

P.O. Box 508  
Richmond, VT 05477  
January 3, 2023

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Josh Arneson, Town Manager  
Town of Richmond  
P.O. Box 285  
Richmond, VT 05477  
Dear Josh:

This is in response to your email regarding the current lease of the small office space on the 3<sup>rd</sup> Floor of the Town Center Building ending on May 10, 2023.

In accordance with the Lease Agreement between the Town of Richmond and the Community Senior Center, we are requesting a renewal of the lease under the same terms. If the Town believes a longer term lease would be more appropriate for administrative reasons, we would be amenable to that as well.

The office space serves as a significant benefit in providing a secure area for our equipment and for facilitating our administrative and communications work. Our efforts have led to an increase in the number of senior participants as well as the number of activities we now offer for health and wellness, social contact, learning and developing skills. For specifics, please refer to the enclosed CSC Annual Report which we just finalized for inclusion in the 2022 Richmond Town Report.

We support all this from fund-raising rather than seeking financial assistance from town tax revenues. We also appreciate the town's show of support by providing the small office space at no cost.

Please let us know whether the Town of Richmond will continue to support our work for senior residents by renewing the lease, and how you would like to proceed.

Also, we would be happy to meet with the Town Center Committee, the Selectboard or both on the benefits that we provide our senior residents and those we derive from the office space.

Sincerely,

Jane Vossler, Chair  
[jane@cscvt.org](mailto:jane@cscvt.org)

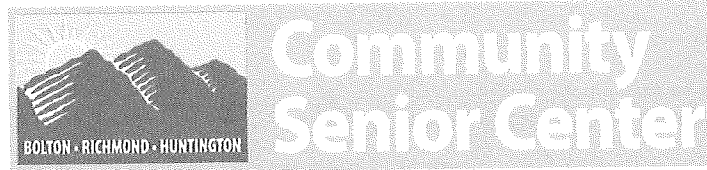
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## ***2022 Annual Report to our Towns***

### **Doing More for More Seniors**

We're extremely pleased that we were able to return to a full schedule of programs and activities in 2022. We did so with some prudent health precautions. Our policy continues to require masking when people are in close proximity in large groups or traveling in carpools. Many seniors also "mask-up" voluntarily. None of the health measures deterred enthusiastic participation, however. Our seniors were highly motivated to re-connect with friends for the activities they like. In fact, well over 500 area seniors engaged in learning programs and activities both on-line and in-person, and that's more than ever.

Of course, the easing of public health mandates helped boost participation. But we've also done several things that prompted more seniors to enjoy what we make available. These are some of the initiatives we've put in place to make that happen:

#### **More activities and more volunteer leaders.**

On average, our seniors have had over 30 different ways each week to improve wellness, stay active, learn and socialize. Even with those numbers, our board and our activity leaders seem to be on a constant quest to find new things that appeal to more seniors with different interests. Also, when one of our seniors suggests a new activity, we pursue it.

Making new activities a reality involves identifying others with a similar interest and finding someone to lead and coordinate the activity. The work continues to pay dividends, in the form of a growing activities menu and a cadre of volunteer activity leaders that now stands at 47! Their work has resulted in these new activities in 2022:

- Ukuleles: learn, have fun and strum along with a group.
- Communal Garden: thanks, Richmond Community Garden, for help with the grant.
- Co-Ed Softball: *non-competitive*, just fun to play -- or watch!
- Weight Loss Support: helping each other in an on-line group.
- Tai Chi for Arthritis: try it!
- Writing Class: tips and discussions for aspiring writers, poets and novelists.
- Huntington Coffee: weekly coffee and conversation now in all three towns.
- Canasta: a great addition to social games.
- Grief Support: another group resource for help in difficult times.
- Balance Training: basic to good health and staying active, and it's on-line.
- Richmond Singers: this exuberant group lifts your spirits while lifting their own!

**Optional activity fees open the door to more seniors.**

Some activities have a cost to the CSC. Examples include professional instructors for line dancing, and rental fees for bowling. In the past, we suggested a contribution for participants to cover those costs. Thanks to our donors, we now make the fees completely optional and cover any shortfall. This opens the door to those whose personal circumstances get in the way of contributing a fee, and we do it in a way that protects their privacy.

**On-line format engages seniors from home.**

One resource we kept from the COVID isolation era is the on-line format for learning programs and certain activities. It lets seniors enjoy so much without having to leave home. The format works well for speakers' programs and activities like meditation, and support and discussion groups. Seniors also connect for our Story Circle, sharing meaningful and humorous episodes from their lives. We also offer "hybrid" on-line and in-person activities to accommodate as many seniors as possible.

**Foot clinic helps many.**

Thanks to Richmond Family Medicine and volunteer RNs and staff, the CSC-coordinated foot clinic helps those seniors unable to get basic foot care. Voluntary contributions help cover the cost of supplies.

**Friends and neighbors fund the budget for all we do.**

The CSC does not draw on our towns' tax revenues. Donors provide the \$29,500 we budget for equipment, facility rentals, and fees for speakers and professional activity leaders. This budget also lets us update seniors on what's available: Our weekly newsletter reaches over 800 email addresses; our ad in *The Times Ink* delivers activities and programs news to thousands, our YouTube channel carries the CSC's learning programs, and our website tells our full story. Just as importantly, our leaders and participants spread their personal enthusiasm for all we do.

**Our towns and organizations are our "Center."**

We thank our towns and local organizations for the spaces they provide for activities either free or for a small cost. Because we have no physical "center" to maintain, we can dedicate the vast majority of our budget and energy to programs, activities and initiatives, all focused on doing more for more seniors.