

YOUR SASH TEAM

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May Birthdays

Donald B 5/03
Michael T 5/07
Patricia B 5/10
Fred S 5/15
Gudron S 5/17
Henry W 5/18
Jean C 5/19
Viola R 5/28
Shirley C 5/31

The May birthstone, **emerald**, was one of Cleopatra's favorite gems. It has long been associated with fertility, rebirth, and love. Ancient Romans went so far as to dedicate this stone to Venus, the goddess of love and beauty. Today, it is thought that emeralds signify wisdom, growth, and patience.

[Birthstones by Month: Colors & Meanings | What's Your Birthstone? | The Old Farmer's Almanac](#)



MAY 2021

HAPPY MOTHER'S day to all the mom's out there.

There will be no TAI CHI the week of May 3rd, due to training purposes.

We will be starting a walking group at Butterfield Commons, if it goes well we are thinking of starting one in Wilmington. Anyone interested please call the office.

It's that time of year for TICKS! Please check yourself and pets when coming in from outside.

With signs of spring slowly but surely appearing, many Vermonters are planning their vegetable gardens so they can grow food all summer long.

MAY is Mental Awareness Moth:

You are not Alone:::::Call the NAMI Helpline at 800-950-NAMI

Or in a crisis, text "NAMI" to 741741

Did you know that 3SquaresVT benefits can be used to buy vegetable and fruit seeds and plants at any retailer that accepts EBT? Growing some of your own fruits and vegetables can be a rewarding way to put fresh food on your table and an opportunity to stretch your food budget.

Not enrolled in 3SquaresVT? 3SquaresVT is an important federal nutrition program that can help households buy food! It can be used at grocery stores, convenience stores, co-ops and many farmers markets. Benefits are given to you each month on an EBT (electronic benefits transfer) card, which works like a debit card. Even if you've never been eligible for 3SquaresVT before, please know this program is here for you and your family

Visit dcf.vermont.gov/benefits/3SquaresVT to apply.

If you need help applying, dial 2-1-1 or text 'VFBSNAP' to 855-11. If you are 60 or older, call the Helpline at 1-800-642-5119 for personalized assistance.

To find out more about 3SquaresVT eligibility or using benefits to buy seeds and plants, visit vermontfoodhelp.com.

If you want to learn more about Fraud or **SCAM**

Building Bridges to Services for Older Vermonters is a collaborative project funded from federal Victims of Crime Act money, received through the Vermont Center for Crime Victims Services. For more information on Building Bridges, please contact marichel@vermontelders.org