



News, notes, updates, events and more!

Thank you, SVCOA Case Management!

In the name itself, social workers work to improve our own society by working on social causes. They work to help people with problems such as poverty, mental health issues, and addiction. They also work to ensure that individuals receive the resources they need to live safe and healthy lives. Social workers advocate for individuals and for larger social change.

They are often involved in policy and advocacy work to ensure that individuals and communities are able to access the resources they need.

Social workers also work to connect people with services that will help them in their time of need.

Their selfless work should always be appreciated and thanked for the incredible amount of work they do. They are the unsung heroes of society and deserve recognition for their efforts. Through recognition, we can motivate our team members to do better work. Acknowledging and praising their successes and efforts encourages them to stay motivated and keep growing.!



THANK YOU

CASE MANAGEMENT



The Social Worker's Creed

We pledge our hearts, our hands, our minds
To those in need, the broken kind
To serve with empathy and grace
And to make the world a better place

We stand beside the weary soul
The one who's lost and lost control
We offer hope, we lend a ear
We hold the vision, clear and dear

The challenges we face each day
Make us stronger, in every way.".....

By Sebastian Watts

Aging Service Director- Samantha Brennan

CASE MANAGERS

KATHY CLARK,
KIMBERLY CHAMPINE
MEGAN DEVITT
BETH JOHNSON
ANNA MATTISON
VICKY POTTER
MARY REHLEN
GAIL WHITMAN-BUELL
NICOLE ESPOSITO
SHARENE COVELL
KATRINA CAOQUETTE
ALLISON HARRIS
MAKAYLA FERRIRA

CASE AIDS


MARY MURATORRI
DEE MCKENNA






Within the next few months, SVCOA will be highlighting food resources within Rutland and Bennington Counties. We will provide information on where to find food pantries, soup kitchens, and other sources of assistance. We will also provide information about how to access these services.





3SquaresVT helps you buy food from grocery and convenience stores, farmers markets, and co-ops. 3SquaresVT benefits are loaded each month on an EBT card, which works like a debit card. To find out more and get help applying visit **VermontFoodHelp.com** or text VFBSNAP to 85511.



You can apply for 3SquaresVT benefits and Extended Certification Period (ECP) fuel benefits all in one simple application. After your application is approved, you are automatically enrolled in three years of benefits with no additional paperwork, and are given an individual caseworker to connect with directly.

3SquaresVT in a SNAP

- 60+ or receiving disability benefits
- Purchasing and preparing meals together
- Not earning income from a job

Unearned income like SSI or a pension do not count as earned income, but must be equal to or below a certain threshold. Learn more about income eligibility [here](#).

If you don't qualify for 3SquaresVT in a SNAP, you may still qualify for 3SquaresVT.



Call the HelpLine: **1-800-642-5119**



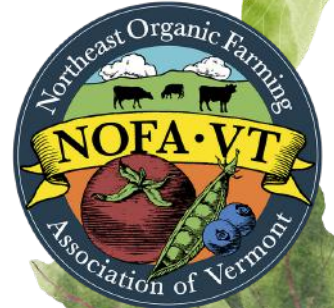
Crop Cash

Multiply your 3SquaresVT/SNAP dollars with Crop Cash at your local farmers market!

When you spend 3SquaresVT/SNAP benefits at a participating farmers market, you'll receive extra money to spend on local food. Markets will match \$20 or more of your SNAP benefits per day. Anyone who receives 3SquaresVT/SNAP benefits is automatically eligible to get Crop Cash at a farmers market—there is no additional application for this program.

Crop Cash PLUS

*Individuals who receive their benefits as EBT Cash or Direct Deposit will not receive Crop Cash. They will receive double the match of Crop Cash PLUS in the summer, and a one-to-one match in the winter. Folks who wish to spend EBT Cash benefits at a farmers' market should let the market manager know they receive their benefits as EBT Cash, and how much they would like to spend of their benefits at the market. The market manager will match double that amount in Crop Cash PLUS coupons during the summer season (\$1 of benefits = \$2 Crop Cash PLUS) and will match the amount (dollar for dollar) in the winter season.



3SquaresVT Farm Stand Match Program

Save 50% on fresh produce when you spend your 3SquaresVT benefits at participating farm stands! NOFA-VT's Farm Stand Match Program provides customers with a 50% discount on fruits, vegetables, culinary herbs, and culinary plant seeds and starts when they use 3SquaresVT benefits at farm stands. The program aims to support 3SquaresVT customers in purchasing locally grown fresh produce while building stronger relationships between farmers and eaters. There is no limit—customers may shop as much and as often as they like—and there is no application process. Simply shop at a participating farm stand with 3SquaresVT benefits to receive the discount.

Visit: www.nofavt.org

Farm Share Program

The Farm Share Program provides fresh, local foods to Vermonters in need of financial assistance via half-priced CSA shares. When you sign up for a CSA at a farm, you pay in advance for a portion (or "share") of the farm's upcoming harvest and receive a regular box of farm-fresh food all season long. This sales model provides participants with consistent access to local, in-season food and provides predictable income for farmers.

Visit: www.nofavt.org



The Spring/Summer Farm Share 2023 application is now closed. Please check back for the Fall/Winter Farm Share application, which will be open August 1 - September 30.

Senior Farm Share

The Senior Farm Share Program helps limited-income seniors living in participating housing sites to access fresh locally-grown fruits and vegetables from their local farmer. Each week a Senior Farm Share member receives a portion of the harvest from the farm. In addition to receiving vegetables, seniors are given the opportunity to connect with other seniors within their residence through food distribution and preparation, learn from ways to cook and preserve their produce, meet other community members who are associated with the farm, and develop a relationship with the farmer who grows the food they eat each week. In 2022, there were nearly 1,000 Senior Farm Share members throughout Vermont!



The 2023 application period is now closed. The 2024 application period will open in late April or early May of 2024. Please contact johanna@nofavt.org with questions about the program.

Good food is a right,
not a privilege.

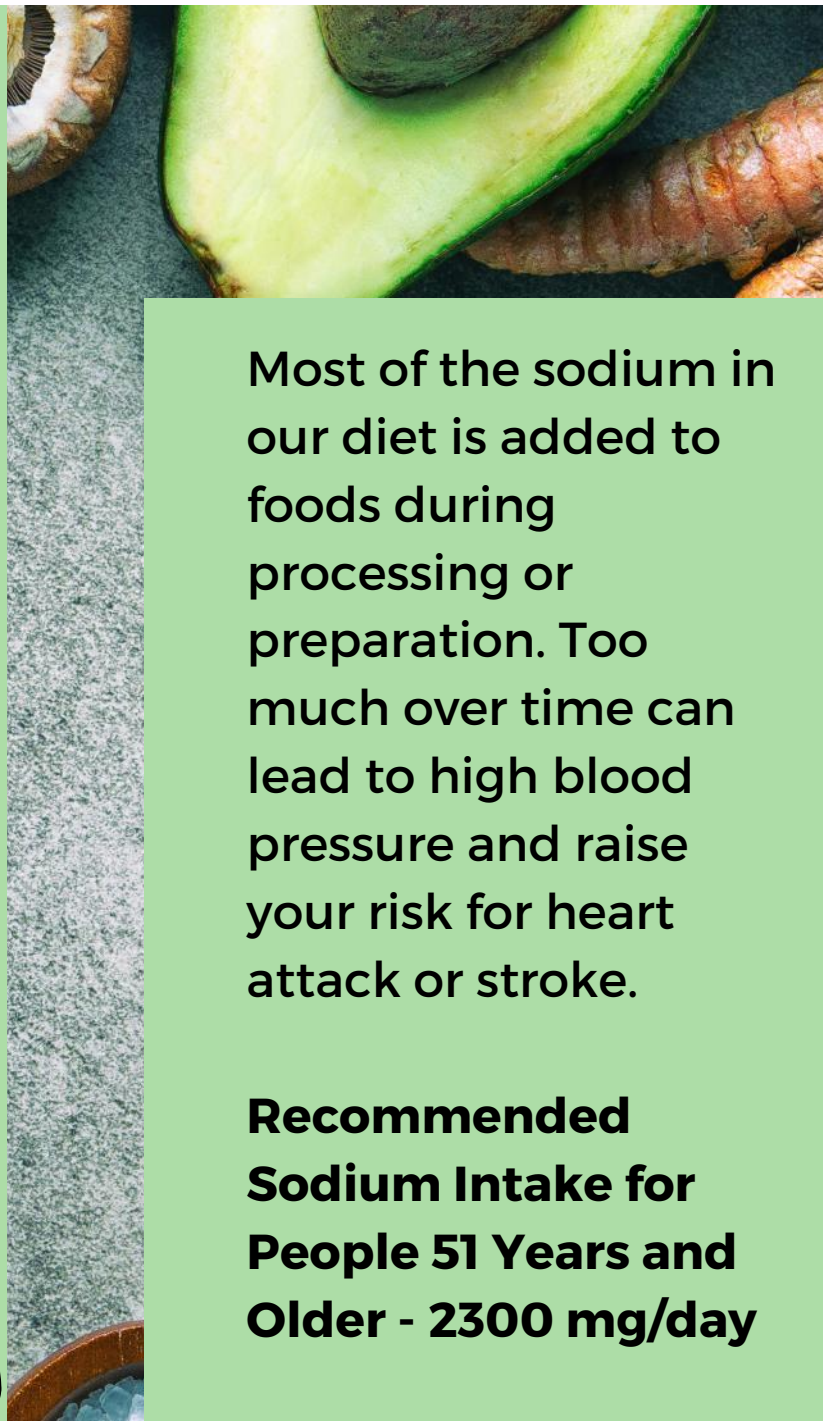


NUTRITION FOR OLDER ADULTS

SODIUM INTAKE

Tips for Reducing Sodium Intake:

- Prepare Meals at Home
- Minimize Intake of Processed Foods
- Use Less Salt When Cooking and Eating
- Use Low-Sodium, Unsalted, No Salt Added, or Salt-Free Options When Able
- Eat More Fresh Fruits and Veggies



Most of the sodium in our diet is added to foods during processing or preparation. Too much over time can lead to high blood pressure and raise your risk for heart attack or stroke.

Recommended Sodium Intake for People 51 Years and Older - 2300 mg/day

Wellness Classes



Want to learn more or to sign up for a class? Call 1-802-786-5990

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.



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 Falls 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

Castleton Community Center-Tai Chi Longevity Tree Qigong Thurs. 10:30-11:30 Dating back to the 6th century AD, the Longevity Tree form is about balancing and harmonizing the three energies: ourselves, the earth and the cosmos. Progressing through these movements takes us on a journey through the circle of life. Starting with the movements of a tree, the symbol of life, stability and longevity. Call-(802) 468-3093

Brandon Senior Center- Tai Chi for Fall Prevention Level 3. Thurs. 1:30 Call- (802) 247-3121

Bennington Senior Center - Tai Chi for Fall Prevention Level 3. Call-(802) 442-1052

A Matter of Balance

Castleton Community Center- Registration is full!

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





**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



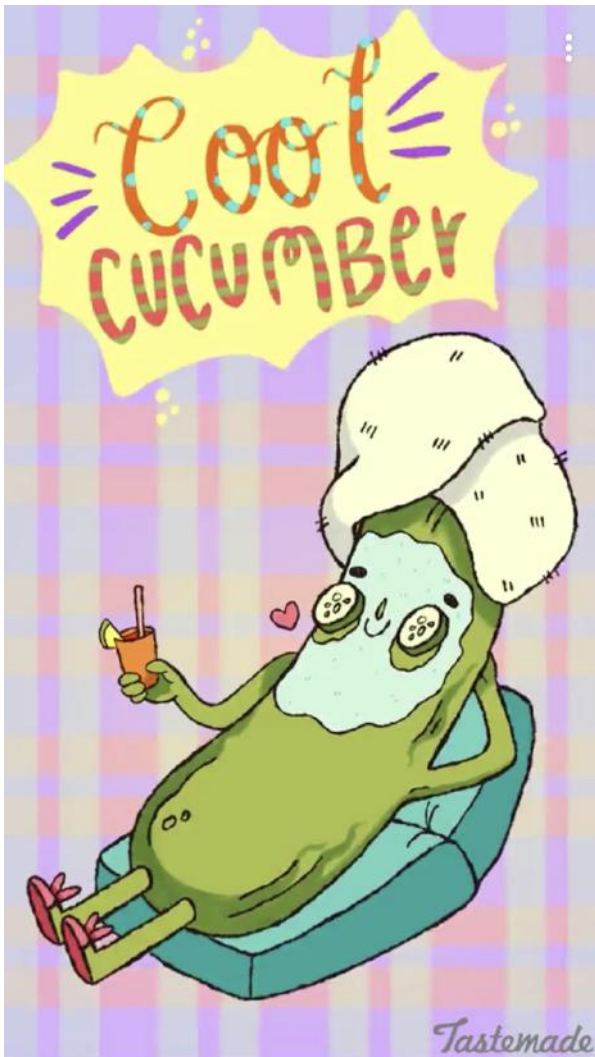
TAKE PART IN THE SOLUTION!



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



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 may be able to help! SVCOA's Nutrition counseling is an ongoing process in which a Registered Dietitian works with an individual to assess their 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

