



News, notes, updates, events and more!

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

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!



VOLUNTEERS

Volunteer

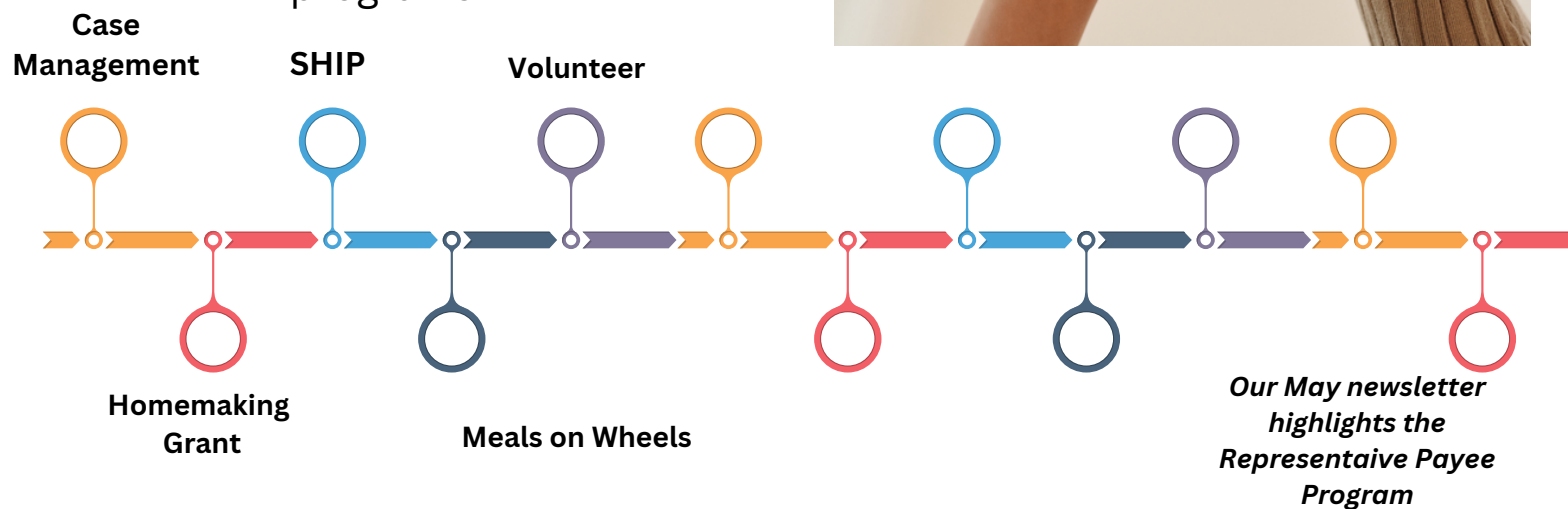
Caring for your neighbors, a Vermont tradition.

Central to several of the programs and services that SVCOA offers are the agency's many dedicated volunteers. 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.



Through its volunteer program the agency regularly provides the following assistance:

- *Home maintenance and modification assistance
- *S.H.I.P. (health insurance counseling)
- *Meal delivery drivers for Meals on wheels
- *Grocery shopping assistance
- *Money Management Program volunteers
- *Event (group project) volunteering
- *Case management assistance
- *Office / internship assistance
- *Friendly visitor and friendly phone call programs!



Chatting with Betty

Betty has been able to connect with a volunteer shopper who will conduct her weekly grocery shopping on her behalf. After discussing monthly bills with Betty, Megan learned that she had forgotten to pay her mortgage for February and March. Betty revealed earlier this week that she had been diagnosed with Alzheimer's disease. Betty COPD has also created some barriers. Betty is concerned that she will have to move into assisted living and leave her home.

Betty and Megan discussed possible supports to assist her in remaining independent at home as long as possible. As part of the discussion, Megan also suggested the possibility of regular check-ins with Betty to keep a pulse on the situation and to ensure that she feels supported during this difficult period. Each month, Megan, Betty, and the children of Betty will hold a phone call to ensure that everyone feels heard, supported, and on the same page. Following Betty's consent, Megan referred her to our representative payee program and made a referral to our elder care clinical services.



MEET KAYLEE DERBY

New SVCOA Volunteer Coordinator

I am originally from Rutland Vermont, but I moved to Whitehall New York a year ago. I worked at Rutland Mental Health(RMH) for 6 years. My last year 1/2 with RMH I ran the Project SEARCH program which was based at Rutland Regional Medical Center. I am very eager for my new role here at SVCOA, and I can't wait to meet you all!



MEET MADISON WHEELER

New Nutrition Intake Coordinator

Hi, my name is Madison Wheeler, and I am the Nutrition Intake Coordinator for the Southwestern Council On Aging. I grew up in New Hampshire before spending my first two years of college at Green Mountain in Poultney, Vermont. I then finished my last two years at Prescott College in Prescott, Arizona and obtained a degree in Sustainable Food and Agriculture. I have been using that degree since graduating in a hands-on way, working on farms, and growing different types of food and flowers. I now am very excited to start working on the analytical side of it all here at SVCOA and am grateful for the opportunity to expand my knowledge!



MEET BRUCE KENNEDY

SVCOA Volunteer



As part of our April spotlight, Bruce is also a member of the SVCOA Advisory Council, along with volunteering. There have been a lot of amazing things Bruce has done since volunteering, such as being a virtual guest chef, conducting initial assessment interviews with older Vermonters receiving meals on wheels through SVCOA, participating in a nutritional bingo in Bennington and giving a Fraud Squad presentation to SVCOA caregivers. Bruce, thank you for your dedication to SVCOA.



**MEALS ON WHEELS
VOLUNTEERS NEEDED**



Do you have spare
time and want to
give back to your
community??



Flexibility to Fit
YOUR Schedule!
1 hour, 1 day, 1 month
For any amount of time!!

Delivery Drivers
Wrapping & Packing
Sanitizing & Cleaning



If you would like
to become a
volunteer for
Meals on Wheels
please contact
Kaylee Derby @
802-772-7838



TAKE PART IN THE SOLUTION



SOUTHWESTERN VERMONT COUNCIL ON AGING

Chewing, Swallowing, & Nutrition

Saliva is important for moistening food and making swallowing easier, but the amount of saliva produced **decreases** with age.

Additionally, tooth loss occurs with age and leads to the need for dentures. Poor dentation or fitting dentures leads to difficult chewing and eating, which can negatively impact daily intake.

Symptoms of Swallowing

Problems:

- Coughing or Choking
- Gurgling from the Throat
- Throat Clearing During or After Eating
- Regurgitating Foods
- Chest Discomfort During or After Swallowing
- Unexplained Weight Loss



TIPS FOR DIFFICULTY WITH CHEWING OR SWALLOWING:


- Drink Beverages with Meals to Assist with Swallowing
- Properly Fit Dentures
- Eat and Chew Slowly
- Watch for Signs of Choking
- Sit Upright with the Head Tilted Slightly Forward
- Make Sure that Foods are in an Appropriate Form to Ease the Chewing or Swallowing Process (i.e. Ground, Minced, Soft, Pureed, Thickened Liquids)



Tips for Modifying Foods



WHEN CHEWING OR SWALLOWING IS DIFFICULT

- 
1. Use **gravy and sauces** to moisten food and ease the swallowing process.
 2. **Mash foods** that are acceptable in this form like potatoes or squash.
 3. **Shred** raw vegetables and fruits
 4. Use **thin slices** of meat or **precut** meats into smaller bite-sized pieces.
 5. Try meats that are **normally softer** like meatloaf, deviled eggs, egg salad, or soft meat salads.
 6. Opt for **soft and moist foods** like puddings, custards, scrambled eggs, macaroni and cheese, soups or stews, cooked cereals, yogurts, gelatins, cooked vegetables, canned fruits, or cottage cheese.
 7. **Soften hard foods** by soaking them in milk, cocoa, coffee, or tea.
 8. **Take small bites** of food and chew well before swallowing or taking another bite.
 9. **Do not** try to wash solid down with sips of liquids, but do take a sip of a liquid after each bite of food.
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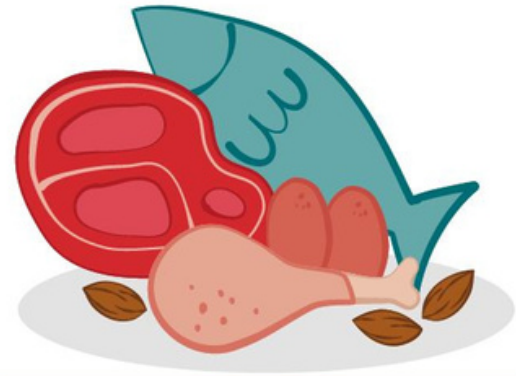
Did You Know?



3SquaresVT in a SNAP!

What is 3 SquaresVT in a SNAP?

3SquaresVT in a SNAP! is a federal USDA program that assists eligible individuals put healthy meals on their tables.



How do I know if I am eligible?

You may be eligible if you are at least 60 years old
or getting disability benefits,
Not earning income from a job or self-employment,
and
Buy food and make meals together.

How Do I Apply?

Apply online or print an application at
www.mybenefits.vt.gov

OR

An employee of the SVCOA can mail an application to
you or assist you with completing the application for
3SquaresVT in a SNAP!

Call the Senior HelpLine at 1-800-642-5119





How do I receive my benefits?

If anyone in your household is under 65, your benefits will be added to a Vermont EBT Card.
If everyone in your household is 65 and above or receiving Supplemental Security Income (SSI), your benefits will be deposited as cash into your bank account.

Where can I use my benefits?

If you receive your benefits on a Vermont EBT card you can use your card at any store that accepts EBT/SNAP benefits.

If your benefits are deposited into your bank account, you can use them at any place that accepts credit and debit cards.



Is there anything else I can do with my benefits?

Your benefits can be used at farmers markets to purchase fresh produce and other food items.

Bring your Debit or EBT card to the table marked "information" and tell the person running the machine how much of your 3 Squares Benefit you would like to spend, then swipe your card.

For each \$1 you spend you will receive a \$1 token and \$1 crop cash. up to \$10 dollars a day per farmers market.



For more information call SVCOA's
HelpLine @ 802-786-5990

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 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

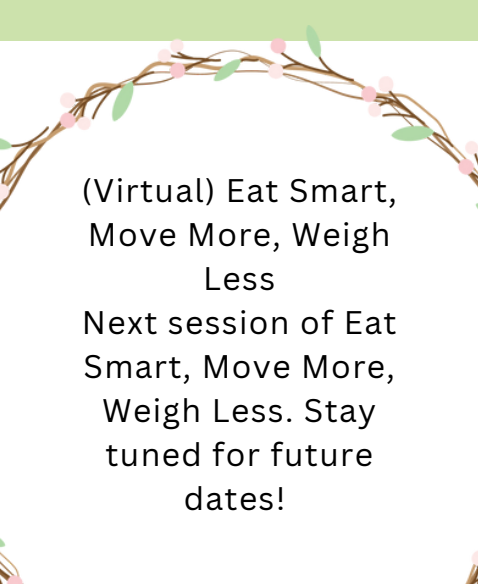
Bennington Senior Center - Tai Chi for Fall Prevention Level 2. Call-(802) 442-1052

A Matter of Balance

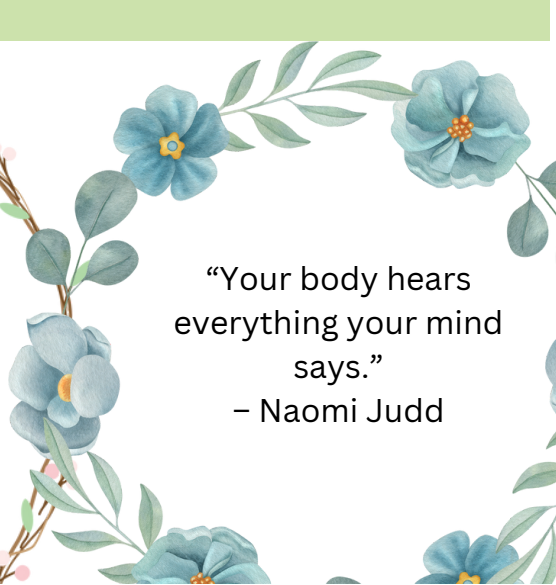
Poultney Young at Heart - A Matter of Balance - March 10-May 5 (no class on April 7). Registration is closed!



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



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



"Your body hears everything your mind says."
- Naomi Judd

MARCH FOR Meals

SVCOA appreciates the community's support for March for Meals. A great deal of success was achieved during Champions Week! Thank you to the Castleton Police Department, Rutland Sheriff's, Starbucks, Senator Sanders' Office, and Rosemary Greene-Executive Director SVCOA and Godnick Adult Center for your time and effort!



Thank you!



Contribution
may be made
by scanning
the QR code!

OR

Visit

SVCOA.org/donate
or mail a check to
SVCOA, 143 Maple
St Rutland, VT
05701



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

