

# SVCOA'S

Nutrition &  
Wellness Corner

MONTHLY NEWSLETTER



*January 2023* News, Notes, Updates, Events and More!

## SVCOA Wishes you a Happy New Year!

The Southwestern Vermont Council on Aging (SVCOA) wishes you a happy new year! At the end of a year, it is appropriate to reflect on the year that has just passed. We celebrate our accomplishments and look back on our successes. Furthermore, we set goals for the year ahead. This past year, SVCOA team members have made so many valuable contributions to our communities and clients. Our organization has served over 206,000 meals, provided over 10,000 hours of case management, assisted over 4,000 callers, and coordinated over 26,000 volunteer hours.

We could not have achieved our success without the combined efforts of everyone on our team, as well as the support from our friends and neighbors. We are truly blessed to have such an incredible team and community behind us. It is with tremendous gratitude and appreciation that we acknowledge all of those who have made this past year a successful one for SVCOA.





## Happy 50th Anniversary SVCOA!!!

In 2024 the Southwestern Vermont Council on Aging (SVCOA) is proudly marking its 50th year of dedicated service to Vermonters living in the southwest region of Vermont. Established with a mission to empower Vermonters to age with dignity, independence, and a high quality of life, SVCOA has been a steadfast pillar in supporting older Vermonters.

As part of the grand celebration of its 50th anniversary, SVCOA is turning the spotlight on intergenerational relationships within the communities and families it serves. Recognizing the invaluable connections between generations, SVCOA aims to foster understanding, respect, and collaboration among individuals of all ages. In doing so, SVCOA is not only enhancing the lives of older Vermonters but also working to reshape the societal narrative surrounding aging. By 2030, one in three Vermonters will be over the age of 60. This demographic shift emphasizes the critical need for proactive measures to create communities where aging is not just acknowledged but celebrated and respected. SVCOA is at the forefront of this transformative journey, embracing the challenges and opportunities that come with an aging population.

To stay abreast of the exciting events and activities surrounding SVCOA's 50th-year celebration, we invite you to visit our website [www.svcoa.org](http://www.svcoa.org) Additionally, connect with us on social media to receive real-time updates and be part of the vibrant online community. Your engagement and support are crucial as we continue our journey of empowering older Vermonters. We also extend a warm invitation to individuals who are passionate about making a difference. We welcome volunteers who share our commitment to enhancing the lives of older Vermonters and creating positive intergenerational connections.

As we raise a toast to SVCOA's 50 years of service, let us collectively embrace the vision of aging with dignity, independence, and a vibrant quality of life. Together, we can create a future where the journey of aging is a celebrated and respected chapter in the tapestry of life.

Joy Mortelliti, SVCOA Development and Communications Coordinator  
[jmortelliti@svcoa.net](mailto:jmortelliti@svcoa.net)



# Community of Kindness SVCOA Volunteer Spotlight

## Lily Houran, MOW Bennington



Ilsa Svoboda  
Executive Director  
Meals on Wheels  
Bennington

Lily Houran  
Volunteer

For many years Lily Houran has been an exemplary volunteer at the Bennington County Meal Program and Bennington Senior Center, consistently embodying the mission, vision and values of the Southwestern Vermont Council on Aging.

Lily was born in China but moved to Taiwan when she was young. In 1972 she met her husband and together they moved to the United States. There, she raised two children and worked at Energizer for 32 years before retiring happily in 2009.

Lily began visiting the senior center after her husband passed away in 2010, she enjoyed the array of activities, being able to socialize with friends, and meet new people. Lily's attendance did not go unnoticed and in 2011 she was invited to become a volunteer.

Lily started her volunteer journey with filling out birthday cards for patrons, a task that she confronted with great pride. Her dedication gradually transitioned into her leading the Bone Builders Class in 2014 and 2015. One of her fondest memories is of when a patron recognized her as not just Asian but as Chinese and was able to converse with her using Mandarin Chinese, the language she learned first.

When the COVID-19 Pandemic began Lily assisted with packing meals for delivery because she wanted to ensure that the older adults in the community were able to access the healthy foods they needed to stay well.

Today you will find Lily greeting patrons as they arrive to the Bennington County Meal Program to enjoy a great meal and visit with friends. Lily's dedication and hard work has made a positive impact on the lives of countless older adults in the community, promoting their well-being and providing them with much needed support and companionship. Lily's selflessness, compassion and commitment to serving and assisting the patrons of BCMP and the Senior Center are truly commendable. We appreciate you Lily!

**Call the HelpLine for  
More Information  
1-800-642-5119**

# 3SquaresVT in a SNAP!

An easier way for older & disabled  
Vermonters to access  
3SquaresVT, a program that  
helps you put healthy foods on  
the table.

## Who Is Eligible

You may use this simplified process if  
EVERYONE that is applying is:

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

## If Your Application Is Approved:

You'll get money every month that you  
can use to buy food.

You'll get it as either cash in the bank or  
on an EBT card that works like a debit  
card.

You'll get to keep your benefits for three  
years with no additional paperwork.

You'll automatically qualify for Crop Cash  
through NOFA-VT.

## How To Apply

### Request an Application:

- ~Print application from the ESD website.
- ~Call 1-800-642-5119 to request one be mailed to you.
- ~Complete and sign the application.

### Submit your Application by:

- ~Using the ESD document uploader
- ~Mailing it to the address on the application.
- ~Drop it off at your local district office.



*Celebrating 50 years of Service*



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COUNCIL  
ON AGING

1974-2024

# DID YOU KNOW?

Many Vermonters that are eligible for 3SquaresVT, may also be eligible for other programs.  
Call the HelpLine for More Information  
**1-800-642-5119**

## Home Heating Assistance



## Fuel Assistance

Helps pay part of your home heating bills, whether you own your home or rent. Pay for heat directly or as part of rent.  
*Apply in the same application as 3SquaresVT*

## Crisis Fuel Assistance

A program that can help you with a heating crisis in the winter months.

*\*They cannot help if the fuel has already been delivered\**

*Call your Local Community Action Agency for Information*

**20%**  
**DISCOUNT**

## VERMONT GAS CUSTOMERS

Approved Applicants may get a 20% discount off their monthly natural gas bill.

Call 1-800-775-0516 to request an application or if you would like more information.

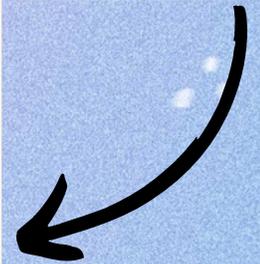
**25%**  
**DISCOUNT**

## GREEN MOUNTAIN POWER CUSTOMERS

Approved Applicants may get a 25% discount off the monthly charges for the energy used. Approved Applicants may also be forgiven a past-due bill if they are new to the program.

Call 1-800-775-0516 to request an application or if you would like more information.

## Energy Assistance



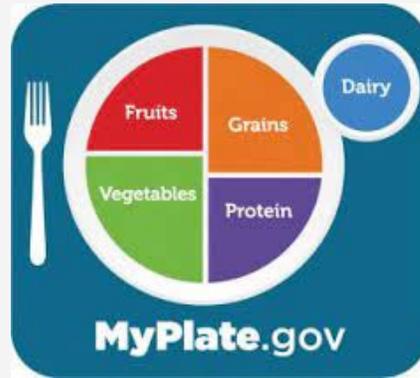


# Nutrition & Wellness TIPS

Good nutrition is essential in keeping current and future generations of people healthy. People with healthy eating patterns live longer and are at lower risk for serious health problems such as heart disease, type 2 diabetes, and obesity. For people with chronic diseases, healthy eating can help manage these conditions and prevent complications.

## Some benefits of eating healthy are:

- May help you live longer
- Keeps skin, teeth, and eyes healthy
- Supports muscles
- Boosts immunity
- Strengthens bones
- Lowers risk of heart disease, type 2 diabetes, and some cancers
- Helps the digestive system function
- Helps achieve and maintain a healthy weight



## What does healthy eating look like?

A healthy eating plan emphasizes vegetables, fruits, whole grains, and fat-free or low-fat dairy products. Healthy eating also includes lean meats, poultry, fish, beans, eggs, and nuts. Healthy eating limits saturated and trans fats, sodium, and added sugars.



## Butternut Mac & Cheese

### Ingredients:

- |                         |                               |
|-------------------------|-------------------------------|
| 1 lb. Uncooked Pasta    | 2 Cups Milk                   |
| 4 Tbsp Unsalted Butter  | 2 Cups Grated Cheddar         |
| ½ Onion, Finely Chopped | 2 Cups Butternut Squash Puree |
| 3 Cloves Garlic, Minced | 1 tsp Dijon mustard           |
| 1 tsp Dried Thyme       | ¼ tsp Ground Nutmeg           |
| 4 Tbsp Flour            | ¼ tsp Cayenne                 |
|                         | ¼ tsp Black Pepper            |

### Directions:

- Cook pasta in a large pot of salted, boiling water. Drain 2 minutes shy of package instructions and set aside.
- Melt butter in a large skillet over medium heat. Add the onion, garlic, and thyme, cooking until onions are soft (~5 minutes). Stir in flour and cook for about 3 minutes, then add milk- stirring until sauce begins to thicken (a few minutes).
- Remove sauce from heat and stir in cheddar. Add squash, mustard, nutmeg, cayenne, and black pepper and mix in. Season to taste with salt.
- Pour cheese sauce over pasta until sufficiently coated. Using a spatula, transfer to a 9x13 baking dish.
- Bake in a 375 degree oven until sauce bubbles around the edges (25-30 minutes).

## An Apple a Day, Keeps the Doctor Away

Regular trips to the doctor can be expensive, but when you eat healthy you feel better. 3SquaresVT can help increase your food budget so that you can buy the healthy foods you need and stay healthy like you want.



## 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 the Helpline  
1-800-642-5991

## 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.

SOUTHWESTERN VERMONT COUNCIL ON AGING IS OFFERING A NEW WELLNESS INITIATIVE

## GET HEALTHY WITH EAT SMART, MOVE MORE, WEIGH LESS ONLINE



NEW SERIES BEGINS SOON!



Check it out—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.*

To register, please call SVCOA's HelpLine at 802-786-5990.

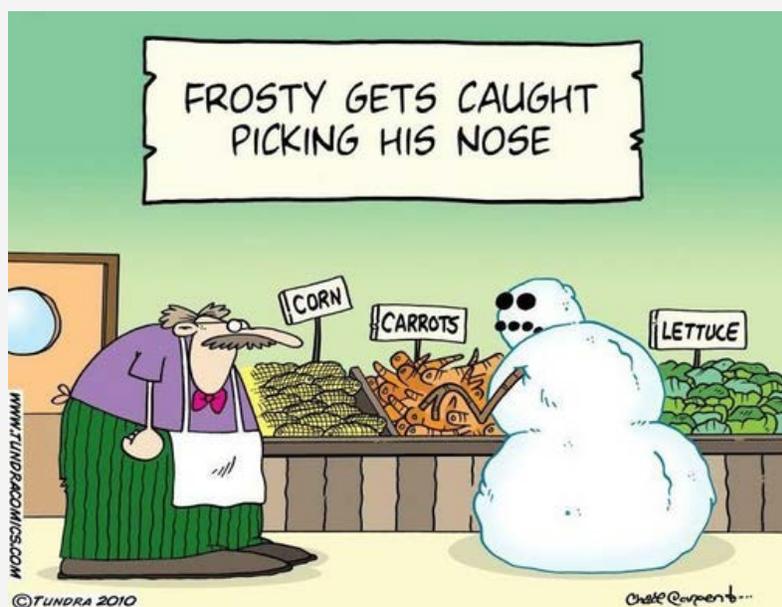
[www.esmmweighless.com](http://www.esmmweighless.com)

All participants must be over 60+ years of age.

## 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.





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## The best health tips every day



Consume fruits, vegetables, whole grains, lean proteins, and healthy fats as part of a balanced diet.



Walking, jogging, weight training, and yoga are all good ways to maintain your physical fitness.



Maintain your body and mind's optimal functioning by getting adequate sleep each night.



Meditation, deep breathing, and spending time with loved ones can help you manage stress levels.



Taking time to rest and relax throughout the day is essential.



Having realistic goals is essential, as is having a positive attitude.



Visit

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



IT KALES ME THAT YOU HAVE TO



LEAF SO SOON!

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## Community Health Adds Flu and Covid Vaccine Clinics

Rutland - Still need a flu or Covid vaccine?  
It's not too late to get your shot.

We've just added these clinics for flu and Covid vaccines:

- Community Health Rutland- December 22 and January 9 (appointments and walk-ins accepted in Rutland)
- Community Health Pediatrics – December 28 and 29 (appointments only)

Flu and Covid affect millions of people each year. Each can cause severe illness and even lead to death. Flu and Covid vaccines can prevent illness and minimize the awful symptoms like fever, achiness, cough, runny nose and sore throat. It's not too late to get a vaccine at Community Health. Our Rutland location will take appointments as well as walk-ins for the two clinics. An appointment will be needed for vaccines for kids at Community Health Pediatrics.

SVCOA 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.

**NEED YOUR**



**FLU & COVID SHOTS?**

**CALL TO SCHEDULE YOURS - 802-779-9169**

