

## Killington Active Seniors February 2018 Newsletter

**“Love many things, for therein lies the true strength,  
and whosoever loves much, performs much, and can  
accomplish much, and what is done in love is done well.”**

Vincent Van Gough

It's February already...the month of love. My wish is that all of you give a little love this month and that a whole lot comes back to you. I understand that is how it works, so let's all give it a try.

A big thank you to Steve Finer for coming to talk to us. I have attached the CARE form (Citizens Assistance Registration for Emergencies) that Steve talked about just in case you have need of a copy. A question was whether or not to fill out the form if we have no health problems but do live alone. Let's say there is a blizzard and without power we have no communications for days. Steve assured me that filling out the form would not keep care and attention from another truly in need because of health problems. Please give this some thought.

Continuing with the theme of keeping ourselves safe, Noreen Binder, one of our group has ordered 20 Vial of Life kits from [Mediconefoundations.org](http://Mediconefoundations.org) and we will be giving them out at the weekly lunches on Tuesdays. It is a kit that comes with a form where you can record your medications and emergency numbers. It fits into a pill bottle that you keep in the refrigerator. They come with a magnet and a sticker so if emergency personnel arrive at your door they know where to find it. Several of us were talking and have decided to take this one step farther. We are going to copy the form and share it with a few friends of our own choice so that they, too, will have our emergency numbers. I will use myself as an example...Let's say I suddenly forget to show up at the Garlic on a Tuesday night or I arrive at lunch one day with my coat on wrong side out. These might be little signs that all is not well with me and I would want my friends to call my children. Now before anyone panics this is all voluntary and many of you would have no need because you are lucky enough to see your family quite often. It is just another tool of “Aging in Place”. We have 20 of these kits and will order more if needed. Please thank Noreen for not only thinking of this but for donating the first 20 kits.

OSHER Life Long Learning had a rough start in the first month of the winter term. The first lecture was canceled because of weather and the third lecture was canceled because the presenters were sick. However, we did enjoy two excellent lectures, one on Genomic Medicine, which is fascinating and one on opiate abuse in the elderly. The February theme is Vermont, Ever Changing, and the lectures are listed below:

- Friday, February 2<sup>nd</sup> Landscape Change and the Coming of the Interstate Highway
- Friday, February 9<sup>th</sup> Vermonters, Landscape, and the Idea of Home
- Friday, February 16<sup>th</sup> Freaks, Radicals and Hippies: Counterculture in 1970's Vermont
- Friday, February 23<sup>rd</sup> Red State to Blue State - The Story of Vermont's Political Change

Remember, the lectures are held on Fridays at the Godnick Center, start at 1:30 pm and cost \$5.

Our lunches continue on Tuesdays at noon at the Lookout and Joy continues to surprise us every week. During the month of February, I have invited the Killington Selectboard members to come and defend the new budget and I have also invited the individuals who are running for the Selectboard position that will be open since Chris Bianchi is not running for another term. When you vote on Tuesday, March 6<sup>th</sup>, I would ask that you pay particular attention to Article 7 that states the town should establish a new Reserve Fund that will put aside \$75,000 toward the replacement of the town pool and related facilities. This is not the official wording but gives you an idea of what it is about. The facilities there are important to the young families that go there every day and are important if we want to continue to draw young families to our town. It will add approximately a penny (\$.01) to our tax bills.

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Let me also remind you of the Public Informational Hearing on Monday, March 5<sup>th</sup>, 2018. The Little White Church will serve a pasta dinner between the School Board Meeting and the Town Meeting that same night. You will begin to see articles and notices around town regarding all of the above.

The library has a lot to offer this month. I will start with the movies:

Monday, February 5 <sup>th</sup>	Marshall
Monday, February 12 <sup>th</sup>	Last Flag Flying
Monday, February 19 <sup>th</sup>	LIBRARY CLOSED
Monday, February 26 <sup>th</sup>	Same Kind of Different as Me

Jane is also introducing, by request, a Saturday movie. The first will be Saturday, February 3<sup>rd</sup>, and is called **Mark Felt: The Man Who Brought Down the White House**. To make the Saturday movies extra special, they will be preceded by homemade soup at 11:00 AM. The soup will be made by Jane and we all know that Jane is an extraordinarily good cook.

The book club follows our luncheon on the last Tuesday of every month starting at 1:30 pm at the library. This month that will be Tuesday, February 27<sup>th</sup> and the book up for discussion is **SEASONS of the MOON** by Julien Aranda. This is available at the circulation desk. All of our previous book club selections are available in the reference room if you have missed one and want to partake.

Finally **Sip and Spell** is just around the corner. On Saturday, February 10<sup>th</sup>, you can come to the Summit Lodge and enjoy a pasta dinner and be a speller or be the audience. This is a spelling bee for adults and you can eat, drink and cheat while having fun with your friends. This is a fund raiser for the Viking Invasion that will be held here in Killington in September. This event starts at 6:00 pm and admittedly it is a first for Killington but I hear it is an event where other towns have had to rent stadiums to hold the event in subsequent years. I doubt that we will ever fill a stadium but you never know. See you there!

I am sorry to tell you that Jane Ramos's brother died recently. He had been dealing with severe health problems for quite some time. Please let Jane know that she and her family are in our thoughts and prayers.

An FYI regarding Medicare. Every Medicare beneficiary will receive a new ID number and card soon. Currently our Medicare numbers are based on our social security numbers and this a starting point for fraud. The following are things you should know:

- 1) These cards are free. There is no cost to beneficiaries.
- 2) They will be mailed out starting in April.
- 3) They will be mailed automatically.
- 4) They will be mailed to the Social Security Address currently on file.
- 5) They have no bearing on coverage or benefits meaning what you have now will stay the same.

On Saturday, February 10<sup>th</sup>, the Bridgewater United Church of Christ will serve their monthly breakfast starting at 7:00 am and ending at 10:00 am. The cost is \$5 and if you have never been it's probably one of the best breakfasts you will ever have. It is a fundraiser to defray the costs of running the church.

Noreen Binder and I attended a presentation on Senior Services in Rutland County held at the Castleton Community Center where the Castleton Seniors meet and have lunch. I was open mouthed and star struck because I love old historical houses and we were given a tour. In one of the rooms I said to Noreen "I could live in this one room". Anyway, we did enjoy the presentation and met many new people. We found out a lot of information and I will share more of that in the spring. But, the nicest

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thing happened. I received an email from the Director inviting the Killington Active Seniors to attend their Chinese New Year Celebration on Friday, February 16<sup>th</sup>, I have attached a flyer with this newsletter that explains more about it. I have accepted and will need to know by Monday, February 12<sup>th</sup> if you would like to go. As usual, we will meet at the Park & Ride and proceed to Castleton via carpool.

The answer to last month's riddle is "a map". Remember it was What has cities, but no houses? What has forests but no trees? What has water but no fish? I must tell you that Joan Bradley has never missed getting the answer to the monthly riddle. So, I will try my best to stop her winning streak. This month's riddle is: We hurt without moving. We poison without touching. We bear the truth and the lies. We are not to be judged by our size. What are we?

I am currently reading a new book given to me by my daughter Paige. It's called Younger by the Day 365 Ways to Rejuvenate Your Body and Revitalize Your Spirit by Victoria Moran. It's a book that's very easy to read because it has a section for every day of the year and each month has a theme. I'm already behind but on January 2<sup>nd</sup> the selection read in part. "It's a funny thing: all your life practically everybody is older than you and then one day most people are younger. It's like crossing the International Date Line, but it's an age line instead. On one side of the line there's you, along with the people your age and older. On the other side is everybody who thinks you're old. To see your age in a new light, it is necessary to stop thinking of anybody as old, think of everyone, yourself included, as ageless.... eternal even." Food for thought!

This is a very long newsletter and I have tried to highlight some things for easier reading. I probably should look into a different format but that might take more computer skills than I have.

Happy Valentine's Day! Please email me or call with suggestions. Thank you.

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802-422-2921

### **WALK LIKE A PENGUIN**

**When things get cold and icy,  
And your path looks kind of dicey,**

***WADDLE ON!***

**Keep your toes all pointed out-y  
Keep your knees all loosey-goosey**

***WADDLE ON!***

**Keep your hands outside your pockets,  
take short steps so you won't rocket.**

***WADDLE ON!***

**Take it slowly, holey-moley,  
So you won't fall down and roll-y**

***WADDLE ON!***

***A humorous reminder to take care and not fall***

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**A Reminder for Bone Builders**

**Bone Builders is held every Monday and Friday at the Library**

**from 10 to 11 am**

**Please call 422-3368 for information**

***Being strong and balanced keeps us from falling and if we do fall we heal faster***