

August Newsletter



Gratitude helps shift attention away from what is lacking and encourages appreciation for what you already have.

You can make gratitude a habit by taking a few minutes each day to reflect on what you're thankful for.

Gratitude is a positive emotion that involves being thankful and appreciative and is associated with several mental and physical health benefits.

Practicing gratitude can significantly enhance your mental well-being, improve relationships, and promote a more positive outlook on life.

Some of the benefits of gratitude that researchers have uncovered include:

- Better sleep
- Better immunity
- Higher self-esteem
- Decreased stress
- Lower blood pressure
- Less anxiety and depression
- Stronger relationships
- Higher levels of optimism
- Greater life satisfaction

Challenge yourself during the month of August to practice gratitude.
What benefits will you experience?

Fun Facts

WHY GRATITUDE WORKS

GRATITUDE IS AN EASY AND EFFECTIVE WAY OF RETRAINING YOUR BRAIN. IF YOU **FOCUS ON THE GOOD**, SOON YOU WILL SEE MORE, ENJOY MORE AND APPRECIATE MORE.

LIGHTS UP THE BRAIN'S REWARD PATHWAY

Thinking about other people doing nice things floods the brain with positive chemicals and sparks brain activity critical to sleep, orgasms, mood regulation and metabolism.



LESSENS ANXIETY AND DEPRESSION SYMPTOMS

Challenging negative thought patterns, helps to calm the anxious and boost the moods of those who are depressed.

SHIFTS THE HEART RHYTHM

Increases coherence of body functions, which facilitates higher cognitive functions, creating emotional stability and facilitating states of calm.



INCREASES HEART RATE VARIABILITY

Heart patients who practice gratitude show better moods, better sleep, less fatigue and lower levels of inflammatory biomarkers related to cardiac health.

Gratitude
is strongly and
consistently
associated with
**GREATER
HAPPINESS**

IMPROVES PHYSICAL HEALTH

Strengthens the immune system, lowers blood pressure, reduces symptoms of illness, and makes us less bothered by aches and pains.



INCREASES SOCIAL CONNECTION

You can feel greater connection and feel more satisfied with friends, family, school, community and yourself.



INCREASES RESILIENCE

Helps you bounce back from stressful events and helps you deal with adversity by acting as a buffer against internalising symptoms.



August 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TOPS: Take Off Pounds Sensibly For more information about the TOPS weight loss program, please call Barbara Patridge at 802-695-8852 					1 9:00 Arthritis Exercise	Senior Meals: Mon-Fri at 12:00 pm \$4.00 donation appreciated Call 802-748-5467 for more information 
	4 1:00 BINGO 	5 9:00 Arthritis Exercise 10:30 Bud Stevens  1:00 Mah Jongg 	6 1:00 Cribbage 	7 9:00 Tai Chi 6:00 TOPS Weight Loss	8 9:00 Arthritis Exercise 10:30 Book Club	
	11 1:00 BINGO 	12 9:00 Arthritis Exercise 1:00 Mah Jongg 	13 10:30 Crafting Buddies 12:00 Pasta Luncheon w/ Music from Craig Galkins 	14 9:00 Tai Chi 10:30 Hymn Sing  6:00 TOPS Weight Loss	15 9:00 Arthritis Exercise	
	18 1:00 BINGO 	19 9:00 Arthritis Exercise Foot Clinic 1:00 Mah Jongg  1:30 Memoir Writers	20 1:00 Cribbage 	21 9:00 Tai Chi 6:00 TOPS Weight Loss	22 9:00 Arthritis Exercise	
	25 1:00 SUPER BINGO BINGO!	26 9:00 Arthritis Exercise 1:00 Mah Jongg 	27 1:00 Cribbage 	28 9:00 Tai Chi 6:00 TOPS Weight Loss	29 9:00 Arthritis Exercise	



Good Living Senior Center

1207 Main St. St. Johnsbury, Vermont 05819
 802-748-8470 Goodliving@vtlink.com
 Kimberly White - Executive Director

Upcoming August Special Events & Activities



Bud Stevens

Tues., August 1st at 10:30a.m.

Come sing along with Bud as he performs all your favorite country songs.



Old-fashioned Hymn Sing

Thurs., August 14th at 10:30 a.m.

Come sing your favorite Hymns accompanied by Deborah Hampson on the piano.



Crafting Buddies

Wed., August 13th at 10:30 a.m.

Let your creative juices flow while working alongside your fellow crafters. New craft each month!



Foot Care Clinic

Tues., August 19th -

Reservations required

Treat yourself to professional foot care offered by Bev Sinclair, RN



Pasta Luncheon w/ Live musical entertainment - Craig Calkins

Wed., August 13th at 12 noon

Join us for a wonderful homemade Pasta Luncheon - menu includes pasta, salad, rolls & dessert.

Live music supplied by Craig Calkins - all your favorite tunes from the 50's, 60's 70's and more!

Suggest a \$6.00 donation

Your donations help support future events/trips.



Upcoming Events

Reserve your spot now!

Foot Clinics

Bev Sinclair, RN, will be offering Foot Clinics on

Tuesday, August 19th

Tuesday, September 23rd

Tuesday, October 21st

Tuesday, November 18th

Tuesday, December 23rd.

Includes: Foot soak, nails trimmed, foot massage & wellness check.

Fee: \$40/visit

Call 802-748-8470 to reserve your appointment time

Luxury Motorcoach Trip

Fryeburg Fair Day Trip

Tuesday, September 30th

Depart from St. Johnsbury on a restroom equipped Motorcoach for the famous Fryeburg Fair @ 8:00 am.

Enjoy Senior Day at the Fair and depart for home by 3:00 pm with memories of a fun filled adventure!

(Entry to the Fair Is FREE for all Seniors this day.)

Fee: \$40/person

(Due with reservation - non- refundable - limited seats available)

Call 802-748-8470 for more information

Amazing Seniors



Al, 88 years young, has been a resident at the St. Johnsbury House for 19 years as of this August. He describes it as a “nice place to live with lots to do.”

Al states that he worked with kids for 65 years. Although he never married, he claims to have over 2,300 children!

Al is well known in the area for his involvement in sports - scoring and announcing at all the local baseball events. He was even honored with an induction to the VT Hall of Fame for his work with Vermont Little League. To this day, he never misses a game!

Al has been a proud active member of the Corpis Cristi Church.

We are lucky to have Al as this month's Amazing Senior!

Al “Scoop” Dunn

Gratitude

V E T M N E E Z H B L U F E T A R G Z P P N D S J
 N Y V Q X E H V K L L X I X O K J C B N M D L G
 D F N J P S B N K Y F L D N I K S M P Q N P I N
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 E V J I E E U F R J U T N A T P C N I B E T E R
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 B A X A A Q V I L I P I D T A U L D T O P R Q O
 R C A F R K O W P E P L I C F N A B B X P V F V
 H J T L U N J P T G D T I Y Y X K B O Y A U B G
 S F F D O T A G G C A G O M C T R F T K S M L L
 C R A O C H S N H R W J E O E J S C U H P N U E
 H Y X M N C I I G P C K M E J N E E A L X F F T
 C U L N E V E K O L G P X U A P T R N C C H T G
 F A S P O A I E O K A C O G S Y I F B O K J H G
 X X R L V X I Y F S I A U E L N F J S B H K G N
 G Q J I A H A H S T L N R I G Q E G Z Y Z S U Q
 C T B Z N L Q I E B L Z M P Q J K E N J L D O H
 W Y J O T G O D A R G A S G Y O A N A Z N M H G
 S J Y Y T N Z H K W F X Z H A D A F K K V D T O

satisfaction
 volunteering
 acknowledge
 appreciate
 compassion
 compliment
 thoughtful
 encourage
 good deed
 gratitude
 happiness
 grateful
 thankful
 excited
 friends
 honesty
 loyalty
 obliged
 respect
 sharing
 caring
 esteem
 family
 joyful
 loving
 gift
 kind





Passumpsic Bank

Scams to watch out for in 2025

Staying informed about fraud and scams can seem overwhelming, but the good news is, we're here to help!



Bank Phishing

Attempts to collect personal and sensitive information (SSN, Bank Account number, PIN, Security question answers), which is typically used to steal someone's identity.

The perpetrator claims to be calling from a person's bank and requires account information to re-activate their account.

NEVER give account information to unknown callers! Don't respond to emails that request this information!



Stay Informed! To learn more, visit:

www.passumpsicbank.com/fraud-alerts

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About Good Living Senior Center

Our mission is to develop, strengthen and provide services that support the health, dignity and independence of older adults living in our communities.

The Good Living Senior Center is a place where you can spend time with friends, share what you know and learn something new, join a discussion group, see a movie, take a Tai Chi or fitness class, play a game of bingo, cribbage or Mah Jong, attend a lecture, go on a day trip, join in special events and much, much more.

It is conveniently located in the St. Johnsbury House on Main Street and ALL seniors in the NEK are welcome to attend any of the activities and trips offered at the Center. Call us or go online to learn more and sign up to receive a newsletter each month.



We urge you to come and enjoy all the good times we have. Make sure to bring a friend, a relative, or a neighbor.

This newsletter is made possible by Community Bank, NA & Passumpsic Savings Bank. Thank you!



When you donate to the Good Living Senior Center, you make it possible for older adults living throughout the Northeast Kingdom to use our programs and services for free or at low-cost. To donate by check, please mail to Good Living Senior Center, 1207 Main Street, St. Johnsbury, VT 05819. We appreciate your consideration and support!

Our organization is a 501(c)3 organization. Donations are tax-deductible to the extent allowed by law.