



*October 2022*

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

## **View SVCOA Services through the eyes of Betty, a 65-year-old Vermonter.**

### **About Betty**

Betty has lived in Vermont her whole life. In addition to her family connection, her four beautiful children have been able to provide her with the assistance she has needed throughout her life. Unfortunately, she is in need of support that they are unable to provide on a regular basis. A bad fall recently resulted in her breaking her hip. In addition to the medical care she received, she was referred to us by her local Community Health Center. Betty is now interested in planning for the future and seeing if she qualifies for any services. Her friend Susan has worked with us previously and informed her that we would be the appropriate place to help navigate her on this journey. She receives social security and lives on a fixed income. She states that her mobility is not what it used to be. Betty Calls our Senior Helpline at 1-802-786-5990



# *Senior Helpline*

**Mary Muratorri**  
**Information & Assistance**

*"Hello, You have reached the  
Senior Helpline for the  
Southwestern Vermont Council  
on Aging. My Name is Mary,  
how may I help you? "*



SVCOA's HelpLine is often the initial point of contact for those interested in SVCOA's programs and services, and anyone who might have a general question, or an individual with a critical need. 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. SVCOA HelpLine staff, who are certified by the Alliance of Information Systems (AIRS), are there to listen and gather information, swiftly assess a situation or request, and ultimately provide accurate information or connect a caller with the appropriate SVCOA or external resource. Examples of the types of information and assistance provided by the SVCOA HelpLine includes by not limited to:

- Referrals to area agencies and services
- Resources for families caring for older family members
- Transportation to medical appointments and essential shopping
- Meals on Wheels and community meal site information
- Senior housing information
- Home care options
- Options for individuals who can no longer live alone
- Assistance with Medicare and other insurance issues
- Fuel, food, medical and financial assistance programs
- Pharmacy assistance
- Telephone credit assistance

# Chatting with Betty

It was discovered by Mary that Betty has End-Stage COPD. The daughter who was her Primary Caregiver has recently moved out of state. In this step, Mary evaluates the information provided by the client. After reviewing the situation, Mary decides that a referral to the SVCOA Options Counselor would be the most appropriate course of action. The OC would review all her concerns as well as assess whether she might be eligible for any benefits. Furthermore, Mary offered to send out information about SVCOA and our programs so Betty can refer to the materials as other needs arise.



Calls SVCOA

Senior  
Helpline

Referred to

Options  
Counseling

**Learn more about  
OC in our November  
Newsletter!**



# MALNUTRITION

## Care and Treatment for Malnutrition in Older Adults



Try to make your food more appealing by eating the rainbow, varying the texture of the food, changing up the spices and flavorings, and eating foods at the appropriate temperatures. Daily intake can be improved simply for focusing on high quality, nutrient-dense foods. It may also help to eat several small meals and snacks each day to increase intake.



Dehydration occurs frequently in older adults due to decreased thirst. Proper hydration is important to maintain the functions of the kidneys and digestive system. Try to drink at least 5-8 glasses of water or other liquids each day.

**Also remember that many cities and towns have programs that deliver carefully prepared meals to older adults who are unable to shop for food themselves or have no one to shop for them.**

If you have poorly fitting dentures or difficulty chewing, prepare easy to chew foods. You can chop, cut, stew, or grate foods to make them easier to chew.

If you have difficulty swallowing due to dry mouth, dementia, or muscle loss, select foods that are softer or come in a pureed form naturally, such as sweet potato, or squash.





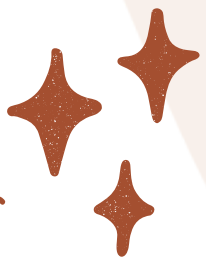
# Dietary Considerations for Older Adults with Malnutrition

Many older adults require higher protein intake than they did when they were younger. This is because there are high levels of stress on the body with advanced age, as well as an increase in the loss of protein from muscles and organs.

A protein deficiency can increase the risk for infections, fragile skin, prolonged wound healing, and general weakness in older adults.

Additionally, any stress from life or disease or recent injuries increases an older adult's protein needs by approximately 50%.

Therefore, older adults should try to get between 0.8 to 1.2 grams of protein per kilogram of body weight per day in order to meet their needs and decrease the risk of protein-calorie malnutrition and other health problems.

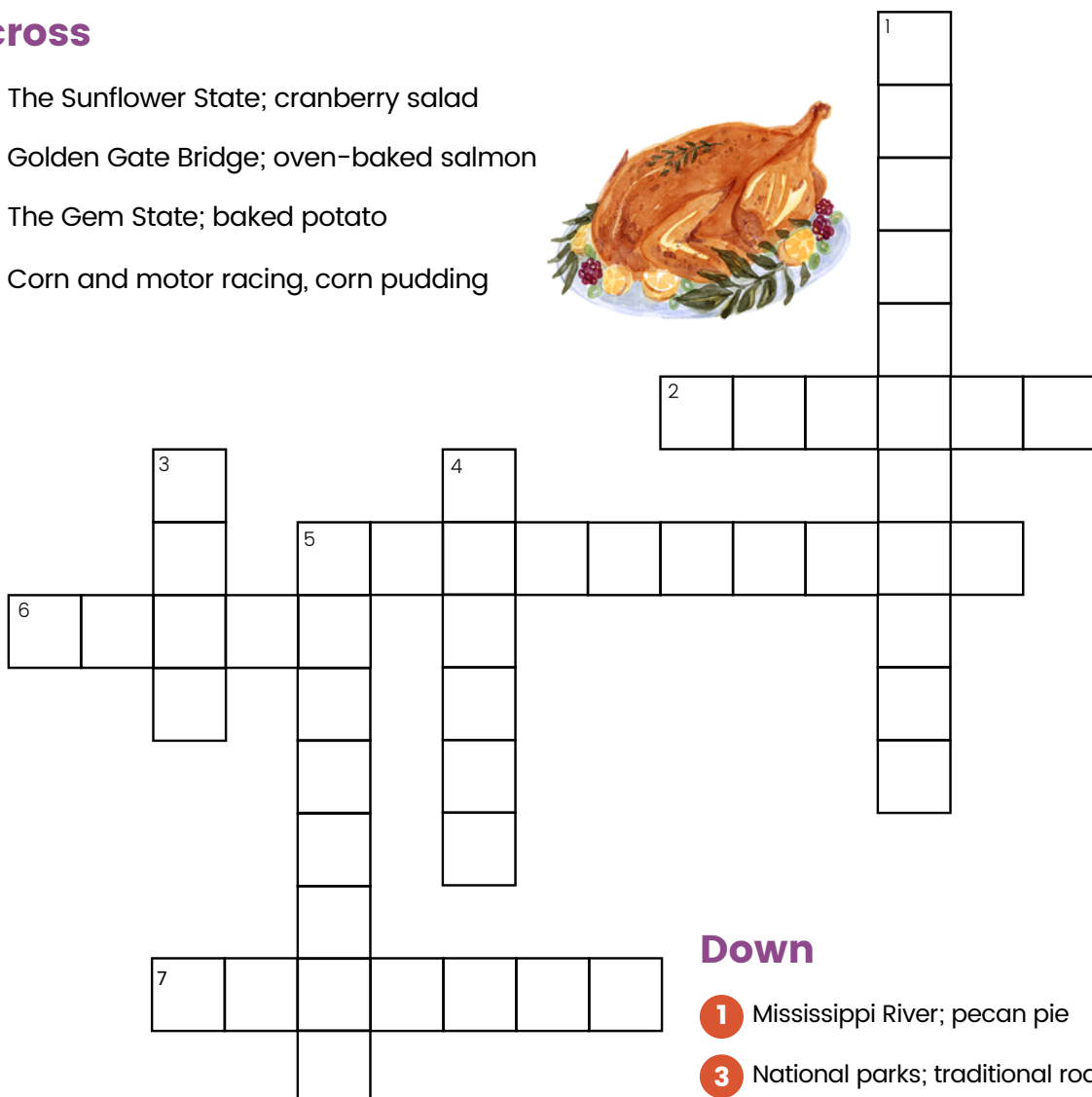


# Feast Around the States

Complete the crossword puzzle below and learn about the specialty foods of some states. Additional clues about the state are also given to help you out.

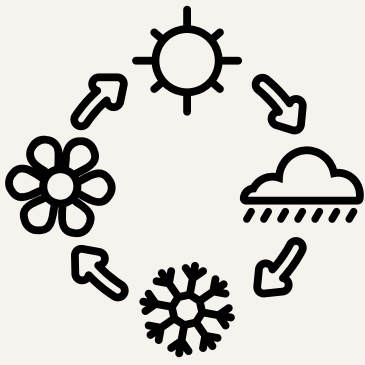
## Across

- 2 The Sunflower State; cranberry salad
- 5 Golden Gate Bridge; oven-baked salmon
- 6 The Gem State; baked potato
- 7 Corn and motor racing, corn pudding



## Down

- 1 Mississippi River; pecan pie
- 3 National parks; traditional roast turkey
- 4 Northern lights; classic cheesecake
- 5 Hot springs; glazed ham



# Seasonal Depression

Seasonal Affective Disorder (SAD) is a form of depression that revolves around the seasons. Least common in spring and summer, SAD has widely been attributed to loss of daylight hours during the fall and winter months. As the body detects fewer hours of daylight and longer periods of darkness, melatonin production increases while serotonin production decreases. These natural chemical responses may be outwardly noticed through increased sleepiness and increased appetite. Individuals diagnosed with SAD are likely experiencing a more extreme physiological response disproportionate in comparison to how the body is intended to respond to the seasons. Sad can be treated with medication, light therapy, and psychotherapy.

**Medication:** Selective Serotonin Reuptake Inhibitors (SSRIs) have been found to be most effective when taken preventatively leading into the fall season and continued until the beginning of spring.

**Light Therapy:** Perhaps the most promising treatment for sad, light therapy can diminish symptoms of SAD in as little as two weeks. Light therapy requires a specialized light box able to emit a white, fluorescent light measured at 10,000 lux (about 20 times greater than typical indoor lighting). During the fall and winter months, clinical studies have shown that 30 minutes of sitting within 12-18 inches of such a light source each day may diminish adverse effects of SAD.



**Light Therapy:** Perhaps the most promising treatment for SAD, light therapy can diminish symptoms of SAD in as little as two weeks. Light therapy requires a specialized light box able to emit a white, fluorescent light measured at 10,000 lux (about 20 times greater than typical indoor lighting). During the fall and winter months, clinical studies have shown that 30 minutes of sitting within 12-18 inches of such a light source each day may diminish adverse effects of SAD.

**Psychotherapy:** Psychotherapy, particularly Cognitive Behavior Therapy (CBT), has been clinical proven to be a successful treatment course for depression.

Psychotherapy may also increase the effectiveness of other treatment choices.

## Sources

Ibay, A.D., & Kurlansik, S.L. (2012) Seasonal affective disorder. *American Family Physician*, 86(11), 137-141.

Levitan, R.D. (2007) The chronobiology and neurobiology of winter seasonal affective disorder. *Dialogues in Clinical Neuroscience*, 9(3), 315-324, DOI: 10.31887/DCNS.2007.9.3/rlevitan

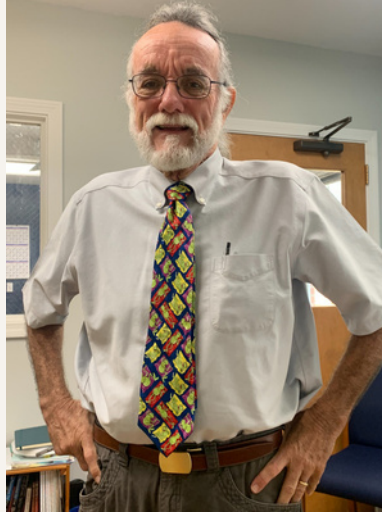
Melrose, S. (2015) Seasonal affective disorder: an overview of assessment and treatment approaches. *Depression Research and Treatment*, DOI: 10.1155/2015/178564



**Join Castleton Community center and Stephen W. Stratton , MA - Eldercare Clinician on 10/12/2022 at 12:30pm for an in-person presentation on S.A.D . Call Castleton Community Center at 1-802-468-3093 to register!**

# Photos from the GODNICK Fall Celebration- Better Together.

With the help of GODNICK, SVCOA provided information on SVCOA resources and Stay Steady Fall Prevention Screenings Your hospitality is much appreciated!



## BIG NEWS!!

## New Congregate Meal Site!

Pittsford Meal Site - Every third Thursday of the month at noon. Go enjoy a scrumptious meal! Call Jen Popp to learn more- 802-483-6500 X 17

Pittsford Congregational Church (121 Village Green, Pittsford, VT 05763)



Alone we can do so little; together we can do so much” — Helen Keller.



# Art-tastic

ART Provided by  
Bennington Senior Center



Learn more about  
Bennington Senior Center  
Painting Group - call Carrie  
at 1-802-442-1052

## Nutrition BINGO - Bennington Senior Center

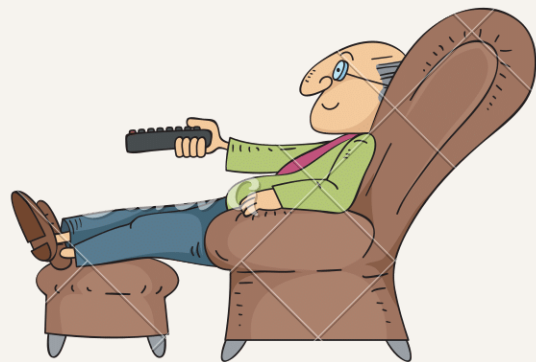
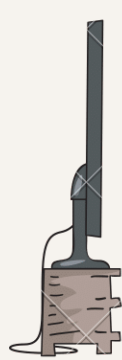


October 21st at 12:30.  
Learn more about  
Bennington Senior Center  
Painting Group - call Carrie  
at 1-802-442-1052



# What are the risks of sitting too much?

Answer From Edward R. Laskowski,  
M.D.  
- Mayo Clinic



When you sit, you use less energy than you do when you stand or move.

Research has linked sitting for long periods of time with a number of health concerns. They include obesity and a cluster of conditions — increased blood pressure, high blood sugar, excess body fat around the waist and unhealthy cholesterol levels — that make up metabolic syndrome. Too much sitting overall and prolonged periods of sitting also seem to increase the risk of death from cardiovascular disease and cancer. Any extended sitting — such as at a desk, behind a wheel or in front of a screen — can be harmful.

- Take a break from sitting every 30 minutes.
- Stand while talking on the phone or watching television.
- If you work at a desk, try a standing desk — or improvise with a high table or counter.
- Walk with your colleagues for meetings rather than sitting in a conference room.

The impact of movement — even leisurely movement — can be profound. For starters, you'll burn more calories. This might lead to weight loss and increased energy. Also, physical activity helps maintain muscle tone, your ability to move and your mental well-being, especially as you age.

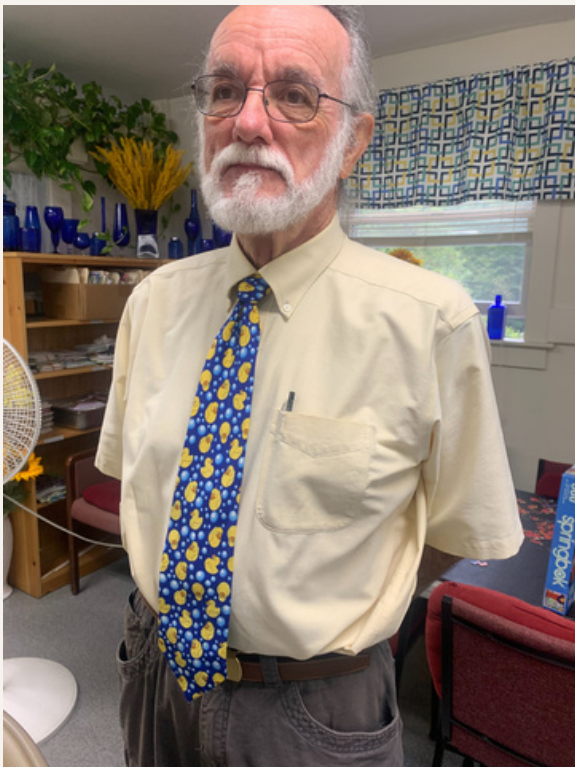


# SVCOA Camera Roll!



Several SVCOA retirees and current staff members met for dinner.

“Chance made us colleagues. But the fun and laughter made us friends.”- Unknown



Retired physical therapist, Ted Day, gives Stay Steady screenings at the Brandon Senior Center in his duck tie.



Volunteer Judy Vignoe assisting SVCOA with a table event!





## 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!



# Calendar



## Tai Chi

Castleton Community Center-Tai Chi for Fall Prevention (Level 2) -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

Wednesdays at 9:00am-10:00am

Godnick Adult Center -Tai Chi Practice -Tues at 10:45am

Godnick Adult Center-Tai Chi for Fall Prevention (Level 1)- Call 802-773-1853 to learn more

Tai Chi is coming to Bennington and Brandon! Stay Tuned for more information!

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(Virtual) Eat Smart, Move More, Weigh Less

Next session of Eat Smart, Move More, Weigh Less.

Nest Session starts Janurary 2023!

GMRSVP Bone Builders

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

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# APPLESAUCE

3 cups



## INGREDIENTS

8 MEDIUM-SIZED  
VERMONT APPLES  
½ CUP WATER  
1 TBSP. FRESH LEMON  
JUICE OR ORANGE  
JUICE  
½ TSP. CINNAMON  
MAPLE SYRUP OR  
BROWN SUGAR, TO  
TASTE

## DIRECTIONS

1. CORE AND DICE APPLES.
2. PLACE IN SAUCEPAN, THEN ADD 1 INCH OF WATER.
3. COOK OVER LOW HEAT UNTIL SOFT.
4. MASH APPLES WITH A SPOON OR FOOD MILL.
5. ADD LEMON OR ORANGE JUICE, CINNAMON, AND SWEETENER (TO TASTE); STIR UNTIL DISSOLVED.
6. SERVE HOT OR COLD.

## NOTES

# 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.



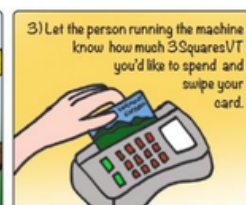
### Double your 3SquaresVT benefits

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)**

### HOW TO GET/USE CROP CASH:



**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 farmers markets and farm stands. To learn more about

Apply at your local Community Action Agency.



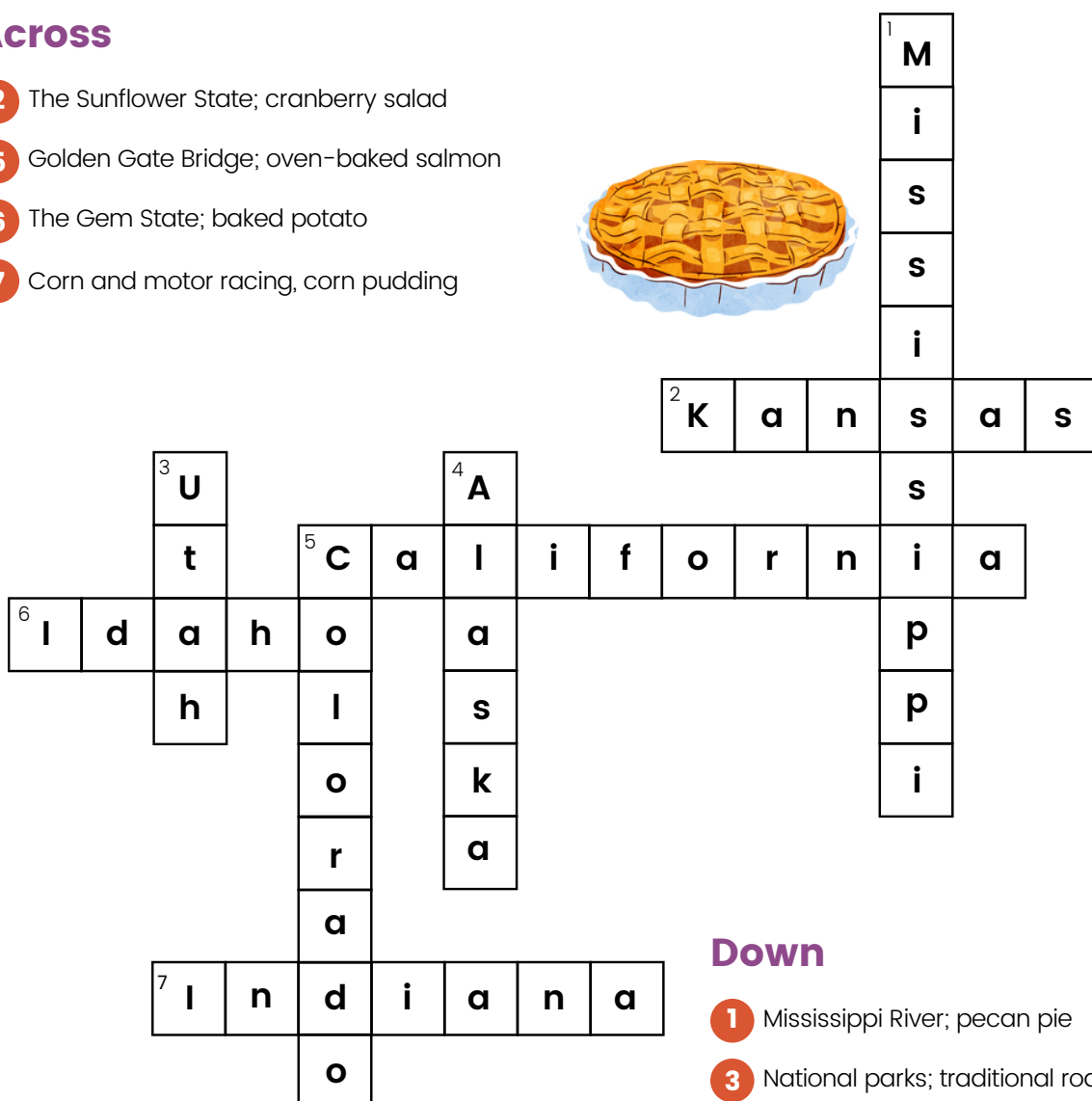


# Feast Around the States

## Answer Key

### Across

- 2** The Sunflower State; cranberry salad
- 5** Golden Gate Bridge; oven-baked salmon
- 6** The Gem State; baked potato
- 7** Corn and motor racing, corn pudding



### Down

- 1** Mississippi River; pecan pie
- 3** National parks; traditional roast turkey
- 4** Northern lights; classic cheesecake
- 5** Hot springs; glazed ham

SVCOA is here to help! Call our local Senior Helpline for additional information and assistance-1-802-786-5990

Open Enrollment starts Oct-15 -Dec 7 for Part D.



Getting Medicare right National Council on Aging

## Differences between Original Medicare and Medicare Advantage

	Original Medicare	Medicare Advantage
<b>Costs</b>	Medicare premiums (Part B; Part A if applicable), deductibles, and coinsurance charges (usually 20% of Medicare-approved cost for outpatient care)	Medicare premiums, plan premium (if it has one), deductibles (if it has one), and copays (usually a fixed cost for office visits)
<b>Supplemental insurance</b>	Beneficiary <b>can purchase</b> a Medigap policy.	Beneficiary <b>cannot purchase</b> a Medigap policy.
<b>Covers extra services</b>	<b>No.</b> Covers medically necessary inpatient and outpatient health care. Does not cover services such as routine vision, hearing, or dental care.	<b>Maybe.</b> May cover some services Original Medicare does not cover, such as routine vision, hearing, and dental care.
<b>Lets beneficiary see providers nationwide</b>	<b>Yes.</b> Beneficiary can go to any provider who accepts Original Medicare.	<b>Usually not.</b> Many plans have a network of providers in the beneficiary's geographic area and may not cover care if a beneficiary sees a provider out-of-network, except in emergencies.
<b>Referral required to see specialist</b>	<b>No.</b>	<b>Maybe.</b> A beneficiary's plan may require a referral from a primary care physician before it will cover a visit to a specialist.
<b>Drug coverage</b>	<b>No.</b> if beneficiary wants Medicare prescription drug coverage, they can buy a stand-alone Part D plan provided by a private insurance company.	<b>Usually.</b> Most plans include prescription drug coverage.
<b>Out-of-pocket limit</b>	<b>No.</b> There is no limit on what a beneficiary can spend on health care.	<b>Yes.</b> Plans must have annual out-of-pocket limit on cost-sharing. Once a beneficiary meets the limit, they do not owe anything out-of-pocket for their health care services. The limit is high, but can protect a beneficiary who needs expensive care.





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:





**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.

## 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**

What is a Ghost's Favorite  
Dessert?

