



**News, notes, updates, events and more!**

## *MEALS ON WHEELS*

Within SVCOA's Nutrition Program is the well-known Meals on Wheels initiative, which SVCOA administers locally in southwestern Vermont.

SVCOA's Meals on Wheels effort provides hundreds of thousands of healthy, nutritious meals to older Vermonters each year – including both home-delivered and community-based meals. Not only do these meals play an integral role in supporting those who are most nutritionally insecure, but they also provide a range of additional benefits that can be equally important. With each home-delivered meal comes a general health and wellness check, as well as social interaction that is valued by both meal recipients and Meals on Wheels volunteers.

Meals on Wheels depends on participant contributions to help support the program. Voluntary contributions are encouraged, although no one is denied a meal due to the inability to donate. Family members can donate on behalf of an individual (please contact your local provider).

**A person is eligible for Meals on Wheels:**

**If the individual is age 60 or over and unable to obtain or prepare meals on a temporary or permanent basis due to:**

- a physical or mental condition**
- lack of or inadequacy of facilities**
- inability to shop, cook or prepare meals safely**

**Also eligible:**

**Also eligible are the spouse, regardless of age, of eligible individuals; and individuals under 60 years of age with a disability, who reside with an eligible individual.**

**Preference will be given to individuals who are low-income, minority, limited English proficiency and at risk for institutional placement.**



# WE OFFER THERAPEUTIC MEALS!

All meals contain 1/3 of the Daily Recommended Allowances for adults age 60 and older and comply with the Dietary Guidelines for Americans.

Therapeutic meals – defined as meals that are approved by a Registered Dietitian to provide specific nutritional requirements that address an identified disease, clinical condition, or nutrition diagnosis.

Visit our website to learn more about therapeutic meals and food safety and sanitation videos- <https://svcoa.org/nutrition-services>

## SVCOA Meals on Wheels



### Heart Healthy Nutrition

Developed 2021

#### Importance of Heart Health

Eating a balanced diet while managing your fat and sodium intake play a crucial role in heart health.

Changes in your heart can occur as you age. Adults 65 years and older are more likely to have a heart attack, stroke, or develop heart disease.

#### Cooking Tip

Use herbs and spices to add flavor to your food in place of salt. Taking steps to lower your sodium intake will help lower your blood pressure. A lower blood pressure puts less stress on the heart.

#### How Meals on Wheels Can Help

Meals on Wheels's regular/heart healthy meals contain less than 800 mg of sodium, less than 15 g of fat, and limits trans fats. Menu items can vary greatly in sodium content depending on preparation methods, but we strive to serve you delicious meals within these guidelines and limit the use of highly processed ingredients

Meals on Wheels can keep your heart healthy by serving you low sodium, low fat, delicious meals.

#### Foods to Limit



- Avoid too much sodium. Sodium is found in salt. Limit processed meats, canned soups and breads



- Limit saturated fat. Saturated fat is found in animal products like butter. Limiting intake can help lower heart disease risk.

#### Foods to Increase



- Omega-3 fatty acids found in fish and flax seeds can help lower blood pressure



- Unsaturated fat is found in plants. Using olive oil to cook in instead of butter can help lower your cholesterol



#### Contact Us!

Administrative Office:  
143 Maple Street Rutland, VT 05701  
ph: 802-786-5990



Interested in free nutrition counseling provided by our contracted Registered Dietitian? Call the HelpLine to learn more: 1-800-642-5119



Visit: [www.heart.org](http://www.heart.org) and [www.svcoa.org](http://www.svcoa.org) for more resources

## SVCOA Meals on Wheels



### Diabetic Nutrition

Developed 2021

#### What is Diabetes?

- Type 1 Diabetes occurs when your body can not make insulin which causes sugar to stay in the blood.
- Type 2 Diabetes occurs when your body can not properly process sugar into energy.

#### If Not Managed Diabetes Can Lead To:



Increased risk of heart disease or heart failure



Possibility of having a stroke



Vision impairment and loss of ability to use legs and arms

#### Ways To Manage Diabetes



- Eat complex carbohydrates. Foods to include: Brown rice, oatmeal, beans, peas, and nuts



- Make sure you are eating enough protein. Foods to include: Lean meats, poultry, seafood, eggs, peanut butter



- Eat plenty of fruits and vegetables each day



- Drink at least 8 glasses of water each day

#### How Meals on Wheels Can Help

Meals on Wheels provides diabetic meals that contain no more than 75 grams of carbohydrates per meal.

#### What does this look like?

3 oz baked chicken (~0g carbs), 1 medium biscuit (27g carbs), 1/2 cup sweet potato (20g carbs), 1 small orange (11g carbs), 1 cup side salad (~0g carbs), 8 oz milk (12g carbs). The carbohydrates in this nutritious meal totals 70 grams.

The diabetic meals that you receive from Meals on Wheels help you manage diabetes due to their consistent carbohydrate content, which helps limit high blood sugar spikes.



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Visit: [www.diabetes.org](http://www.diabetes.org) and [www.svcoa.org](http://www.svcoa.org) for more resources





## Renal (Kidney) Nutrition

Developed 2021

### Importance of Kidney Function

Your kidneys filter your blood and produce urine. In kidney disease, your kidneys function less optimally, which can result in toxins building up in your blood. Following nutrition guidelines and taking your medication as prescribed can help you maintain your current level of kidney function and prevent kidney disease from getting worse.

### Fluid and Protein Management

It's important to manage fluid and protein intake if you're not on dialysis. When you consume high amounts of fluid and protein, it puts extra stress on your kidneys because they have to work harder to filter the excess. Be sure to follow the guidelines from your doctor and dietitian when it comes to how much fluid to drink and protein to eat.

### How Meals on Wheels Can Help

Meals on Wheels provides a renal meal that limits potassium, sodium, and fluid to help reduce the stress on your kidneys. Meals on Wheels has renal meals that contain less than 1000mg of potassium (K) and sodium (Na) with no more than 240cc of fluids served including milk. What does this look like? 3oz roasted turkey breast, 1 cup cooked white rice, 1 medium apple, 1/2 cup broccoli, 3/4 cup milk. This entire meal contains: 475mg Phos, 904mg K, 152mg Na

### Mineral To Limit

When your kidneys are not working properly, they have a hard time removing extra phosphorus, potassium, and sodium in your blood leading to weak bones, heart problems, and high blood pressure.



• **Phosphorus**- Found in processed meats, cheeses, and milk.



• **Potassium**- Found in bananas, oranges, potatoes and more.



• **Sodium**- Found in salt, canned food, frozen meals, and more.



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Visit: [www.kidney.org](http://www.kidney.org) and [www.svcoa.org](http://www.svcoa.org) for more resources



## Lactose Intolerance

Developed 2021

### What Is Lactose Intolerance?

Lactose intolerance occurs when your small intestine doesn't produce enough of an enzyme called lactase to break down the milk sugar we know as lactose. This is a very common disorder among humans especially as we get older.

### Symptoms & Treatment of Lactose Intolerance

- Symptoms may include stomach cramping, bloating and diarrhea.
- Treatment includes avoiding dairy products, lactase supplements, and use of lactose-free products

### Dairy Substitutes

Milk and yogurt substitutes are available in many grocery stores and include options made from:

- Almonds
- Coconuts
- Cashews
- Oats
- Soy and more!

Butter can be replaced with coconut oil, olive oil and canola oil.

### How Meals on Wheels Can Help

Meals on Wheels will take into account any specific food intolerances, allergies, and/or meal substitutions based on a person's need.

Any food made with milk or milk products will not be sent to those requesting a lactose free meal.

### Foods Containing Lactose



Lactose can be found in milk, ice cream, cheeses, butter, yogurt and cream. It can also be found in dessert that contain milk such as cake, cookies, pudding, and some breads. Also be cautious of cheese flavored snacks and some dressings.

### Contact Us!



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143 Maple Street Rutland, VT  
05701 ph: 802-786-5990



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Visit: <https://www.hopkinsmedicine.org/health/conditions-and-diseases/lactose-intolerance> and [www.svcoa.org](http://www.svcoa.org) for more resources



## Vegetarian Diet

Developed 2021

### Vegetarian Diet

There are many reasons someone may choose to switch to a vegetarian diet. This includes religion, personal preference, concern of animals and the environment, and more. When switching to a vegetarian diet it is important to make sure you are consuming enough vitamins, minerals, and protein. It is also helpful to know what foods act as good meat substitutes.

### Good Protein Sources

- Eggs
- Beans and other legumes
- Tofu
- Fish (some choose to not eat fish)
- Nuts and nut butter
- Milk, yogurt, and cheese
- Tempeh



### Important Vitamins and Minerals to Eat

- Vitamin B12: found in dairy and eggs, plus plant-based meats, fish, tempeh, and nutritional yeast
- Iron: found in beans, nuts, many breakfast cereals, dark green leafy vegetables, such as broccoli & spinach
- Omega 3 fatty acids: found in nuts, seeds, plant oils, and fish

### How Meals on Wheels Can Help

Meals on Wheels will take into account any specific food intolerances, allergies, and/or meal substitutions based on a person's need.



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Visit: <https://www.nutrition.gov/topics/basic-nutrition/eating-vegetarian> and [www.svcoa.org](http://www.svcoa.org) for more resources



## Gluten Free Diet

Developed 2021

### Different Reactions To Gluten

Celiac disease is an autoimmune disease which results in damage to the intestinal lining when gluten is consumed. A gluten intolerance/sensitivity makes the body act as if gluten is an invader to the body which is when symptoms can occur. Unlike celiac disease, gluten intolerance or sensitivity will not damage the lining of the small intestine.

### Tips For Avoiding Gluten

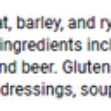
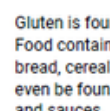
- Read food labels. Gluten must be included in the ingredient list on the package.
- Remember a lot of foods are naturally gluten free such as vegetables and fruits.
- Use gluten free alternatives like rice, corn, quinoa, tapioca, and more.
- Avoid cross contamination. This means wash kitchen surfaces well before preparing food. Have separate condiments, like butter, due to crumbs from bread (with gluten) being left behind.

### How Meals on Wheels Can Help

Meals on Wheels will take into account any specific food intolerances, allergies, and/or meal substitutions based on a person's need.

Careful consideration will be taken to avoid cross-contamination.

### Foods Containing Gluten



### Contact Us!



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Visit: <https://gluten.org/gluten-free-resources/> and [www.svcoa.org](http://www.svcoa.org) for more resources

# A KNOCK FROM MEALS ON WHEELS MEANS NOURISHMENT FOR THE BODY AND SOUL.

A knock at the door might not seem like a big deal to many of us. But, to a homebound senior, it could signal the arrival of the only person they might see all day or all week long. It brings hope. It brings health. It brings the nutrition and care that will completely make their day.



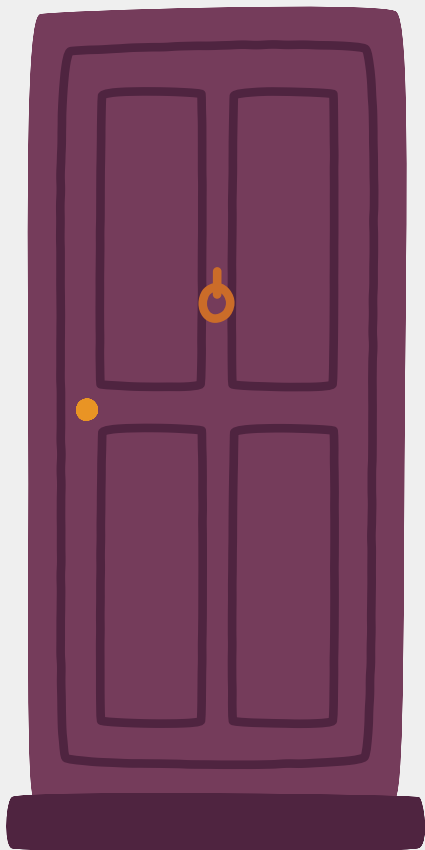
## MEET BRUCE

Bruce isn't one to complain or ask for help. His life has taken him on a journey through a number of struggles that prepared him to be both physically and mentally tough. However, his toughness was not enough to protect him from a hard blow in martial arts – a sport that is supposed to be contactless – that paralyzed the right side of his body. Now, most of his time is spent at home where he still has good days, and he has bad days.

That's why the knock on his door signaling a visit from a Meals on Wheels volunteer is such a bright spot for him. There was a period when Bruce was also homeless, and that makes him doubly thankful for the home and food he has today.

**"I'd be sitting there and waiting for that knock on the door. It isn't just the food, you know? It's the company."**

Meals on Wheels Delivers the Power of a Knock  
([mealsonwheelsamerica.org](http://mealsonwheelsamerica.org))





# TESTIMONIALS



"The major benefit is I get well-prepared, balanced meals each week for a reasonable cost. The food always tastes great, and the variety is nice too!" – Nancy, SVCOA Meals on Wheels recipient, 2022

<https://youtu.be/oAce-t8JwwE>

"Home delivered meals are a life saver for housebound seniors, and community meals are important for social enrichment and mental health." – SVCOA Meals on Wheels supporter, 2022



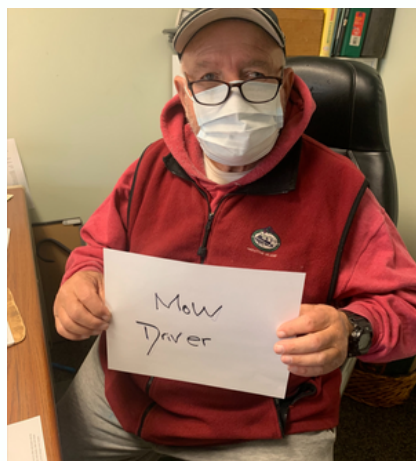
[https://youtu.be/J\\_HtYGr7yT8](https://youtu.be/J_HtYGr7yT8)



"The meals are very much appreciated, especially during these COVID years and old-age operations I've had. I hope it helps others as much as it has helped me." - Ruth, Meals on Wheels recipient, 2022

<https://youtu.be/stSDNIQE5Do>

**A BIG THANK YOU to all of our meals on wheels volunteers and providers! We appreciate your dedication and hard work!**



**Meals on Wheels  
of Bennington County**



Several community partners and farmers work together with Bennington Meals on Wheels to provide local food to our community. Many of the items on this plate were purchased or donated by local farmers .

## CAUGHT IN ACTION--

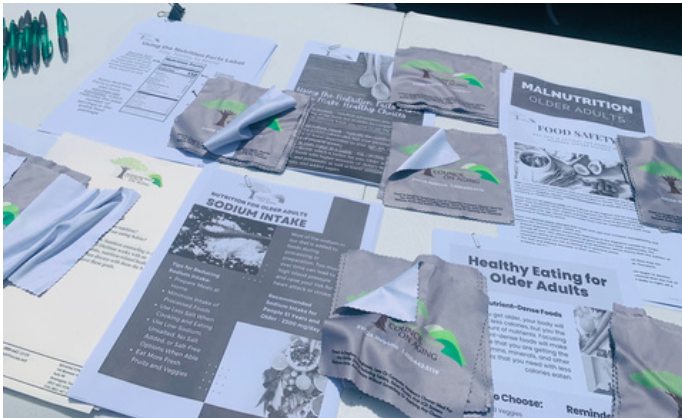
Madelyn Gardner provided 3squaresVT, SVCOA and nutrition education resources to Bennington Congregate Meal site. Thank You Bennington Meals On Wheels for allowing us to visit and eat your delicious meal!





## CAUGHT IN ACTION

During BROC's Farm to Family Coupon table event, Nicole Woodie- Meals on Wheels Intake Specialist and Madelyn Gardner - Nutrition and Wellness Coordinator provided nutrition education resources and an overview of SVCOA services. We appreciate our partnership with BROC and look forward to working with them again in the future!



## POULTNEY YOUNG AT HEART FARMER'S MARKET

A grant was awarded to Poultney Young at Heart, allowing them to purchase food from local farmers and then provide it to their community at no cost. SVCOA will periodically provide resources and nutrition education at their Farmer's Markets.



## CAUGHT IN ACTION

### Nutrition and Diabetes



Kelsey Kopka, RD  
SVCOA Consulting Dietitian

*Kelsey Kopka, Nicole Woodie, and Madelyn Gardner of SVCOA partnered with SASH and Senior Centers to present on Diabetes and how it relates to nutrition. SVCOA was able to provide this information within Rutland and Bennington County. The presentation included a food demo and a question and answer session with Kelsey Kopka -SVCOA Registered Dietitian*

## RECIPE

### Vegetable Pasta Salad with Homemade Dressing

- Pasta: choose a high protein pasta such as Barilla Protein Plus Rotini or Farfalle (I choose this one because it provides extra protein/fiber but doesn't compromise the taste/texture of the pasta!)
- Veggies: anything you have on hand or the vegetables you prefer will do! For the purpose of our recipe we used quartered cherry tomatoes, sliced cucumbers, chopped bell peppers, chopped broccoli, and red onion
- Cheese: mozzarella cheese pearls 8 oz; you can use other cheese, just be mindful of sodium content ☺ (example 1 oz feta cheese provides 340 mg sodium!)
- Other: we added canned pitted black olives for some additional flavor and healthy fat

#### Ingredients:

- 1 cup of cherry tomatoes, quartered
- 1 large bell pepper, diced
- 1 small red onion, very thinly sliced and cut into 1-inch strips
- 1 medium cucumber, thinly sliced
- 1.5-2 cups broccoli florets, chopped
- 1 (six ounce) can pitted black olives, drained
- 8 oz fresh Mozzarella Pearls
- 1 box of uncooked rotini pasta (14-16 oz)

#### Homemade dressing:

- ½ cup olive oil
- ¼ cup red wine vinegar
- 2 garlic cloves minced or ½ teaspoon garlic powder
- ½ teaspoon ground mustard seed or 1 tsp Dijon mustard
- 1 teaspoon dried oregano
- ½ teaspoon dried basil
- ¼ teaspoon salt
- 1/8 teaspoon ground black pepper

Directions: Mix all ingredients together in a jar with a lid, shake until well combined

#### Directions:

Prepare homemade dressing, set aside. If not using immediately, refrigerate. Prep all vegetables. Prepare pasta according to the package, preferably to al dente (tender yet firm to the bite). Drain, rinse with cold water, drain again. Transfer cool pasta to a bowl. Add prepped veggies, olives and cheese to the bowl. Pour dressing onto pasta mixture and toss to combine. Serve immediately or cover and chill for up to 8 hours before serving.

#### Nutritional Breakdown per Serving (serves about 10 people for a side dish):

Calories: 338  
Protein: 12 grams  
Carbohydrates: 32 grams (~2 carbohydrate servings)  
Fiber: ~5 grams  
No added sugars  
Sodium: 300 mg  
Bonus points: this salad is a good source of vitamin C and vitamin A!

#### Additional Tips:

- To make this a complete meal, add your favorite protein (such as grilled or baked chicken or fish, chickpeas or canned beans, tofu, hard boiled eggs, etc.)
- If you want to lower the sodium content, eliminate the olives and/or remove the salt from the dressing





# STRETCH YOUR DOLLAR AMOUNT BY SHOPPING IN SEASON!

## 3SQUARESVT IS A NUTRITION PROGRAM THAT BOOSTS YOUR FOOD BUDGET TO HELP YOU STAY HEALTHY AND INDEPENDENT!



*3SquaresVT in a SNAP is for Vermont households where everyone is:*

- 60+ or geing disability benefits
- Purchasing and preparing meals together
- Not earning income from a job

*To qualify for 3SquaresVT, a person or family needs to meet income limits based on the number of people in the household*

**Wonder if you can get 3SquaresVT benefits?**

For more information or help filling out an application call the HelpLine:

**1-800-642-5119**

An outreach worker can even come to your house



You may be eligible for 3SquaresVT if your gross monthly income is at or below the following income limit:

Household size	Gross monthly income limit
1	\$1,986
2	\$2,686
3	\$3,386
4	\$4,086
5	\$4,786
6	\$5,486

For each additional member add \$700

*\*Income limits are based on 185% Federal Poverty Level. These limits are for October 1, 2021- September 30, 2022.*

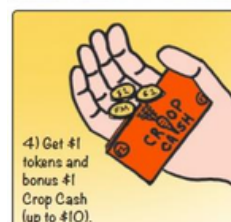
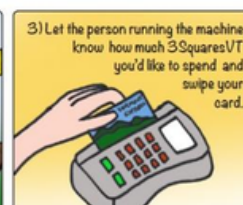


### Double your 3SquaresVT benefits

at 30 markets across the state! Up to \$10 of your 3SquaresVT benefits can be doubled in Crop Cash to purchase fruits, veggies and edible plants! This means \$10 in 3SquaresVT

buys \$20 in local food (once per market day) when you visit a farmers market. Visit multiple markets each week to maximize your benefit.

### HOW TO GET/USE CROP CASH:



**FIND A FARMERS MARKET NEAR YOU!- Farmers Markets | NOFA Vermont (nofavt.org)**

### Shop with Farm to Family Coupons

at farmers markets and stands across the state. People who qualify can get \$48 in Farm to Family coupons to buy fresh fruits, vegetables, and herbs at participating farmers markets and farm stands.

**Apply at your local Community Action Agency. The application process begins on July 1 this year. Call in mid-June to find out where coupons will be distributed.**





## FARM SHARE



NOFA-VT's Farm Share Program reduces the cost of a local CSA (community supported agriculture) share for Vermonters in need of financial assistance, while ensuring farmers are fully paid. A CSA is a subscription (usually weekly) from a farm for a regular supply of farm-fresh veggies, dairy products, meats, bread, and more.

The Fall/Winter Farm Share application is now open! Applications are reviewed on a rolling basis through August 31st, or when funds run out.

Contact [farmshare@nofavt.org](mailto:farmshare@nofavt.org) or call (802) 434-7162 with questions.



For seniors, an individual can only receive either the Farm to Family coupons or the Senior Farm Share Program funds.



# National Senior Citizens Day

## August 21, 2022

SVCOA wants to take this opportunity and thank our older Vermonters who have contributed to shaping this world through their wisdom and experience.

I CAN STILL MATTER

by Tom Krause  
(Nixa, MO)

As time passes on

I turn the next page  
to discover a new me  
while I continue to age.

I may no longer be  
who I was long ago  
but I still can matter -  
that much I know.

With a new set of tools  
I have gathered from time -  
I keep looking forward  
to more mountains to climb.

My best is not over  
as the skeptics might say -  
I just learn how to conquer  
In a much wiser way.

So don't sell me short -  
I am not nearly done.  
I CAN STILL MATTER -  
I've only just begun.

Tom Krause - Copyright 2012



# NATIONAL SENIOR CITIZENS DAY

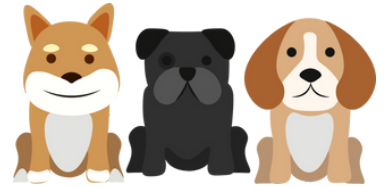
## AUGUST 21, 2022



What is something no one knows about you? I like to Skydive!  
-Beverly



What is something no one knows about you? I am a animal lover- especially dogs!  
-Janice



What is something no one knows about you? I like the Milwaukee Bucks!  
-BOB



What is something no one knows about you? I love to do oil paintings!  
-Evi

I once ate a whole pizza by myself.  
- Tod



## memories

Participating in a cooking show and winning. in Nevada.  
- Joan

My spouse and I were running a marathon and on the way back we got lost . We laughed for hours and just enjoyed our time together!  
-Betty

What is your Favorite Memory?  
Going to summer camp for a lot of years. Just loved going- the day after school ended to day before school started.  
-Evi



What is your Favorite Memory? Going out west in 1975 for the first time. I drove, gas was only 30 cents a gallon. Was suppose to go with friend but he had a car accident.  
-BOB



What is your Favorite Memory? Birth of my children  
-Beverly

What is your Favorite Memory?  
Watching my daughter grow up!  
-Gerald

What is your Favorite Memory? When I had my son!  
-Janice





# The Benefits of Volunteering

Volunteering offers help to others and positively impacts the community, but the benefits are greater for the volunteer. Giving to others helps protect the mental and physical health of the volunteer. It can reduce stress, combat depression, keep them mentally stimulated, and provide a sense of purpose. Serving in simple ways can help those in need and improve the health and happiness of the volunteer by being engaged and giving back.

**volunteer**  
*do good, feel good*

One of our programs, **Green Mountain RSVP (GMRSPV)** is an AmeriCorps Seniors grantee. GMRSPV is a volunteer program connecting people age 55 and older with volunteer possibilities at local nonprofit organizations, including SVCOA and throughout Bennington, Windham & Windsor Counties.  
gmrsvp@svcoa.net - [www.rsvpvt.org](http://www.rsvpvt.org) - (844)258-7787



## BONE BUILDERS

**Green Mountain RSVP** offers a volunteer-led exercise program called Bone Builders. This is a low impact, strength based program which has been proven to:

- prevent and reverse osteoporosis,
- improve muscle strength,
- increase bone density and balance,
- and enhance energy and well-being.



Most classes meet 2 times each week for about 1 hour.

To learn more, please visit: [www.rsvpvt.org/bonebuilders](http://www.rsvpvt.org/bonebuilders)



*Kelsey Kopka*



My name is Kelsey Kopka and I am the consulting dietitian with the SVCOA. I am originally from the Rutland area but have spent most of my adult life in the Burlington area. I earned both of my undergraduate and graduate degrees from the University of Vermont in Dietetics. I moved to the Bay Area of California for a couple of years but ultimately moved back to VT to be closer to family during the pandemic. Shortly after moving back, I was offered the job here at SVCOA! I have spent the last ten years working mostly in clinical nutrition with a special interest in nutrition support and renal nutrition. I also enjoy community nutrition especially working with older adults, which is why this role fits in perfectly with my other jobs. My husband and I recently bought a house in Hinesburg and we are looking forward to the many upcoming house projects! In my free time I enjoy gardening, reading, cooking, exploring new places, and hiking with my husband and our border collie, Watson!





# WHY PRACTICE YOGA?

Yoga improves health in many ways

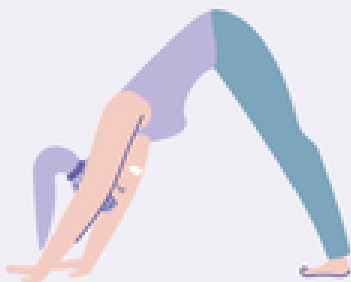
## Improves Flexibility

Yoga increases your range of motion by stretching and moving your body in new ways.



## Reduces Stress

Yoga helps reduce stress and anxiety by encouraging mental and physical relaxation.



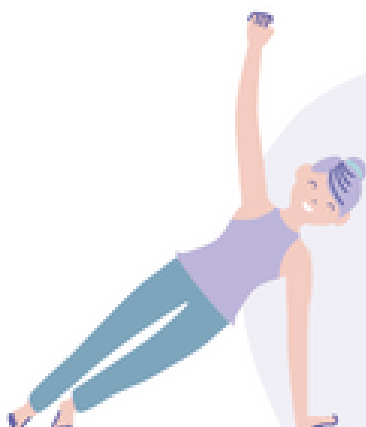
## Promotes Better Sleep

Yoga promotes restful sleep by calming and relaxing the body after a stressful day.



## Builds Strength

The regular practice of yoga can help build lean muscle and improve strength.



CHAIR YOGA STRETCH FOR  
BEGINNERS, SENIORS &  
EVERYONE

\*\*\*\*\*

[HTTPS://YOUTU.BE/PCIXAO  
4WTUG](https://youtu.be/PCIXAO4WTUG)

EXHALE

BEAUTIFUL RELAXING MUSIC FOR  
STRESS RELIEF ~ CALMING  
MUSIC ~ MEDITATION,  
RELAXATION, SLEEP, SPA

\*\*\*\*\*

[HTTPS://YOUTU.BE/LFCSRYW-  
ARY](https://youtu.be/LFCSRYW-ARY)



The NatureRx program is designed to help you get more active outside and improve your overall health and well-being.

- Take a walk or hike
- Sit outside & watch wildlife
- Do meditation breathing outside
- Go fishing or swimming

Program provides:

One on one weekly coaching  
Personal Tracking Journal  
Rutland County Trail Map  
Monthly group events  
Completion prize

**Next 12-week Session:  
August 1<sup>st</sup> – October 22<sup>nd</sup>**

For more information email [myra@comealiveoutside.com](mailto:myra@comealiveoutside.com)

Free of charge to participants!  
Funded by:





## WELLNESS CLASSES



Want to learn more or to sign up  
for a class? Call 1-802-786-5990

## EAT SMART, MOVE MORE, WEIGH LESS

A 15-week weight management program that works because it is not a diet—it's a lifestyle! All weekly classes are conducted online by a live instructor, fostering interaction between the instructor and all participants.

Participants can conveniently attend classes from home or office using a computer or mobile device. Southwestern Vermont Council on Aging is covering the full cost of the program.

## TAI CHI

Tai Chi for Falls Prevention,” a series of nationally recognized and evidence-based classes aimed at improving the balance, strength, and general health of seniors. Tai chi combines a series of slow, gentle movements with breathing and mental focus.

SVCOA is proud to partner with Tai Chi Vermont to sponsor volunteers to train in Tai Chi. This partnership enables us to offer Tai Chi classes around Rutland and Bennington County.



## A MATTER OF BALANCE

Matter of Balance is a fun and engaging class that implements a number of practical strategies for helping individuals prevent falls, both at home and out in the community. Whether you're someone who has fallen in the past or who limits activity for fear of falling, or an individual who simply wants to improve on your physical wellness, this is a valuable class offering that can be enjoyed by a wide range of older Vermonters.”

Throughout the “Matter of Balance” class, participants will learn how to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, and exercise to increase strength and balance.

Become a Wellness Volunteer! Contact- Nutrition and Wellness Coordinator (SVCOA)  
Madelyn Gardner- at [Mgardner@svcoa.net](mailto:Mgardner@svcoa.net) to sign up!

# NUTRITION AND WELLNESS CALENDAR



SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15 <b>Hypertension</b> Castleton Community Center -1:00pm	16	17	18	19 <b>Diabetes</b> GODNICK -1:30pm	20
21	22	23	24	25 <b>Hypertension</b> Poultney Young at Heart -1:00pm	26	27
28	29	30	31			

## Tai Chi

- Poultney Young at Heart**- Tai Chi for Fall Prevention  
(**Level 2**) - Friday's at 9:30am -10:30am
- Castleton Community Center**-Tai Chi for Fall Prevention  
(**Level 1**) -Thursdays at 11:30-12:30
- Castleton Community Center**-Tai Chi Practice -Tues at  
10:30-11:45
- Castleton Community Center**-Tai Chi SUN 73 Practice  
and Review  
-Thursday at 1:15
- Arlington Commons**- Tai Chi for Fall prevention (**Level 2**)  
- Wednesdays at 9:00am-10:00am
- Godnick Adult Center** -Tai Chi Practice -Tues at 10:45am
- LEVEL 1 Tai Chi Coming to Bennington Senior Center and  
Godnick Adult Center and Brandon Senior Center this  
Fall!**

### (VIRTUAL) EAT SMART, MOVE MORE, WEIGH LESS

Next session of Eat Smart, Move More, Weigh Less  
start August 2022. Deadline to registered is August  
1st. Call 802-786-5990 to sign up!

## MATTER OF BALANCE

Castleton Community Center-  
Thursday, Aug. 4 – Sept. 22 (1:00pm  
to 3:00pm)

DEADLINE FOR REGISTION IS  
JULY 27TH

. To register call the Castleton  
Community Center at 802-468-3093  
or email: homested@shoreham.net.

## GMRSVP BONE BUILDERS Bone Builders link

<https://www.rsvpvt.org/bonebuilders>





# Highlights from our SENIOR CENTERS



## Castleton Community Center

SAVE THE DATE! 2022 CCC Golf Outing In memory of Scott Lobdell Proceeds from the Golf Outing Support our Elderly & Disabled Transportation Program Friday Sept. 9 Lake St. Catherine CC



## Godnick Adult Center

**W2W WOMEN CANCER SUPPORT GROUP OF RUTLAND COUNTY** Ongoing meetings at the Godnick Adult Center typically first Tuesday of the Month\* at 6:00 PM! No one should face cancer alone! Any questions, please contact Katrine at (802)770-8777.



## Poultney Young at Heart

We are very grateful to have received the Neighbor Feeding Neighbor grant again this year so that we are able to continue offering Friday Farmer Markets throughout the summer to our Young at Heart Community members. Contact Poultney Young at Heart 802-287-9200 to learn more!



## Bennington Senior Center

Bennington Senior Center has an incredible painting group that is full of creativity! Contact Bennington Senior Center 802-442-1052 to learn more about joining in!



## Brandon Senior Center

The Brandon Senior Center offers so many wonderful activities and classes. They even have a food shelf.

Contact

Brandon Senior Center

802-247-3121 to get involve!





# AUGUST

HARVEST OF THE MONTH- BERRIES

## NEW ENGLAND BERRY GALETTE



SERVINGS: MAKES ONE 12-INCH GALETTE

## INGREDIENTS

- ⅓ to ¼ batch Quick Puff Pastry
- 2 cups chopped rhubarb
- 2 cups cranberries
- ½ cup granulated sugar
- Zest of 1 lemon
- 1 teaspoon vanilla bean paste
- 2 tablespoons cornstarch
- 1 pint black raspberries
- 1 pint strawberries
- Egg wash (1 egg whisked with 2 tablespoons water)
- 2 tablespoons sanding or turbinado sugar, for sprinkling

## DIRECTIONS

1. Preheat the oven to 350°F. Roll the Quick Puff Pastry into a rough 14-inch round and place it on a baking sheet lined with parchment. Dock (prick it gently all over with the tines of a fork) the middle of the dough and refrigerate it for at least 20 minutes.
2. Meanwhile, in a large pot over medium heat, combine the rhubarb, cranberries, sugar, zest and vanilla. Cook until the fruit juices start flowing and start to simmer.
3. Ladle approximately ¼ cup of the juices from the pot into a small bowl and whisk in the cornstarch. Pour the mixture back into the pot and stir it into the fruit until combined. Bring the mixture to a simmer and gently stir in the black raspberries and strawberries. Set the pot aside to cool.
4. Remove the dough from the refrigerator and spoon the filling into the middle of the round, leaving a border of about 1 inch uncovered all around. Gently fold the edges of the dough over the fruit, leaving the majority of the fruit exposed, creating pleats as you go along.
5. Using a pastry brush, brush the egg wash over the exposed dough. Sprinkle the entire top with sanding or turbinado sugar. As an insurance policy, I'll place a cake ring the same size as the galette around the sides to provide extra stability and keep everything tidy. Bake the galette for 35 to 40 minutes, until the crust is golden brown.

6.

## NOTES



**BECOME A MEALS ON WHEELS  
VOLUNTEER CALL 1-802-786-5990**

**RUTLAND MEALS ON WHEEL (TRIO)  
NEEDS YOU!**

**MAKE A DIFFERENCE  
BECOME A VOLUNTEER!  
CALL 1-802-773-0133**



Small enough to care . . . Big  
enough to make a difference.  
#EliorCares



## HELPLINE

1-800-642-5119

The HelpLine is a toll-free, confidential service that provides older Vermonters, caregivers and others with information, referrals and assistance toward accessing local, state or national resources and services.

**THERE HAS NEVER BEEN A MORE CRITICAL TIME TO GET INVOLVED**

**9 MILLION**

seniors in America face  
the threat of hunger

**MILLIONS MORE**

live alone in isolation

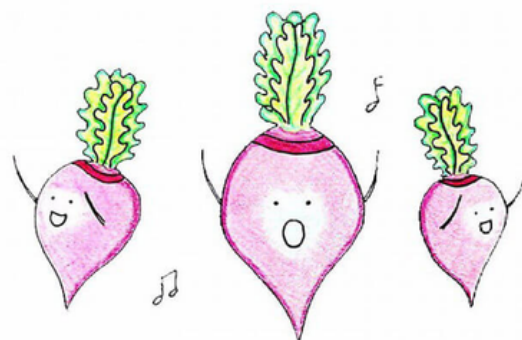
**USE YOUR LUNCH BREAK TO MAKE SOMEONE'S DAY**

## NUTRITION COUNSELING

Are you concerned about your nutrition?  
Do you have questions regarding your eating habits?

SVCOA's may be able to help! SVCOA's Nutrition counseling is an ongoing process in which a Registered Dietitian works with an individual to assess his or her dietary habits, nutrition-related health concerns, identify the client's goals and then discuss with them the best way for them to meet/achieve these goals.

**CALL OUR LOCAL HELPLINE 1-802-786-5990**



*It's time to party, let's Turnip the Beets!*