



◆ The Bugbee Bulletin ◆

Volume 2018
Issue 4

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January 2018

2017: Our Best Bazaar EVER!

We are always excited to share the results from our Bazaar, but never more than this year. As you will see by the table below, almost every “department” raised more money this year over last year. In total sales, we brought in more than \$1,068 than in 2016. We even topped our previous best year by just under \$550! None of this would have been possible without tremendous support from our volunteers who donated many hours to this effort, the folks who donated all of the items for sale at the Bazaar, and everyone who made a purchase. We thank each and every one of you!

Bazaar '17	12/2/2017	Interim	Final	Bazaar Totals Year by Year	1st Day	Interim	Final Total
STATION:				Year			
Bake Sale	499.95	315.50	815.45	2002	\$2,432.60	\$ 732.35	\$ 3,164.95
Boutique	715.50	226.50	942.00	2003	\$2,509.46	\$2,106.58	\$ 4,616.04
Bugbee Café	249.00		249.00	2004	\$3,520.70	\$3,073.98	\$ 6,594.68
Cookies		653.30	653.30	2005	\$2,776.34	\$ 881.02	\$ 3,657.36
Crafts	188.25	307.00	495.25	2006	\$3,002.94	\$ 732.80	\$ 3,735.74
Jewelry	460.65	143.50	604.15	2007	\$1,875.71	\$1,629.15	\$ 3,504.86
Holiday Raffle *	3,700.00	300.00	4,000.00	2008	\$1,927.06	\$1,196.65	\$ 3,123.71
White Elephant	566.05	189.30	755.35	2009	\$3,166.29	\$1,460.56	\$ 4,626.85
Quilt Sales	235.00		235.00	2010	\$2,663.20	\$1,308.58	\$3,971.78
	6,614.40	2,135.10	8,749.50	2011	\$2,910.40	\$1,339.26	\$ 4,249.66
*includes prior sales				2012	\$2,203.35	\$1,345.80	\$ 3,549.15
Bazaar '16				2013	\$3,044.15	\$2,065.90	\$ 5,110.05
STATION:	12/3	Interim	Final	2014	\$2,193.15	\$2,194.50	\$ 4,387.65
Bake Sale	\$508.50	\$108.00	\$616.50	2015	\$6,191.75	\$2,008.35	\$ 8,200.10
Boutique	\$424.50	\$167.00	\$591.50	2016	\$6,217.60	\$1,463.51	\$7,681.11
Bugbee Café	\$385.00	\$0.00	\$385.00	2017	\$6,614.40	\$2,135.10	\$8,749.50
Cookies		\$540.66	\$540.66				
Crafts	\$332.50	\$368.00	\$700.50				
Jewelry	\$375.50	\$33.25	\$408.75				
Holiday Raffle *	\$3,670.00	\$105.00	\$3,775.00				
White Elephant	\$521.60	\$141.60	\$663.20				
	\$6,217.60	\$1,463.51	\$7,681.11				



Director's Corner

Well it is 2018, and our holiday season has ended. I hope that you and yours had a wonderful time during the holidays. On behalf of the board and 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 our programs. At this writing we raised just a smidgeon over \$8700 to support us. This amount is the "best ever" in our history of the event. The "calendar raffle" hit \$4000 in ticket sales, and I offer 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. Likewise, the "Cookie Walk" was also a very successful day!

And speaking of raising funds, our 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 \$25,000, so if you are able or if that letter from us is sitting on your desk, I would be grateful if you made that tax deductible donation and help our effort to reach our goal. My thanks go out to those who have sent in their donation already.

Here at Bugbee we are starting to think of our day trips for the coming year. As I do every year, I ask that if you have suggestions you let me, Regina Burg or Emily Santaw know your ideas. This month we will also be renewing our fitness program under the guidance of Liz Hatfield, an experienced trainer. Our other activities will continue as planned so refer to the calendar for the schedule of events and activities.

On a different note, another friendly reminder! We appreciate the donation of small used medical equipment. However, I ask again that folks NOT leave it outdoors after hours. If it has any hint of damage or worse, namely neighborhood CATS marking their territory, we will not use it and it ends up being recycled rather than finding a "new home".

Again, we here at Bugbee wish everybody a happy and productive 2018. And, I offer many thanks to all for your continued support of our center.

Len Brown




Wishlist

We should have asked Santa to bring us a Vermont Atlas or an Upper Valley map that shows all of the local roads. Not all of our home-delivered meal drivers have GPS and some of the recipients are off the beaten track. If anyone has one of these resources that they could spare (even an old one), we would love to have it.



January 2018 Meals



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> 	<p>2</p> <p>Green Salad Chicken Parmesan on Linguini Broccoli Garlic Bread Mandarin Oranges</p>	<p>3</p> <p>3-Bean Salad Italian Meatloaf Mashed Potato Spinach Vanilla Pudding w/ Cookie</p>	<p>4</p> <p>Caesar Salad Roast Pork w/Gravy Mashed Potato Carrots Applesauce Peach Cobbler</p>	<p>5</p> <p>Tossed Salad Homemade Corn Chowder Ham Salad Sandwich Jell-o w/Mandarin Oranges</p>
<p>8</p> <p>Carrot Slaw w/ Raisins Creamy Chicken & Noodles Brussels Sprouts Bread Fruit</p>	<p>9</p> <p>Tossed Salad BUFFET Bread Assorted Desserts</p>	<p>10</p> <p>Cole Slaw Baked Ham w/Pineapple Sauce Scalloped Potatoes Broccoli Bread Chocolate Cake w/ Peanutbutter Frosting</p>	<p>11</p> <p>Caesar Salad Baked Haddock Roasted Potato Green Beans Bread Pineapple Upside Down Cake</p>	<p>12</p> <p>Tossed Salad Roasted Chicken Rice Peas & Onions Vanilla Pudding w/Peaches</p>
<p>15</p> <p>Pickled Beets Hot Turkey Sandwich w/Gravy Cranberry Sauce Mashed Potatoes Peas Blondies</p>	<p>16</p> <p>Ambrosia Stuffed Peppers Wax Beans Bread Baked Pears</p>	<p>17</p> <p>Dilled Cucumbers Shepherd's Pie Baby Carrots Bread Gingerbread W/ Topping</p>	<p>18</p> <p>Caesar Salad Gravy-Baked Pork Chop Mashed Potato Broccoli Applesauce Bread Blondie</p>	<p>19</p> <p>Tossed Salad C & S Pizza Honey Dew Melon</p>
<p>22</p> <p>Pickled Beets Macaroni & Cheese Stewed Tomatoes Green Beans Grapes</p>	<p>23</p> <p>Cole Slaw BBQ Spare Ribs Roasted Potatoes Corn Cornbread Vanilla Pudding</p>	<p>24</p> <p>Tossed Salad Beef Stroganoff over Noodles Garlic Roasted Brussels Sprouts Bread Fresh Fruit</p>	<p>25</p> <p>4-Bean Salad Liver & Onions Mashed Potato Cauliflower w/Red Peppers Bread Jello</p>	<p>26</p> <p>Green Salad Pulled Pork Mashed Potato Carrots Bread Blondie</p>
<p>29</p> <p>Tossed Salad Spaghetti & Meatballs Green & Wax Beans Garlic Bread Mandarin Oranges</p>	<p>30</p> <p>Cottage Cheese w/Pineapple Roast Turkey w/Gravy Mashed Potato Peas & Carrots Cranberry Sauce Gingerbread w/ Topping</p>	<p>31</p> <p>4-Bean Salad Italian Chicken w/ Roasted Vegetables over Rice Fruit Salad</p>		



January 2018



Monday

Tuesday

Wednesday

Thursday

Friday

<p>1</p> 	<p>2</p> <p>8:45 Foot Care (by appointment only)</p> <p>10:00 Aqua Aerobics*</p> <p>1:00 Cribbage 1:00 Hand & Foot</p> <p>Chicken Parmesan</p>	<p>3</p> <p>10:00 Poetry 12:45 Knitting 1:30 Linedancing*</p> <p>Italian Meatloaf</p>	<p>4</p> <p>9:00 Quilting 1:15 Sr. Fitness**</p> <p>Roast Pork</p>	<p>5</p> <p>9:30 Tai Chi 1** 10:45 Tai Chi 2** 12:45 Book Club 1:00 Bingo 1:00 Shopping</p> <p>Ham Salad Sandwich Corn Chowder</p>
<p>8</p> <p>9:00 ♥warmers 10:00 Health Clinic 1:00 Bingo 1:00 Shopping</p> <p>Creamy Chicken & Noodles</p>	<p>9</p> <p>10:00 Aqua Aerobics*</p> <p>1:00 Cribbage 1:00 Hand & Foot</p> <p>BUFFET</p>	<p>10</p> <p>10:30 TOGETHER 12:45 Knitting <u>12:00 Birthday Day</u> Audrey Lilly, pianist 12:30 VINS Raptors 1:30 Linedancing*</p> <p>Baked Ham</p>	<p>11</p> <p>8:45 Foot Care (by appointment only)</p> <p>9:00 Quilting 12:30 NARFE 1:15 Sr. Fitness*</p> <p>Baked Haddock</p>	<p>12</p> <p>9:30 Tai Chi 1* 10:45 Tai Chi 2* 1:00 Bingo 1:00 Shopping</p> <p>Roasted Chicken</p>
<p>15</p> <p>1:00 Bingo 1:00 Shopping</p> <p>Hot Turkey Sandwich</p>	<p>16</p> <p>10:00 Aqua Aerobics*</p> <p>1:00 Cribbage 1:00 Hand & Foot</p> <p>Stuffed Peppers</p>	<p>17</p> <p>8:45 Foot Care (by appointment only)</p> <p>10:00 Poetry 12:45 Knitting 1:30 Linedancing*</p> <p>Shepherds Pie</p>	<p>18</p> <p>9:00 Quilting 1:15 Sr. Fitness*</p> <p>Gravy-Baked Pork Chop</p>	<p>19</p> <p>9:30 Tai Chi 1* 10:45 Tai Chi 2* 1:00 Bingo 1:00 Shopping</p> <p>C & S Pizza</p>
<p>22</p> <p>10:30 Health Clinic 1:00 Bingo 1:00 Shopping</p> <p>Macaroni & Cheese</p>	<p>23</p> <p>10:00 Aqua Aerobics**</p> <p>1:00 Cribbage 1:00 Hand & Foot</p> <p>BBQ Spare Ribs</p>	<p>24</p> <p>9:00 Computer* 12:45 <u>Armchair</u> <u>Travel: Rick Steves</u> <u>Siena & Tuscany</u> <u>Wine Country</u> 12:45 Knitting 1:30 Linedancing*</p> <p>Beef Stroganoff</p>	<p>25</p> <p>9:00 Computer* 9:00 Quilting 1:15 Sr. Fitness*</p> <p>Liver & Onions</p>	<p>26</p> <p>9:30 Tai Chi 1* 10:45 Tai Chi 2* 12:00 Galen 1:00 Bingo 1:00 Shopping</p> <p>Pulled Pork</p>
<p>29</p> <p>12:45 Foot Care (by appointment only)</p> <p>1:00 Bingo 1:00 Shopping</p> <p>Spaghetti & Meatballs</p>	<p>30</p> <p>10:00 Aqua Aerobics*</p> <p>1:00 Cribbage 1:00 Hand & Foot</p> <p>Roast Turkey</p>	<p>31</p> <p>9:00 Computer* 10:00 Poetry 12:45 Knitting 1:30 Linedancing*</p> <p>Italian Chicken</p>		

January Happenings

Jan. 4 1:15 Senior Fitness with Liz Hatfield.
\$28/4 weeks. Sign up required.

Jan. 5 9:30 Tai Chi 1 (Beginners) New
session begins. \$30/6 weeks, payable
at first class. Sign up required.

10:45 Tai Chi 2 (Continuing students)
New session begins. \$30/6 weeks,
payable at first class. Sign up required

12:45 Bugbee Book Club. Marieke
Sperry from the Quechee/Wilder
Libraries will facilitate a discussion of
“All That Is Solid Melts Into Air” by
Darragh McKeon. Copies of the book
are available from the libraries.

New participants always welcome.

Jan. 10 10:30 TOGETHER women’s support
group facilitated by Judy Adams. New
participants always welcome.

12:30 VINS Raptors Linda Conrad
from the Vermont Institute of Natural
Science will bring in a live “raptor” or
two so you can have a first-hand
encounter. Learn the characteristics
that make a bird a raptor and their
adaptations for survival in the wild.

Jan 23 10:00 Aqua Aerobics at Upper Valley
Aquatics Center in WRJ. \$35/10
weeks. You must sign up at Bugbee
Senior Center to join this class.

Jan. 24 12:45 Armchair Travel. Take a
tour of Siena and Tuscany’s Wine
Country with Rick Steves. This half-
hour video is part of the Rick Steves’
Europe Public TV series.

Holiday Raffle Winners

1. Wood Advent Calendar: Terry Armstrong
4. Basket of Jams: Randy Reeves
5. Maple Syrup: Trish Coogan
6. Simon Pearce Bowl: Charlene Ricker
7. King Arthur Flour Card: Louise Gagnon
8. Anichini Wool Throw: Christine Pirello
11. Thyme Restaurant Gift Certificate:
Betty Jackson
12. “Taste of VT” Basket: Ruth Ellis
13. Chocolate House: Simran Johnston
14. Folk Art Puzzle: John Saroyan
15. Lamp w/Handmade Shade:
Lisa Romano
18. Shakleton Pottery Vase: Lionel Lozeau
19. Basket of Jams: Ruthie Bedor
20. Kitty O’Hara Painting: Colleen O’Neill
21. Hopkins Center Tickets: Regina Burg
UVAC Day Pass: Lois Miller
22. Valley Flower Co. Certificate:
Linda Winget
26. Dana’s-by-the-Gorge Certificate:
Gloria Nalette
27. Elixir Gift Certificate: (to be drawn)
28. 4-U Golf/Ice Cream Certificate :
(to be drawn)
29. Casella Waste Certificate:
(to be drawn)

Congratulations to all the winners. Our deepest thanks to everyone who donated prizes. “Thank you” also to everyone who sold tickets on our behalf and to everyone who purchased a ticket. We had our most successful raffle ever. All of the proceeds directly support Bugbee Senior Center.

Are You on Facebook (or other Social Media)? A Word of Caution:

Recently we have noticed a lot of postings that are “do you remember” questions, such as “Do you remember the name of your elementary school?” or “Do you remember the name of your first grade teacher?” While we all feel very proud when we actually do remember things, DON’T ANSWER THESE TYPES OF QUESTIONS. They are often used as the “security questions” for bank accounts, credit card accounts, etc., and scammers who are out to steal your identity troll Facebook and other social media for this type of information that would otherwise be unobtainable.

Anxious? Depressed? The Eldercare Clinician Program Offers Help at Home

The Eldercare Clinician Program is a collaboration between Health Care and Rehabilitation Services of Southeastern Vermont and Senior Solutions. Program staff provide home-based mental health services to older adults (age 60 and older) who suffer from depression, anxiety and other mental health problems, are home-bound and would have difficulty accessing outpatient care.

The services provided by this program take place in the person's home and offer assessment and evaluation, supportive counseling, social skills training, psychotherapy, and consultation services.

For more information, call VT Senior Helpline 1-800-642-5119 or email ifo@SeniorSolutionsVT.org

, Need Help With a Heating Emergency?

If you are a Vermonter facing a heating crisis, either because you are running out of fuel or your furnace needs emergency repair/replacement, and you don't have money to fix the problem, SEVCA may be able to help. Here are the numbers to call:

CRISIS FUEL ASSISTANCE: (802) 295-5215
(Weekend/holidays 1-866-331-7741)

EMERGENCY FURNACE REPAIR/
REPLACEMENT

Regular business hours: (802) 295-5215
On weekend/holidays/after-hours
1-877-295-7998

For seasonal fuel assistance, apply online at


www.mybenefits.vt.gov
Or call 1-800-479-6151

Respite Care Grants Available For Caregivers of People With Paralysis

Through a grant from the Christopher & Dana Reeve Foundation. Senior Solutions can provide four to six days of respite (per family), allowing a caregiver to tend to their own medical needs, appointments and overall well-being. This program recognizes family caregivers and the vital role they play by supporting the episodic respite care needed to prevent caregiver "burnout".

To be eligible, the individual must have difficulty and/or inability to move arms and/or legs due to a neurological condition caused by a spinal cord injury, disease or birth condition including stroke, spina bifida, multiple sclerosis, cerebral palsy, amyotrophic lateral sclerosis (ALS) and other conditions that limit mobility.

To learn more or to apply for a caregiver respite grant, contact Marc Boutwell, Director of Social Services at MBoutwell@SeniorSolutionsVT.org or call 802-885-2655.

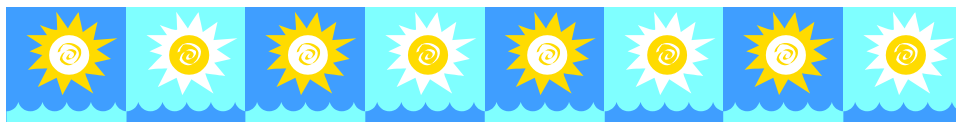


After much insistence from his wife, Joe visited an audiologist. There, he was told, yes, he would need hearing aids and that they range in cost from \$10 to \$2,000. "I'll try the \$10 pair," Joe said. The nurse placed hearing aids in his ears and hung a wire around his neck. "Do I really need this wire around my neck?" Joe asked. "Why, of course," replied the nurse. You think those things in your ears do anything? It's the wire around your neck that works — it makes people talk louder!

Do You Get the “Winter Blues”?

The “winter blues” or “winter depression”, clinically known as “seasonal affective disorder, is said to affect over 500,000 people each year. It commonly starts in the late fall and continues until spring. The time change, colder weather and fewer hours of sunlight are all thought to have a negative impact on mental health. This type of depression can cause an increase in anxiety, sadness and stress, a lack of enjoyment in regular activities, feelings of isolation, mood swings and other symptoms that can takeover your life. Here are some coping strategies to consider:

- ◆ Get some exercise. Even a short workout on a regular basis will improve/maintain your overall health. It will also improve your mood by releasing endorphins into your bloodstream which bring forth positive feelings and increase your energy level. For an added boost, listen to your favorite music while you work out. Dance around the living room!
- ◆ Be social. It may be tempting to hibernate, get cozy on the couch and watch TV — don’t! Call a friend, make a lunch or coffee date and get out of the house. Better yet, come to the Center for lunch. Even on a day when there’s not a planned activity there are people to talk with, a puzzle to work on, and lots of “life”.
- ◆ Make plans for spring. Plan a trip ... plan a garden ,,plan a party ...plan a project. Give yourself something to look forward to. If you are fortunate enough to be able to take a break for a while in a warmer climate, go for it. If not, just focusing on making a plan for the future can help you visualize the time when life will be better.
- ◆ Get as much sun as possible. Take advantage of sunny days. Bundle up and go outside, even if just for a few minutes. Open the drapes and let the sunshine in. Sit in the sun by your window. If none of that is possible, consider getting a “light box” or a “natural light lamp”. Both of those items give off rays that simulate the rays of the sun and promote the body’s production of Vitamin D, which is believed to help in relieving the symptoms of SAD.
- ◆ Do the things you like to do, alone or with others. Read a book. Watch a movie. Do crossword puzzles. Try a new recipe. Whatever it is that you normally like to do, even if it takes effort to get yourself motivated, do it.
- ◆ Eat a healthy diet. Avoid overloading on carbohydrates. Comfort foods, like pasta, bread, mashed potatoes, etc., are loaded with carbohydrates which directly affect moods because of the spike (and subsequent drop) in blood glucose levels. Eat more fruits, vegetables and proteins. Be sure to drink plenty of water.
- ◆ Meditate. Set aside a quiet time to visualize yourself in a place that makes you feel peaceful and happy. “Find your inner beach!” There are books and CDs available in stores and online that can walk you through a guided imagery session.
- ◆ Consider seeing a therapist. If you have intense periods of sadness or hopelessness which take over your life and prevent you from doing things that you usually enjoy, talking with your health care provider and/or a therapist may help. They may also recommend antidepressant medication or vitamin supplements to help you cope.



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.



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.



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White River Council on Aging
262 N Main St
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December 2017 Home-Delivered Meals



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<p>8</p> <p>Carrot Slaw w/ Raisins Creamy Chicken & Noodles Brussels Sprouts Bread Fruit</p>	<p>9</p> <p>Ham/Cheese Strata Sausage Home-Fries Fresh Fruit Cup Blueberry Muffin</p>	<p>10</p> <p>Cole Slaw Baked Ham w/Pineapple Sauce Scalloped Potatoes Broccoli Bread Chocolate Cake w/ Peanutbutter Frosting</p>	<p>11</p> <p>Caesar Salad Baked Haddock Roasted Potato Green Beans Bread Pineapple Upside Down Cake</p>	<p>12</p> <p>Tossed Salad Roasted Chicken Rice Peas & Onions Vanilla Pudding w/Peaches</p>
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