

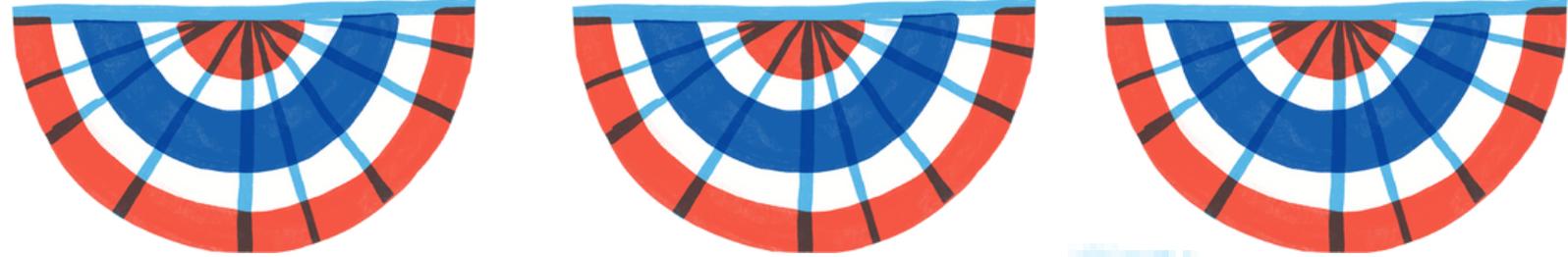
**SVCOA'S**  
NUTRITION &  
WELLNESS CORNER

MONTHLY NEWSLETTER

*July 2022*



News, notes, updates, events and more!



**Happy  
4th**





# Using the Nutrition Facts Label to Make Healthy Choices

1. Check the Servings - nutrition information may be based on one serving of the food, but in order to compare calories and nutrients in different foods you need to use the same serving size.
2. Know Your Caloric Needs - typically the nutrition facts label is based on a 2,000 calorie diet, but your personal needs may be higher or lower depending on your age, sex, body size, and level of physical activity.
3. Use the % Daily Value as a Guide - this can help you compare foods to decide which is better for you. Older adults should look for foods with higher amounts of dietary fiber, vitamin D, calcium, and potassium, as well as lower amounts of saturated fat, sodium, and added sugars.

# Using the Nutrition Facts Label

## Key Terms to Know

**Serving Size:**  
Based on the amount of food typically eaten in one instance. NOT a recommendation of how much to eat

Some Nutrition Facts Labels may also have **servings per container**, which indicates the total number of servings in the entire food package

<b>Nutrition Facts</b>	
Serving size	1 potato (148g/5.2oz)
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1.1mg	6%
Potassium 620mg	15%
Vitamin C 27mg	30%
Vitamin B <sub>6</sub> 0.2mg	10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Calories:**  
The total number of calories in a serving of the food.

**% Daily Value:**  
How much of a nutrient there is in one serving of a food and how it contributes to the total daily diet.



# beat the summer heat

**STAY**

*Hydrated!*



Good hydration is one of the most important aspects of a healthy diet. Drinking enough fluid allows our bodily functions to take place as they should. Water is the best source of fluid but most all fluid counts. Read on to learn more.

## 7 Health Benefits of Proper Hydration

- Support a healthy immune system
- Maximizes physical performance and brain function
- Improves energy levels
- Supports digestion
- May Help Relieve Constipation
- May prevent kidney stones
- Decreases joint pain

## 8 Ways to Drink More Water:

### 1. Know Your Fluid Needs First

Women need about 11.5 cups of fluids per day. How much you need depends on your environment, diet, the season, activity level and overall health. A general guideline: women need about 11.5 cups of fluids per day and men need about 15.5 cups of fluids per day. 20% of your fluid intake should come from food.

### 2. Set a Daily Water Intake Goal

Record your progress to help keep you on track.

### 3. Always Have Water with You

Keep a water bottle within reach throughout the day.

### 4. Set Reminders

Use an app or an alarm to remind yourself to drink water.

### 5. Drink One Glass of Water Before Each Meal

This habit may add up to 3 extra cups to your daily water intake.

### 6. Choose Water When Eating Out

You'll save money and reduce calories.

### 7. Flavor Your Water

Add fruits like lime, lemon, strawberries and kiwi for a boost in flavor.

### 8. Eat More Hydrating Foods

Try watermelon, strawberries, cabbage, cucumbers, grapefruit, soup, plain yogurt and cottage cheese.

## The Community Preventive Services Task Force Recommends Home-delivered and Congregate Meal Services for Older Adults

The Community Preventive Services Task Force (CPSTF) recommends home-delivered and congregate meal services to reduce malnutrition among older adults living independently.

The CPSTF recommendation is based on a systematic review of 20 studies identified from a published systematic review<sup>1</sup> and an updated search for evidence. Results showed home-delivered meal services increased the percent of older adults who met their Recommended Daily Allowances for energy and protein and decreased malnutrition by 15.5 percentage points. Congregate meal services decreased malnutrition by 9 percentage points.

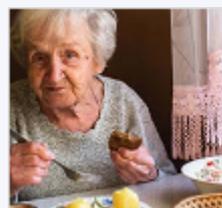
The Older Americans Act Nutrition Program External Web Site Icon provides home-delivered meal and congregate meal services to reduce hunger, food insecurity and malnutrition; enhance socialization; and promote health and well-being among older Americans.

### What are Home-delivered and Congregate Meal Services for Older Adults?

Meal services provide nutritious meals to adults 60 years and older who are living independently (i.e., not residents of senior living centers). Interventions prioritize those with greater social and economic needs and either home-deliver meals or offer them in congregate settings that give participants an opportunity to socialize. Meals typically follow nutritional guidelines, are usually provided five days per week, and may follow cultural- or health-related needs, such as diabetic requirements.

### Why is this important?

Older adults are at greater risk of malnutrition, which is defined as inadequate nutritional intake or absorption.<sup>2</sup> Malnutrition among older adults results from physiological changes that occur with aging and may include changes in cognitive functioning, metabolism, body composition, chronic diseases and conditions, and use of multiple medications that may affect intake and absorption of nutrients.<sup>3</sup> Additionally, social factors associated with aging may include reduced social connectedness, loneliness, and depression.



**CPSTF Recommends Home-delivered and Congregate...**

CPSTF recommends home-deliver...

[thecommunityguide.org](http://thecommunityguide.org)

# CAUGHT IN ACTION

## Across the Fence

Madelyn Gardener, who is the Nutrition and Wellness Coordinator with the Southwestern Vermont Council on Aging, and Chris Moldovan, who is a registered dietician, and serves as the Nutrition and Wellness Director for Age Well interviewed with Across the Fence to address the Older Vermonters Nutrition Coalition. The Coalition is working collaboratively and collectively around the state to ensure that all older Vermonters have access to what they need to be well-nourished. The Coalition created a OVNC Nutrition Resource Guide. This guide is a tri-fold flier that attempts to simplify and support older Vermonter's by outlining existing programs that can direct people to adequate and nutritious foods and meals. ([oldervermontersnutritioncoalition.org](http://oldervermontersnutritioncoalition.org))



### If you need help learning to eat healthier:

#### Nutrition Counseling

A Registered Dietitian can assist people in managing chronic health conditions such as diabetes, heart disease, renal disease, food allergies and more.

Call us for more information and to find out if you're eligible.  
1-800-642-5119

The HelpLine connects people with their closest Area Agency on Aging, where they can receive more information and assistance accessing programs.

This resource was created by:



Older Vermonters Nutrition Coalition

OVNC Food Resource Guide

It can be hard to get enough healthy food.

We want to help you connect to critical food and nutrition programs.



Watch on WCAX Channel 3, Mon. - Fri., 12:15 p.m. (EDT)

# CAUGHT IN ACTION

## Rutland and Bennington VA Clinics

In a great conversation, Courtney Anderson and Madelyn Gardner discussed how to share resources and address food insecurity among veterans with the staff at the Rutland- Bennington VA clinic.

Discussions included an overview of SVCOA services, a high level overview of the Home Delivered Meal Program, and a description of the different types of meals served. During our conversation, we discussed the changes made to the 3SquaresVT Program and provided some resources. We will continue to partner with the VA and provide assistance to our Veterans.



If you are 62 years or older and a Vermont resident, or a Vermont resident who is a veteran who has been honorably discharged from active duty in US armed services, you are eligible for a lifetime day entry pass into the parks called the Green Mountain Passport.

Links below -

<https://vtstateparks.com/fees.html#parkPasses>

[https://www.healthvermont.gov/sites/default/files/documents/pdf/YF\\_Green%20Mountain%20Passport.pdf](https://www.healthvermont.gov/sites/default/files/documents/pdf/YF_Green%20Mountain%20Passport.pdf)



# 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.

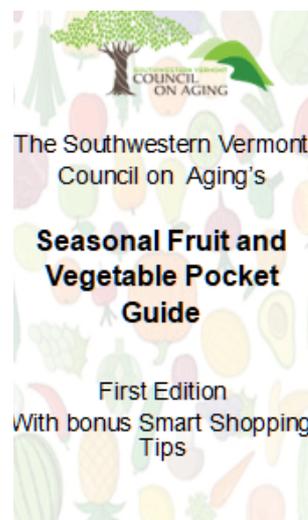
**FIND A FARMERS MARKET NEAR YOU!- Farmers Markets | NOFA Vermont (nofavt.org)**

**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.

This message is funded in part by the USDA. This institution is an equal opportunity provider.

October 2021



### June

- Bell Peppers
- Blueberries & Cherries
- Corn
- Cucumbers
- Eggplants
- Garlic
- Grapes
- Lettuce / Salad Greens
- Melons
- Mushrooms
- Peaches & Plums
- Raspberries & Strawberry
- Summer Squash
- Tomatoes

**This Seasonal Fruit and Vegetable Pocket Guide allows you to shop in season and purchase vegetables and fruits in a cost-effective way. Easy to uses and small enough to keep in your pocket when going to the grocery store! Call 1-(802)-786-5990 to get yours!**

# SPOTLIGHT

## Courtney Anderson



My name is Courtney Anderson, I am the Director of Nutrition, Wellness and Community Services at SVCOA.

I currently reside in Rutland, VT with my husband and 3 children- 9 month old twins and a 3.5 year old.

I enjoy spending time with my family, house projects (we have a lot of them) hiking, traveling, tennis and yoga. I can't miss a year without seeing the ocean and I love spending quality time with family and friends. I try to live "in the moment" and to be "present" as much as possible. Someone once told me that "life is too short to wish your years away". It's something I try and remind myself of and think about daily.

I'm originally from St. Albans, VT, but moved to Southern Vermont while attending Castleton University. I have a Business Administration degree with a dual concentration in both Marketing and Management. Prior to coming to SVCOA I worked for 10 years in the hospitality industry as the General Operations Manager for Sushi Yoshi, overseeing their three restaurant locations in Killington, Stowe, VT and Lake George NY. I've always loved connecting with older adults and had a passion for health and nutrition which is what brought me to SVCOA. Working for this organization for the past 8 plus years has truly been such a joy. It has opened my horizons and helped me grow professionally. I'm excited to continue working on serving the ever-increasing population and nutritional needs of our older Vermonters for many years to come. Knowing that we help make a difference in people's lives, however small that may be, is truly the greatest gift of all.



## SPOTLIGHT



### *Madelyn Gardner*



#### SVCOA- Nutrition and Wellness Coordinator

My name is Madelyn Gardner, and I am very excited to be a member of SVCOA's Nutrition and Wellness Team. Originally from Middlebury, VT (Go Tigers), I moved to Bennington, VT about 4 years ago. I love going on adventures, cooking and painting. In my spare time, I enjoy crafting memories on Vermont's lakes or hiking along the Robert Froset Trails with friends and family.

Previously, I worked as a Case Manager for SVCOA and realized how much I enjoy working with older Vermonters. I have always held a special place in my heart for nutrition and wellness, so it was a real privilege for me to join this team. Being able to help people reach their goals and regain stability is one of my favorite parts of my job.

Being part of someone's journey and watching them succeed is a wonderful experience. My job allows me to both learn various skills and be part of a team, which I find to be very fulfilling!

Mary Rose Mcgready: "There is no greater joy or greater reward than to make a fundamental difference in someone's life"



# WELLNESS CHALLENGE

1 Do at home  
Yoga

2 Write down  
your strengths

3 Bring a plant  
into you space

4 Drink water

## THINGS TO DO

If You're Feeling Down



Spend time  
in nature



Talk to a  
friend



Paint or draw



Do a mindful  
breathing session



Write in  
your journal



Do some yoga  
or light  
exercise

# Elder Care & Caregiver Clinician

*Mental Health is just  
as important as*



*Physical Health*

## **Support, on your terms in your setting.**

SVCOA's Elder Care Clinician Program is a collaborative effort between SVCOA and Rutland Mental Health Services. The program offers a range of mental and emotional health services to Vermonters age 60 and older who are primarily homebound and would have difficulty accessing office-based care. Our elder care clinicians provide these services in the security of a client's home, ensuring ease of access in a comforting setting. Additionally, elder care clinicians provide support to caregivers of those dealing with mental health issues so that they have the tools to manage their own challenges and stress.

For more information about SVCOA's Elder Care Clinician Program, call the SVCOA HelpLine at 1-800-786-5990.

## **Caregiver Support Services**

Caregiving, whether for a loved one or professionally, can be difficult and exhausting at times. Often, caregivers do not know where or how to find help and support. SVCOA provides support, assistance, and information to people caring for persons 60 years of age or older or who suffer from Alzheimer's Disease or related Dementia (ADRD), as well as to people age 60 and older who are the primary caregivers for children under the age of 18 or older disabled adults.



### **The types of assistance we provide include:**

- Caregiver education classes and support programs
- Information and referrals for community resources, local programs, and support groups
- Assistance to assess needs and identify options
- Accessing respite care (Respite Grant)
- Access to homemaking support

# 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.



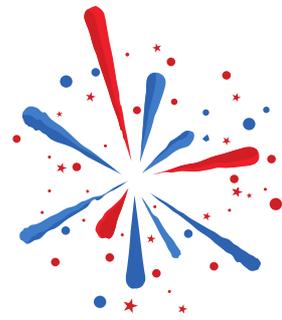
## A MATTER OF BALANCE

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 Education



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

## TAI CHI

Poultney Young at Heart- Friday's from 9:30am  
-10:30am

Castleton Community Center-Thursday's  
11:30am-12:30pm

## MATTER OF BALANCE

Stay tuned for more dates coming soon!

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

Next session of Eat Smart, Move More, Weigh  
Less starting August 2022!

## **GMRSVP BONE BUILDERS**

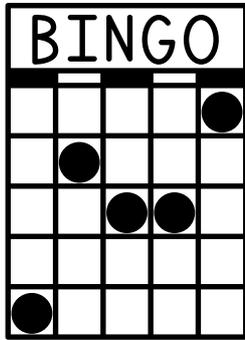
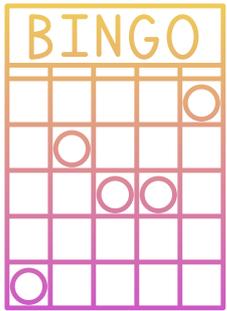
**Bone Builders link**  
**<https://www.rsvpvt.org/bonebuilders>**



# Highlights from our SENIOR CENTERS

## Castleton Community Center

COFFEE HOUR Every Friday from 9:00-11:00 the Center holds a free coffee hour open to all. Join us for some homemade goodies, hot brew and good company. Please come and enjoy this very casual and friendly get together to see old friends and make new ones. To learn more call- (802) 468-3093



## Godnick Adult Center BINGO

BINGO, Mondays and Thursdays at 1:15 pm. Bingo benefits Meals on Wheels and our Holiday Luncheon. To learn more call-(802) 773-1853



## Poultney Young at Heart

### Picnic at Lake St.Catherine

Join us Thursday, July 21st for a picnic at Lake St. Catherine. We will be arriving at the Lake 9:30am. Rain day July 22nd. To learn more call 802-287-9200

## Bennington Senior Center

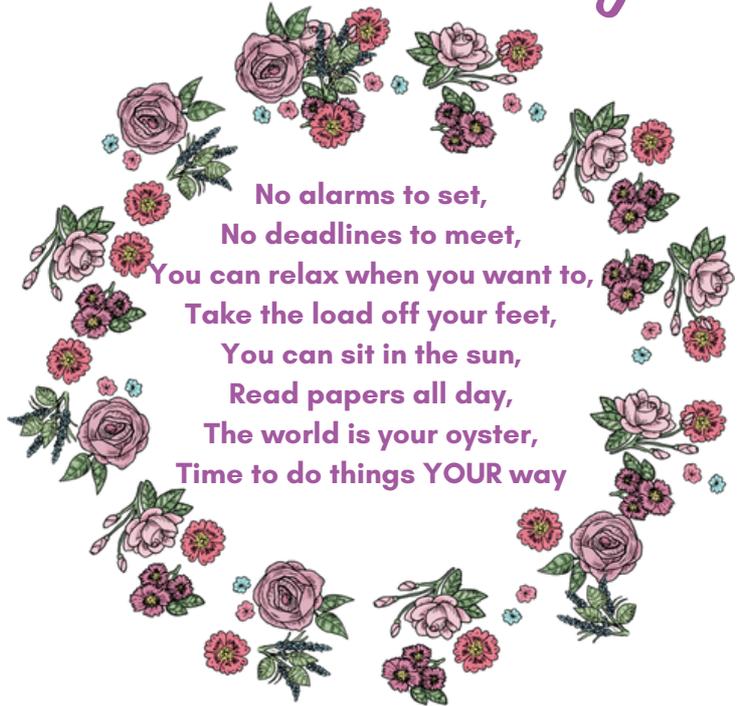
Bennington Senior Center has an incredible painting group that is full of creativity! Contact Bennington Senior Center 802-442-1052 to learn more about joining in!



## 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!

# Happy Retirement, Kathy!



The Nutrition Directors of the five VT Area Agencies on Aging recently gathered for lunch and to celebrate the retirement of Kathy Paquet, the Nutrition Director for the Central Vermont COA who is retiring after 31 years of service to older Vermonters across the state. Thanks Kathy for your tremendous service and partnership!

Pictured left to right are Wendi Germain, Senior Solutions; Kim Lipinski, Central Vermont COA (their new Nutrition Director); Courtney Anderson, Southwestern Vermont COA; Kathy Paquet, Central Vermont COA (who is retiring); Chris Moldovan, Age Well; Herb Will, Northeast Kingdom COA; and Mary Woodruff, Nutritionist and Health Promotion Specialist for the VT Department of Aging and Independent Living.



**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



**Make giving back your second act! @AmeriCorpsSr**  
volunteers help older adults live independently. Serve as a  
friend and companion by providing assistance and friendship!  
To learn more, contact SVCOA's Senior Companion  
Coordinator, Aaron Brush: 1-802-772-7835 or  
abrush@svcoa.net.

We don't have any  
vegetable jokes yet,



so if you do lettuce know.

### 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.

### 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**



Email: Mgardner@SVCOA.net to sign-up for our monthly newsletter!