



Southwestern Vermont Council on Aging Nutrition and Wellness Corner

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I'm thrilled to announce the relaunch of an inspiring initiative from the Southwestern Vermont Council on Aging—the "Nutrition and Wellness Corner." This dedicated area is specifically designed to foster healthier living among older adults in Rutland and Bennington counties by offering a diverse range of resources focused on nutrition and comprehensive wellness.

"Ask the Aunts" - Your Monthly Q&A Opportunity with Judy and Norma

We are thrilled to announce a new initiative at the Southwestern Vermont Council on Aging called "Ask the Aunts," where you can get answers to your questions from two of our esteemed volunteers, Judy and Norma. Both are older Vermonters with a wealth of experience and knowledge, ranging from the medical field to invaluable life lessons.

"Ask the Aunts" is designed to leverage the insights and experiences of Judy and Norma to benefit our community members. Whether you have questions about navigating Vermont or simply seeking wisdom on everyday life challenges, Judy and Norma are here to share their perspectives.



To submit your questions to Judy and Norma,
please follow this
link:<https://forms.office.com/r/RicVspJxJC>



SVCOA Celebrates Alzheimer's & Brain Health Awareness Month!

Worldwide, over 55 million people are living with Alzheimer's or other dementias. The Southwestern Vermont Council on Aging (SVCOA) offers a Dementia Respite Grant Program, funded by a generous grant from the Department of Aging and Independent Living. This program provides respite opportunities for family or primary caregivers of individuals with Alzheimer's or dementia in Rutland or Bennington County. To learn more and check eligibility, call the SVCOA HelpLine at 1-800-642-5119.

DONATE



Respite Squad

The Southwestern Vermont Council on Aging (SVCOA) is proud to announce its collaboration with Age Well of Colchester, Vermont, to introduce the Respite Squad initiative to the Rutland and Bennington communities. This program is a testament to the power of community and the shared understanding of the challenges faced by caregivers. The Respite Squad aims to provide caregivers with the much-needed opportunity to recharge, ensuring they can continue to offer the best care to their loved ones.

The Respite Squad's comprehensive training program is designed to equip volunteers with the necessary skills to provide compassionate care for older adults experiencing cognitive impairments, including those with memory issues, dementia, or Alzheimer's disease. Over the course of four weeks, with weekly three-hour sessions held at the local office, volunteers undergo a series of educational modules that cover a range of topics. These may include understanding the various stages of cognitive conditions, effective communication techniques, safety procedures, and activities that can help maintain or improve cognitive function. This thorough preparation ensures that volunteers are not only well-informed but also confident and ready to offer support and respite services to families and caregivers in need. The dedication to such detailed training reflects the Respite Squad's commitment to the well-being of the community's most vulnerable members. By becoming a Volunteer Respite Provider, you can contribute to this noble cause and make a significant difference in the lives of caregivers and those they support. Your involvement could be the key to preventing caregiver burnout and promoting a healthier, more sustainable caregiving environment.

If you are interested in becoming a Volunteer Respite Care Provider, contact SVCOA's Volunteer Coordinator, Nicole Woodie by email nwoodie@svcoa.net or by phone [802-772-7853](tel:802-772-7853).



Riddle of the Month: A Culinary Conundrum!

Dive into this month's challenging riddle designed for the keen-minded food lovers among us. Get ready to puzzle over this tantalizing teaser: "I am not seen in the morning but appear every night, without me, your salads would surely lack bite. I'm counted among herbs but am not one to eat, known instead for making your dishes complete. What am I?"

Remember, the solution requires a sprinkle of creativity and a dash of culinary knowledge! Flip to the end of our newsletter for the intriguing reveal.

3SquaresVT Frequently Asked Questions

What is 3SquaresVT?

3SquaresVT is a federal nutrition program that gives eligible Vermonter's money each month to purchase food at grocery, convenience stores, farmers markets, and co-ops.



How do I use 3SquaresVT?

Monthly benefits come on a card that works the same way as a regular debit card, so a trip to the grocery store with 3SquaresVT benefits looks like any shopper's experience. If everyone in your household is 65+ or receives SSI, benefits can be deposited into your bank account.

How do I qualify for 3SquaresVT?

Many of us may not know we qualify for 3SquaresVT! Individuals, families, older Vermonters, people who are working, and people with disabilities can qualify. Benefits are based on household size, income, and expenses such as rent and childcare.

When we use 3SquaresVT we help the whole community. Receiving 3SquaresVT benefits does not take away from anyone else. We all pay into programs like 3SquaresVT, so we've earned these benefits when we need them. And when we buy groceries with 3SquaresVT benefits, we bring millions of federal dollars into our local economies to help local farmers and businesses every month!

What is Crop Cash? For every dollar of 3SVT/SNAP you spend at a participating farmers market, you can receive a dollar of Crop Cash (up to \$10) to spend on fruits, vegetables, herbs, and culinary seeds and plant starts. Anyone who receives 3SquaresVT/SNAP benefits, as well as folks who still have P-EBT benefits, is automatically eligible to get Crop Cash at a farmers market—there is no additional application for this program.

To find a list of participating farmers' markets that accept Crop Cash, you can visit the NOFA-VT website at the following URL:

<https://www.nofavt.org/services-resources/consumers/community-food-access/crop-cash>

Did you know? You can watch HFVT's video on YouTube at the following link:
https://www.youtube.com/watch?v=uPevCTNA_7Y



Call the HelpLine at
1-800-642-5119
for more information and
assistance applying.



Riddle Answer: Thyme:

Thyme is more than just a clever answer to a riddle; it's a powerful culinary and medicinal herb. Native to the Mediterranean region, thyme is known for its strong, earthy flavor, which makes it a favorite in dishes ranging from roasts to soups and more. Apart from its culinary uses, thyme has various health benefits. It contains thymol, an essential oil with potent antioxidant and antibacterial properties, making it great for boosting the immune system and fighting respiratory infections. Whether dried or fresh, thyme adds a punch of flavor and a boost of health benefits to any meal.

