



News, notes, updates, events and more!

# SEPTEMBER IS FALLS PREVENTION AWARENESS MONTH

**"Tripping and slipping may seem minor, but the injuries sustained from a ground level fall can be serious. Falls are the number one cause of injury and hospital visits due to traumatic injury such as a broken bone or head injury, and death from an injury among people ages 65 and older. Unintentional falls are also the number one cause of non-fatal injury among children.**

**Fortunately, there are many ways to prevent falls, and some strategies to reduce falls are beneficial for everyone in the home."**

**-- Falls Free VT**

**Every year, more than 1 in 4 older adults fall. Less than half tell a healthcare provider.**

# Take Control of Your Health: 6 Steps to Prevent a Fall

Every **11 seconds**, an older adult is seen in an emergency department for a fall-related injury. **Many falls are preventable.** Stay safe with these tips!



**1**

**Find a good balance and exercise program**

Look to build balance, strength, and flexibility. Contact your local Area Agency on Aging for referrals. Find a program you like and take a friend.



**2**

**Talk to your health care provider**

Ask for an assessment of your risk of falling. Share your history of recent falls.



**3**

**Regularly review your medications with your doctor or pharmacist**

Make sure side effects aren't increasing your risk of falling. Take medications only as prescribed.



**4**

**Get your vision and hearing checked annually and update your eyeglasses**

Your eyes and ears are key to keeping you on your feet.



**5**

**Keep your home safe**

Remove tripping hazards, increase lighting, make stairs safe, and install grab bars in key areas.



**6**

**Talk to your family members**

Enlist their support in taking simple steps to stay safe. Falls are not just a seniors' issue.

To learn more, visit [ncoa.org/FallsPrevention](https://ncoa.org/FallsPrevention).

[www.facebook.com/NCOAging](https://www.facebook.com/NCOAging) | [www.twitter.com/NCOAging](https://www.twitter.com/NCOAging)  
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**nco**  
national council on aging

# Five Quick and Easy Home Modifications

## Make Your Home Safer Today!

**1. Secure some support:** Buy a shower seat, grab bar, and adjustable-height hand-held shower head to make bathing easier and safer.

**2. Light it up:** Replace burnt-out bulbs with bright, non-glare lightbulbs.

**3. Have a seat:** Place a sturdy chair in your bedroom so you can sit while getting dressed.

**4. Clear the way:** Keep items off stairs and remove clutter and throw rugs from floors.

**5. Store for success:** Keep frequently used items between waist and shoulder height.



*This material was developed by the National Home Safety and Home Modification Work Group. The Work Group is a collaboration of the National Falls Prevention Resource Center at the National Council on Aging and the Fall Prevention Center of Excellence at the University of Southern California Leonard Davis School of Gerontology. For more information, visit [bit.ly/NHSHMworkgroup](https://bit.ly/NHSHMworkgroup) and [www.homemods.org/hmin](http://www.homemods.org/hmin) to find home modification funding sources.*

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**nco**  
national council on aging

**USC Leonard Davis**  
School of Gerontology

# Healthy Eating for Older Adults

## Focus on Nutrient-Dense Foods

As you get older, your body will need less calories, but you need the same amount of nutrients. Focusing on nutrient-dense foods will ensure that you are getting the vitamins, minerals, and other nutrients that you need with less calories eaten.



## Foods to Choose:

- Fruits and Veggies
- Whole Grains
- Low-Fat or Fat-Free Dairy
- Lean Meat, Poultry, Seafood
- Legumes, Nuts, and Seeds

## Reminder

Consume foods from the **RAINBOW** because they are rich in nutrients.

Try to **limit** added sugars, solid fats, and salt. These are primarily in sugar-sweetened drinks and foods, butter, lard, shortening, and other processed foods.



## Nutrition and Falls Prevention : Helpful information to decrease your falls risk with food!

### Using Nutrition to help reduce your falls risk

Focus on eating well balanced meals with something from each food group. Protein, Vegetables, Fruits, Grain, Dairy, and Fat. An easy way to ensure you're eating many different foods which will help your nutrient intake, is by making your plate colorful – try "eating the rainbow" every time you have a meal! Make meal-time fun by trying new recipes or cooking with a new ingredient!

### Focus: Bone Health Build a Healthy Plate to Promote Healthy Bones

**Vitamin D:** Vitamin D is a hormone made by the body in response to exposure from sunlight. It promotes absorption of calcium, aids in strong bones and teeth, and prevents rickets!

**Best Food Sources:** Rainbow Trout, Salmon, Swordfish, Cheese, Eggs, & Liver

**Calcium:** Calcium promotes healthy bones, teeth, never function, blood clotting, blood pressure regulation, immune system, muscle and cardio function.

**Best Food Sources:** Parmesan Reduced Fat or Fat-Free Cheese, Reduced Fat or Fat-Free Yogurt, Collard Greens, Reduce Fat or Fat-Free Dairy or Non Dairy Milk, Salmon, Sardines, Legumes, Broccoli, Dark leafy greens, Spinach, and Rhubarb

**3SquaresVT:** putting healthy food on your table!

Call 1-800-476-6111 to speak to a benefits specialist

Increase your budget with 3SquaresVT. Learn more or apply by calling the HelpLine at 1-800-642-5119

### What is OSTEOPOROSIS?

The National Osteoporosis Foundation defines it as "a condition that weakens the skeleton so that the slightest injury can cause a broken bone."

How to reduce risk of Osteoporosis:  
Live well, Live Strong, Live Long!

- Maintain a healthy weight
- Eat a healthy diet. Eat foods rich in calcium (builds bones) and Vitamin D (helps to absorb calcium)
- Recommended Daily amounts:  
**Calcium:** Women age 50 or younger and Men age 70 or younger - 1000mg daily  
Women and men over age 70 - 1200mg daily (Example: 1 Cup non-fat milk 300mg, fortified OJ 200-260 mg, fortified oatmeal packet 350mg)  
**Vitamin D:** Up to age 70 - 600 IU daily, over age 70 – 800 IU daily (Example: 1 Cup milk 100 IU)
- Physical activity at least 30 minutes every day (walking, gardening, dancing)
- Do weight/strength bearing exercises for 30 minutes at least 2 times per week
- Do balance activities at least once a week (Tai chi, Yoga)
- Avoid smoking, excess alcohol or carbonated drink

Strong Today, Falls Free®  
Tomorrow

What are you doing  
to prevent a fall



# FALL PREVENTION ACTIVITIES WITHIN OUR COMMUNITIES!

## *Stay Steady Vermont Screenings*



A collaborative project between physical therapists, SVCOA and our communities

Promoting awareness of personal fall resilience and encouraging action towards self-improvement

*Brandon Senior Center-09/19/2022 (10am-10:30am)*

*Godnick Adult Center- 09/20/2022 (9:30am-2:00pm)*

*\*Registration needed*

*Castleton Community Center- 09/21/2022 (1pm-2pm)*

*Poultney Young at Heart -09/22/2022 (10:30am-11:30am)*

"Screening and education using the STEADI toolkit during community-based screenings result in short-term and long-term behavior change to reduce fall risk among older adults, particularly those with moderate to high fall risk."

# National Senior Center Month

Strengthening Community Connections.

September is National Senior Center Month, which highlights the vital role senior centers play in their communities. In addition to educating seniors about COVID-19 and providing at-home COVID-Tests , senior centers provide a variety of virtual and in-person services for older adults. Through Senior Centers, older adults can gain access to information, opportunities and support. A senior center serves as a bridge to prevent social isolation among older adults. SVCOA wants to highlight all of the Senior Centers within our communities. We thank you for your dedication to your community and your partnership!



# *Poultney Young At Heart*

Poultney Young at Heart continues to serve our community with concerted efforts and enthusiasm to offer fun interactive activities for our older Vermonters. Young at Heart Senior Center (YAHSC) is an active, thriving, growing, and happy group of seniors in Poultney and its surrounding areas.



Here are some accomplishments! We have been successful at adding wellness programs including Bone Builders, Matter of Balance, and Tai Chi. In collaboration with SVCOA, we will offer nutrition programs on hypertension and diabetes. Having worked with a nutritionist and reviewing our menus closely, we have examined ways to improve nutrition and offerings. In order to support our cook, we have hired a kitchen manager. In order to supplement our senior community's groceries, we have been working closely with Fresh Rescue and the Vermont Foodbank. This service is used by approximately 100 individuals each week. Thanks to a grant from Vermonters Feeding Vermonters, we offer free farmers markets every week during the summer. This fall we we are providing 1 on 1 assistance to applicants for programs such as 3 squares, fuel assistance, rent, and utilities with SVCOA and Vermont Emergency Rental Assistance Program. This summer, we partnered with Hireability and Community Cares Network to support students entering the workforce. YAHSC benefited from this collaboration during a time when many volunteers are away on vacation. Picnics at the lake, day trips, and musicians provide opportunities to socialize There has been a great deal of activity at our thrift store, and all proceeds benefit the center.

Ground was broken on our Pavilion and Path to Wellness projects. We are looking forward to starting the walking track soon.

# *Bennington Senior Center*



The Bennington Senior Center is a place that brings together older adults who want to be engaged in their communities and with their peers. Nationally, more than 10 million Americans take part in activities through the 15,000 centers around the country. Senior centers provide services and activities older adults need to be healthy, happy and as independent as they can be. At most senior centers, you can have a meal, make friends, take a class, be creative, get help, have fun, volunteer and more.

It is the mission of the Bennington Senior Center to engage persons 50+ in the lifelong learning process. We strive to promote physical, emotional, and spiritual well-being by providing social, recreational, creative and cultural programs, and enabling active participation in the center and community.

# *Brandon Senior Center*

The Brandon Senior Center began as a club in the 1930's. It has gone through many transformations with additions built on to the original building, over the years. It was always portrayed as a closed up "hall" and the recent Board of Directors wanted to change that way of thinking. We have created a warm and friendly atmosphere where Meals on Wheels is served, a free community lunch is made and served on Friday's, Bone Builders exercise classes held twice a week, RAVNAH Toe Nail Clinic and WIC clinic is held. We host a dinner once a month sponsored by the various businesses/individuals in town and also a free community brunch, which is sponsored by SW Council on Aging. We now have a comfortable knitter's corner, a reading area and folks who come in to play cards or do a jigsaw puzzle. The Center has become a hub of social activity for many, with low cost Bingo twice a month and coffee club gab fests. We have also started up an adult coloring group on Wednesdays. We have folks come in from the towns of Brandon, Forestdale, Sudbury, Leicester, Goshen and East Middlebury.

We have taken great care in renovating the outside, as well as the inside of the building. We have painted, added ADA compliant walkways, flower gardens with sitting areas and raised bed vegetable gardens which we plant to use during the summer lunch programs. We have added outside sheds and painted them to match the building. Inside we have painted, purchased furniture, updated the kitchen and we decorate with different themes every month. The many renovations include a new roof, new kitchen floor, updated bathrooms with new floors and paint, new doors, new furnace, new above ground oil tank, and new central AC unit. We have stripped the downstairs and completely renovated the space to be used as a meeting place. All these projects were funded by grants, and fundraising. We hope to continue our work in making the Center a large part of this community.



# *Castleton Community Center*

Castleton Community Seniors Inc. owns and operates the Castleton Community Center at 2108 Main Street, a restored historic home donated to the town by the estate of Alma Gibbs Donchian. CCSI is an organization of over 500 members. Their programs include Elderly and Disabled Transportation, Wellness Classes, Senior Meals and a wide variety of activities that provide opportunities for socialization.



A wheel chair accessible van is used to give over 1,400 rides annually to seniors and disabled residents of Castleton and surrounding towns. Senior lunches are provided in a group social setting 2 days a week in the dining room at the Community Center. Over 1,200 meals are served annually. Wellness classes include: Bone Builders (osteoporosis prevention), Better Balance (falls prevention), Tai Chi for Arthritis and Tai Chi for Diabetes, Yoga and Line Dancing. A walking trail offers area residents a 1/3 mile packed surface suitable for wheel chairs that provides an outdoor exercise option for those with limited physical mobility or recovering from surgery.

Regularly scheduled activities include: Knitters Network, Bridge, Creative Writing Workshop, Book Club, Guitar Classes and a Ukulele Club. Summer activities include Kayak and Bocce. A weekly coffee hour provides a relaxed social hour for residents each Friday morning. In addition to programs on nutrition and other health related topics, educational programs are offered in a wide range of topics including history, arts and crafts, the humanities and personal safety issues.

# *Godnick Adult Center*

The Godnick Adult Center is a Rutland Recreation and Parks Department year-round adult facility. The Center offers a variety of activities and events for adults to maintain and increase physical and social well-being. The facility works with local organizations to offer meals, educational programs, and other special events. Friendships and connections are created and maintained through a welcoming public space. See what some of the members have to say about their experience at the Godnick Adult Center.

“It’s been extremely beneficial to my life and has greatly enhanced my life. Many of the people that come here I care deeply for them. If you let me talk into the night I will tell you more of what this place means to me. The staff is excellent.” - J.C.

“Everyone is nice that I have met so far. I don’t come very often because I travel, but I enjoy coming here.”- D.B.

“Very welcoming, with hands and arms out.” - T.R.

“Everybody is kind and welcoming. The staff is great and the people who come here are great. It gets me out of my house where I am lonely. Here I feel loved. What I have dealt with is a type of salvation. I am blessed.” -B

Through a process of engagement and feedback, the Godnick Adult Center is constantly adding new opportunities for the adult community.



# *Godnick Adult Center*

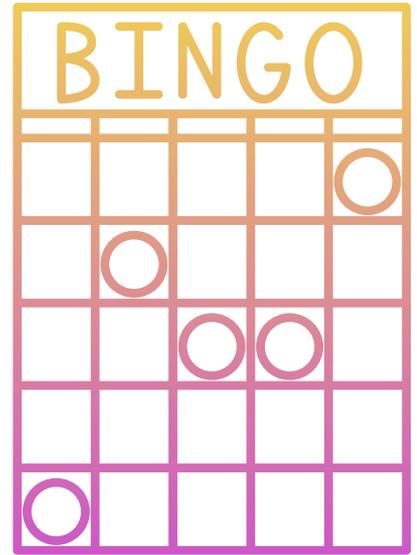
“ We welcome the chance to offer programs and events that our community is in need of. If someone has a suggestion they are encouraged to bring it to us. Recently, someone mentioned they would like to see cornhole offered, so you can look for that in the next few months!” says April Cioffi, Program Director at the Godnick Adult Center.

The attached picture is from our 2022 Ogunquit ME Trip that took 74 adults on two buses overnight and to a show at the Ogunquit Playhouse.



# CAUGHT IN ACTION

With the help of Godnick Adult Center (Rutland), SVCOA provided a fun interactive nutrition bingo game. We had around 50 participants. A variety of nutrition education and resources were provided by SVCOA. We appreciate your hospitality, Godnick!





# CAUGHT IN ACTION -- VASCAMP



SVCOA is proud to be a member of the The Vermont Association of Senior Centers and Meal Providers . Their Mission is to advocate for senior centers and meal sites on a statewide level. This includes promoting the growth and quality of these centers and strengthening the professional skills of the staff and volunteers at senior centers and meal sites, to collaborate and share resources.

This groups meets on monthly bias.

The City of Montpelier, Vermont  
1000 Washington Street  
PO Box 100  
Montpelier, VT 05602

## *BENNINGTON & RUTLAND HUNGER COUNCIL*

SVCOA is proud to be a member of the Hunger Councils within Bennington and Rutland County. The Hunger Council is ensuring that food insecurity and nutrition issues from all parts of the state are being addressed in regional community forums. These groups meet on a monthly bias.



# COLD WEATHER IS UPON US!

SVCOA will provide assistance to 3SQVT applicants for SNAP and fuel assistance. In the midst of inflation, SVCOA's goal is to help as many people as possible receive benefits. We will be offering one-on-one support and an overview of the programs for older Vermonters.

3SquaresVT is a nutrition program that boosts your food budget to help you stay healthy and independent!



## Application Assistance Locations

Castleton Community Center  
September 7, 2022  
(1-3pm)

Godnick Adult Center  
September 23, 2022  
(12:30-2:30 pm)

Poultney Young At Heart  
September 28, 2022  
10-Noon

Bennington Senior Center  
October 7, 2022  
(9-11am)

**FUEL ASSISTANCE (SEASONAL)**  
Helps pay part of your home heating bills — whether you own your home or rent, pay for heat directly or as part of rent.

### Who Is Eligible

You may be eligible if your gross household income is equal to or less than 185% of the federal poverty level based on household size.

# 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.



# DAILY EXERCISES

## TIPS FROM UVM PHYSICAL THERAPY ON HOW TO STAY ACTIVE

Physical activity supports a healthy immune system. Here are our best tips for staying active at home:

1. Break up sitting time with cleaning, cooking, and other activities. Get creative: Change your living room around or dance to some music!
2. Avoid sitting for more than 30 minutes at a time.
3. Go for walks if it's possible to leave your living space.
4. Engage in exercise for multiple 10 minute sessions throughout the day.
5. Ready to get moving? Check out the exercises to the right. Consider doing Leg exercises one day and arms the next.
6. Go to this link we've created for more exercise resources:

[tinyurl.com/Exr-Resources](https://tinyurl.com/Exr-Resources)

## DAILY EXERCISES

### Leg Exercises:

**1 WARM UP:** Marching in place for 30 seconds up to 2 minutes.

**2 Sit to stands** from a chair.



**3 Side Leg Lifts.** Pretend like you're a dog doing business on a fire hydrant and kick out and back.



**4 Calf raises.** Use a chair for balance if needed.



### Arm Exercises:

**1 WARM UP:** Make big circles with your arms in all directions for 30 seconds up to 2 minutes.

**2 Bicep Curls.** Use soup cans, or something heavier like a jar of coins.



**3 Overhead press.** Use soup cans (Or whatever you can find).



**4 Counter-top push ups.**



“I was once afraid of people saying, ‘Who does she think she is?’ Now I have the courage to stand and say, ‘This is who I am.’”  
---Oprah Winfrey



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



## 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 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

**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**

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

***Matter of Balance- Castleton Community Center- Class is Full !***

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

Next session of Eat Smart,  
Move More, Weigh Less  
start October 2022,. Call  
802-786-5990 to sign up!

## **GMRSVP BONE BUILDERS**

**BONE BUILDERS LINK**  
**[HTTPS://WWW.RSVPVT.  
ORG/BONEBUILDERS](https://www.rsvpvt.org/bonebuilders)**

# Elder Care & Caregiver Clinician



## 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.

**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.





## TURKEY TACO STUFFED PEPPERS

Total time: 45mins

Prep time: 10

Cook time: 35mins

### INGREDIENTS

- 1 lb Ground turkey
- Bell peppers
- 1 can Black beans
- 1 cup Corn, frozen kernels
- 2 cloves Garlic
- 1 Onion, small
- 1 Handful minced parsley
- 1 cup Chicken broth
- 2 cups Salsa
- 1 cup Rice, cooked
- 2 tbsp Taco seasoning
- 1 cup Cheddar cheese
- 1 cup Pepper jack cheese
- 1 Sour cream
- 3/4 cup Water

### DIRECTIONS

1. Start by cooking a pound of ground turkey with some onion and garlic. This will add flavor to the meat itself. If your turkey releasing a lot of liquid during cooking, you may want to drain it before adding anything else.
2. Next, add some of your favorite salsa, stir in some taco seasoning and water and let that pot simmer for about 10-15 minutes. Let mixture thicken and add cheese and combine. Stir in some cooked white rice, black beans and corn to finish filling.
3. While the filling is cooking, prepare the bell peppers. Slice the pepper in half lengthwise then remove and discard seeds and membranes. Rinse the peppers and arrange them in a 9 x 13-inch baking dish.
4. Stuff the peppers with the meat mixture. Depending on how full you pack the peppers, you may end up with 6-8 stuffed peppers. Top each pepper with a spoonful of salsa and a sprinkling of cheese. Pour some water or chicken broth around the peppers in the dish and cover with nonstick foil. Bake until peppers are soft and the filling is hot and bubbly.
5. (Source: Yellow Bliss Road)

### 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.

## 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**

