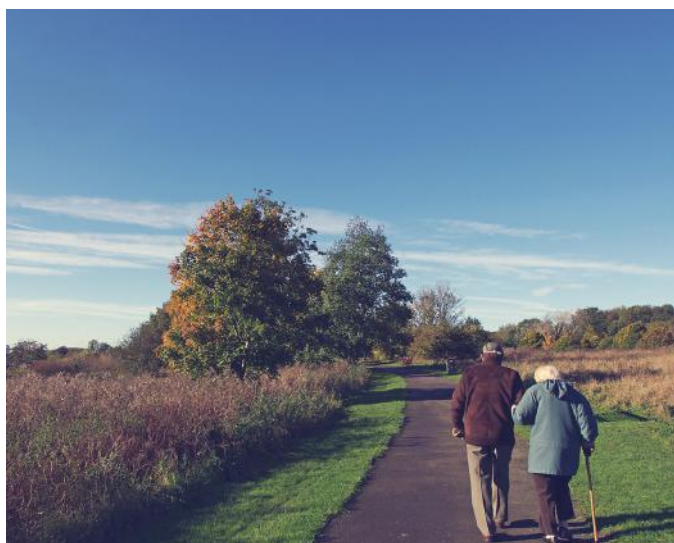
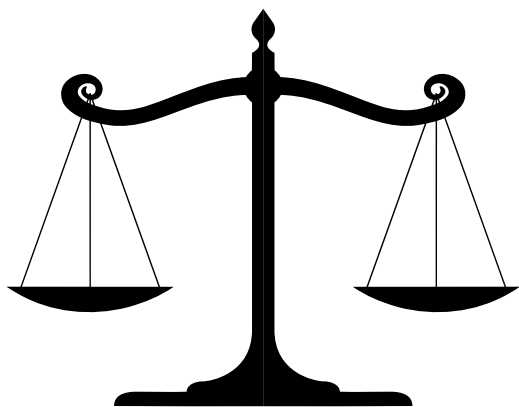


News, notes, updates, events and more!

This month we are highlighting the anniversary on the Older Americans Act which was signed into law on July 14th, 1965.



Congress passed the Older Americans Act (OAA) in 1965 in response to concern by policymakers about a lack of community social services for older persons. The original legislation established authority for grants to states for community planning and social services, research and development projects, and personnel training in the field of aging. The law also established the Administration on Aging (AoA) to administer the newly created grant programs and to serve as the federal focal point on matters concerning older persons

<https://acl.gov/>

Highlighting Older Vermonters





Using the Nutrition Facts Label

Key Terms to Know

Serving Size:

Based on the amount of food typically eaten in one instance. NOT a recommendation of how much to eat

Some Nutrition Facts Labels may also have servings per container, which indicates the total number of servings in the entire food package

Nutrition Facts	
Serving size	1 potato (148g/5.2oz)
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1.1mg	6%
Potassium 620mg	15%
Vitamin C 27mg	30%
Vitamin B ₆ 0.2mg	10%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Calories:

The total number of calories in a serving of the food.

% Daily Value:

How much of a nutrient there is in one serving of a food and how it contributes to the total daily diet.

How much fluid do I need?

A general rule is 64 oz or 8 cups per day, but that may change based on your individual needs, and can fluctuate with weather, certain medications and various health conditions.



Using the Nutrition Facts Label to Make Healthy Choices

1. Check the Servings - nutrition information may be based on one serving of the food, but in order to compare calories and nutrients in different foods you need to use the same serving size.
2. Know Your Caloric Needs - typically the nutrition facts label is based on a 2,000 calorie diet, but your personal needs may be higher or lower depending on your age, sex, body size, and level of physical activity.
3. Use the % Daily Value as a Guide - this can help you compare foods to decide which is better for you. Older adults should look for foods with higher amounts of dietary fiber, vitamin D, calcium, and potassium, as well as lower amounts of saturated fat, sodium, and added sugars.



Tips for Smarter Shopping

- Plan your meals
- Bring your own bags
- Make a list, and stick to it
- Set a budget.
- Eat seasonally, often in season fruits and vegetables are less expensive than those stocked but out of growing season.
- Don't shop hungry.
- Buy Generic
- Use Coupons
- Stock up when you can
- Buy from the bulk section
- Apply to 3SquaresVT to help increase your food budget

3SquaresVT helps put healthy food on your table!

3SquaresVT in a **SNAP! is for Vermont households where everyone is:**

60+ or receiving disability benefits

Purchasing and preparing meals together

Not earning income from a job

For application assistance or questions please

Call the HelpLine: 1-800-642-5119

or apply online by visiting

3Squares.vt.gov/SNAP



January



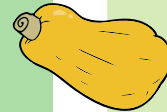
Collard Greens
Grapefruit
Kiwi
Mushrooms
Onions
Oranges
Pears
Potatoes
Sweet Potatoes
Turnips
Winter Squash



February



Collard Greens
Grapefruit
Kiwi
Mushrooms
Onions
Oranges
Pears
Potatoes
Sweet Potatoes
Turnips
Winter Squash



March



Broccoli
Cabbage
Collard Greens
Lettuce
Salad Greens
Mushrooms
Onions
Spinach



April



Broccoli
Cabbage
Lettuce
Salad Greens
Mushrooms
Onions
Spinach
Strawberries



May



Broccoli
Cabbage
Collard Greens
Lettuce
Salad Greens
Mushrooms
Onions
Spinach
Strawberries



June

Bell Peppers
Blueberries & Cherries
Corn
Cucumbers
Eggplant
Garlic
Grapes
Lettuce/Salad Greens
Melons
Mushrooms
Peaches & Plums
Raspberries & Strawberries
Summer Squash
Tomatoes





July

Bell Peppers
Blueberries & Cherries
Corn
Cucumbers
Eggplant
Garlic
Grapes
Lettuce/Salad Greens
Melons
Mushrooms
Peaches & Plums
Raspberries & Strawberries
Summer Squash



August

Bell Peppers
Blueberries & Cherries
Corn
Cucumbers
Eggplant
Garlic
Grapes
Lettuce/Salad Greens
Melons
Mushrooms
Peaches & Plums
Raspberries & Strawberries
Summer Squash
Tomatoes



September

Apples
Beets
Broccoli
Carrots
Cauliflower
Garlic
Grapes
Lettuce/Salad Greens
Mushrooms
Parsnip
Pears
Sweet Potatoes
Turnips
Winter Squash



October

Apples
Beets
Broccoli
Carrots
Cauliflower
Garlic
Grapes
Lettuce/Salad Greens
Mushrooms
Parsnip
Pears
Sweet Potatoes
Turnips
Winter Squash



November

Apples
Beets
Broccoli
Carrots
Cauliflower
Garlic
Grapes
Lettuce/Salad Greens
Mushrooms
Parsnip
Pears
Sweet Potatoes
Turnips
Winter Squash



December

Collard Greens
Grapefruit
Kiwi
Mushrooms
Onions
Oranges
Pears
Potatoes
Sweet Potatoes
Turnips
Winter Squash



DO YOU RECEIVE 3SQUARESVT BENEFITS? MULTIPLY YOUR MONEY AT FARMERS MARKETS

WITH



When you spend SNAP/3SquaresVT at participating farmers markets, you receive extra money to spend on local fruits, vegetables, herbs, seeds, and plant starts at the market. Markets will match \$20 or more per day.



**LEARN MORE BY VISITING THE MARKET MANAGER'S BOOTH AT
YOUR LOCAL FARMERS MARKET OR NOFAVT.ORG/CROPCASH**

CROP CASH is made possible by:



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.

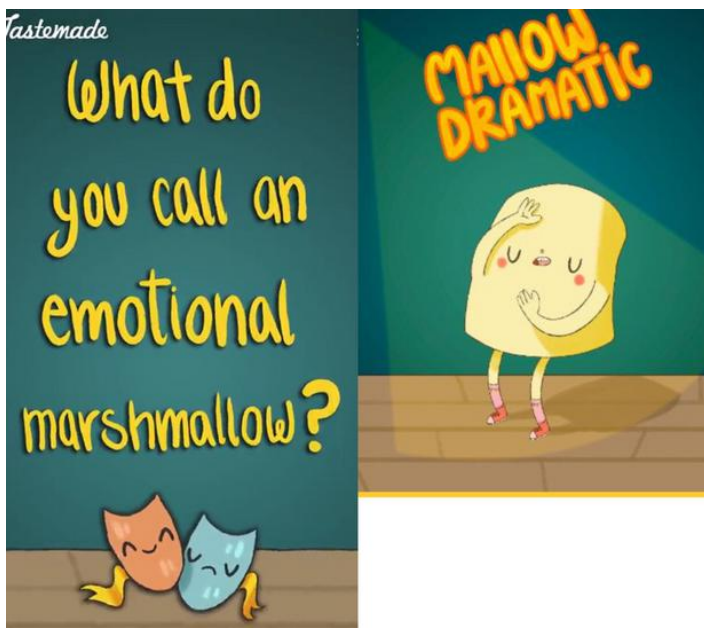
Want to learn more or to sign up for a class? Call 1-802-786-5990



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

New Castleton Community Center -Start date for this workshop is July 11! Call (802) 468-3093 to register for this workshop.

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



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.

The August series Eat Smart, Move More, Weigh Less classes are 1 month away! There are 2 class options:

- Wednesdays @ 8:30pm starting August 9th
- Thursdays @ 12:00pm starting August 10th

Call our SVCOA Helpline to learn more at 1-802-786-5990

CLAIM YOUR SPOT!

Online Eat Smart, Move More, Weigh Less classes meet weekly and start...

AUGUST

9

WEDNESDAYS

8:30 PM

AUGUST

10

THURSDAYS

12 PM

ESMMWEIGHLESS.COM

Once full, class options are removed from the website.

Highlights!!



SVCOA staff from both our Rutland and Bennington offices got together for the first time in 3 years to celebrate each other for a staff retreat! Despite the overcast weather, we had a wonderful time enjoying each other's company, it was so nice to be all together again! Thank you to Mary Hayden the Executive Director of Vermont Association of Area Agencies on Aging - V4A for joining us for a talk about all the work we have done and still have to do to build a better Vermont where aging is celebrated. SVCOA's mission is to empower Vermonter's to age with dignity, independence, and quality of life and yesterday was a day to celebrate it all! Thank you to our friends TRIO Community Meals who catered both breakfast and lunch. Thank you to Peace Of My Art Studio for a wonderful team-building exercise and thank you Vermont State Parks for the use of our natural and beautiful space at Emerald Lake



Highlights!!



SVCOA joined BROCC Community Action to celebrate the start of this year's Vermont Farm to Family Program on July 5th!

The Farm to Family Program is a statewide initiative that helps low-income individuals and families buy fresh produce from participating farmers' markets and farm stands with coupons. To learn more, call our SVCOA HelpLine at 1-802-786-5990



Highlights!!

"Locally Yours" is a 15-week "CSA Program" that brings fresh fruits and veggies to senior centers throughout Rutland and Bennington counties. Our partners at Castleton Community Seniors had an excellent first-week distribution turnout! With 26 participants on the first day, 15 on the next day, and 9 the following week! All produce was taken by Wednesday, June 28. If you're interested in learning more, call us at 802-782-5990 ext. 828



THE SOUTHWESTERN VERMONT COUNCIL ON AGING IN PARTNERSHIP WITH THE VERMONT FARMERS FOOD CENTER AND THE VERMONT FOODBANK ARE PROUD TO OFFER

LOCALLY YOURS

-FRESH PRODUCE FOR OLDER VERMONTER'S



A 15-WEEK "CSA" PROGRAM BRINGING FRESH FRUITS AND VEGETABLES TO SENIOR CENTERS THROUGHOUT RUTLAND AND BENNINGTON COUNTIES

**STARTS
JUNE 22ND 2023**

Location Information
Pick-up will be on every Thursday between
9 am -11 am at
Castleton Community Senior Center
2108 Main St
Castleton VT 05735



Questions? Want more information? Call SVCOA at 802-786-5990 ext.828



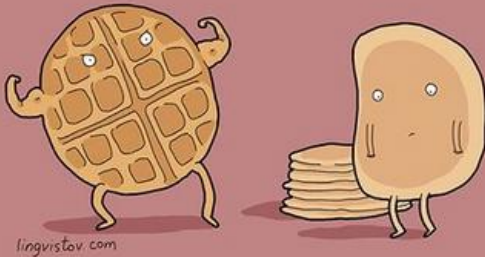
Contribution
may be made
by scanning
the QR code!

OR

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



Waffles are just
pancakes with abs



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

