

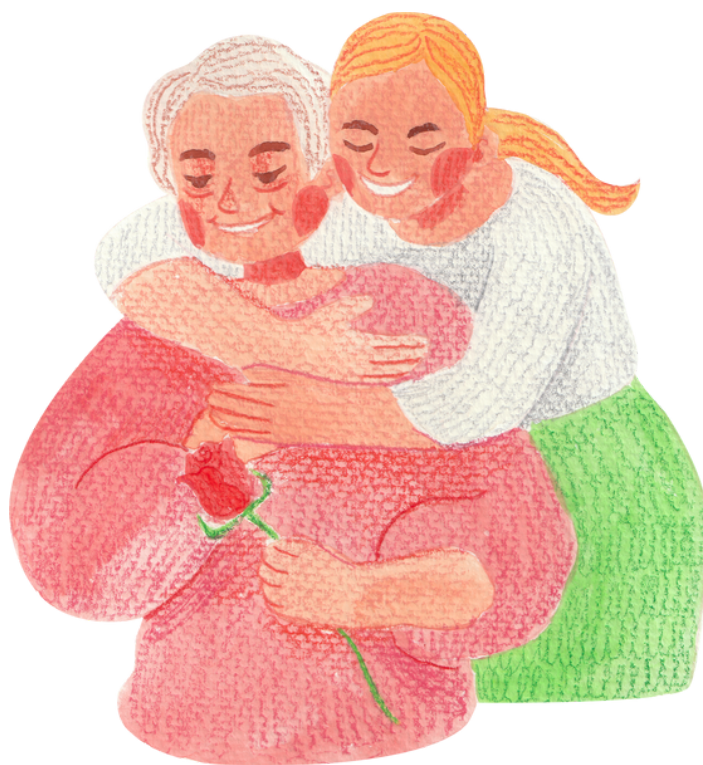


View SVCOA Services through the eyes of Betty, a 65-year-old Vermonter

Betty

Megan assisted Betty in applying for the SVCOA Homemaking Grant. Due to mobility issues, Megan discovered Betty has a difficult time making and shopping for meals.

Additionally, Megan discovered that Betty left the stove on last night for a few hours, but thankfully turned it off when she realized. She discusses Meals on Wheels with Betty and its benefits.



Home Delivered Meals " 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.

Beginning April 1, 2023, participants will be eligible for Meals on Wheels:

- Any person is eligible who is age 60 or over and is unable to obtain or prepare meals on a temporary or permanent basis due to a physical, mental or cognitive condition that requires assistance to leave home.
- Also eligible are the spouse, regardless of age, of eligible individuals receiving HDM; and individuals under 60 years of age with a disability, who reside with an eligible individual receiving HDM.

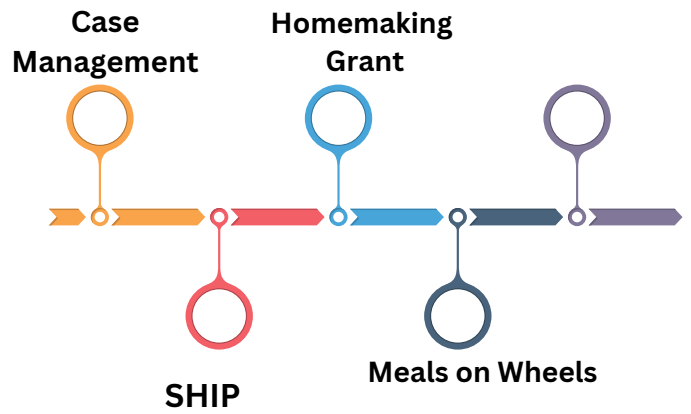
Preference will be given to individuals who are low-income, minority, limited English proficiency and at risk for institutional placement.



Chatting with Betty

Megan and the nutrition staff at SVCOA assisted Betty in signing up for Home Delivered Meals. Megan will contact SVCOA Volunteer Services to see if Betty can get some assistance with volunteer shopping.!

Our April newsletter highlights the volunteer services offered by SVCOA



2022 overview of SVCOA's nutrition services



Together with our meal providers, SVCOA provided 207,685 meals to 2,105 older Vermonters



179,079 home delivered meals to 1,494 individuals



28,606 community meals to 1,236 older Vermonters



nutrition staff completed 837 hours of home delivered meals and 3SquaresVT assessments for 744 residents to ensure proper meal allocations and prioritization.

The nutrition program also maintained its role as an integral community resource on nutrition education through group presentations and counseling from our registered dietician to 245 older Vermonters.

In 2022, 12,868 older Vermonters are living in poverty, 42,180 are isolated and living alone and 16,913 are threatened with hunger



SVCOA March for Meals

Something is brewing! We are happy to announce a new ice coffee selection option at Starbucks in partnership with Rutland and Manchester Vermont. There's nothing like a delicious cold brew to get your engine revving.



Limited time only through March, order a tasty "SVCOA Mugs, Meals on Wheels, and Magic" cold brew today!

This is one you won't want to miss! Featuring a cinnamon dolce cold brew, salted caramel and chocolate cold foam!

Locations

Manchester Starbuck:
365 Depot St, Manchester Center, VT 05255

Rutland Starbuck:
37 N Main St, Rutland, VT 05701

Spotlight!

What a Treat, SVCOA small food pantry was visited by two of our volunteers dogs who generously donated dog biscuits and dog toys for the local puppies!

Caring for your neighbors, a Vermont tradition! SVCOA volunteer program needs your help! SVCOA relies on a team of hard-working and knowledgeable volunteers to help the agency with a wide variety of tasks, all of which work to support older Vermonters in our service area. Although unpaid, SVCOA's volunteers are invaluable to the agency, and more importantly to those it serves. SVCOA offers a wide range of volunteer opportunities!

Learn how you can volunteer and give back to your community by calling our Senior HelpLine at 1-800-642-5119!



Emergency SNAP Allotments Ending This Month

What's happening

The emergency funding boost to monthly benefits provided to recipients of the Supplemental Nutrition Assistance Program (SNAP) will expire at the end of February.



In March 2020, as part of the federal government's effort to help address rising food insecurity and provide economic stimulus during COVID-19, Congress allowed states to increase monthly SNAP benefits – known as emergency allotments.

- Although all states were still offering the boosted SNAP benefits through the start of 2021, 17 states stopped paying for emergency allotments by the end of 2022.
- At the end of 2022, Congress passed legislation that ended the emergency allotments after February 2023 benefits are issued.
- This will result in a benefit cut for all SNAP households in the 32 states, the District of Columbia, Guam and the U.S. Virgin Islands that have continued to utilize these emergency allotments.



Why it matters



SNAP is one of the essential federal nutrition programs that address senior hunger and food insecurity, with more than million older adults enrolled.

Some of the older adults you serve may have been receiving emergency allotments, and therefore may be facing a significant decrease in their SNAP benefits in the coming month.

For example, an individual 60+ will lose an average of \$138 per month.



For more information, call our Senior HelpLine at 1-800-642-5119

The Senior 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.



Information provided by
Meals on Wheels America

Get Involved

- Advocate for a SNAP program that strengthens support for older individuals and their families: Share your story about how SNAP impacts you! Email- advocacy@mealsonwheelsamerica.org.
- Support Meals on Wheels America 2023 Advocacy Agenda: Tell your Members of Congress to fund and protect federal nutrition programs, including SNAP.

Wellness Classes



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.



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.



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 to sign up!

SVCOA Wellness Calendar

Tai Chi

Castleton Community Center-Tai Chi Practice Tues. 10:30-11:45
This practice will include Falls Prevention Tai Chi, Yang 24 and Sun 73, Tai Chi for Diabetes and more. We will work on principles and refining movements. Call-(802) 468-3093

Castleton Community Center-Tai Chi for Fall Prevention Instruction Thursdays 11:30-12:30 We will be learning Falls Prevention Tai Chi, a short form using Sun style movements. Health benefits include improved balance, increased mobility, better breathing and various healing and relaxation properties. Call-(802) 468-3093

Brandon Senior Center- Tai Chi for Fall Prevention Level 2. Tues. 1:30 Call- (802) 247-3121

Bennington Senior Center - Tai Chi for Fall Prevention Level 1. Call-(802) 442-1052

A Matter of Balance

Poultney Young at Heart - A Matter of Balance - March 10-May 5 (no class on April 7). Registration is required. Call-(802) 287-9200

GMRSVP Bone
Builders-Bone
Builders link
<https://www.rsvpt.org/bonebuilders>

(Virtual) Eat Smart,
Move More, Weigh
Less
Next session of Eat
Smart, Move More,
Weigh Less. Stay
tuned for future
dates!

Happy
Spring



Contribution
may be made
by scanning
the QR code!

OR

Visit
[SVCOA.org/donate](https://svcoa.org/donate)
or mail a check to
SVCOA, 143 Maple
St Rutland, VT
05701



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

what do you call
a fake noodle?



an impasta

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