



Southwestern Vermont Council on Aging Nutrition and Wellness Corner

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WWW.SVCOA.ORG * HELPLINE 1-800-642-5119

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

Dear Breanna from California

Question: Is it normal to have full conversations with my coffee machine in the morning?

Norma states: Life is too short to worry about whether or not we talk to our appliances. We all have our little rituals that help us start the day on the right foot, and if chatting with your coffee maker makes your mornings brighter, then go for it!

You see, life is full of stress, and sometimes we bring it upon ourselves. Talking things out—whether it's with your coffee machine, a sister, or a friend—can be incredibly therapeutic. Pretending that problems don't exist or ignoring them won't make them go away. It's far better to voice your thoughts, even if it's to a coffee machine that doesn't talk back. The key is finding resolution and comfort where you can, and if that means having a conversation with your morning brew, so be it!



Now, if that coffee maker starts giving you unsolicited advice on your love life or starts hinting that it needs a vacation, you might want to give us a call. We're happy to help, even if it means talking you through your caffeinated confessions!

Here's to more morning pep talks and a brew that's as strong as your resolve. Cheers to you and your ever-loyal coffee machine!



To submit your questions to Judy and Norma,

please follow this

link:<https://forms.office.com/r/RicVspJxJC>



The Aunts

Farm to Family Coupon Event

What a fantastic day at BROC's Farm to Family Coupon event, hosted by BROC! A big thanks to Let for inviting us to be a part of it. Community partners came together to share resources and hand out valuable coupons to local families. SVCOA joined in the fun, offering resources and educational materials to help support our vibrant community. It was a wonderful day of connection and celebration! Our amazing community partners included WIC, BROC, Vermont Farmer's Market, Vermont Fresh, and more!



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 a fruit, but I'm not a berry.

I'm yellow and tangy, but not a cherry.

I'm often squeezed to make a drink,

What am I? Take a moment to think! What am I?"



**JOIN OUR
NEW
VOLUNTEER
PROGRAM!**



SVCOA is Seeking kind, caring, and enthusiastic members of the community to join a brand-new program!

The Southwestern Vermont Council on Aging has adopted a new program, known as the Respite Squad from Age Well of Northwestern Vermont. Individuals will be trained to become members of this vital new program through a series of classes held one time a week for 3 hours, over 4 weeks.

The Respite Squad aims to provide relief to caregivers providing 24/7 care to a loved one, and companionship to care receiver.

**Register Between
August 26, 2024 & September 20, 2024
by Calling 1-800-642-5119, ask for the Volunteer Program.
or Email nwoodie@svcoa.net, use "Respite Squad" in the subject line.**

!! CALL for VOLUNTEERS !!

SVCOA is seeking your assistance in 4 vital programs aimed at ensuring that older adults in our community can remain in our community!

Grocery & Errands Volunteers - Assist older adults in the community with essential shopping, to ensure they have adequate food in their home.

Money Management Volunteers - Provide support to older adults that may struggle with writing checks or remembering to pay bills on time.

Friendly Visitor Volunteers - Provided piece of mind and companionship to older adults feeling lonely or isolated.

State Health Insurance Program - Provided support and front-line assistance to our staff during Open Enrollment.

**To learn more Call
Nicole Woodie, Volunteer Program Coordinator,
at 802-772-7853**



3SquaresVT vs. 3SquaresVT in a SNAP!

What's the difference?

3SquaresVT is a federal USDA program that helps put healthy foods on the tables of those who need it every day!

Who Is Eligible

You may be eligible if:

- Your gross household income is equal to or less than 185% of the Federal Poverty Level.
- or
- You have children and get the VT Earned Income Tax Credit.

You may still qualify if your income is over limit and your household includes someone 60+ or with a disability, but ESD will consider the resources you own with a few exceptions, such as your home and certain retirement accounts.

3SquaresVT in a SNAP! is an easier way for older & disabled Vermonters to access the 3SquaresVT program to help put healthy food on their tables.

Who Is Eligible

You may use this simplified process if EVERYONE applying is:

1. At least 60 years old or getting disability benefits, and
2. Not earning income from a job or self-employment, and
3. Are buying food and making meals together.

**For Assistance Deciding Which Program is Right for You
Call the HelpLine at
1-800-642-5119**

Riddle Answer: Lemon

Lemons are a vibrant and versatile fruit, widely celebrated for their distinctive sour flavor and numerous health benefits. Belonging to the citrus family, lemons are rich in vitamin C, an essential nutrient that supports the immune system and promotes skin health.

