



Central Vermont Council on Aging

Information and Resources for Seniors

2010 Annual Report



The Art of Creative Aging



*CVCOA presented the Art of Creative Aging in May 2010
at the Kellogg-Hubbard Library in Montpelier.*

*CVCOA - supporting elders in leading healthy, independent, meaningful and dignified lives
in their homes and communities in 54 towns in central Vermont*

Director's Report

I recently took advantage of beautiful fall weather to hike up Bald Mountain in Westmore as part of a personal goal to hike all 14 mountains in Vermont with a fire tower on top. I find that it's good for me to have goals in my life; meaningful challenges that I can work towards and accomplish.

CVCOA also has goals. Some are general, such as our mission to support elders and family caregivers in leading healthy, independent and meaningful lives in their homes and communities. Others are specific, such as which healthy foods should be included in home delivered meals or how much money we need to raise in a fund appeal.

Whether our goals are lofty or specific, we are always trying to think of how to best serve the seniors of central Vermont. We recognize the need to continually evaluate our services and make changes as necessary.

One recent change is Home Share of Central Vermont will no longer be a CVCOA sponsored agency. As Home Share's services and clientele expanded, it became clear that the best way for both agencies to meet our own goals was to support Home Share in becoming an independent agency called Home Share Now. Home Share Now successfully serves people of all ages in figuring out creative solutions to tough housing dilemmas.

I also set myself a work goal – to spend more time visiting senior centers and observing CVCOA staff. I have enjoyed some great meals and I have seen firsthand how important senior centers are in meeting nutritional and social needs of seniors. And I remain in awe of CVCOA's wonderful case managers and other staff members who solve problems on a daily basis with knowledge and compassion.

As we move into a new year at the agency, CVCOA will be part of two new grants. The first complements our work as a partner in the statewide Aging and Disability Resource Collaborative, by training staff in Options Counseling techniques to better support those who call us for assistance. The second grant will help us further our goal of supporting caregivers with new coping techniques and innovations in technology. You'll be hearing more about these programs in the future.

Message from the Board President



John P. Castaldo
President

I am pleased and honored to continue serving as board chair for Central Vermont Council on Aging. As we begin another year, I acknowledge the hard work and dedication of CVCOA staff and Board, especially our Executive Director, Beth Stern. These are the folks who make the agency work for you every day. Their hard work and dedication insure CVCOA's mission remains the focus and goal of our agency.

This year, as in many years before, the staff of CVCOA works non-stop so seniors in our service area continue to receive information and access to many needed services. The number of older Vermonters continues to grow, yet funding support for the vital programs we offer does not parallel that growth. In fact some programs could be level funded.

It is up to all Vermonters to make sure that our state government does not lose sight of the needs of elders. Board members and seniors and their families must remain a loud voice in our ongoing efforts to provide older Vermonters the opportunity to remain independent in their homes and communities.

Thanks to each and every one of you for your dedication to CVCOA.



Beth Stern
Executive Director

Senior Helpline @ 1-800-642-5119

- ❖ *Senior Helpline specialists answered 3877 calls concerning housing, meal programs, health insurance, fuel assistance, food stamps, caregiver concerns, Choices for Care, transportation, legal assistance & more*

Case Management

- ❖ *Case management staff supported the independence of 1670 elders by assisting them and their families*

State Health Insurance Program (SHIP)

- ❖ *1671 elders & family members received health insurance counseling & help accessing Medicare Part D*



Family Caregiver

Support & Respite Grants

- ❖ *91 family caregivers received a needed break with the help of one of three grants: Dementia Care Respite, Family Caregiver Respite or Kinship Caregiver Respite*
- ❖ *respite grants provided over 4500 hours of services, including in-home care, homemaker assistance & adult day program services for elders*
- ❖ *Kinship Caregiver Support grants provided 60 hours of respite childcare to grandparents raising young grandchildren*

Transportation

- ❖ *30,500 trips to medical appointments, mealsites, or grocery shopping were provided*
- ❖ *643 elders received transportation through contracts with Stagecoach, Green Mountain Transit Agency, & Rural Community Transportation*

Elder Mental Health Services

- ❖ *84 elders received in-home mental health counseling for depression, grief, anxiety, adjustment, substance abuse & dementia*
- ❖ *Elder Care Clinicians provided over 1900 hours of mental health counseling*

Legal Services

- ❖ *119 elders received legal services regarding housing, health care, public benefits, consumer law, guardianship and other concerns*
- ❖ *The Senior Law Project presented 4 legal clinics at senior centers in central Vermont*



N2N member Sandy getting a garden bed ready for an elder homeowner.



Nutrition Program

- ◆ 188,577 nutritious meals were served to elders through CVCOA contracts with mealsites, senior centers & adult day centers
- ◆ 1315 elders ate and socialized together at senior centers & mealsites
- ◆ 792 elders received healthy home delivered meals & a friendly check-in by a volunteer
- ◆ 23 mealsites, senior centers & adult day programs served nutritious meals to seniors through contracts with CVCOA:

Lamoille County:

- ◆ Meals on Wheels of Lamoille County:
 - Lamoille County Senior Center
 - Johnson Mealsite
 - Copley Terrace Mealsite
 - St. John's Knoll Mealsite
 - Lamoille View Mealsite
- ◆ Out & About Adult Day Services

Orange County:

- ◆ Chelsea Court
- ◆ Chelsea Senior Center
- ◆ Greater Randolph Senior Center
- ◆ Orange East Senior Center
- ◆ Oxbow Senior Independence Program
- ◆ Strafford Mealsite

Washington County:

- ◆ Barre Housing Authority's The Galley Mealsite
- ◆ Greater Northfield Senior Center & Roxbury Mealsite
- ◆ Mad River Valley Senior Citizens
- ◆ Montpelier Home Delivered Meal Program
- ◆ Montpelier Senior Meals
- ◆ Sunrise Recovery Center
- ◆ Twin Valley Senior Center
- ◆ Waterbury Area Senior Center Association

Other:

- ◆ Quin-Town Senior Center
- ◆ South Royalton Senior Center



Enjoying food & friendship at the Orange East Senior Center in Bradford!

Wellness Programs



Tai Chi for Seniors, offered at the Aldrich Library in Barre, is one of several Wellness Programs sponsored by CVCOA.

Others include:
 Qi Gong at the Randolph, Twin Valley & Northfield senior centers, Boomerfest, Maintain Your Brain, Laughter Yoga, & Earth Walking for Seniors.

CVCOA Sponsored Programs



Neighbor to Neighbor

Neighbor to Neighbor
AmeriCorps (N2N)

- ◇ N2N members & volunteers provided in-home services to 182 central Vermont elders and adults with disabilities making it possible to continue "aging in place" by living in the setting of their choice
- ◇ Typical in-home services include: assistance with grocery shopping and errands, providing friendly visits, sorting mail, light cleaning, wood stacking and gardening
- ◇ N2N members presented 73 Healthy Aging Programs engaging 1364 elders in activities promoting healthy living, physical activity and sociability
- ◇ 37 adult & 5 youth volunteers provided 1273 hours of service to elders & adults with disabilities

RSVP

- ◇ 1028 older adults volunteered with RSVP
- ◇ RSVP volunteers donated 92,671 hours of service to their communities
- ◇ 117 agencies were served by RSVP volunteers, including hospitals, food shelves, schools, meal programs and senior centers
- ◇ RSVP volunteers provided \$1,800,000 of service to the agencies they served



Senior Companion Program

- ◇ 15 Senior Companions supported 92 elders in central Vermont
- ◇ CVCOA Senior Companions provided over 19,601 hours of service
- ◇ Typical services include: companionship, medication reminders, assistance with grocery shopping, and light housekeeping



Home Share Now

- ◇ Home Share of Central Vermont became Home Share Now and established itself as an independent 501 (c) (3) agency
- ◇ Home Share Now served 350 individuals & family members seeking a way for older or disabled residents who want to continue to live independently in their own homes with those who need affordable housing and can lend some support
- ◇ 27 new matches were made in 2010 - for a total of 67 people placed in matches

Home sharers Cindy & Monika enjoying a walk together.



Unaudited Financial Report
Year Ending September 30, 2010



Our Mission

Central Vermont Council on Aging (CVCOA) supports elders and family caregivers in leading healthy, independent, meaningful and dignified lives in their homes and communities.

CVCOA serves adults 60 years of age and older, as well as family members and caregivers.

We serve 54 towns, including all towns in the counties of Lamoille, Orange (except Thetford) and Washington, and also the towns of Bethel, Granville, Hancock, Pittsfield, Rochester, Royalton, Sharon and Stockbridge.

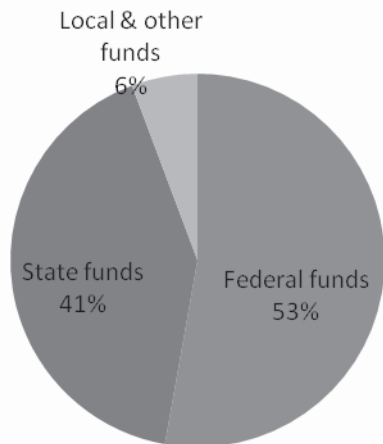
Board of Directors

- John Castaldo, President
- Robert Borden, Vice Pres.
- Alban Richey, Secretary
- Dennis Minoli, Treasurer
- Mary Alice Bisbee
- Kay Charron
- Rich Drill
- Gertrude Hodge
- Eileen Murphy

Central VT Council on Aging
30 Washington Street
Barre, VT 05641
Phone: 802-479-0531 (V/TTY)
Fax: 1-802-479-4235
Toll free: 1-877-379-2600
Email: cvcoa@cvcoa.org
www.cvcoa.org

Editor: Jeanne Kern
jkern@cvcoa.org

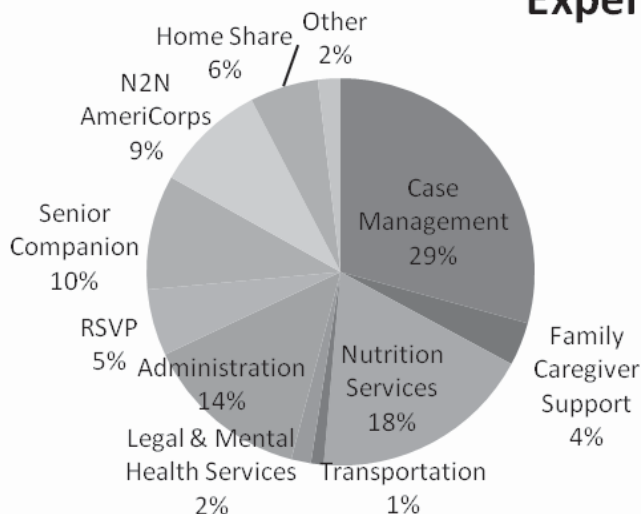
Revenue



<i>Federal Funds</i>	<i>\$2,100,654</i>
<i>State Funds</i>	<i>1,649,872</i>
<i>Local Funds</i>	<i>227,699</i>

Revenues Used \$3,978,225

Expenses



Total Expenses \$3,978,225



Aging vibrantly!

~ Thank You! ~

Thank you for helping elders in our communities to age with independence and dignity through your generous support of CVCOA and its many programs, including RSVP, Senior Companion & Neighbor to Neighbor (N2N) AmeriCorps.

*We apologize for any names we may have inadvertently omitted.
Donations received August - October 2010*

Corporate Donors/Foundations:

Bouchard-Pierce
Duke Group
Fitz, Vogt & Associates Ltd.
Hooker & Whitcomb
Hunger Mountain Coop
Laraway Youth & Family Services
Manghi's Bread
Manufacturing Solutions, Inc.
Perry's Oil Service, Inc.
Swenson Granite Company LLC
The Old Meeting House
Union Mutual Fire Insurance Company

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Laurie & Donald Spaulding
Josephine Stocker
Beverly & Charles Tanguay
Susan & Robert Titterton
Herbert Watson
Robert West
Jeannine Whipple
Robert & Ruth Woodside

Contributions in honor of:

CVCOA Staff
- Judith Miles

Contributions in memory of:

Our families
- Sen. Bill & Olene Doyle

Yolande Gould
- Jeanne Kern

Geri Rielly
- Inabelle Peake
- Jeanne Kern





Central Vermont Council on Aging
30 Washington Street
Barre, Vermont 05641

www.cvcoa.org



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CVCOA - helping central Vermonters age with independence & dignity.

Senior Helpline 1-800-642-5119 • Information and Resources for Seniors

Dr. William Pendlebury to Speak on Memory & Aging

William Pendlebury, MD will be guest speaker at our Annual Meeting on November 29th. He will explain the differences between age-related changes to memory and dementia. It will be an interesting and relevant talk.



Dr. Pendlebury's research for the past 25 years has been focused on basic and clinical aspects of Alzheimer's Disease, including pharmacological treatment strategies. He is a national and international speaker on the topic.

Dr. Pendlebury is Director of Center for Aging at the University of Vermont, Medical Director of the Memory Center, Medical Director of Elder Care Services at Fletcher Allen Health Care, and a tenured professor in neuropathology and clinical neurology at the UVM Medical School.

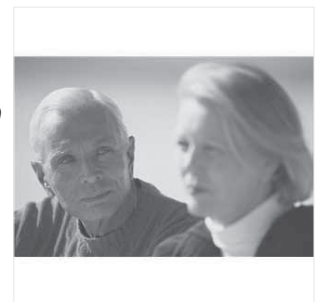


You are invited to join us:

CVCOA Annual Meeting Monday, November 29, 2010

The Canadian Club
Route 14, Barre
9:30 am - 1:30 pm

*Keynote speaker:
William Pendlebury, MD
Age-related Changes in
Memory, Dementia
& Alzheimer's Disease*



Entertainment: Savvy Seniors

Open to the public.
Please RSVP to (802) 479-0531
by November 22, 2010

Complimentary lunch will be served at 12:15 pm.