



◆ The Bugbee Bulletin ◆

Volume 2017
Issue 1

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October 2016

Bugbee Cinema

Thursday, Oct. 27th
12:45 PM

We'll lower the big screen in the dining room, pull up some of the more comfortable chairs and close the shutters, then show a full length movie, chosen by YOU!

Starting Oct. 1st, we invite you to cast a ballot for one of the following movies:

- * What About Bob? (1991), starring Bill Murray and Richard Dreyfuss. A successful psycho-therapist is tormented by his manipulative, obsessive-compulsive narcissistic (but charming) patient while on vacation in New Hampshire. (1 hour, 39 minutes)
- * Butch Cassidy & the Sundance Kid (1969), starring Paul Newman, Robert Redford and Katharine Ross. Two western bank/train robbers flee to Bolivia when the law gets too close. (1 hour 50 minutes)
- * The Graduate (1967), starring Dustin Hoffman, Anne Bancroft and Katharine Ross. A disillusioned college graduate finds himself torn between his older lover and her daughter. (1 hour, 46 minutes)

Official ballots and the ballot box will be available at the Center from Oct. 1 to Oct. 21st. The movie that receives the most votes will be shown on Oct. 27th. If the vote is close, the "runner-up" will be one of the choices the next time the Bugbee Cinema is scheduled. In the event of a tie, the winning movie will be decided by a coin toss.

Confused About Medicare?

On October 12, 2016 Pati Kimball, the state health insurance coordinator, from Senior Solutions will be at Bugbee Senior Center from 10:00-12:00 to discuss the Medicare annual enrollment period. Eleanor Zue will join her to answer your questions about the enrollment process and to go over basic "how to do it yourself" at the Medicare web site. Space is limited so sign up now.



Flu Shot Clinic at Bugbee Senior Center

Conducted by
Visiting Nurse & Hospice
of Vermont & New Hampshire
Monday, October 24, 2015
10:00 AM – 12:00 Noon
FREE with Medicare Card

The Center for Communicable Diseases recommends that everyone, especially those at high risk for the flu, be vaccinated as soon as possible after the vaccine becomes available, preferably by October. It takes about two weeks to develop the antibodies that will give protection against the flu.

Directors Corner

As I write, the first full day of Fall is here! Good grief! The summer has been nice, warm and long, but now we think of what is to come. Our last trip goes out on October 5th to”I can’t tell ya, it’s a ‘mystery’ which means it’s a secret”. It is sold out at this time and in fact sold out before the first day of summer. Go figure! Some of our trips did not sell out but the one where no one knows where they are going did!! When we plan next year’s trips shortly after the start of 2017, we will likely be looking to select some new venues. If you have ideas this is a good time to “weigh in” on places you think would be of interest to our folks. We will of course keep at least one of the “old standbys”, namely the trip to York Beach.

As we head into October we also will be doing our Annual Appeal for general support of our programs. In the past we have done this in the summer, but three years ago we changed to a fall schedule and were much more successful. Contributions to Bugbee are tax deductible, so if you are thinking about your 2016 taxes and charitable giving provides you with some tax relief, please consider giving to our center.

As hard as it seems to be thinking about Christmas, we have started to receive donations for our annual Holiday Bazaar in December. As you look around you and especially if you have thought about “downsizing”, please do remember that those unwanted things may be a big help to us as we prepare for our Bazaar. Like our Annual Appeal, the bazaar is an important fundraising activity to support our center. On another note, in other parts of this newsletter you will see some upcoming events. Once again we will have a flu shot clinic, a legal clinic and our own Eleanor Zue will begin the annual assistance to folks with Medicare enrollments.

And finally we have tried a new program we are calling “Bugbee Cinema”, polling folks for a movie choice and then showing the film that received the most interest. As we head into winter we will continue to offer this on some of our open Thursday afternoons. If you think of a film that we should consider let one of us know. Of course we have to be able to get it, and it cannot be so long that folks will need a nap!! Accordingly, “War and Peace” is out!

Len Brown

Join Northern Lights Quilt Guild on a Bus Trip in October

If you act fast and are lucky, you may be able to get in on a bus trip to Shelburne Museum in Shelburne, VT, on Monday, October 17th to see their current quilt display. For those who are not Northern Lights Quilt Guild members, the cost of the trip is \$75, which includes transportation, museum admission and the driver’s tip. Lunch is not included. There is a nice café at the museum or you can pack a lunch. The bus will leave from the municipal lot in Lebanon behind Three Tomatoes and River Valley Community College (free parking) at 8:30 AM and will return in late afternoon.

There is a wonderful special exhibit of quilts by Canadian designer Dominique Ehrmann, “Once Upon a Quilt”. Dominique’s amazing, beautiful quilts are really breath-taking! Many of the quilts in the museum’s permanent collection, as well as many other textiles and objects, are also on display. There is also a special exhibit of work by Grandma Moses and kinetic sculptures by George Sherwood throughout the grounds. They also have a fabulous gift shop. The museum is spread among many buildings so some walking is involved, but there is a shuttle for visitors.

NLQG needs to have a firm commitment by October 1st If not enough people sign up, the trip will not happen. For more information, contact Jane Buskey and Mary Hardy (603-448-5928; mwhardy2@gmail.com)





October 2016 Meals



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Tossed Salad</p> <p>Spaghetti & Meatballs</p> <p>Broccoli</p> <p>Garlic Bread</p> <p>Fruit</p>	<p>4</p> <p>Cole Slaw</p> <p>BBQ Ribs</p> <p>Roasted Potatoes</p> <p>Corn Bread</p> <p>Baked Pears</p>	<p>5</p> <p>4-Bean Salad</p> <p>“Christy’s Shake & Bake” Chicken</p> <p>Seasoned Potatoes</p> <p>Roasted Brussels Sprouts</p> <p>Cranberry Sauce</p> <p>Blondies</p>	<p>6</p> <p>Turkey Waldorf Salad</p> <p>On Lettuce w/ Cucumber Sticks</p> <p>Sliced Tomatoes</p> <p>Bread</p> <p>Honey Dew Melon</p>	<p>7</p> <p>Cottage Cheese w/ Peaches</p> <p>Italian Chicken w/ Roasted Vegetables</p> <p>On Rice</p> <p>Mandarin Oranges</p>
<p>10</p> <p>BUGBEE SENIOR CENTER CLOSED</p> 	<p>11</p> <p>Tossed Salad</p> <p><u>BUFFET</u></p> <p>Assorted Entrees</p> <p>Rolls</p> <p>Assorted Desserts</p>	<p>12</p> <p>Green Salad</p> <p>Baked Haddock</p> <p>Rice Pilaf w/ Vegetables</p> <p>Fresh Spinach</p> <p>Yellow Cake w/ Chocolate Frosting</p>	<p>13</p> <p>Pickled Beets</p> <p>Macaroni & Cheese</p> <p>Stewed Tomatoes</p> <p>Green Beans</p> <p>Bread</p> <p>Fresh Pineapple</p>	<p>14</p> <p>Cole Slaw</p> <p>BBQ Chicken</p> <p>Potato Salad</p> <p>Corn Bread</p> <p>Watermelon</p>
<p>17</p> <p>3-Bean Salad</p> <p>Meatloaf</p> <p>Mashed Potato</p> <p>Carrots</p> <p>Bread</p> <p>Gingerbread w/ Topping</p>	<p>18</p> <p>Roast Turkey w/ Gravy</p> <p>Cranberry Sauce</p> <p>Mashed Potato</p> <p>Peas & Onions</p> <p>Apple Crisp</p>	<p>19</p> <p>Caesar Salad</p> <p>Chicken Parmesan</p> <p>On Linguini</p> <p>California Vegetables</p> <p>Garlic Bread</p> <p>Fruit Salad</p>	<p>20</p> <p>Green Salad</p> <p>Roast Pork w/Gravy</p> <p>Mashed Potato</p> <p>Green Beans</p> <p>Applesauce</p> <p>Roll</p> <p>Peach Cobbler</p>	<p>21</p> <p>Tossed Salad</p> <p>C & S Pizza</p> <p>Melon Mix</p>
<p>24</p> <p>Cottage Cheese w/Chives</p> <p>Shepherds Pie</p> <p>Baby Carrots</p> <p>Bread</p> <p>Fruit Salad</p>	<p>25</p> <p>Green Salad</p> <p>Oven Roasted Chicken</p> <p>Cranberry Sauce</p> <p>Sweet Potato</p> <p>Mediterranean Vegetables</p> <p>Pear & Blueberry Crisp</p>	<p>26</p> <p>Beef Stroganoff</p> <p>On Egg Noodles</p> <p>Broccoli</p> <p>Bread</p> <p>Baked Apples w/ Whipped Topping</p>	<p>27</p> <p>Cole Slaw</p> <p>Baked Ham w/ Pineapple Sauce</p> <p>Scalloped Potato</p> <p>Cauliflower w/Red Peppers</p> <p>Vanilla Pudding</p>	<p>28</p> <p>Corn & Bean Salad</p> <p>Hot Turkey Sandwich w/Gravy</p> <p>Mashed Potato</p> <p>Peas & Carrots</p> <p>Jell-o</p>
<p>31</p> <p>Green Salad</p> <p>American Chop Suey</p> <p>Broccoli</p> <p>Pumpkin Pie</p>		<p>Please be seated by 11:50 to allow our wait staff to serve beverages before the entrée is served at noon.</p>		<p>Suggested donation for seniors (age 60+): \$5</p> <p>Under 60 charge: \$6</p>

October 2016

Monday





Tuesday

Wednesday

Thursday



Friday

<p>3 9:00 ♥warmers 1:00 Bingo 1:00 Shopping</p> <p>Spaghetti & Meatballs</p>	<p>4 .8:45 Foot Care (by appointment only) 10:00Aq.Aerobics* 1:00 Cribbage 1:00 Sr Fitness*</p> <p>BBQ Ribs</p>	<p>5 8:30 Mystery Tour 10:00 Poetry 1:30 Linedancing*</p> <p>“Christy’s Shake ‘n Bake” Chicken</p>	<p>6 9:00 Quilting</p> <p>Waldorf Salad</p>	<p>7 9:30 Tai Chi 1* 10:45 Tai Chi 2* 12:45 Book Club 1:00 Bingo 1:00 Shopping</p> <p>Italian Chicken</p>
<p>CENTER CLOSED</p> 	<p>11 10:00Aqua Aerobics* 1:00 Cribbage 1:00 Sr Fitness*</p> <p>BUFFET</p>	<p>12 10:30 TOGETHER <u>10:00 Medicare Workshop*</u> <u>12:00 Birthday Day</u> Audrey Lilly, pianist 1:30 Linedancing*</p> <p>Baked Haddock</p>	<p>13 8:45 Foot Care (by appointment only) 9:00 Quilting 12:30 NARFE</p> <p>Macaroni & Cheese</p>	<p>14 9:30 Tai Chi 1* 10:45 Tai Chi 2* 1:00 Bingo 1:00 Shopping</p> <p>BBQ Chicken</p>
<p>17 1:00 Bingo 1:00 Shopping</p> <p>Meatloaf</p>	<p>18 10:00 Aqua Aerobics** 1:00 Cribbage 1:00 Senior Fitness**</p> <p>Roast Turkey</p>	<p>19 10:00 Poetry 1:30 Linedancing*</p> <p>Chicken Parmesan</p>	<p>20 8:45 Foot Care (by appointment only) 9:00 Quilting <u>12:30 Art For Inner Growth: The Reservoir”</u> Bess Klassen-Landis</p> <p>Roast Pork</p>	<p>21 9:00 Legal Aid Clinic (by appointment only) 9:30 Tai Chi 1* 10:45 Tai Chi 2* 1:00 Shopping 1:00 Bingo</p> <p>C & S Pizza</p>
<p>24 8:30 Senior Smiles (by appointment) <u>10:00 Flu Shot Clinic by VNA</u> 1:00 Bingo 1:00 Shopping</p> <p>Shepherd’s Pie</p>	<p>25 10:00 Aq.Aerobics* 1:00 Cribbage 1:00 Sr. Fitness*</p> <p>Roast Turkey</p>	<p>26 1:30Linedancing**</p> <p>Beef Stroganoff</p>	<p>27 9:00 Quilting <u>12:45 Bugbee Cinema</u></p> <p>Baked Ham</p>	<p>28 9:30 Suite Notes 9:30 Tai Chi 1* 10:45 Tai Chi 2* 1:00 Shopping 1:00 Bingo</p> <p>Hot Turkey Sandwich</p>
<p>31 1:00 Bingo 1:00 Shopping</p> <p>American Chop Suey</p>				

October Happenings

Oct. 3 1:00 Bingo happens every Monday and Friday afternoon. The cost is 50¢ per card for all ten games. Half of the money collected goes to support the Center; the rest is divided into cash prizes. It's not "big money" but we have a lot of fun.

Oct. 7 12:45 Bugbee Book Club. Marieke Sperry from the Quechee/Wilder Libraries will facilitate a discussion of "How It All Began" by Penelope Lively. Copies of the book are available from the libraries. New participants always welcome.

Oct. 12 10:00 Medicare Open-Enrollment Workshop with Eleanor Zue and Pati Kimball. Sign up required. See page 1.

10:30 TOGETHER women's support group facilitated by Judy Adams. Spring and summer are over! Where did the time go? Let's plan for winter by getting organized. What projects would you like to complete? Join us for fun and ideas. New participants always welcome.

Oct. 18 10:00 Aqua Aerobics class at Upper Valley Aquatics Center. New session \$35/10 weeks. Sign up required.

1:00 Senior Fitness w/Laura Dykstra. Sign up required. \$30/8 weeks.

Oct. 20 12:30 "Art for Inner Growth: The Reservoir" Artist/Art Therapist Bess Klassen-Landis will give an over-view of a class we are hoping to offer at the Center which will explore art, artists and techniques as a means to deepen personal understanding, growth and personal expression.

Oct. 21 9:00 Legal Aid Clinic .Call 295-9068 to make an appointment for a private 20-minute consultation with Jacob Speidel, an attorney from VT Legal Aid.

Oct. 24 10:00 Flu Shot Clinic by Visiting Nurse of VT & NH. No charge for Medicare recipients but you must bring your Medicare card.

Oct. 26 1:30 Linedancing Class with Jamie Orr. Sign up required. \$42/6 weeks.

Oct. 27 12:45 Bugbee Cinema! For your Thursday afternoon entertainment, we'll pull down the big screen and show a movie. See page 1 to find out how you can participate in selecting the featured film.



Free VT Legal Advice Clinic

For: People Age 60+ with a civil legal problem in VT

Where: Bugbee Senior Center

When: Friday, Oct. 21st 9:00 -3:00
(By Appointment Only)

To Make an Appointment: Call 295-9068

On Friday, October 21st, Jacob Speidel, an attorney from the Senior Citizen's Law Project of Vermont Legal Aid will be conducting a legal advice clinic for Vermonters age 60 and older at Bugbee Senior Center. This clinic is sponsored by VT Legal Aid.

All appointments will be confidential and private. The attorney will be able to give legal advice or referrals on a wide variety of legal issues. If you have any paperwork about the problem, please bring it with you. Some types of problems that the attorney will be able to give advice about include wills, powers of attorney, landlord-tenant issues, Medicaid, Medicare, Social Security, SSI, public benefits, debt collection, consumer, guardianship, divorce, foreclosure, small claims, bankruptcy, and any other civil legal matter.

However, the attorney can't help with criminal cases or problems, and it must be your own problem, and not a question involving your neighbor or a family member. The issue must involve a question of Vermont law, not the laws of New Hampshire or any other state.

Notice

The Brain Injury Support Group that was meeting at Bugbee Senior Center on the second Friday of each month has been discontinued.

According to a listing online, there is a similar group at DHMC on the second Wednesday of each month from 6:30-8:30 but it would be wise to call ahead to verify (603-225-8400).



National Fire Prevention Week October 9-15, 2015

Since 1922, the week containing October 9th has been the official “National Fire Prevention Week.” According to the National Archives and Records Administration’s Library Information Center, Fire Prevention Week is the longest running public health and safety observation on record. This year’s theme is

“Don’t Wait: Check the Date! Replace Smoke Alarms Every 10 Years.”

The National Fire Protection Association (NFPA) recently conducted a survey and found that only a small percentage of people know how old their smoke alarms are or how often they need to be replaced. The recommendation is that smoke alarms should be replaced every ten years, but because the public is generally unaware of this recommendation, many homes likely have smoke alarms past their expiration date, putting people at increased risk in the event of a home fire.

Smoke alarms save lives, but only if they are in working order. According to an NFPA report, in 20% of all homes with smoke alarms, the smoke alarms aren’t working; 38% of home fire deaths result from fires in properties without smoke alarms and 21% have smoke alarms that are inoperable.

Lorraine Carli, Vice-President of NFPA’s Outreach and Advocacy Division, said, “People tend to assume that simply having smoke alarms in their homes ensures adequate protection from fires, but it takes regular testing and maintenance to ensure that that’s the case. Part of that effort is making sure you know how old the smoke alarms in your home are, and that they’re replaced every ten years.” The age of a smoke alarm can be determined by looking for the date of manufacture on the back or side of the alarm. Replace the unit ten years from that date.



2nd Annual Month-long Holiday Raffle!

Starting December 1st, we will give away a prize every weekday. Watch for the Raffle Calendar in the November Bugbee Bulletin. One ticket (\$10) buys one chance for each prize. Winning tickets go back in the bowl and remain eligible for each drawing through Dec. 31st.

Tickets will be available at the Center starting November 1st. All proceeds benefit Bugbee Senior Center. Last year, several people stepped up and took raffle tickets to sell to their friends and family and it helped us out immensely! If you would be willing to sell tickets for us this year, please see Regina, Len or Emily. You do not have to pay for the tickets you take to sell; just turn in the money when you turn in the ticket stubs

Humor from the Internet

The Importance of Punctuation

I’m not the easiest guy in the world to get along with so, when our anniversary rolled around, I wanted my wife to know how much I appreciate her tolerating me all these years. I ordered flowers and told the florist to enclose a card that read “Thanks for putting up with me so long.”

When my wife got the delivery, she called me at work. I could tell by the ice in her voice that she was pretty upset. “Just where do you think you’re going?” she asked. “What do you mean?” I said.

She read the card aloud just as the florist had written it:

“Thanks for putting up with me. So long.”

Drink Up! A Special Challenge for Seniors

Pat Harrison, RD Senior Solutions

Wonder why dehydration is often a diagnosis when a senior is admitted to the hospital? Older adults are particularly susceptible to water depletion. Water typically makes up 60% of body weight but in senior adults it is often closer to 50%. With age, the body tends to dry out, more wrinkles appear, saliva flow and tear production decrease. Constipation is more common and we may have recurrent urinary tract infections.

Some of these concerns may be related to the decreased thirst sensation that comes with age. We don't drink as much because thirst is no longer a reliable trigger. Add to that maybe a fluid pill or arthritis or immobility making it harder to get to the bathroom, so fewer trips may seem favorable ... but the bigger risk may be dehydration!

What should we do? Unless there is a medical reason to limit fluid intake (such as kidney disease), healthy adults usually need 2 to 3 quarts of fluid per day. This includes both liquids consumed and fluids contained in foods. Foods may provide 20 to 25% of fluid needs and beverages provide the remainder.

For foods, think FRESH like lettuce, watermelon, grapefruit, oranges, grapes, tomatoes, carrots, celery zucchini and summer squash.

How much do you usually drink? Do a test. Take a ½ gallon container and place it near the kitchen sink. Whenever you take a drink during the day, put an equal amount of water in the glass, cup or bottle you drank from and pour it into the container. By the end of the day you will see how much water has accumulated in the container as a measure of how much you drank during the day.

If you haven't been drinking enough,

- ◆ Keep in mind that beverages that contain caffeine may not hydrate as well as they cause more frequent urination. Maintain a mix of healthy non-caffeinated fluids.
- ◆ Develop a regular schedule of proper water consumption.
- ◆ Plan to drink water between meals.
- ◆ Have a bottle/glass of water near you during the day.
- ◆ Take water with you when you go out.
- ◆ Include beverages with all meals.
- ◆ Keep a bottle/glass of water at your bedside so you can have a drink if you wake up at night.
- ◆ Remember: foods that become liquid at room temperature (Jell-o, ice cream, soup, etc.) count as fluids.
- ◆ Keep cold water in the refrigerator; you may drink more than from the tap.
- ◆ Flavor your water with a slice of lemon or lime.
- ◆ If you tend to have to get up at night to go to the bathroom, you may want to concentrate your beverages during the daytime and try to avoid drinking a lot in the evening.

Watch for Signs of Dehydration

1. Dry, cracked lips, dry tongue, sticky mouth.
2. Sunken eyes, poor skin turgor. (If you pinch the skin on the back of your hand, and it remains "tented" for more than a couple of seconds, you may be dehydrated.)
3. Fatigue, muscle weakness (increased risk of falling)
4. Dark urine, decreased urine output.
5. Confusion
6. Headache

Make sure you are doing your best to stay hydrated!



It's That Time Again!

It's not too soon to start thinking about our Christmas Bazaar. If you have items that you no longer want, we hope that you will keep us in mind if you have:

- * Clean, "gently used" items in good condition that someone might find appealing in our "White Elephant" department. (No clothing or electronics, please)
- * New or "like new" items that are suitable for gift-giving for our "Boutique".
- * Jewelry and accessories in good condition for our Jewelry department.
- * Handmade items are always welcome. If you are making pickles, jam or jelly, we'd love to have a jar or two. After Thanksgiving, we'll call some folks to get contributions for our Bazaar food sale (bread, pies, bar cookies, baked beans, candy, fudge, etc) and our annual Cookie Walk.

The Bazaar will start on Saturday, Dec. 3rd and continue (Mon-Fri, 9-3, unless we sell out) until the Cookie Walk on Saturday, Dec. 17th.



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The Bugbee Bulletin
White River Council on Aging
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October 2016 Home-Delivered Meals



Monday

Tuesday

Wednesday

Thursday

Friday

<p>3 Tossed Salad Spaghetti & Meatballs Broccoli Garlic Bread Fruit</p>	<p>4 Cole Slaw BBQ Ribs Roasted Potatoes Corn Bread Baked Pears</p>	<p>5 4-Bean Salad "Christy's Shake & Bake" Chicken Seasoned Potatoes Roasted Brussels Sprouts Cranberry Sauce</p>	<p>6 Turkey Waldorf Salad On Lettuce w/ Cucumber Sticks Sliced Tomatoes Bread</p>	<p>7 Cottage Cheese w/ Peaches Italian Chicken w/ Roasted Vegetables On Rice Mandarin Oranges</p>
<p>10 BUGBEE SENIOR CENTER CLOSED</p> 	<p>11 Tossed Salad American Chop Suey Green Beans Bread Fruit</p>	<p>12 Green Salad Baked Haddock Rice Pilaf w/ Vegetables Fresh Spinach Yellow Cake w/ Chocolate Frosting</p>	<p>13 Pickled Beets Macaroni & Cheese Stewed Tomatoes Green Beans Bread Fresh Pineapple</p>	<p>14 Cole Slaw BBQ Chicken Potato Salad Corn Bread Watermelon</p>
<p>17 3-Bean Salad Meatloaf Mashed Potato Carrots Bread Gingerbread w/ Topping</p>	<p>18 Roast Turkey w/ Gravy Cranberry Sauce Mashed Potato Peas & Onions Apple Crisp</p>	<p>19 Caesar Salad Chicken Parmesan On Linguini California Vegetables Garlic Bread Fruit Salad</p>	<p>20 Green Salad Roast Pork w/Gravy Mashed Potato Green Beans Applesauce Roll Peach Cobbler</p>	<p>21 Tossed Salad C & S Pizza Melon Mix</p>
<p>24 Cottage Cheese w/Chives Shepherds Pie Baby Carrots Bread</p>	<p>25 Green Salad Oven Roasted Chicken Cranberry Sauce Sweet Potato Mediterranean Vegetables</p>	<p>Beef Stroganoff On Egg Noodles Broccoli Bread Baked Apples w/ Whipped Topping</p>	<p>27 Cole Slaw Baked Ham w/ Pineapple Sauce Scalloped Potato Cauliflower w/Red Peppers</p>	<p>28 Corn & Bean Salad Hot Turkey Sandwich w/Gravy Mashed Potato Peas & Carrots Jell-o</p>
<p>31 Green Salad American Chop Suey Broccoli Roll Pumpkin Pie</p>	 <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>			