



CENTRAL  
VERMONT

## Council on Aging

*Promoting Healthy Aging  
in Central Vermont*

# 2016

## Annual Report

Central Vermont Council on Aging:  
Healthy Aging Now and in the Future

### From the Executive Director's Desk

We're not getting any younger in Vermont! Did you know that....



**Beth Stern**  
Executive Director

- Vermont is second oldest state in nation. 23 Vermonters turn 65 each day, and many will live well into their 80s and 90s.
- Seniors are the fastest growing demographic in the state. Today, 1 in 6 Vermonters is 65 and older. By 2030, 1 in 5 Vermonters will be 65 and older.
- One in three households includes someone over the age of 60.
- For the cost of caring for one senior in a nursing home, three can be cared for at home.

Our mission at Central Vermont Council on Aging is to "support elders and family caregivers to lead healthy, meaningful and dignified lives." But what does that mean as our senior population ages at these rates?

It means working with seniors ranging in age from 60 to well over 100. Some are healthy and just need a little help with Medicare Part D. Some are at the end of their lives. It means working with caregivers to know they are not alone with the stresses and joys of caregiving. Central Vermont Council on Aging helps all these folks gain access to what they need, whether that is transportation, mental health counseling, public benefits, meals on wheels, nutrition counseling, exercise programs, chore support, housing, or other services. It also means working with some younger individuals with disabilities who need services to stay in their homes.

Increasingly, it means helping seniors stay healthy by staying active, eating well, and having creative outlets as we age and live longer lives. It means working to protect seniors from fraud and abuse, chronic disease, mental illness and substance abuse. It means advocating for innovative, evidenced-based programs for individuals and communities to promote healthy aging now and in the future.

So when you look at the above statistics, know that as Vermont continues to age, Central Vermont Council on Aging will be there for you and your loved ones. We can't do this work alone, however. We rely on a wonderful network of volunteers and service providers without whom we could not be successful. And with federal and state funding remaining stagnant or decreasing (even as our senior population ages), it means we will rely more on individuals, businesses and foundations. Thank you to those who have become CVCOA "partners" in this mission.



On a personal note, I want to end with dedicating this annual report to Wilmer Brandt, of Marshfield, who died this October at age 96. Wilmer was a neighbor of mine, a surrogate grandparent to my children, and a role model for healthy aging. Wilmer graced our agency brochures, was a regular donor, and was also Central Vermont Council on Aging's Senior of the Year in 2002. Wilmer died as he lived- simply, quietly and without fuss. Thank you Wilmer for being a friend and supporter!

*Beth Stern*



### Our Mission:

Central Vermont Council on Aging is a 501(c)(3) nonprofit that supports elders in leading healthy, independent, meaningful and dignified lives.

CVCOA provides assistance to Vermonters aged 60 and over, their families and caregivers.

We serve 54 towns throughout the Central Vermont region:

Lamoille, Washington, and Orange counties (with the exception of Thetford), as well as the towns of Bethel, Hancock, Granville, Pittsfield, Rochester, Royalton, Sharon and Stockbridge.

Our programs and services are supported in part by your generosity.

### Board of Directors

Fiscal Year 2016

Dennis Minoli, President  
 Peter Harris, Vice President  
 Julie-Ann Graves, Treasurer  
 Kit Gates, Secretary  
 Cynthia Jackson  
 Gertrude Hodge  
 Nancy Zorn  
 Donna Watts

### Outgoing

Marvin Malek, M.D.  
 Len Plant

### Incoming

Gary Chicoine  
 Sherry Deichmiller

### Central VT Council on Aging

59 N. Main Street, Suite 200  
 Barre, VT 05641-4121  
 Phone: 802-479-0531  
 Fax: 802-476-4235  
[cvcoa@cvcoa.org](mailto:cvcoa@cvcoa.org)  
[www.cvcoa.org](http://www.cvcoa.org)

## A Message from the Board of Directors

CVCOA has once again served thousands of elders by giving them the care, support and assistance needed to improve the quality of their lives and remain in their homes.

Our staff has spent many hours applying for and procuring grants that supplement our state and federal monies. New procedures have been developed and implemented to reach more elders or to support clients in varying ways. New fundraising initiatives are in place or are being developed to increase diversification of revenue.

On behalf of the Board of Directors, I would like to commend Beth Stern, senior management and staff for their dedication and for their ability to "get the job done well." We believe elders in our area has benefited tremendously from the efforts of the CVCOA.



*Board of Directors 2017 Left to Right: Top Row: Gary Chicoine, Dennis Minoli, Peter Harris, Nancy Zorn, Cynthia Jackson. Bottom Row: Sherry Deichmiller, Gertrude Hodge, Beth Stern, Not present: Julie-Ann Graves, Kit Gates, Donna Watts*

## Are you interested in joining CVCOA's Board of Directors?

**This is a chance to shape the direction of senior services and help us to continue to meet the needs of elders, both now and in the future.**

**Contact Beth Stern, 476-2676**

## Supporting Seniors to Stay at Home

### Senior Helpline

Our staff is on hand Monday-Friday to respond to your calls about any aspect of senior services. If your question is more involved, we will refer you to appropriate staff for a one-on-one meeting or to the appropriate service.



### Case Management

Central Vermont Council on Aging connects Vermonters with to a full range of coordinated programs, services, information and supports for independent living. In the past year, we have partnered with 1,344 seniors, and their families and caregivers to provide more than 1,242 hours of service to support seniors – that’s an increase of 2,415 hours of service from the year before.



### Information and Assistance

Staff will help you assess what you need and through a collaborative process help you build an action plan to address your concerns about aging. We help you to access a wide range of programs, benefits and services that are available to seniors. Last year, our Information and Assistance team handled 3,845 calls.



### Volunteers

Our dedicated volunteers, including Senior Companions and RSVP, provide companionship and help alleviate social isolation of elders. Whether delivering Meals on Wheels or leading an exercise class, our volunteers help elders remain connected to the community. Assistance with grocery shopping, transportation, organizing bills, or stacking wood enable our older neighbors to remain at home. Above all, our volunteers are a friendly face and a reminder to elders that community members care about them. We greatly appreciate our 165 volunteers who provided the over 16,500 hours of service this past year.

### Legal Assistance

Central Vermont Council on Aging partners with Vermont Legal Aid to provide legal services and representation to elder Vermonters. In the past year, 93 seniors were assisted through Vermont Law Help on topics such as health insurance, housing issues, consumer protection concerns, and access to public benefits. An additional 25 seniors were represented through the Senior Citizens Law Project with more in-depth assistance.



## Supporting Seniors to Stay Well

### *Nutrition*

Central Vermont Council on Aging provides federal and state funding to 14 meal sites. Our partners served 212,509 home-delivered and community meals for seniors. Our nutrition director works with each meal site to implement best practices for food safety, nutrition, and adequate funding to meet the nutritional needs of an increasing number of seniors who need healthy meals. Our registered dietician provides individual seniors with nutritional counseling, especially for managing chronic disease and working with meal site cooks around menu development.



### *Activities for Wellness*

Remaining engaged and active is key to wellness. Central Vermont Council on Aging promotes evidence-based wellness opportunities through our volunteer programs. RSVP volunteers lead exercise classes that provide companionship, as well as promote balance and strength. These motivated volunteers lead Bone Builders and Tai Chi classes at local senior centers and community venues.



### *Family Caregiver Support*

Central Vermont Council on Aging "CARES" for family caregivers:

**Caregiving** for elders and loved ones at home, in the community and at a distance

**Activities** to remain connected, such as Caregiver Teas and Memory Café

**Resources** including funds for care and respite

**Education** – "Powerful Tools for Caregivers" and more

**Support** through compassionate attention and problem-solving

### *Health Insurance Counseling*

Last year, Central Vermont Council on Aging offered 57 free Medicare Workshops for anyone turning 65. We assisted 1,857 seniors with Medicare A and B, Private Advantage Plans, Supplemental Insurance Plans and Medicare Part D. Our Senior Health Insurance Plan (SHIP) Regional Coordinator is certified by the Federal Government Center for Medicare and Medicaid Services.



### *Mental Health Counseling*

Mental and emotional health is a crucial part of successful aging. CVCOA partners with Washington County Mental Health to provide in-home counseling for seniors with issues such as anxiety, depression, loss, or other concerns that interfere with their daily life. Three Elder Care Clinicians provided 121 seniors with 1,931 hours of support this year.



### *Transportation*

Through our partnerships with Green Mountain Transit Association, Rural Community Transportation and Stagecoach, over 661 elders were able to maintain their health and remain connected to their communities. Over 20,285 rides were provided for medical appointments, socialization and meals at senior centers, grocery and other shopping, and personal trips.



## *Supporting Healthy Aging in your Community*

### *Advocacy*

Central Vermont Council on Aging advances policies to ensure elders remain active and healthy in their homes and communities. This includes educating the public and engaging policy leaders to support initiatives that respect elders and promote healthy aging.



### *Public Awareness*

We participate in public health events to promote healthy aging, accept referrals, and assist and educate members of the public who need help and assistance with aging and family issues. We promote healthy aging in the news media, social media and public speaking before community groups.

### Business Donors

Many area businesses have chosen to show support of our elder community through gifts in support of CVCOA's programs.

When you visit these businesses, please take a second to make note of their generosity and say "Thank you" for working to improve the lives of seniors!

- Green Mountain Power
- Hooker & Whitcomb Funeral Home
- McLean Electric
- Montpelier Granite Works
- Montpelier Pharmacy
- Mountain View Security Systems, Inc.
- Mutuo, Inc.
- Peter Backman and Annie Christopher Fund
- Rock Of Ages
- Salvador & Babic, PC
- Swenson Granite Works
- The Canadian Club
- The Mailing Center
- The New School of Montpelier
- True Colors Home Decorating, Inc.
- Union Mutual Fire Insurance Company
- Washington Electric Cooperative
- Women's Alliance of the Unitarian Church of Montpelier

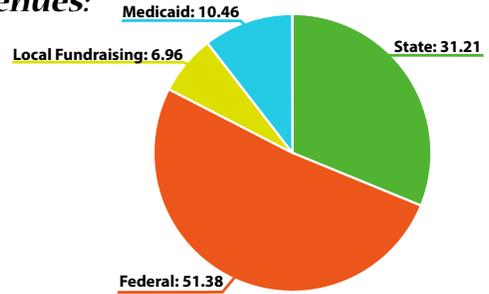


### Financial Activity - Fiscal Year 2015

**Revenue:** (unaudited)

Income Source	Percent	Amount
Federal	51.38%	\$1,848,833
State	31.21%	\$1,122,833
Local Fundraising	6.96%	\$250,036
Medicaid	10.46%	\$376,319
<b>Total Income</b>	<b>100%</b>	<b>\$3,598,021</b>

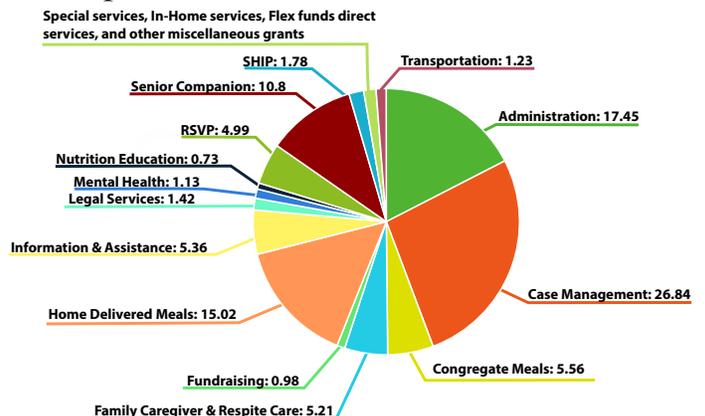
**Chart of Revenues:**



### Expenses:

Expense Category	Percent	Amount
Administration	17.45%	\$627,719
Case management	26.84%	\$965,710
Congregate meals	5.56%	\$200,194
Family Caregiver and respite care	5.21%	\$187,464
Fundraising	0.98%	\$35,394
Home Delivered meals	15.02%	\$540,531
Information & Assistance	5.36%	\$192,710
Legal services	1.42%	\$51,122
Mental Health	1.13%	\$40,802
Nutrition Education	0.73%	\$26,401
RSVP	4.99%	\$179,700
Senior Companion	10.80%	\$388,541
SHIP	1.78%	\$64,181
Special services, In-Home services, Flex funds direct services, and other miscellaneous grants	1.50%	\$53,352
Transportation	1.23%	\$44,200
<b>Total Expenses</b>	<b>100%</b>	<b>\$3,598,021</b>

**Chart of Expenses:**



## Donor Recognition

Central Vermont Council on Aging announced a new partnership with donors in 2016. Thanks to an anonymous donation of \$10,000, we unveiled new levels of giving. The highest or “Distinguished Partner” giving level is \$10,000 and above. Donors giving \$10,000, \$5,000 and \$2,500 will be honored as a Central Vermont Council on Aging “Stars” in an original art display. The new donor levels reflect our ongoing effort to partner with individuals, businesses and foundations to meet the needs of our rapidly aging population.



### Grant Support

Foundations, trusts and individuals make up a significant part of Central Vermont Council on Aging giving program. These allow us to extend our work in a number of critical areas. To each of them, we offer our gratitude for the dedication they have shown to our senior community.

#### Senior Services

Alexander Hamilton Copley Trust Fund  
United Fund

#### Nutrition Program

Walmart  
Anonymous  
Hunger Mountain Coop Community Fund

### In-Kind Donations

Many individuals & businesses donated items that directly benefit seniors.

Gifts include Central Vermont walkers, wheelchairs, and holiday gift boxes for our annual Shoeboxes for Seniors project.

Cabot	Merle Dwyer
Delicate Decadence	Nate & April Shaw
Donald P. Blake, Jr. Inc.	Price Chopper
East Montpelier Elementary School	Simply Delicious
First Congregational Church of Brookfield	The Gally
G.W. Tatro Construction, Inc.	Thom & Karen Lauzon
Gardner Insurance Services, Inc.	Times Argus
Hannaford Supermarket	Twincraft Skincare
Hedding Methodist Church	Union Mutual
Hunger Mountain Coop	Westview Meadows at Montpelier

### Town Funding

Each of the 54 towns that CVCOA serves provide direct support through generous appropriations approved by their voters on Town Meeting Day.

## Individual Donors

### Distinguished Partner - \$10,000+

Anonymous

### Champion Partner - \$5,000+

Anonymous

### Premier Partner - \$2,500+

Anonymous  
Carmen Beck  
Kit & Mark Gates  
Anonymous\*

### Legacy Partner - \$1,000+

Christina Castegren  
Bruce & Susan Talmadge

### Merit Partner - \$500+

Merle & Marilyn Dwyer

### Supporting Partner - up to \$500

Anonymous  
Sue Chiappetta  
Elizabeth Gergely  
Bob & Nancy Pope

\* indicates a Monthly Donor

*Patron Partner – up to \$250*

*In Memoriam*

In memory of Irene:  
Anonymous

*In Honor*

In honor of Wendy Clark:  
Pauline & James Larkin

Dorothy Carrier  
Theron Colby  
William & Linda Doelger  
Norma Donovan  
Rep. Patsy & Patrick French  
Sandra Mennella  
Eileen Murphy  
Bob & Nancy Pope  
Alban & Margaret Richey  
Leigh & Ann Seddon  
Dr. Brenda Sirovich

*Partner – up to \$100*

*In Memoriam*

In memory of Kay Charron:  
Rosemary & Charlie Averill

In memory of Kay Charron:  
Rachel Desilets

In memory of Kay Charron:  
Carol & Dennis Minoli

In memory of Kay Charron:  
Marilyn Mode

In memory of Kay Charron:  
Donna Petterssen

In memory of Reginald Cooley:  
Terry Benway

In memory of Dorothy Leith:  
Barbara Sancibrian

In memory of Ruth McAllan:  
Christine Terry

In memory of Steven Mellenthein:  
Sheryl Asen

In memory of E. Bruce Nelson:  
Anonymous

In memory of Kathleen Perantoni:  
Robert Perantoni

In memory of Jean Rouse:  
Jane Staudt

In memory of Aldo Somaini:  
Fedora Somaini

In memory of Rose Vieth:  
Carl & Rose Vieth

*In Honor*

In honor of Barbara Asen:  
Sheryl Asen

In honor of Toni Connell:  
Anonymous

In honor of Wanda Craig:  
Bernice Cooney

In honor of Wanda Craig:  
Mirielle & Ed Maxfield

In honor of Milton Fowler:  
Cynthia Jackson

In honor of Sarah Wilhoit:  
James & Pauline Larkin

Carol Abbey  
Mary & Allen Alexander  
Harriet Amidon  
Lela & Don Avery  
Allen & Lorilla Banbury  
Joan & Bob Barrett  
Elfriede Becker  
Margaret Belville  
Barbara & Chuck Bohn  
Robert Borden  
Gerhard & Susan Botha  
Armand Boudreau  
Wilmer Brandt  
Benjamin & Wendy Bridgewater  
David Briggs  
Evelyn Broome  
Jennie & Daniel Brown  
Abigail Bruce  
Becky Buchanan  
Dr. David Butsch  
Paul Calter

Paul Cameron  
Gay Campbell  
Priscilla Carpenter  
Patricia Carstensen  
Sandal & Paul Cate  
Mary Anne & Joseph Cerasoli  
Reed & Deborah Cherington  
Janna & Dan Clar  
Diane & Sherman Cochran  
Antoinette Connell  
Elizabeth Courchaine  
Elizabeth Cross  
Carolyn Cruikshank  
Rita Dandeneau  
Duane Davis  
Fletcher & Jane Dean  
Elaine Deforge  
Jane Deschamps  
Rachel Desilets  
Gail Deuso  
Dennis Devaux  
Patricia Dorsey  
Lee Dow  
Sen. Bil & Olene Doyle  
Sandra Doyle  
Rich Drill  
Darragh & David Ellerson  
Martha Ellis  
William Field  
Mary Folsom  
John Foster  
Dr. Milton & Jan Fowler  
Eleanor Fraser  
Verma Galarneau  
Iris Gardner  
Sharon Gates  
Kenneth & Jane Geider  
Charlotte & Ernest Gibson  
Steve Gould  
Barbara & Robert Grothe-Penny  
Darlene & David Grundy  
William & Leslie Haines  
Joan Haley  
Connie & Phil Hamel  
Joann Hammond  
Paul Hannan  
Mary Hanrahan  
Don & Edith Harding  
Mark Harris  
Scottie & John Harrison  
Bob & Sally Harter

Maria Hartmann  
 Patricia & Joe Hayden  
 Mary Hayden  
 Joan Higgins  
 Mary Ellen & Peter Hill  
 Carol & Perry Hodgdon  
 Judith Hoermann  
 Peter Hogg  
 Elizabeth Holden  
 Inge Hougasian  
 Angela Howat  
 Pamela Hull  
 Peggy & Paul Irons  
 Beverly Jacobs  
 Patricia Johnson  
 Peter & Almuth Jungkunst  
 John & Toni Kaeding  
 Toni & John Kaeding  
 Lois Keith  
 Melvin & Marguerite Kerr  
 Otto & Jeanne Kinzel  
 Rep. Tony & Jennifer Klein  
 Charles Kletecka  
 Kenneth Lamb  
 Marjorie LaMountain  
 Dorothy Larsen  
 Richard & Dianne Lashoones  
 Michael LaValley  
 Malcolm & Dorothy Lawson  
 Kenneth & Lillian Libetoff  
 Dale Lowcock  
 Debbie & Michael Lunt  
 Carol MacDougall  
 Marie MacDougall  
 Steven & Claudia MacKenzie  
 Charlotte & Tom MacLeay  
 Cassie Major  
 Irene & Edward Mann  
 Cecile Marcoux  
 Marjory Martenson  
 Jennie Martin  
 Dorothy Mason  
 Sarah Mason

Mirielle & Ed Maxfield  
 Mirielle & Ed Maxfield  
 Eleanor McIntyre  
 Eleanor McKinnell  
 Karin McNeill  
 Virginia Merrill  
 Sarah Miller  
 Virginia Milne  
 Dennis & Carol Minoli  
 Sue & David Minter  
 Jack Mitchell  
 Marilyn Mode  
 Charlotte Morrill  
 Joanne O'Brien  
 Sherry & Dave Olson  
 Jeanne Kern and Ed Oravec  
 Trudy & Anthony Otis  
 Roger P. Otis  
 Mat Parker  
 John Pauly  
 Brooke Pearson  
 Catherine Pelkey  
 Eleanor Perreault  
 Donna Petterssen  
 Merton Pike  
 Frank Plumley  
 Arlene Porter  
 Marjorie Power  
 Lisa Pratt  
 Linda & Michael Prescott  
 Roxanna Quero  
 Helen Rabin  
 Peter & Wanita Raspe  
 Louise & Stephen Rauh  
 Lawrence & Constance Reilly  
 Janet Ressler  
 Faye Rice  
 Elise Riddel  
 Deborah Robinson  
 Robert Rossi  
 Phyllis Rubenstein  
 William & Barbara Rugo  
 Sen. Bernie & Jane Sanders

Ruth & James Santos  
 Barbara Scotch  
 Mike & Norma Jeanne Segale  
 Andy Shapiro  
 Carolyn & Andy Shapiro  
 Nancy & Michael Sherman  
 John & Dianne Shullenberger  
 Fedora Somaini  
 Frances & Robert Spaulding  
 Laurie & Don Spaulding  
 Jane & Richard Staudt  
 Joan Stepsenske  
 Sandra Stone  
 John & Marcia Stone  
 Shirley Svarfvar  
 Diane & Fred Swan  
 Catherine & William Swift  
 Christine Terry  
 Irma Torriente  
 Robert Troester  
 Pamela Tucker  
 Carl & Rose Vieth  
 Jean Vissering  
 Francis & Ellen Voigt  
 Robert Voorhees  
 Susan Walp  
 Norma Wark  
 Robert Watson  
 Douglas & Irene Weinreich  
 Edmund Wells  
 Lyn & Jill Wheatley  
 Rosemary Wheelock  
 Jeannine Whipple  
 Stuart & Sarah Williams  
 Harriett Winslow  
 Theresa Winsor

*\*Includes donations received from October 1, 2015-September 30, 2016. Central Vermont Council on Aging extends its sincerest apologies to any individual, organization or business that may have been inadvertently omitted.*

## Leave a Legacy

Remembering CVCOA in your will or estate plans is easy to do, provide financial and tax benefits for your family, and you continue to make a difference in the lives of Vermont seniors for years to come.

For information about including CVCOA as part of your legacy, please call us at 802-479-0531.



59 N. Main Street, Suite 200  
Barre, VT 05641-4121

*CVCOA - Your Partner  
in Healthy Aging!*

---

Empowering Seniors & Caregivers ♦ Senior HelpLine 1-800-642-5119

---

## Our Mission:

Central Vermont Council on Aging supports elders in leading healthy, self-determined, interdependent, meaningful, and dignified lives in their homes & communities.



We serve the 54 towns of the Central Vermont region, providing assistance to Vermonters aged 60 years and over. Individuals are not charged for the services that we provide to Vermont's senior community.

Our services are supported in part by your generosity.

---

Phone: 802-479-0531  
Fax: 802-479-4235

59 N. Main Street, Suite 200  
Barre, VT 05641-4121

Email: [cvcoa@cvcoa.org](mailto:cvcoa@cvcoa.org)  
Web: [www.cvcoa.org](http://www.cvcoa.org)

