



Let's Celebrate

**WE ARE CELEBRATING ONE
YEAR OF PROVIDING NEWS AND
UPDATES TO OUR SUBSCRIBERS!
THANKS FOR YOUR SUPPORT!**





News, notes, updates, events and more!

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

Betty has been able to connect with a volunteer shopper who will conduct her weekly grocery shopping on her behalf. After discussing monthly bills with Betty, Megan learned that she had forgotten to pay her mortgage for February and March. Betty revealed earlier this week that she had been diagnosed with Alzheimer's disease. Betty's COPD has also created some barriers. Betty is concerned that she will have to move into assisted living and leave her home. Betty and Megan discussed possible supports to assist her in remaining independent at home as long as possible. As part of the discussion, Megan also suggested the possibility of regular check-ins with Betty to keep a pulse on the situation and to ensure that she feels supported during this difficult period. Each month, Megan, Betty, and the children of Betty will hold a phone call to ensure that everyone feels heard, supported, and on the same page. Following Betty's consent, Megan referred her to our representative payee program and made a referral to our elder care clinical services.

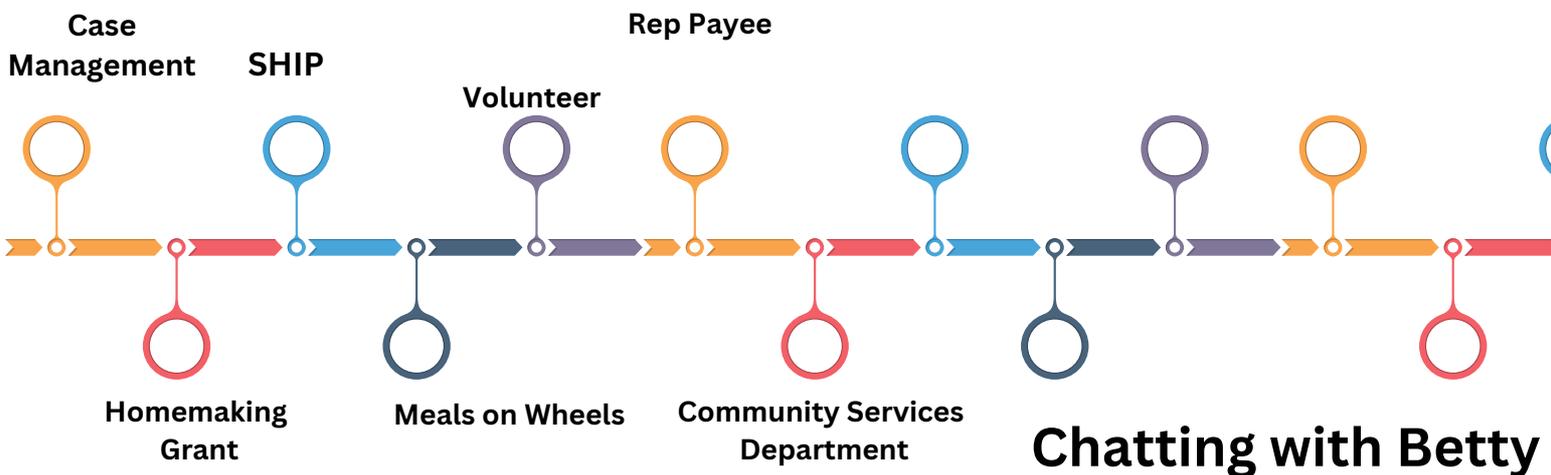


Representative Payee Program

Authorized by the Social Security Administration, as well as the Vermont Department of Disabilities, Aging, and Independent Living, SVCOA's Representative Payee program is designed to administer the financial benefits for a beneficiary, who, due to mental or physical impairment, as confirmed by a medical provider, is unable to receive and manage these funds themselves. The goal of SVCOA's Representative Payee program is to provide immediate financial stability, and over time, a greater sense of financial security and well-being for the client. Beneficiaries involved in the SVCOA Rep Payee program are ensured that the need for food, shelter, clothing and medical care are met with the freedom of using their personal allowance to remain independent and in the setting of their choice.



For more information about SVCOA's Money Management Program, call the SVCOA HelpLine at 1-800-642-5119.



After speaking with Maureen Betty feels much better about her monthly finances, and she feel 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.



AGING UNBOUND: MAY 2023



May is celebrated by the Administration for Community Living as Older Americans Month. Established in 1963, Older Americans Month (OAM) is celebrated every May. OAM is a time for us to acknowledge the contributions and achievements of older Americans, highlight important trends, and strengthen our commitment to honoring our older Vermonters.

This year's theme, Aging Unbound, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

SVCOA will be highlighting older Vermonters in Rutland and Bennington counties! Follow us on our social media accounts!



@southwestern Vermont
Council on Aging



@SVCOA_

SVCOA has also partnered with Sushi Yoshi in Killington for GIVE BACK NIGHT on Friday May 12th! 10% of all proceeds from dinner service will be donated to SVCOA, we hope you'll consider joining us for dinner that evening, reservations are required for hibachi tables.



A Benefit for

SOUTHWESTERN VERMONT
COUNCIL
ON AGING



**ASK YOUR SERVER
ABOUT THE
CUSTOM SVCOA DRINK
"THE 1974"**



GIVE BACK NIGHT

**Sushi Yoshi
Killington**



MAY 12TH • FRIDAY • 4 PM

1807 KILLINGTON RD

**CELEBRATE OLDER AMERICANS MONTH
BY JOINING SVCOA AND SUSHI YOSHI
FOR GIVE BACK NIGHT!!**

**10% of All Sales will be donated to help SVCOA
continue our mission to empower Vermonters to age
with dignity, independence, and quality of life.**

**Call 802-422-4241 to reserve your table today! Hibachi seating requires a
reservation**





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



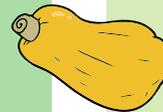
Collard Greens
Grapefruit
Kiwi
Mushrooms
Onions
Oranges
Pears
Potatoes
Sweet Potatoes
Turnips
Winter Squash



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





Tips for Making the Most of Your Meals

2. Keep Bowls of Dried Fruit and Nuts for Easy to Reach Snacks

3. Buy Easy to Prepare Foods Like Frozen Vegetables and Pre-Cut Fruit

4. Add Herbs or Spices to Make Foods Tastier

5. Eat at a Leisurely Pace with Comfortable Settings

6. Add Extra Calories by Snacking on Nutrient-Rich Foods like Peanut Butter on Crackers or Make Milkshakes with Protein Powder



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

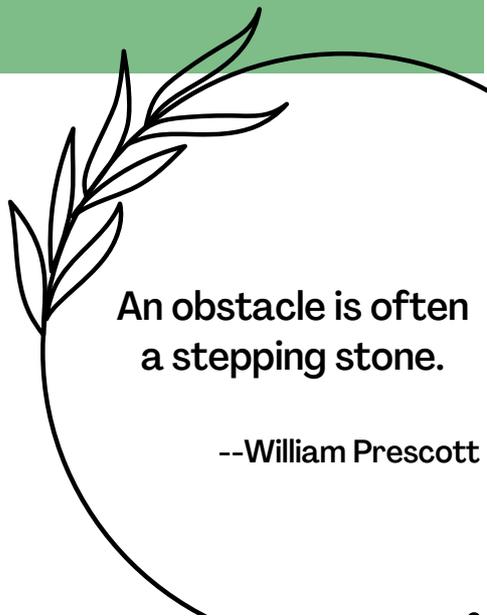
A Matter of Balance

Poultney Young at Heart - A Matter of Balance - March 10-May 5 (no class on April 7). Registration is closed!



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

(Virtual) Eat Smart, Move More, Weigh Less
Next session of Eat Smart, Move More, Weigh Less. Stay tuned for future dates!



An obstacle is often a stepping stone.

--William Prescott

Highlights!!

It was a busy weekend for us here at SVCOA. On Friday we co-facilitated a presentation at The Hunger Conference at Killington Resort with our friends Vermont Farmers Food Center where we presented on the benefits of the Eat at Home Program. We were so excited to meet Senator Peter Welch who was in attendance!! Thank you to all for a great event!

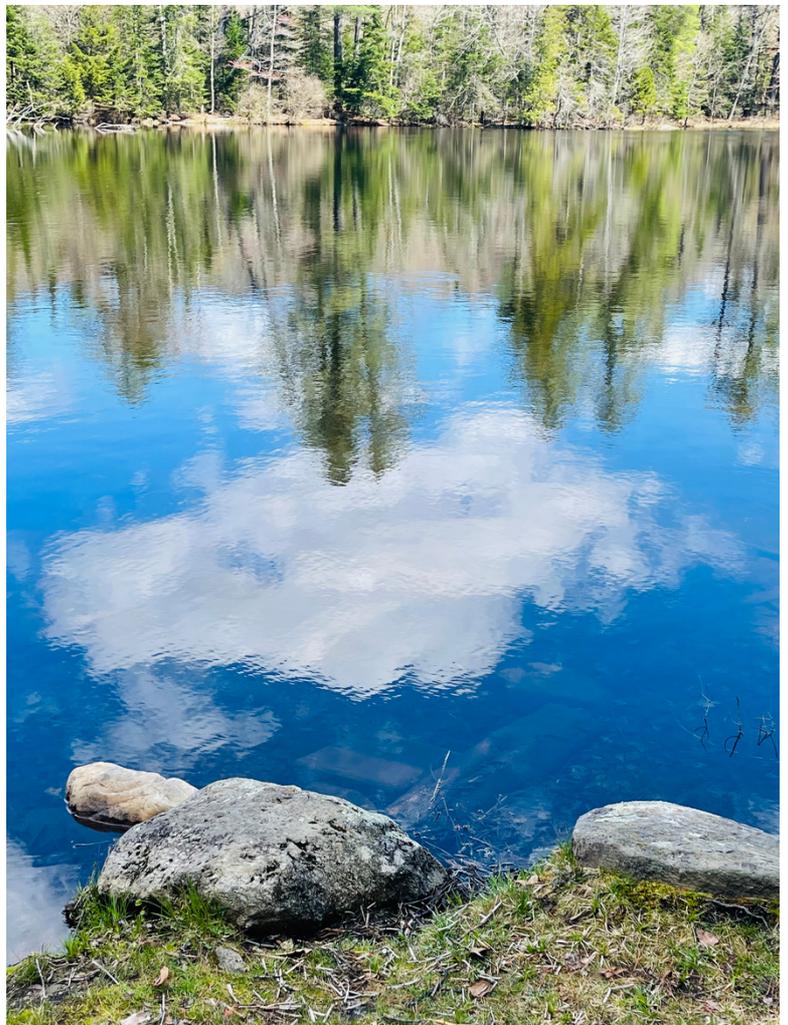
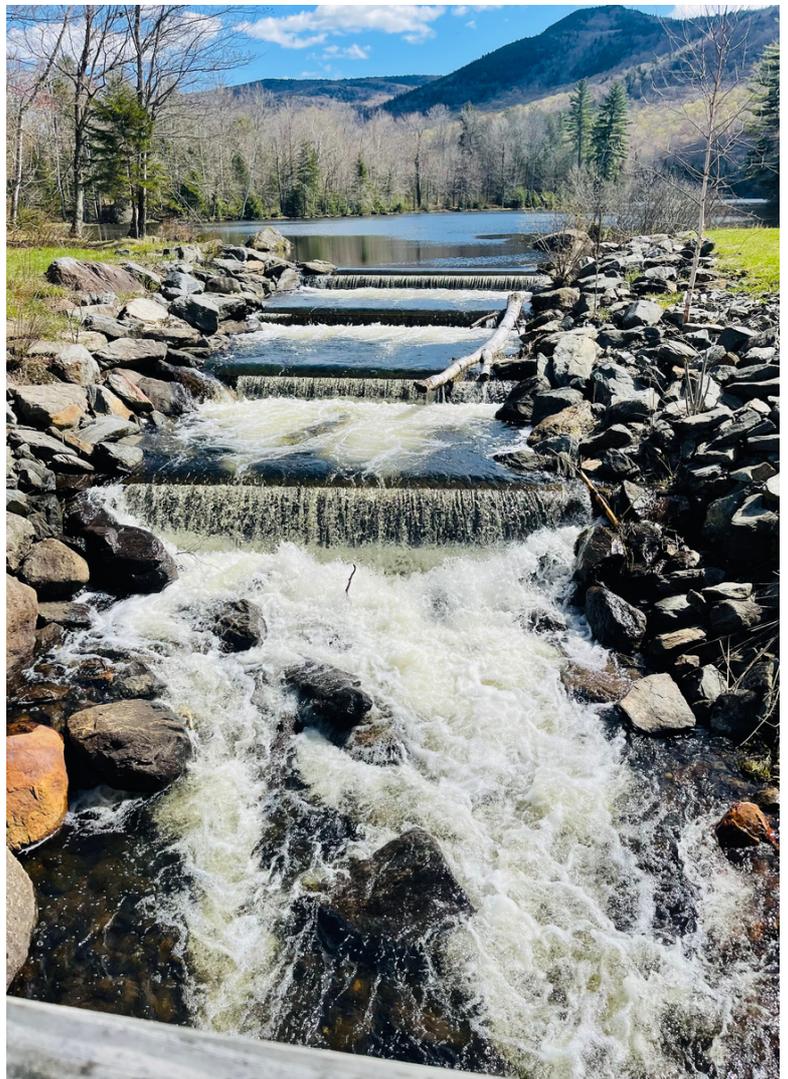


It was Triple-A day at the Vermont Statehouse on April 25th! Rosemary Greene our Executive Director joined other state agencies and meal providers to advocate to legislators for Vermonters using Triple-A services and meal providers. It was a great day of community, education, and support!



Highlights!!

Nicole Woodie, Nutrition Intake Specialist, walking with her family in the woods! Soaking up some Vitamin D!

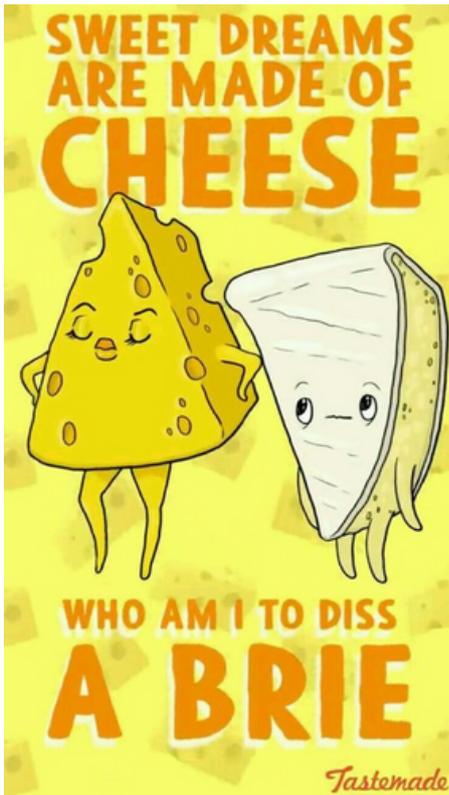




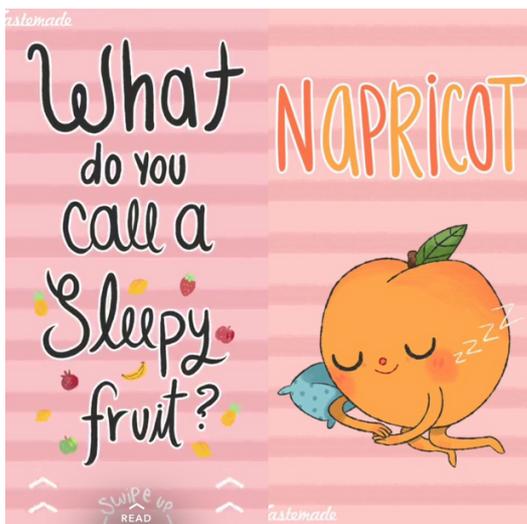
Contribution
may be made
by scanning
the QR code!

OR

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



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