

News, notes, updates, events and more!

# June is Alzheimer's and Brain You Can Make a Difference! Awareness Month.

"My dad has me and I  
have him. We are taking  
this journey together."  
Yvette Nicole Brown,  
actor



Don't forget to wear purple on June 21st! To spread awareness of Alzheimer's and Brain Health, we invite you to tag SVCOA on your social media channels.

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



Conversation with Betty: After speaking with Maureen Betty feels much better about her monthly finances, and she feels less stress and more confident about her monthly bills being paid on time. Betty is delighted to know that she will be able to stay in her home and remain independent. Betty also expressed that she has some concerns about her forgetfulness and that it is bothersome to her. Maureen explains that SVCOA offers programs that may be able to help both Betty and her children that care for her. Maureen talks with Megan and Betty about the Dementia Respite Grant and Caregiver Supports, with great interest Betty agrees to Megan sending a referral to Aaron Brush in the Community Service Department.

## SVCOA Caregiver Support Services

Caregiving, whether for a loved one or professionally, can be difficult and exhausting at times. Often, caregivers do not know where or how to find help and support. SVCOA provides support, assistance, and information to people caring for persons 60 years of age or older or who suffer from Alzheimer's Disease or related Dementia (ADRD), as well as to people age 60 and older who are the primary caregivers for children under the age of 18 or older disabled adults.



The types of assistance we provide include:

- Caregiver education classes and support programs
- Information and referrals for community resources, local programs, and support groups
- Assistance to assess needs and identify options.
- Accessing respite care (Respite Grant)
- Access to homemaking support



# SVCOA Dementia Respite Grant Program

Thanks to a generous grant from the Department of Aging and Independent Living we are able to offer an opportunity for respite to caregivers who are taking care of individuals with Alzheimer's disease or another form of dementia. This program is administered through the Southwestern Vermont Council on Aging (SVCOA).

## *Who is eligible?*

Family/Primary caregivers taking care of an individual with Alzheimer's disease or another form of dementia in Rutland or Bennington County. The family/primary caregiver does not have to reside with the individual needing the care.

## *When is the grant available?*

Funds for the grant for State Fiscal Year 2023 (SFY 23) are available from July 1, 2022 – June 30, 2023. This is a renewable grant each year.

## *What are the grant funds for?*

The main purpose of this grant is to give needed respite to caregivers who are taking care of individuals with dementia. It is hoped that respite for caregivers will enable them to be refreshed and reenergized so they can continue in their caregiving role.

The grant fairly flexible about how respite funds can be used. A caregiver can use the grant to pay for respite care in or outside the home, including but not limited to; adult day, short-term institutional care, homemaking services, etc. Funds can also be used towards things like home modifications and assistive devices as well. A more detailed explanation of what funds can be used for will be provided by SVCOA's Caregiver Coordinator upon applying.

## *How to apply?*

There are several steps to applying. The first part is a short application form; the second is the Vermont Caregiver Registration and Assessment form, administered by a case manager, options counselor, social worker or caregiver coordinator in order to document ADL's, IADL's and the level of care required by the care recipient. Lastly, a doctor's diagnosis of Alzheimer's/related dementia is required along with proof of household income of the client (individual[s] receiving care).

## *Application/ Further Information:*

If you are interested in applying for this respite grant please Aaron Brush @ 786-5990 or via email at [abrush@svcoa.net](mailto:abrush@svcoa.net)

# Chatting with Betty

Betty's family was connected with caregiver support and Betty was connected with our Elder-Care Clinician to discuss losing her independence. Megan is working with the family on the application for the Demintia Respite Grant. In order to determine if any additional support is needed, Megan will monitor Betty and her family on a regular basis to ensure that they do not feel alone in this process. As the Case Manager, Megan will continue to assist as needed.

We would like to thank you for following along with Betty's journey and through SVCOA Services. SVCOA strives to be a pioneer in older adult services and assist clients, caregivers, and community members to the fullest extent of our abilities! If you are interested in learning more about SVCOA services we provide please call our SVCOA HepLine 1-800-642-5119!

*you  
are  
not  
alone*

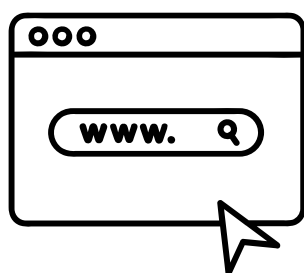
## Follow Us on Our Social Network



@southwestern Vermont  
Council on Aging



@svcoa\_



SVCOA.org



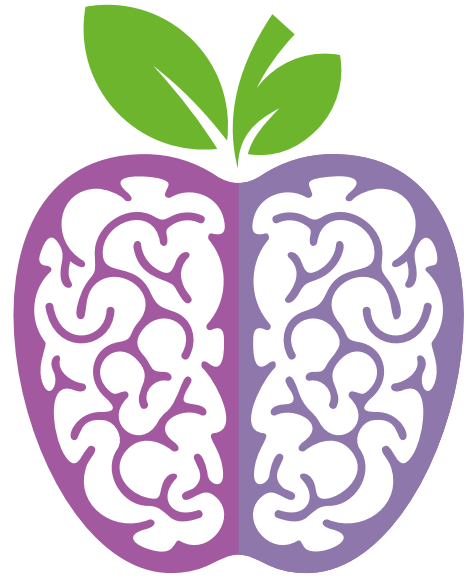
# NUTRITION EDUCATION

## MEAL TIPS AND TRICKS

FOR ALZHEMER'S DISEASE

### TIPS FOR MEAL TIMES

- **Limit** Distractions - TV, etc.
- **Avoid** Patterned Plates or Tablecloths - They Can Cause Confusion or Distraction
- Provide **Only** the Needed Utensils
- Offer **One Food** at a Time to Minimize Distractions or Confusion
- **Allow** Plenty of Time to Eat - It Can Take an Hour or More
- **Eat Together** (If Able)



### ENCOURAGE INDEPENDENCE

It is important that you involve the individual in the meal by making the most of their current capabilities. This may involve adapting serving dishes and utensils to make eating easier, letting them use their hands to eat, and serving bite-sized or finger foods. Try **Hand-Over-Hand Feeding**, which demonstrates eating behavior by putting a utensil in their hand, placing your hand around theirs and lifting both hands to their mouth. **Remember**, it isn't about neatness, but encouraging them to eat on their own as much as they can.

### MINIMIZE PROBLEMS

- Prepare Foods that Are **Easy** to **Chew** or **Swallow** by Grinding or Cutting Them Up
- Be **Alert** for Signs of Choking - **Avoid** Foods that are Difficult to Chew Thoroughly
- **Encourage** Them to Sit Up Straight with Head Forward
- **Check** Their Mouth at the End of the Meal for Any Leftover Food





# WALNUTS AND ALZHEIMER'S DISEASE



## NUTRITION CONTENT

### One Serving (1 oz.)

#### Contains:

- 185 Calories
- 4.3 grams of Protein
- 3.9 grams of Carbs
- 18.5 grams of Fat
- 0.7 grams of Sugar
- 1.9 grams of Fiber

## VITAMINS AND MINERALS

### Are a Good Source of:

- Phosphorus
- Magnesium
- Copper
- Folic Acid
- Manganese
- Vitamin E
- Vitamin B6

## ANTIOXIDANT EFFECTS

Walnuts have a **high antioxidant content** - flavonoids, vitamin E, selenium, folate, phenolic acid. This means that consuming them may help to **decrease** the amount of oxidative stress within the body by scavenging free radicals, which can damage cells. This may help protect the brain from the degeneration commonly seen in Alzheimer's Disease and other forms of Dementia.

## ANTI- INFLAMMATORY EFFECTS

Contain a high amount of **a-linolenic acid (ALA)**, a plant-based omega-3 fatty acid with high anti-inflammatory effects. This means that consuming them may help inhibit inflammation within the blood vessels and improve blood circulation. This may help to decrease the risk of developing Alzheimer's Disease.

# ALZHEIMER'S PREVENTION

## *The Mediterranean Diet & the MIND Diet*

The Mediterranean Diet emphasizes the consumption of fruits, vegetables, whole grains, legumes, fish and other seafood, unsaturated fats (i.e. olive oil), and low consumption of red meat, eggs, and sweets or processed foods.

This diet has been shown to improve cardiovascular health and improve cognitive function, which could reduce the risk for dementia. This is in comparison to the standard American diet that can increase cardiovascular disease risk. This has been shown to contribute to more rapid aging of the brain.

It provides higher amounts of specific nutrients that can protect the brain via their anti-inflammatory and antioxidant properties. This has been shown to reduce the development of the amyloid deposits found in the brains of individuals with Alzheimer's disease, as well as improve cellular metabolism to protect against the disease.



The MIND Diet is a variation of the Mediterranean Diet that incorporates to DASH Diet (Dietary Approaches to Stopping Hypertension). It has been shown to lower blood pressure, which is a risk factor for Alzheimer's disease. This diet focuses on plant-based foods that have been linked to Alzheimer's prevention, such as leafy green, berries, whole grains, beans, nuts, olive oil, and wine. The MIND Diet recommends to limit consumption of red meats, sweets, cheese, butter, margarine, and fast or fried foods.





## 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.



# 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

Brandon Senior Center- Tai Chi for Fall Prevention Level 2. Thurs. 1:30 Call- (802) 247-3121

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



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

A new Eat Smart, Move More, Weigh Less workshop has been added! For more information, please contact SVCOA HepLine at 1-800-642-5119.



## CLAIM YOUR SPOT!

ONLINE EAT SMART, MOVE MORE, WEIGH LESS  
CLASSES MEET WEEKLY AND START...

**19**  
JUNE

MONDAYS  
@ 12:00 PM

**21**  
JUNE

WEDNESDAYS  
@ 7:00 PM

ESMMWEIGHLESS.COM

Once full, class options are removed from the website.





# ***Get the Most out of your Benefit!***

## **3Squares Vermont in a SNAP!!**

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.



## **Crop Cash**

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.

If you receive your SNAP/3SquaresVT benefits through direct deposit, you can still receive Crop Cash! Let the market manager know how much of your SNAP/3SquaresVT benefits you plan to use at the market. Then purchase \$1 tokens for that amount using debit, cash, or check and the manager will give you Crop Cash coupons to match that amount.



## **New\*\* Crop Cash Plus**

For every dollar of 3SVT you spend at a participating farmers market, you can receive a dollar of Crop Cash to spend on fruits, vegetables, herbs, and culinary seeds and plant starts.

During the Summer 2023 season, the Crop Cash PLUS pilot program will add an additional dollar per dollar match to spend on any SNAP-eligible item.\* You can match up to \$20 of your 3SVT/SNAP benefits per market day with both Crop Cash and Crop Cash PLUS.



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



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

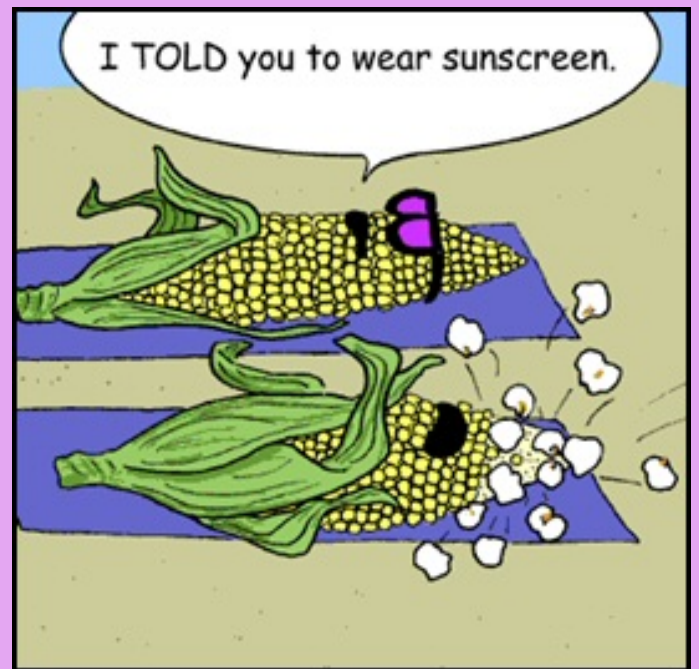


Participants can join the FREE 15 week program through community health referral and self-enrollment. You do not need to be a community health member to participate.

A CAO NatureRx Coach will deliver one-on-one health coaching, as well as tools for setting and tracking goals. Participants will be able to join joyful outdoor group activities every week.

Program starts June 21, so enroll today!

Contact Rudy to register or for more information:  
[rudy@comealiveoutside.com](mailto:rudy@comealiveoutside.com)



## **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**