

Month of Hope

“A whole stack of memories never equal one little hope.” - Charles M. Schulz

The National Day Calendar has the month of April being National Month of Hope. Hope comes in many forms, personally and reaching outwardly to those needing verbal encouragement, instruction, gifts, or just spending time together.

The observance has been observed since 2018 and was started by the Florida organization, Mothers In Crisis, Inc. which “supports women and families who are in need bringing them hope and empowering them to find a new path.”

In these uncertain times, most everyone knows someone – family member, friends, co-workers, neighbors, etc. – who could use help in their lives. And maybe we have helped give hope to others in the past.

I remember reading this quote about hope from President Barack Obama: “Hope is that thing inside us that insists, despite all the evidence to the contrary, that something better awaits us if we have the courage to reach for it and to work for it and to fight for it.”

We can all give hope to those who think all is lost. Giving hope doesn't take a lot of effort. Perhaps just a spark, a conversation, to help someone reach up from the bottom, to help on their way back to the top.

If you see a reason to give someone hope, don't ignore it. You might also seek out opportunities to do so. Spread the word that someone needs help and if you can't help, perhaps someone else can.

A good friend of mine has made it his mission to be a Good Samaritan in the second half of his life. He has provided me with many examples of his good deeds – buying water for homeless people, helping stranded motorists change a flat tire, buying lottery tickets for people who might get lucky and win that extra cash that they might need, etc. He is an inspiration.

So in this Month of Hope, go help. And maybe you can make it a habit throughout the year.

*-Kevin Burnham, Boothbay Registry,
April 14, 2025*

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(last day is April 17th)

SASH Events This Month

Days	Event	Time
Tuesdays & Fridays	10 Minute Seated Strength & 15 Minute Seated Yoga Class- Join Amy in the 2 nd floor community room for a quick, easy warm-up before following a 10 minute seated strength class, ending with 15 minutes of seated yoga.	11am
Thursdays (except 4/23)	Activities with Dawn- Meet Dawn in the 2 nd floor community room, activities to be determined! 4/2 we will be using modge podge and floral napkins to create decorative jars to be used at the Square Dance Fundraiser (yours to keep after that!)	3:15pm
Wednesday 4/8 & 4/22	Moover Shopping Trip- Please call the Moover to register if you would like to join the group (802)460-7433. Ask to talk to a dispatcher and let them know you would like to sign up for the Townshend Shopper and they will make sure you have all the information you need.	10:30am
Thursday 4/23	Food Bank- Truck usually arrives between 10a-11a. If you are interested in receiving a commodity box, talk to Amy in the SASH Office or call 1-800-214-4648 to apply. Fresh produce is available to all residents regardless of qualification for commodity boxes!!	Around 10:30am
Wednesday 4/29	DASH Diet Test Kitchen- The recipes we will be testing are in honor of National Soy Foods Month, so we will be cooking One Pot Creamy Broccoli Soup with Tofu and Keto Cinnamon French Tofu Sticks. As always, I won't be testing the recipes ahead of time!	3:00pm (2 nd floor community room)
Friday 4/10	Spring Fling Square Dance Fundraiser for Valley Village- Event is being held at Dutton Gym. Dawn, Carrie and Amy will be using the van to assist any residents who would like to attend. Please let one of us know in advance if you would like a ride!	6:30p-9p
Wednesday 4/15	Share Your Story Social Hour- for this social hour, we will be sharing stories from our lives with each other. Write one down to read, be inspired to tell a tale after listening to others, or just sit back and listen!	3pm