

Sandwich Month, Hazel Style

By Alicia Armstrong, RDN, LD, CDCES

August is National Sandwich Month, and it's the perfect time to rethink this classic meal. Skip the deli meat—often high in sodium and saturated fat—and try nutritious, homemade fillings that support healing and health.

Try Ezekiel Sprouted Grain Bread (found in the freezer section) as your base. Even one slice is enough for an open-faced or mini sandwich.

Easy, Healthy Fillings:

- Tuna Salad: Use tuna in water, drain, add olive oil, herbs, and chopped celery or sun-dried tomatoes.
- Egg Salad: Hard boil eggs, chop, and mix with olive oil, garlic powder, and herbs.
- Chicken Salad: Use chopped cooked chicken, olive oil, grapes, and walnuts.

Add fresh toppings like arugula, tomato, peppers, onions—or even fruit slices for a sweet twist. For spreads, skip the mayo and try pesto, hummus, or olive oil with garlic.

Pair with fruit and a glass of water for a refreshing, nourishing meal.

HAZEL'S LUNCHBOX FAVORITE

My daughter Hazel loves her tiny sandwiches made from Ezekiel bread with unsalted Teddie peanut butter and blueberry fruit spread. On weekends, she helps crack eggs for breakfast sandwiches topped with cheddar, pesto, and veggies—her new favorite!

She even danced in the rain after picking her first ripe blackberry of the season. 💜

Real food, real joy—one sandwich at a time.



3Squares VT: Putting
Healthy Food on Your Table!

An easy way to reduce your food budget
and put food on your table. Call us to
obtain help with applying.
1-800-642-5119

60 Years of Support—and Still Here for You

Did you know Area Agencies on Aging have been serving older adults for 60 years?

Here in Vermont, the Northeast Kingdom Council on Aging (NEKCOA) is proud to be part of that legacy—helping older Vermonters live with dignity, choice, and connection. From Newport to St. Johnsbury to Island Pond, we meet people where they are, providing services that support health, independence, and peace of mind.

Some of the ways we help include:

- Information & Referral: Our Helpline (800-642-5119) connects you to the right resources—fuel assistance, housing help, 3SquaresVT, and more.
- Case Management: Personalized support to navigate health, safety, and aging at home.
- Home-Delivered Meals: Nutritious food brought right to your door, with a friendly check-in.
- Caregiver Support: Help for those caring for loved ones, including respite, support groups, and training.
- Wellness Programs: Tai Chi, exercise classes, fall prevention workshops, and more.
- Medicare & Insurance Help: Unbiased guidance from trained counselors.
- Tech Support: Help using phones, tablets, or computers to stay connected and support for lowering costs.
- Volunteer Opportunities: Be a neighbor helping neighbors!

If you already know about us—thank you! But we don't want to be the Northeast Kingdom's best kept secret. We'll leave that honor to the hidden waterfalls, covered bridges, and forest trails.

So if someone you know might benefit from our support, please pass this newsletter along. You never know who might need a hand—and we're here when they do.

Hey, did you know?

In 1903, St. Johnsbury's Athenaeum became one of Vermont's first publicly funded libraries—thanks to Horace Fairbanks. It offered not just books, but art and inspiration for all. At NEKCOA, we carry on that spirit—supporting lifelong learning, connection, and access to trusted resources for older Vermonters every day.

Learn Something New—Right from Home with GetSetUp!

Looking to stay sharp, meet new people, or just try something fun? GetSetUp offers hundreds of free, live online classes specifically designed for older adults. You can join from your computer, tablet, or smartphone—right from the comfort of home!

Classes include:

- How to use Zoom, smartphones, or email
- Cooking, photography, and creative writing
- Tai Chi, gentle stretching, and chair yoga
- Brain health, managing stress, and healthy aging
- Even social hours and trivia games!

All instructors are older adults too, so they understand your pace and interests. Whether you're new to technology or ready to master something new, there's something for everyone.

Sign up today at www.getsetup.io/partner/vermont

Classes are **FREE for Vermonters** thanks to the Vermont Department of Aging.

Have questions or need help getting started? Call our Helpline at 800-642-5119 Email us at info@nekcouncil.org.

Does Your Caregiver Need a Break?

Sometimes the people who care for us the most are the least likely to ask for help themselves. If you have a loved one, friend, or neighbor who helps you with daily tasks, appointments, or emotional support—they might be carrying more than they let on.

At the Northeast Kingdom Council on Aging, we offer programs that support them too—like respite services, dementia support, and caregiver groups.

A little break can make a big difference.

Call 800-642-5119 or email info@nekcouncil.org.

We're here to help—because caregivers deserve care, too.

GetSetUp



Gilligan's Island

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

WORD BANK

Skipper
Stranded
Professor
Water
Gilligan
Lovey
Movie Star
Trees
Castaways
First Mate
MaryAnne
Island
Ginger
Bamboo
Millionaire
Jonas Grumby



How Has Your Meals Driver Changed Your Life?

For many in our community, home-delivered meals are about more than just food—they're about connection, comfort, and kindness.

Has a Meals on Wheels driver brightened your day? Helped in a moment of need? Simply made you feel seen?

If you have a story to share, we'd love to hear it.

Please contact Melinda at mmartin@nekcouncil.org or call our Helpline at 800-642-5119 and share your experience. ❤️

Your story could inspire others—and help show the heart behind every delivery.

Classic TV Trivia

Gilligan's Island first aired in 1964 and quickly became a beloved part of American pop culture.

Trivia Question:

What was the real name of "The Skipper"?
Think you know? We'll reveal the answer in next month's edition of The Scoop! Stay tuned, castaways! 🌴

Riddle Me This! The more you take, the more you leave behind. I'm silent, but I tell a story. I can be small or deep, and sometimes even disappear. What am I?

Think you know the answer? We'll reveal it in next month's edition of The Scoop—stay tuned!