



◆ The Bugbee Bulletin ◆

Volume 2017
Issue 9

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(802) 295-9068 www.bugbeecenter.org

June 2017

June Bugbee Cinema

Thursday, June 15th 12:45 (2 hours)
"Lion"

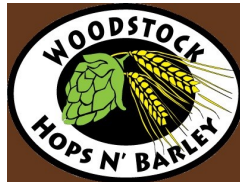


Five year old Saroo gets lost on a train which takes him thousands of miles across India, away from home and family. Saroo must learn to survive alone in Kolkata, before ultimately being adopted by an Australian couple. Twenty-five years later, armed with only a handful of memories, his unwavering determination, and a revolutionary technology known as Google Earth, he sets out to find his lost family and finally return to his first home.

Thank You

Woodstock Hops N' Barley

446 East Woodstock Rd.,
Woodstock VT 05091
For providing DVDs for
Bugbee Cinema!



*Father's Day
Breakfast
Friday, June 16, 2017
8:30AM*



Sign up required

*Age 60+: Suggested donation \$5
Under age 60: \$6*

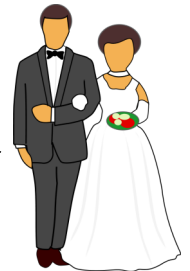
Menu

*Orange Juice
Scrambled Eggs Corned Beef Hash
Bacon/Sausage Home Fries
Blueberry Muffins Fresh Fruit Cup
Coffee/Tea/Milk*

Just For Laughs

A grandmother overheard her 5-year-old granddaughter very solemnly "playing wedding":

"You have the right to remain silent. Anything you say may be held against you. You have the right to have an attorney present. You may kiss the bride."



Directors Corner

Our Older Americans Dinner night opening has come and gone and was a wonderful evening. The meal was very good and we followed up with a well-attended round of BINGO. I want to thank everyone who contributed to making it a very nice evening for folks. I also want to offer a special thanks to Bill Emerson of Quechee, who played some very nice background piano music before and during dinner.

Our next “special” event will be our Father’s Day breakfast, on June 16th. It is a sign up activity so give a call or check it out when you are in. There is one seating at 8:30 AM on the 16th. At lunch hour we will have pizza, as we do on the third Friday of each month. We are also planning night openings in July and August so keep an eye out for our next Newsletter for dates. We will likely publish one Bugbee Bulletin which will cover both summer months.

On the summer trip front, our trip to the New London Playhouse, scheduled for July 14th is in jeopardy of being cancelled due to low interest. Please consider this “last call” for signing up for this trip. We are also announcing a “Mystery Trip” for the fall in this edition of the newsletter. These trips are very popular despite folks not finding out where we will be going until the bus leaves. Last year we did one for the first time in several years and it sold out almost immediately, so.....don’t wait too long!!

The new card game “Hand and Foot” has turned out to be very popular, and folks learning the rules of the game seem to be enjoying it very much. If you are interested in participating check the monthly schedule included for the days and times. Our other activities are also included so come on down and join the fun.

On a final note, recently a minor controversy emerged regarding items left lying around the center. When food items in particular get left anywhere in the building at or near “closing time” we generally sweep around and TOSS THEM OUT !! As many of you know, we sometimes are invaded by ants and, friendly though they may be, we try to discourage their participation in our daily activities. I have found pastries, bread, veggies and leftovers in odd places around the building without any idea how long they have been tucked away in their little corner. And I have had folks express annoyance with me for doing so as if I keep track of this stuff. Beware, if you leave foodstuffs lying about they could end up in the dumpster, which you are discouraged from searching through. Rest assured that if we find something of apparent value we will try to get it back to its rightful owner. I thank you in advance for cooperation in this regard.

Len Brown
Executive Director

Feeling Tense?

How about a Chair Massage?

A chair massage is a short massage that focuses on high-tension areas in the back, neck and shoulders. It is performed while you are seated in a specially-designed chair, facing forward, with your face in the face rest. (see picture). You remain fully clothed.



In April, we held our first “Chair Massage” in cooperation with Cioffredi & Associates, which was very well-received. We are offering another session on Tues., June 27, by appointment, if 12 people sign up, so if you are interested, please sign up right away. The non-refundable \$10 fee (for a 10 minute massage) is due at sign-up.

Volunteers Needed

We desperately need volunteer wait staff to help out in our dining room, both on a regular basis and as substitutes. There is no order-taking involved; no heavy trays to carry. Wait staff generally come in around 11:30 and are usually finished before 1:00. They pour beverages, serve salads, entrees and desserts. They clear away dishes between courses and at the end of the meal and wipe the tables.

Steady hands, a bit of energy and a friendly smile are the main requirements for the job.

If you can help us out, please call Regina at 295-9068.



June 2017 Meals



Monday

Tuesday

Wednesday

Thursday

Friday

| | | | | |
|---|---|--|---|---|
| <p>Father's Day Breakfast* Friday, 6/16/17 Suggested Donation: \$5 (60+) Under 60:\$6</p> <p style="text-align: center;"><u>Menu</u> Orange Juice Scrambled Eggs Corned Beef Hash Bacon/Sausage Home Fries Blueberry Muffin Fruit Salad Coffee/Tea/Milk</p>  | | <p>1 Tossed Salad Italian Meatloaf Mashed Potatoes Peas & Onions Gingerbread w/ Whipped Topping</p> | <p>2 Pickled Beets Macaroni & Cheese Stewed Tomatoes Green Beans Bread Grapes</p> | |
| <p>5 Dilled Cucumbers Swedish Meatballs on Noodles Broccoli Bread Fruit Salad</p> | <p>6 Tossed Salad <u>BUFFET</u> Assorted Entrees Bread Assorted Desserts</p> | <p>7 Cole Slaw Baked Ham Scalloped Potato Peas & Onions Bread Strawberry Delight</p> | <p>8 Caesar Salad Roast Pork w/Gravy Mashed Potato Beets Applesauce Pineapple Upside- Down Cake</p> | <p>9 Cheeseburger on Bun w/Lettuce, Tomato, Pickles Confetti Corn Salad Potato Salad Blondie</p> |
| <p>12 Corn & Bean Salad "Shake & Bake" Pork Chops Stuffing California Vegetables Fruit Cocktail</p> | <p>13 Broccoli Salad Hot Turkey Sandwich w/Gravy Mashed Potato Peas Cranberry Sauce Brownie</p> | <p>14 Caesar Salad Baked Haddock Roasted Potatoes Carrots Yellow Cake w/ Peanut Butter Frosting</p> | <p>15 Green Salad Chicken Parmesan on Linguini Roasted Brussel Sprouts Garlic Bread Fruit Salad</p> | <p>16 <u>(8:30 Father's Day Breakfast*)</u> 12:00 Tossed Salad C & S Pizza Watermelon</p> |
| <p>19 Tossed Salad BBQ Chicken Tater Tots Mixed Vegetables Corn Bread Mandarin Oranges</p> | <p>20 Caesar Salad Sausage, Peppers & Onions On Bowtie Pasta Zucchini & Summer Squash Bread Baked Pears</p> | <p>21 Green Salad American Chop Suey Green & Wax Beans Garlic Bread Tapioca Pudding</p> | <p>22 BLT Salad Chicken Divan on Rice Bread Vanilla Pudding w/ Peaches</p> | <p>23 Chef Salad w/Ham, Turkey, Hardboiled Egg, Cheese, Croutons Bread Gingerbread w/ Topping</p> |
| <p>26 Tossed Salad Spaghetti & Meatballs Green Beans Garlic Bread Grapes</p> | <p>27 Cottage Cheese w/ Chives Roast Turkey w/Gravy Mashed Potato Cranberry Sauce Peas & Onions Peach Cobbler</p> | <p>28 Cole Slaw BBQ Ribs Seasoned Potato Corn Corn Bread Ice Cream Social</p> | <p>29 Dilled Cucumbers Chicken Pie w/Peas & Carrots Mashed Potato Blondie</p> | <p>30 Cottage Cheese w/ Peaches Italian Chicken w/ Roasted Vegetables On Rice Pineapple</p> |



June 2017



Monday

Tuesday

Wednesday

Thursday

Friday

| | | | | |
|---|---|--|---|---|
| <p>Father's Day <u>Breakfast</u> Friday, June 16th 8:30 AM Sign up now! (Lunch will be served as usual at noon that day.)</p> | | | <p>1 9:00 Quilting 1:00 Hand & Foot Card Game</p> <p>Italian Meatloaf</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>Macaroni & Cheese</p> |
| <p>5 1:00 Bingo 1:00 Shopping</p> <p>Swedish Meatballs</p> | <p>6 8:45 Foot Care (by appt only) 10:00 Aqua Aerobics** 1:00 Cribbage 1:00 Sr Fitness*</p> <p>BUFFET</p> | <p>7 10:00 Poetry 12:45 Knitting 1:30 Linedancing*</p> <p>Baked Ham</p> | <p>8 8:45 Foot Care (by appt only) 9:00 Quilting 1:00 Hand & Foot Card Game</p> <p>Roast Pork</p> | <p>9 9:30 Tai Chi 1* 10:45 Tai Chi 2* 1:00 Bingo 1:00 Shopping</p> <p>Cheeseburgers</p> |
| <p>12 10:00 Health Clinic 1:00 Bingo 1:00 Shopping</p> <p>"Shake & Bake" Pork Chop</p> | <p>13 10:00 Aqua Aerobics** 1:00 Cribbage 1:00 Senior Fitness**</p> <p>Hot Turkey Sandwich</p> | <p>14 12:45 Knitting 10:30 TOGETHER <u>12:00 Birthday Day</u> Audrey Lilly, Pianist 1:30 Linedancing*</p> <p>Baked Haddock</p> | <p>15 9:00 Quilting 12:45 Bugbee Cinema: "Lion"</p> <p>Chicken Parmesan</p> | <p>16 <u>8:30 Father's Day Breakfast*</u> 9:30 Tai Chi 1* 10:45 Tai Chi 2* 1:00 Bingo 1:00 Shopping</p> <p>C & S Pizza</p> |
| <p>19 1:00 Bingo 1:00 Shopping</p> <p>BBQ Chicken</p> | <p>20 10:00 Aqua Aerobics* 1:00 Cribbage 1:00 Sr. Fitness*</p> <p>Sausage, Peppers & Onions</p> | <p>21 8:45 Foot Care (by appt only) 10:00 Poetry 12:45 Knitting 1:30 Linedancing*</p> <p>American Chop Suey</p> | <p>22 9:00 Quilting 1:00 Hand & Foot Card Game</p> <p>Chicken Divan</p> | <p>23 9:30 Tai Chi 1* 10:45 Tai Chi 2* 1:00 Bingo 1:00 Shopping</p> <p>Chef Salad</p> |
| <p>26 10:00 Health Clinic 1:00 Bingo 1:00 Shopping</p> <p>Spaghetti & Meatballs</p> | <p>27 8:00 Cog Railway Trip* 9:00 Chair Massage* 10:00 Aqua Aerobics* 1:00 Cribbage 1:00 Sr. Fitness*</p> <p>Roast Turkey</p> | <p>28 12:45 Knitting 1:30 Linedancing*</p> <p>BBQ Ribs</p> | <p>29 9:00 Quilting 1:00 Hand & Foot Card Game</p> <p>Chicken Pie</p> | <p>30 9:30 Tai Chi 1* 10:45 Tai Chi 2* 12:00 <u>Galen Mudgett</u> Saxophonist 1:00 Bingo 1:00 Shopping</p> <p>Italian Chicken</p> |

June Happenings

June 1 1:30 “Hand & Foot” Card Game. Don't know how to play? No problem, Denise and Paul Dellamano will be happy to teach you. There is a \$2 charge to play. 50% of the money collected goes to support the Bugbee Senior Center. The rest of the money collected goes into a “pot”. Each player's name will be entered into a drawing so one lucky person will go home with the “pot”. We'll also play on 6/8, 6/22 and 6/29. Sign up not required.

June 2 9:30 Tai Chi 1 New session for beginning students. \$25/5 weeks. Instructor Anne Bower. Sign up required.
10:45 Tai Chi 2 for experienced or continuing students. \$25/5 weeks. Sign up required. Not sure which class would be right for you? Contact instructor Anne Bower at anniebower@yahoo.com.

June 2 12:45 Bugbee Book Club. Marieke Sperry from the Quechee/Wilder Libraries will facilitate a discussion of “The Housekeeper and the Professor” by Yoko Ogawa. Copies of the book are available from the libraries. New participants always welcome.

June 6 10:00 Aqua Aerobics class at Upper Valley Aquatic Center. New session begins. \$35/10 weeks. Sign up at Bugbee Senior Center.

June 13 1:00 Senior Fitness with Laura Dykstra. \$30/8 weeks. New participants welcome.

June 14 10:30 TOGETHER women's support group facilitated by Judy Adams. “ 6 Foods That Keep You Young”. We will learn of some “good for you” items to add to your grocery list. New participants welcome.

June 15 12:45 Bugbee Cinema “ showing “Lion”. Free — see page 1 for details.

June 16 8:30 Father's Day Breakfast. Whether you are a father or not, please sign up to join us for our annual Father's Day Breakfast. Menu and details are on the Calendar page.

June 27 9:00 Chair Massage. \$10 for 10 minutes. Sign up and prepayment required. We need a minimum of 12 participants for this service to be offered.

June 28 Mascoma Savings Bank will provide an Ice Cream Social as desert for today's “congregate” lunch. Come make your own sundae.

Hyperthermia: Too Hot for Your Health

Adapted from National Institute on Aging: AgePage
Too much heat is not safe for anyone. It is even riskier if you are older or have health problems. It is important to get relief from the heat quickly. If not, you might begin to feel confused or faint. Your heart could become stressed and stop beating.

Being hot for too long can be a problem. It can cause several illnesses, all grouped under the name *hyperthermia*.

- ◆ Heat syncope is a sudden dizziness that can happen when you are active in hot weather. If you take a heart medication called a beta blocker you are even more likely to feel faint. Rest in a cool place, put your legs up and drink water.
- ◆ Heat cramps are the painful tightening of muscles in your stomach, arms or legs. Cramps can result from hard work or exercise. Rest in the shade or a cool building; drink plenty of water.
- ◆ Heat edema is swelling in your ankles and feet when you get too hot. Put your legs up; if the swelling doesn't go away quickly, check with your doctor.
- ◆ Heat exhaustion is a warning that your body can no longer keep itself cool. You might feel thirsty, dizzy, weak, uncoordinated and nauseated. You may sweat a lot but your skin may feel cold and clammy. Rest in a cool place. If you don't feel better quickly, get medical care.

HEAT STROKE IS A MEDICAL EMERGENCY. Signs of heat stroke are:

- Fainting or becoming unconscious.
 - Sudden change in behavior (confusion, agitation, staggering, being grouchy or acting strangely)
 - Body temperature over 104°
 - Dry, flushed skin and a strong, rapid pulse or a slow, weak pulse
 - Not sweating, even if it is hot
- Get medical attention right away if you experience any of these symptoms.

To keep hyperthermia from becoming a problem, stay out of the hot sun, preferably in an air-conditioned environment, and drink plenty of water. Remember, the Bugbee Senior Center has air-conditioning and we are open Monday-Friday until 4:00.

Don't Forget the Sunscreen

Everyone, regardless of skin color, is at risk to develop skin cancer so everyone needs to protect their skin from the harmful effects of the sun's rays. The American Academy of Dermatologists recommends that everyone use sunscreen every day that they will be outside.



Sunscreen should offer protection against both the UVA and UVB rays (look for "broad-spectrum" on the label). Look for a sun protection factor (SPF) of 30 or greater and water resistance. A sunscreen that meets those criteria will help protect your skin from sunburn, early skin aging and skin cancer, if you apply it generously and frequently. However, there are other measures that will increase your protection against skin cancer:

- * Wear long sleeved shirts, long pants a wide brimmed hat and sunglasses when possible.
- * Seek shade between 10AM and 2PM when the sun's rays are strongest.
- * Use sunscreen every day. Even on cloudy days, up to 80% of the sun's harmful UV rays can penetrate your skin.
- * Use extra caution near water, sand and snow which reflect the sun's rays.
- * Avoid tanning beds. There is no safe way to tan. Every time you tan, you speed up the aging of your skin and increase your risk for all types of skin cancer.
- * Check your birthday suit on your birthday. If you notice anything changing, growing or bleeding on your skin, see a dermatologist. Skin cancer is very treatable when caught early.

In order to provide adequate protection, sunscreen must be properly applied. Use enough to generously coat all skin that will not be covered by clothing. "One ounce, enough to fill a shot glass" is the amount dermatologists recommend. Most people use only 25 to 50 percent of that amount. Apply sunscreen to dry skin about 15 minutes before going outdoors. Reapply approximately every 2 hours, and after swimming or perspiring heavily.

Don't forget to protect your lips with a lip balm or lipstick that contains sunscreen with an SPF of 30 or higher.

WE BELIEVE THAT HUNGER DOESN'T TAKE A VACATION

Put more healthy food on your table with 3SquaresVT, formerly known as food stamps. Tens of thousands of Vermonters rely on 3SquaresVT every month to help them afford groceries to feed their families. Thanks to this program more Vermonters are able to buy healthy food. A family of four earning up to \$3,746 a month may be able to get benefits. Those that qualify for the VT earned Income Tax Credit are automatically eligible for 3SquaresVT. Households can have a savings account or an asset like a car or home and still qualify. Getting benefits means your children can get free school meals and it also qualifies you for phone assistance. These added benefits mean more of your money is freed up to pay other bills and results in less stress in your life.

For older Vermonters, good nutrition is also very important. It helps you stay active and helps prevent sickness. The high cost of food, fuel and health care are making it hard for many seniors to put good food on the table. Older Vermonters who take part are not taking money away from others in need; there is enough for everyone. 3SquaresVT comes either on an EBT, debit card or as cash directly deposited into your bank account. As an elder, you've no doubt worked hard all your life and you have earned the help you can get now.

A single able-bodied individual between the ages of 18 and 50 who receives 3SquaresVt may be able to participate in the Jobs for Independence program that could lead to training and employment.

You can also use your food benefit and double your money with special coupons at the farmers' market this summer. Information on Farm to Family coupons will be available at the end of June.

SEVCA's Family Services staff is available to assist households to apply for 3SquaresVT. To schedule an appointment, please call 1-800-464-9951 and you will be directed to a Family Service staff person in your area. You may also visit www.vermontfoodhelp.com for more information or you can apply online. One in eight Vermonters get 3SquaresVT. Have you applied yet?

Veterans Day at the Log Cabin

Holyoke, MA Tues., Nov. 7, 2017
\$91/person



Menu

Hors d'oeuvre Welcome Platter
Complimentary Glass of Wine
Rolls & Butter
Chop Chop Salad
Brisket w/Mushroom Gravy
Stuffed Haddock
Herb Roasted Potatoes
Warm Apple Pie w/Vanilla Ice Cream
Coffee and Tea

Broadway cabaret singer Karen Wagner and Hartford (CT) police officer Robert Iovanna will take you on a “musical walk down memory lane”, honoring America’s heroes, through a special patriotic musical tribute.



Fall Foliage Mystery Trip

Tuesday, October 12, 2017
\$73 per person

Once again we are planning an adventure! We'll depart Bugbee Senior Center at 9:45 AM and go on a mystery tour, this time with an “Oktoberfest” theme. (Lederhosen and dirndl skirts optional!) Don't miss out — sign up now!

“Souvenir”

New London
Barn Playhouse
New London, NH
Friday, July 14, 2017
\$96



A majestically awful opera singer and her long-suffering accompanist take center stage in this hilarious play about the infamous Florence Foster Jenks, a wealthy New York socialite whose ear-splitting singing was matched only by her unconquerable delusions of greatness. A funny, poignant look at artistic passion and the true meaning of music.

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

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 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.

Save the dates:
BBQ & Bingo Nights
Bugbee Senior Center

July 11, 2017

Hamburgers, Hot Dogs and all the fixin's

August 23, 2017

BBQ Spare Ribs



Doors open at 4:00. Dinner at 5:00.

Bingo at 6:00.

Details in July/August *Bugbee Bulletin*

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Permit #2

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



June 2017 Home-Delivered Meals



Monday

Tuesday

Wednesday

Thursday

Friday

If you will not be home to receive your meal, please be sure to call the Center before 9:30 AM. Our drivers are not allowed to leave the meal if you are not home unless you have made other arrangements with us for that day.

1 Tossed Salad
Italian Meatloaf
Mashed Potatoes
Peas & Onions

Gingerbread w/
Whipped Topping

2 Pickled Beets
Macaroni & Cheese
Stewed Tomatoes
Green Beans
Bread
Grapes

5 Dilled Cucumbers
Swedish Meatballs
on Noodles
Broccoli
Bread
Fruit Salad

6 Tossed Salad
Shepherd's Pie
Broccoli
Bread
Fruit

7 Cole Slaw
Baked Ham
Scalloped Potato
Peas & Onions
Bread
Strawberry Delight

8 Caesar Salad
Roast Pork w/Gravy
Mashed Potato
Beets
Applesauce
Pineapple Upside-
Down Cake

9 Cheeseburger on Bun
w/Lettuce, Tomato,
Pickles
Confetti Corn Salad
Potato Salad
Blondie

12 Corn & Bean Salad
"Shake & Bake"
Pork Chops
Stuffing
California Vegetables
Fruit Cocktail

13 Broccoli Salad
Hot Turkey
Sandwich w/Gravy
Mashed Potato
Peas
Cranberry Sauce
Brownie

14 Caesar Salad
Baked Haddock
Roasted Potatoes
Carrots
Yellow Cake w/
Peanut Butter
Frosting

15 Green Salad
Chicken Parmesan
on Linguini
Roasted Brussel
Sprouts
Garlic Bread
Fruit Salad

16 Tossed Salad
C & S Pizza
Watermelon

19 Tossed Salad
BBQ Chicken
Tater Tots
Mixed Vegetables
Corn Bread
Mandarin Oranges

20 Caesar Salad
Sausage, Peppers &
Onions
On Bowtie Pasta
Zucchini & Summer
Squash
Bread
Baked Pears

21 Green Salad
American Chop Suey
Green & Wax Beans
Garlic Bread
Tapioca Pudding

22 BLT Salad
Chicken Divan on
Rice
Bread
Vanilla Pudding w/
Peaches

23 Chef Salad
w/Ham, Turkey,
Hardboiled Egg,
Cheese, Croutons
Bread
Gingerbread w/
Topping

26 Tossed Salad
Spaghetti &
Meatballs
Green Beans
Garlic Bread
Grapes

27 Cottage Cheese w/
Chives
Roast Turkey w/Gravy
Mashed Potato
Cranberry Sauce
Peas & Onions
Peach Cobbler

28 Cole Slaw
BBQ Ribs
Seasoned Potato
Corn
Corn Bread
Fruit

29 Dilled Cucumbers
Chicken Pie w/Peas
& Carrots
Mashed Potato
Blondie

30 Cottage Cheese w/
Peaches
Italian Chicken w/
Roasted Vegetables
On Rice
Pineapple