9:00 ♥warmers 1:00 Bingo 1:00 Shopping</p> <p>Meatloaf</p>	<p>5 8:45 Foot Care (by appointment only) 10:00 Aqua Aerobics* <u>12:30 Mindfulness</u> Joyce Solomon 1:00 Cribbage 1:00 Sr. Fitness**</p> <p>BBQ Spare Ribs</p>	<p>6 10:00 Poetry 1:30 Linedancing**</p> <p>Sweet Sausage Masala</p>	<p>7 9:00 Quilting</p> <p>Baked Chicken</p>	<p>8 9:30 Tai Chi 1* 10:45 Tai Chi 2* 12:45 Book Club 1:00 Bingo 1:00 Shopping 3:00 Brain Injury Support Group</p> <p>Shredded Pork</p>
<p>11 8:30 Smiles* 10:00 Health Clinic <u>12:30 "Shingles"</u> 1:00 Bingo 1:00 Shopping</p> <p>Baked Ham</p>	<p>12 10:00 Aqua Aerobics* <u>12:30 "Guardian Ad Litem"</u> 1:00 Cribbage (NO Sr. Fitness*)</p> <p>Baked Haddock</p>	<p>13 10:30 TOGETHER <u>12:00 Birthday Day</u> 1:30 Linedancing*</p> <p>Macaroni & Cheese</p>	<p>14 8:45 Foot Care (by appointment only) 9:00 Quilting <u>12:30 "Cuba 2015"</u> Nancy Liston</p> <p>Roast Pork</p>	<p>15 9:30 Tai Chi 1* 10:45 Tai Chi 2* 1:00 Shopping 1:00 Bingo</p> <p>C & S Pizza</p>
<p>18 1:00 Bingo 1:00 Shopping</p> <p>Swedish Meatballs</p>	<p>19 10:00 Aqua Aerobics* 1:00 Cribbage 1:00Sr. Fitness*</p> <p>BUFFET</p>	<p>20 10:00 Poetry 1:30 Linedancing*</p> <p>Chicken Parmesan</p>	<p>21 8:45 Foot Care (by appointment only) 9:00 Quilting <u>12:30 "Raptor Encounter"</u> (VINS)</p> <p>Liver & Onions</p>	<p>22 9:30 Tai Chi 1* 10:45 Tai Chi 2* 1:00 Shopping 1:00 Bingo</p> <p>Swiss Mushroom Burger</p>
<p>25 8:30 Smiles* 10:00 Health Clinic 1:00 Bingo 1:00 Shopping 9:00 Shingles Clinic*</p> <p>Open-Faced Turkey Sandwich</p>	<p>26 10:00 Aqua Aerobics* 12:00 Pea Pickers 1:15 Cribbage 1:15 Sr. Fitness*</p> <p>Stuffed Peppers</p>	<p>27 8:45 Computer* <u>12:25 Richmond School 6th Graders</u> 1:30 Linedancing*</p> <p>Chicken Pie</p>	<p>28 8:45 Computer* 9:00 Quilting</p> <p>Beef Stroganoff</p>	<p>29 9:30 Tai Chi 1** 10:00 Suite Notes 10:45 Tai Chi 2** 12:00 Galen Mudgett 1:00 Shopping 1:00 Bingo</p> <p>Corn Chowder</p>

January Happenings

Jan. 5 12:30 “Mindfulness”. Joyce Solomon of Upper Valley Mindfulness Meditation will give a brief overview of what it means to practice mindfulness and how it can enhance our daily lives.

Jan. 8 9:30 Tai Chi 1. New 5-week session for beginners/less experienced students. \$25 fee, payable at the first class. Sign up required.

10:45 Tai Chi 2. New 5-week session for experienced/continuing students. \$25 fee, payable at the first class. Sign up required.

12:45 Bugbee Book Club. Marieke Sperry, librarian from the Quechee/Wilder Libraries, will facilitate a discussion of “Euphoria” by Lily King. New participants welcome.

3:00 Free Support Group for individuals with brain injuries, their caregivers and family members. The purpose of the group is to provide encouragement, support and information. Sponsored by Brain Injury Association of VT. For more information, call 1-877-856-1772, email support1@biavt.org or visit www.biavt.org.

Jan 11 12:30 “Shingles”. A pharmacist from Price Chopper will present information about shingles: what it is, who is at risk and how you can protect yourself from this very painful disease. If you are interested in receiving an immunization at a follow-up clinic at the Center, bring your prescription insurance card.

Jan. 12 12:30 “Guardian Ad Litem”. Alicia Connors, G.A.L. Coordinator for Windsor, Orange and Washington counties will speak about how you can be part of this program. (See related article elsewhere in this issue.)

Jan. 13 10:30 TOGETHER women’s support group, facilitated by Judy Adams. We get to start over and set goals for a New Year. Join us for a fun discussion as we plan “together”. New participants welcome.

Jan. 14 12:30 “Cuba 2015”. Nancy Liston of Plainfield, NH, recently spent 10 days in a cultural exchange program in Cuba. She will share the highlights of her experience there in an illustrated PowerPoint presentation.

Jan. 21 12:30 “Raptor Encounter”. Presenters from the Vermont Institute of Natural Science (VINS) in Quechee will bring live raptors and hands-on materials to explain about these very unique creatures and their place in the ecosystems. (See article on page 2.)

Jan. 27 12:15 Frances C. Richmond Middle School 6th Graders, under the direction of Josh Hall, will come from Hanover to sing and entertain during lunch. It’s bound to be a lively time to brighten up a winter day.



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 let us know when you return so we can update our mailing list accordingly.

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.

Winter Weather Closing Policy

During the next few months, there may be days when the 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.



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.

Shingles Informational Session

& Clinic

Sponsored by

Price Chopper Pharmacy

Monday, January 11, 2016 12:30 PM

REMEMBER
TO GET YOUR
SHINGLES
VACCINE!

Have you ever had chickenpox? If so, you are at risk for developing shingles.

Come attend an informational session with a Price Chopper pharmacist where you can learn how to protect yourself from shingles. There is a vaccine available to help prevent shingles that is covered by many Medicare plans. All you need to bring is your prescription insurance card!

The pharmacist will answer any questions you may have and, if interested, immunizations will be provided at a follow-up session on Monday, January 25th from 9:00 to 12:00. Help protect yourself against shingles by getting vaccinated.

Briefly, shingles is a viral infection, caused by the same virus that causes chicken pox. The first symptoms are usually pain, numbness and tingling on one side of the torso, followed by a red rash and a line of fluid-filled blisters. Shingles is not life-threatening but it is very painful and the pain can linger for a very long time. The vaccine can reduce the risk of developing shingles; early treatment can shorten the duration and intensity of symptoms and prevent complications.

If you have questions, feel free to call the pharmacy at 1-603-298-9860.

Smiles For Seniors At Bugbee Senior Center

FOR: Adults 60 years and older living on a fixed income

WHAT: Free oral health screening, education and fluoride varnishing by a licensed public health dental hygienist

WHEN: Jan. 11 & 25, 2015 by appointment only

WHERE: Bugbee Senior Center,

HOW: Call 802-295-9068 for an appointment or information



Caring for Our Most Vulnerable Children

Do you want to contribute to the well-being of the children in your community? Consider volunteering as a court-appointed children's advocate. Become a Guardian ad Litem.

There are many children in the Family Court system because of abuse, neglect, delinquency or custody disputes. Volunteering to become a Guardian ad Litem means the YOU can be a voice for the child and speak to their best interests during the court process, helping them get to a safe, permanent home quickly. Comprehensive training and on-going support are provided.

Alicia Connors, GAL Coordinator for Windsor, Orange and Washington Counties will give a presentation at Bugbee Senior Center on January 12th at 12:30 to explain how you can be part of this program.

To inquire about the Vermont Guardian ad Litem program and/or obtain an application, email Alicia.connors@vermont.gov or visit the website at www.vermontjudiciary.org/gtc/Family/GAL.aspx



Tax Time is Almost Here!

Volunteer Tax Preparers with the AARP Tax-Aide program will offer assistance to seniors with filing uncomplicated Federal and Vermont income tax returns and rebates, by appointment only, starting in February and continuing until early April. On Monday, February 1st, we will start accepting telephone calls to make appointments.

In the February Bugbee Bulletin, there will be a list of the documents and papers that you **MUST** bring with you to your appointment. Please be sure to read it carefully. You must have your paperwork in order to meet with the AARP volunteer.



Just for Fun (from AJokeADay.com)

How Do You Describe Me?

Wife: How would you describe me?

Husband: ABCDEFGHIJK

Wife: What does that mean?

Husband: Adorable, Beautiful, Cute, Delightful, Elegant, Fashionable, Gorgeous, And Hot.

Wife: Aw, thank you...but what about I, J and K?

Husband: I'm Just Kidding!

Holiday Raffle Winners

Here is the list of Holiday Raffle winners up through 12/29/15.

Date	Prize	Winner
12/1	Wreath	Mr. Wetmore
12/2	Henderson's Ski Tune-ups	Pat Taylor
12/3	Diane's Jams	Kathy Reynolds
12/4	Simon Pearce Chelsea Bowl	Chester Welch
12/5	Maple Syrup	Ellen Swasey
12/6	Curves Membership	Susan Inchiase
12/7	Plaid Anichini Throw	Jeni Frechette
12/8	L L Bean \$50 Gift Card	Jeff Jeffords
12/9	Dan & Whit's T-shirts	Lu Remick
12/10	Stave Puzzle (Jonah & Whale)	Ann Roda
12/11	Henderson's Ski Tune-ups	Debbie Navedo
12/12	Glass Flower Flute	Evelyn Danaher
12/13	99 Restaurant \$50 Gift Card	Beverly Armstrong
12/14	Killdeer Farm \$25 Gift Cert.	Loretta Parker
12/15	Signed Kitty O'Hara Print	Helen Sawyer
12/16	Chocolate Lover's Basket	Bunny Switzer
12/17	White River Yarns \$100 Card	Connie Smith
12/18	Danforth Pewter Bud Vase	Toni Gour
12/19	Diane's Jams	Phil Simonds
12/20	Lampscapes Lamp	Theresa Bing
12/21	"Taste of VT" Basket	Greg Chase
12/22	Maple Syrup	Alice Hayes Stevens
12/23	Simon Pearce Belmont Bowl	Kate Broussard
12/24	BoHo Café \$25 Gift Certificate	Holly Ballou
12/25	Fleece Throw	Jan Rostron
12/26	Dan & Whit's T-shirts	Peter Martin
12/27	Killdeer Farm \$25 Gift Cert.	Mary Bell
12/28	Fleece Throw	Audrey Lilly
12/29	Public House \$50 Gift Card	Taylor Haney
12/30	Neshobe Greens Fees	not drawn at press time
12/31	Curves Membership	not drawn at press time

Our sincere thanks to everyone who purchased a ticket and all of the donors:
Anichini, Kitty O'Hara; Lampscapes; White River Yarns; Mascoma Savings Bank; Diane & Sam Romano; Members Advantage Community Credit Union; Curves; Dan & Whit's; Henderson's Ski Rental; Henderson's Tree & Garden Service; Killdeer Farm Stand; Sugarhouse Farm; Neshobe Golf Club; BoHo Café; and several donors who wish to remain anonymous.

Telemarketers: Be Gone!

Are you annoyed by telemarketers calling your home? The National Do Not Call Registry gives you a choice about whether to receive telemarketing calls. Register for free at their website (www.donotcall.gov) or call their toll-free number (888-382-1222). Those contacts points also allow you to verify your registration or submit a complaint. Once your number is registered, it will be protected for 5 years, so it may be time to renew.

Most telemarketers should not call your number once it has been on the registry for 31 days. If they do, you should file a complaint. However, political organizations, charities, telephone surveyors and business with whom you already have a relationship are not subject to these restrictions.

Scammers have been making phone calls claiming to represent the National Do Not Call Registry. These calls claim to provide an opportunity to sign up for the Registry. These calls are NOT from the Registry or the Federal Trade Commission. They are "phishing" for information. Do not respond to them.

Happy 2016!

PLACE LABEL HERE

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

Non-profit Org.
Presorted Standard
U. S. Postage Paid
WRJ VT 05001
Permit #2



January 2016 Home-Delivered Meals



Monday

Tuesday

Wednesday

Thursday

Friday

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1 CENTER CLOSED</p> 
<p>4 Cole Slaw BBQ Spare Ribs Baked Red Potato Corn Cornbread Baked Pears</p>	<p>5 3-Bean Salad Meatloaf Mashed Potato Spinach Vanilla Pudding & Cookie</p>	<p>6 Spinach Salad w/ Mandarin Oranges Sweet Sausage Masala w/ Bowtie Pasta Steamed Broccoli Bread Strawberries & Cream</p>	<p>7 Green Salad Baked Chicken Sweet Potato Green Beans Bread Tangerines</p>	<p>8 4-Bean Salad Shredded Pork Mashed Potato Brussels Sprouts Corn Bread Jello w/Fruit</p>
<p>11 Cole Slaw Baked Ham Scalloped Potato Broccoli Bread Peach Crisp</p>	<p>12 Caesar Salad Baked Haddock Roasted Potato Green Beans Bread Blueberry Cobbler</p>	<p>13 Pickled Beets Macaroni & Cheese Stewed Tomatoes Spinach Vanilla Cake w/ Chocolate Frosting</p>	<p>14 4-Bean Salad Roast Pork w/Gravy Mashed Potato Peas Applesauce Gingerbread w/ Topping</p>	<p>15 Tossed Salad C&S Pizza Honeydew Melon</p>
<p>18 Caesar Salad Swedish Meatballs Egg Noodles California Vegetables Bread Chocolate Pudding</p>	<p>19 Tossed Salad Macaroni & Cheese Brussels Sprouts Bread Fruit</p>	<p>20 Green Salad Chicken Parmesan On Linguini Carrots Garlic Bread Mandarin Oranges</p>	<p>21 Corn & Bean Salad Liver & Onions Mashed Potato Spinach Blondies</p>	<p>22 Swiss Mushroom Burger w/Lettuce, Tomato & Pickles On Bun Tater Tots Fruit</p>
<p>25 Tossed Salad Open-Faced Hot Turkey Sandwich w/Gravy Mashed Potato Beets Gingerbread w/ Topping</p>	<p>26 Green Salad Stuffed Peppers Wax Beans Bread Banana Pudding</p>	<p>27 Cottage Cheese w/ Chives Chicken Pie Mashed Potatoes Carrots Clementines</p>	<p>28 Broccoli Salad Beef Stroganoff on Egg Noodles Cauliflower w/Red Peppers Bread Fruit Salad</p>	<p>29 Tossed Salad Corn Chowder Ham Salad Sandwich Pear & Blueberry Crisp</p>