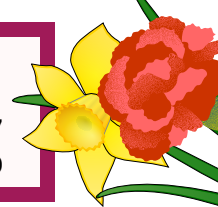




# SASH FLASH

## CONTACT US:

Call Josie at  
(541) 306-9797  
(802) 728-3310



KEEPING YOU HAPPY, HEALTHY AND CONNECTED!

APRIL-MAY 2021

## MEET OUR NEW SASH COORDINATOR - SHANNON!



Shannon (Anderson) Breer was born and raised in Vermont and is a graduate of the University of Vermont. She comes to us from Capstone Community Action in the Barre area where she was a housing counselor.

Her father, Mike Anderson, taught at Randolph Union High School for 24 years and started the wrestling program there. It was his home away from home.

Shannon enjoys activities such as running, snowshoeing, and playing on a year round Broomball league. Her two favorite places to be are anywhere with her family and at the beach on a warm summer day. Some of her favorite movies include A Christmas Story and Auntie Mame. Her favorite food is frozen yogurt -vanilla/chocolate twist in a cone with rainbow sprinkles.

She is excited to transition into the SASH Coordinator role and to be a part of the Randolph community.



## SPRINGTIME WORD SEARCH

S	L	L	U	N	N	I	F	L	O	W	A	F	S
H	L	R	H	D	A	P	T	R	R	O	F	E	U
S	M	A	A	E	A	B	L	O	O	M	L	R	N
O	W	I	D	T	D	F	O	B	M	A	O	O	S
O	E	A	G	B	H	S	F	I	U	D	W	W	H
R	E	L	U	D	A	A	S	O	S	F	E	B	I
N	U	O	A	S	A	O	W	A	D	O	R	U	N
B	I	N	D	F	N	W	T	B	R	I	S	L	E
O	S	R	F	P	I	L	F	L	R	G	L	B	S
E	I	P	S	D	S	R	A	I	N	A	R	H	E
B	L	P	I	O	B	L	U	H	M	R	A	O	I
B	B	B	U	L	U	L	H	I	E	D	B	W	F
B	I	W	I	A	U	S	S	G	L	E	R	R	D
E	E	D	G	H	S	T	M	O	T	N	E	F	L

GARDEN  
DAFFODIL  
FLOWERS  
BLOOM  
TULIP  
BIRDS  
THAW  
MELT  
SUNSHINE  
RAIN  
BULB  
GRASS



## COMMUNITY SUPPER PICKUP

Randolph area community members are invited to pick-up a community supper on **April 27th between 5pm and 5:30pm at Gifford's South Visitor Entrance.**

The dinner includes: glazed baked ham, mashed potatoes, vegetable medley (carrots, peas & corn) & spice cake. If you would like to sign up for a dinner please call Katya at (802) 728-2377 and leave your name, phone number, and the number of meals needed.

**The deadline to sign up for the supper is April 22nd.**

Many thanks to Bethany Church for sponsoring this month's supper!

## ALL FOR LAUGHS JOKE SECTION



Why couldn't the flower ride its bike? It lost its petals.

Why are frogs so happy? Because they eat whatever bugs them.

What creature is smarter than a talking parrot? A spelling bee.



## MORE CONVERSATION STARTERS FOR A CALL WITH A FRIEND

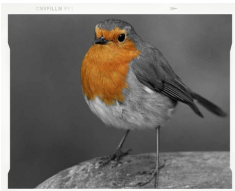
What are some signs of Spring that you have seen?

What are some of your favorite Spring activities?

Have you read any good books lately?

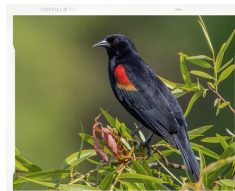


## THESE BIRDS ARE BACK IN TOWN! A SHORT GUIDE TO SPRING BIRDWATCHING



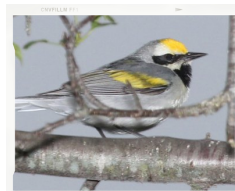
### American Robin

Robins are one of the first to return from the South and are recognizable by their distinctive red markings on their belly.



### Red Winged Blackbird

Red-winged blackbirds are also "early birds" back to the state in the early spring. Look for their name-sake bright red wing.



### Golden-Winged Warbler

Golden-winged warblers can be spotted by looking for their bright yellow cap and wing when the weather warms.

IMAGES VIA ONLYINYOURSTATE.COM

# THANK YOU!

TO OUR WONDERFUL AND DEDICATED VOLUNTEERS WHO MAKE COMMODITIES AND VEGGIE DELIVERIES HAPPEN 2X A MONTH. WE APPRECIATE ALL THAT YOU DO TO HELP SUPPORT OUR COMMUNITY!



## BORROW A TABLET OR LAPTOP FROM KIMBALL LIBRARY



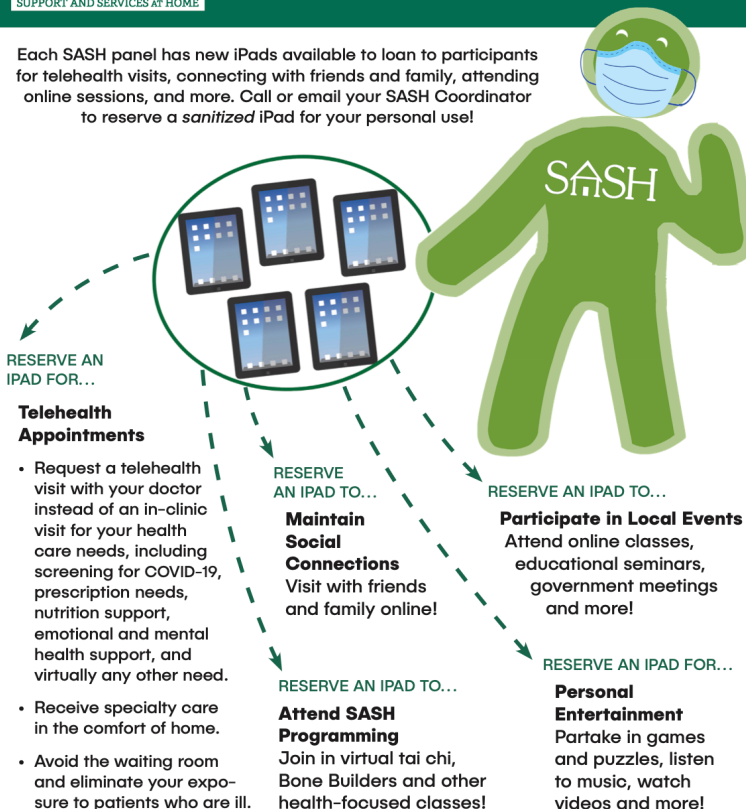
If you want to try ebooks or downloadable audio but don't have an e-reader or audio device, you can borrow one from the Library. Choose from an iPad or iPad mini, a Kindle Fire, or a Barnes & Noble Nook. The Library also lends laptops, internet ready and loaded with Microsoft Office and other standard software.

Contact us for more information:  
802-728-5073 or [info@KimballLibrary.org](mailto:info@KimballLibrary.org).



## iPAD LOANER PROGRAM

Each SASH panel has new iPads available to loan to participants for telehealth visits, connecting with friends and family, attending online sessions, and more. Call or email your SASH Coordinator to reserve a sanitized iPad for your personal use!



CONTACT:

Thanks to the Vermont Program for Quality in Health Care for making this program possible.

## RANDOLPH AREA FOOD SHELF HOURS

**Monday: 3:00PM - 5:00PM**  
**Tuesday: 1:00PM - 5:00PM**  
**Wednesday: 3:00PM - 5:00PM**  
**Thursday: 5:00PM - 7:00PM**  
**Friday: 3:00PM - 5:00PM**  
**Saturday: Closed**  
**Sunday: Closed**



Closed on federal holidays and when Orange Southwest School District (OSSD) schools close due to weather.

# MINI MINDFULNESS JOURNAL TEMPLATE

TODAY I HOPE  
FOR:

ONE GOAL FOR  
TODAY:

SOMETHING KIND I  
DID YESTERDAY:

3 THINGS I'M  
GRATEFUL FOR:

I'M PROUD OF  
MYSELF FOR:

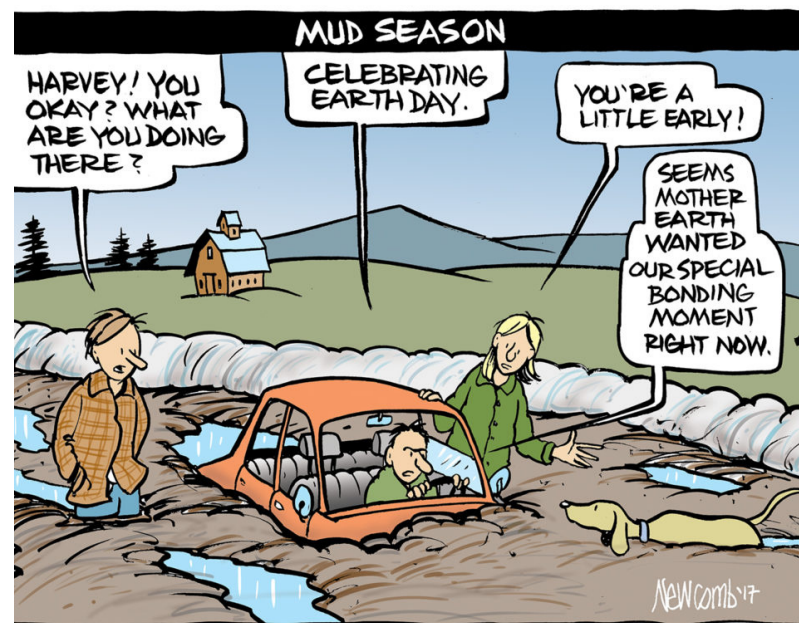
1)

2)

3)

## APRIL ART PROJECT WITH LYNN: BEAUTIFUL BUTTERFLY GARLAND

Lynn Petrucelli will be making kits with everything that you will need for this springtime craft that will be available in the common rooms starting Thursday, April 15. If you would be interested in participating please sign up on the sheet posted in the lobby by the 13th so Lynn will know how many kits to provide.



## SHAW'S CURBSIDE PICKUP OPTION

Shaw's now offers online ordering and curbside pick-up options. You may order your groceries online at their website: [www.shaws.com](http://www.shaws.com) and then park outside of the store at one of the designated "drive up and go" parking spots. A Shaw's employee will bring the groceries to your car.



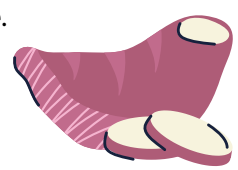
# TAKE A BREAK AND ENJOY COLORING THESE SPRING FLOWERS



# RECIPE: TALEGGIO SWEET POTATO GRATIN

## Ingredients:

- 1 large leek.
- 2 tablespoons butter.
- 4 large peeled sweet potatoes cut into 1/8 in thick slices.
- 4 oz. Taleggio cheese cubed.
- 2 teaspoons chopped fresh sage.
- 1/2 teaspoon chopped fresh thyme.
- 1 1/2 cups heavy cream.
- 1 teaspoon salt.
- 1 teaspoon garlic powder.
- 1/4 teaspoon black pepper.



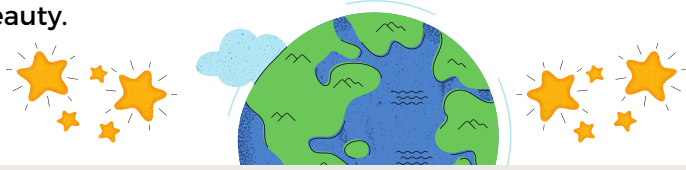
## Instructions:

- 1) Slice the leek and cook in 2 tablespoons butter for 5 minutes.
- 2) In a 2-quart baking dish, layer one-third of the sweet potatoes, half the leek slices, the Taleggio cheese, thyme, and sage. Repeat this layering step then top with remaining Taleggio cheese.
- 3) In a small saucepan combine heavy cream, salt, garlic powder and black pepper and bring to a simmer.
- 4) Pour over the potatoes and down the sides of the baking dish.
- 5) Bake at 375, covered for 45 minutes then uncovered for 45 more minutes. Cool 10 minutes before serving.

RECIPE FROM FAMILYCIRCLE.COM PROVIDED BY MARILYN

# A FEW KIND THINGS TO DO FOR THE EARTH IN HONOR OF EARTH DAY (APRIL 22)

- Pick up at least 3 pieces of litter you see out on a walk and put them into a trashcan.
- Purchase second-hand clothes from a thrift shop and/or donate clothes you would no longer like (it helps keep clothes out of landfills!)
- Spend some time outside enjoying nature and all of its beauty.



# COMING UP IN THE NEXT ISSUE OF SASH FLASH!

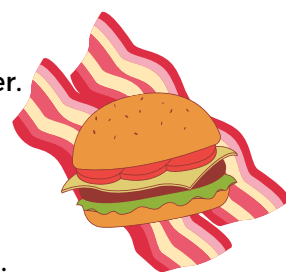
- Pet corner - features pets from our SASH community!
- Updates on the Randolph House construction.
- Community art ideas.

"SPRING: A LOVELY REMINDER OF HOW BEAUTIFUL CHANGE CAN BE" - UNKNOWN

# RECIPE: BACON CHEESEBURGER SOUP

## Ingredients:

- 3 slices bacon.
- 1 lb ground sirloin.
- 1/2 teaspoon ground black pepper.
- 1/4 teaspoon salt.
- 3/4 cup diced onion.
- 1/4 cup all-purpose flour.
- 4 cups skim milk.
- 1 can (14.5oz) unsalted beef broth.
- 1/4 cup ketchup.
- 2 tablespoons yellow mustard.
- 1 lb russet potatoes, peeled and diced.
- 8 oz package shredded extra-sharp cheddar.
- 1 medium-ripe tomato, diced.
- 2 scallions, sliced.



## Instructions:

- 1) In a large stockpot, cook bacon over medium to medium-high heat until crisp (5 minutes), turning occasionally. Remove to paper towels.
- 2) Crumble ground sirloin into pot and season with 1/4 teaspoon of the pepper and 1/8 teaspoon of the salt. Brown 4 minutes, breaking apart with a wooden spoon. Remove to a bowl.
- 3) Reduce heat to medium. Add onion and cook for 3 minutes. Sprinkle with flour and cook, stirring, 1 minute. Whisk in milk and broth. Increase heat to medium-high and whisk in ketchup, mustard, and remaining 1/4 teaspoon pepper and 1/8 teaspoon salt. Stir in diced potatoes and bring to a simmer. Cook 10 minutes.
- 4) Remove pot from heat and stir in cheese. Add ground sirloin back to the pot. Divide soup among 6 bowls. Crumble bacon. Top each serving with tomato, scallion, and crumbled bacon.

RECIPE FROM FAMILYCIRCLE.COM PROVIDED BY MARILYN

# FLOWERS WORD SEARCH

F	S	F	O	R	S	Y	T	H	I	A	M	S	O
L	C	T	U	A	D	L	C	S	M	L	L	U	T
L	V	A	I	L	L	E	M	A	C	P	A	C	R
D	A	F	F	O	D	I	L	I	L	R	S	O	I
M	S	A	S	C	I	L	L	A	I	I	N	R	L
P	D	A	O	S	S	Y	L	L	L	M	O	C	L
A	N	S	H	P	C	L	T	E	A	R	W	C	I
N	O	I	P	R	L	W	E	O	C	O	D	P	U
S	V	N	S	T	O	P	E	E	C	S	R	A	M
I	L	L	O	U	I	M	S	R	A	E	O	C	M
E	O	I	N	L	M	C	O	L	I	A	P	I	R
S	L	I	H	I	L	L	O	L	R	L	A	I	S
I	R	S	E	P	N	I	O	I	C	M	L	L	M
L	R	A	D	S	V	R	L	V	I	M	O	C	R

- DAFFODIL
- VIOLAS
- TRILLIUM
- SCILLA
- PANSIES
- SNOWDROP
- TULIP
- LILAC
- CROCUS
- CAMELLIA
- PRIMROSE
- FORSYTHIA

# CALL FOR VERMONT PUBLIC RADIO POETRY SUBMISSIONS

Vermont Public Radio has put out a call for submissions of poetry from community members in celebration of National Poetry month. These are to be original works of poetry that are written and then recorded with these submission guidelines:

- Be of yourself reading your original work.
- Be no longer than 15-20 seconds (roughly 40-45 words, depending on how fast you read).
- Include your name and town.
- Include the text of your poem.

If you would like assistance in recording your submission SASH is happy to help, please call the office to arrange a time. If you would like to submit a recording yourself it can be sent by email to: [community@vpr.org](mailto:community@vpr.org).

Here are a couple of examples to spark your creativity!

"I moved to Vermont in November

It was quite a year to remember

Alone without family and friends

I thought I would stay until the earth  
mends.

But the thought of another year of the  
unknown.

Encouraged me to gather my  
experiences of how I have grown and  
head home."

- Josie Newport



"Pandemic year gone by to a rebirth.

Drip Drip Drip  
Went the icicles  
Disappearing in the roof gutters

Chirp chirp chirp  
Went the robins  
Fluttering off to find worms

Hi, hello, how are you?  
From corner to corner of our world.

And how about yours?  
Are things getting back to 'normal'  
A new meaning of 'normal'  
One day at a time...we will get there"  
- Lynn Petrucelli



## COMMUNITY WALKING CHALLENGE - LET'S WALK TO MONTPELIER!

SASH is issuing a walking challenge! We want to try, as a community, to walk a total of 26 miles (137,280 feet) combined (the distance between Randolph and Montpelier).

As you walk around the building or out in the community keep track of your distance on a sheet of paper and we will collect total distances at the end of May. Nobody else will know how much you walked, just the total of everyone together. It doesn't matter how far you walk but every little bit helps towards the grand total!

If we can reach this goal together by the next issue of SASH flash in June all who participate will get a fun treat!

### Some examples:

**1 floor (back and forth) at Randolph House** - 200 feet (plus stairs add 40 feet).

**1 floor (back and forth at Red Lion** - 175 feet (plus stairs add 50 feet).

**Randolph House to Rite Aid and back** - 950 feet.

**Red Lion to Rite Aid and back** - 1,056 feet.

**Randolph House to Shaw's and back** - 9,504 feet.

**Red Lion to Shaw's and back** - 9,504 feet.