



*A World Where
Aging is Honored*

2017

Annual Report

*Central Vermont Council on Aging:
Supporting Central Vermonter's to
Age with Dignity and Choice*

From the Executive Director's Desk

In September, I completed my goal of hiking all 48 of the mountains in New Hampshire that are over 4000 feet. I had a few meltdowns on the rocky trails and lost several toenails, but also experienced beautiful scenery and met wonderful people. Later this year,

I will reach another milestone – I will turn 60 and become eligible for Older American's Act services!

While turning 60 won't change much in my daily life, it means looking more carefully at what's important and how I want to spend my time. At CVCOA, we also need to examine what's important for our work with older Vermonters. In this past year, CVCOA has reached its own milestones. We had our first major and very successful

fund raising event, Age Out Loud. We have entered the world of utilizing technology more in our client work, including a program that notifies us when our high risk clients are admitted to the hospital. We also have a formal partnership with Vermont's Accountable Care Organization to work more closely

with them in supporting older Vermonters to stay healthy. While we continue our traditional services including nutrition, volunteer opportunities and health insurance counseling (amongst many others!), We know that to stay relevant in today's fast changing world, we need to continually embrace new ideas and ways of supporting older Vermonters.

I had many partners on my hiking quest – family, friends and even strangers who encouraged me to keep putting one foot in front of the other. CVCOA also has many partners who keep us going strong – other agencies, donors, and most importantly, our staff. We salute and thank them in this annual report, and look forward to another year of continuing this important and vital work.



Beth Stern
Executive Director



**Central Vermont Council on Aging
thanks our many
Community Partners**





Our Mission:

Central Vermont Council on Aging is a 501(c)(3) nonprofit that supports central Vermonters to age with dignity and choice.

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 2017

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

Outgoing

Dennis Minoli
 Kit Gates

Central VT Council on Aging

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 Fax: 802-476-4235
info@cvcoa.org
www.cvcoa.org

A Message from the Board of Directors

As I bid you farewell after nearly a decade as a member of the CVCOA Board, I reminisce on the changes that have occurred. I have seen people and programs come and go, but one thing remains constant. The work ethic and dedication at CVCOA have never faltered. Management, staff and volunteers have continued to meet the needs of the seniors in our community. I have learned a great deal and my eyes have been opened to the world of elder care. For that I will be forever grateful.

I leave you in good hands. Nancy Zorn has stepped up as president of the board. I am very confident in her ability to lead CVCOA during these challenging times. We have a great energetic board, an enthusiastic Executive Director and a strong staff. We will remain a viable program for elders in Central Vermont.

I will miss all of you and wish you the very best.

Dennis Minoli
 Outgoing President



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

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 aging persons, both now and in the future.

Contact Beth Stern, 476-2676

CVCOA Supporting Aging Central Vermonters



Meals

Funder of 155,164 Meals on Wheels and 51,883 community meals.



Transportation

22,602 rides for 704 older Central Vermonters for meals, shopping, and socializing.



Caregivers

Served 86 Caregivers through Dementia Grant.
326 caregivers participated in caregiver support events.



Case Management

Provided 11,000 hours of care coordination for 1,339 Central Vermonters.



Information and Assistance

Responded to 2,753 calls for information on 5,269 topics.



Health Insurance Counseling

Counseled 1,940 clients, including 256 who attended over 20 "Medicare and You" workshops.



Volunteers

244 volunteers contributed 19,976 hours, including Senior Companions and RSVP.



Mental Health

131 clients served through contracted Elder Care Clinician Program.



Wellness Activities

Supported Fall Prevention Tai Chi, Bone Builders, and Powerful Tools for Caregivers.



Senior Citizens Law Project

183 clients received contracted legal services.



Fundraising

44% increase.

Dedications



This report is dedicated to Barbara Bohn, of Marshfield, who died in August. Barbara graced our agency brochures for many years and was a regular CVCOA donor! Thank you Barbara for being a friend of CVCOA!

This report is also dedicated to the memory of Margaret Harmon who died in October. Margaret launched our signature Art of Creative Aging event during her tenure as our first Development Coordinator. Creativity and

curiosity sparked through her rich life, along with humor and a great sense of caring. And she was a fierce voice against ageism. All of us here at CVCOA enjoyed working with Margaret and dearly miss her.



Financial Activity - Fiscal Year 2017
(unaudited)

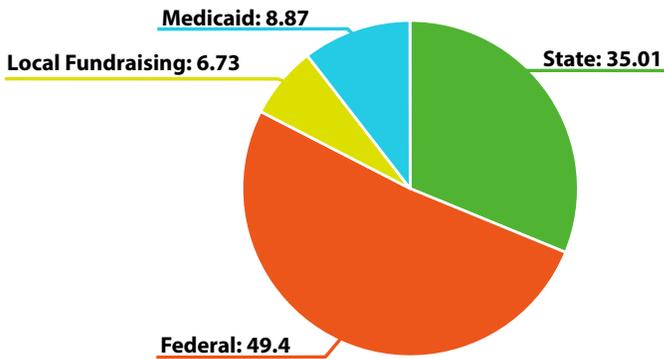
Revenue

Income Source	Percent	Amount
Federal	49.4%	\$1,727,943
State	35.01%	\$1,224,551
Local Fundraising	6.73%	\$234,970
Medicaid	8.87%	\$310,173
Total Income	100%	\$3,497,637

Expenses:

Expense Category	Percent	Amount
Administration	17.78%	\$622,000
Fundraising	1.20%	41,996
Case management	24.31%	850,259
Legal services	1.47%	51,326
SHIP	1.47%	51,316
Information & Assistance	5.64%	197,436
Congregate meals	5.52%	193,079
Home Delivered meals	16.27%	569,022
Transportation	1.05%	36,700
RSVP	5.12%	179,155
Senior Companion	11.19%	391,422
Nutrition Education and Counseling	0.75%	26,281
Mental Health	1.14%	40,019
Family Caregiver and respite care	5.79%	202,654
Special services, In-Home services, Flex funds direct services, and other miscellaneous grants	1.31%	44,972
Total expenses	100%	\$3,497,637

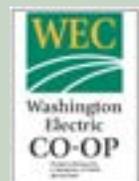
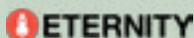
Chart of Revenues:



Business Donors

We thank our many partners who collaborate with Central Vermont Council on Aging to bring healthy aging services and wellness activities to Central Vermonters.

- | | | | |
|--|-------------------------------------|----------------------------------|-----------------------------------|
| Barre Lions Club | Union Mutual Fire Insurance Company | Credit Union | Green Mountain Power |
| Women's Alliance of the Unitarian Church of Montpelier | Westview Meadows at Montpelier | RB Technologies | Manufacturing Solutions, Inc. |
| Hannaford Supermarkets | Berrian Insurance Group, Inc. | Rock of Ages | Medicine Shoppe |
| National Life Group | Community National Bank | TD Bank | Morse Farm |
| TLC Nursing Associates | Fothergill, Segale & Valley | Barr Law Group | Mutuo, Inc. |
| Washington Electric Cooperative | G.W. Tatro Construction, Inc. | Cambridge Area Rotary | True Colors Home Decorating, Inc. |
| Concept2 Rowing | Green Mountain Payroll Assoc. | Donald P. Blake, Jr. Inc. | Union Bank |
| Jack F. Corse, Inc. | Milne Travel | Dubois & King, Inc. | McLean Electric |
| The Gary Home | North Country Federal | Gardner Insurance Services, Inc. | |
| | | Granite Hills Credit Union | |



Foundations and Grants

CVCOA thanks the trusts and foundations for their generous support for direct services for older Vermonters.

Senior Services

Alexander Hamilton Copley Trust Fund
Green Mountain United Fund

Volunteer Programs

Corporation for National and
Community Services

Nutrition Program

Anonymous
Donald Provasi
Hunger Mountain Coop Community Fund
Arthur & Frances P. Hyde Fund of the
Vermont Community Foundation

Fuel Assistance Program

Arthur & Frances P. Hyde Fund of the
Vermont Community Foundation

In-Kind Donations

Many individuals & businesses donate items for holiday meals and CVCOA's silent auction:

Chris Christman	Incognito Salon	Adelaide Tyrol	Last Time Around	Studio Place Arts
Delicate Decadence	Merle Dwyer	Art Zorn	Liza Semler Photography	Staff-CVCOA
Donald P. Blake, Jr. Inc.	Nate & April Shaw	Artisans Hand	LK Pottery	Summer Street Auto
East Montpelier Elementary School	Price Chopper	Bear Pond Books	Morse Farm ski ctr	Terry Cahill
Farmhouse Catering Co.	The Gally	BFP	Mr. Z's	Times Argus
First Congregational Church of Brookfield	Thom & Karen Lauzon	Brenda Lindemann	Nelson's Hardware	Uttons Automotive
G.W. Tatro Construction, Inc.	Times Argus	Carol Shapiro	Next Chapter Bookstore	Vera Resnick
Gardner Insurance Services, Inc.	Twincraft Skincare	Cheshire Cat	Northland Maple	Von Trapp Farmstead
Hannaford Supermarket	Union Mutual	Comfort Inn	Paul Calter	VT Bicycle Shop
Hedding Methodist Church	Westview Meadows at Montpelier	Concept 2	River House Yoga	VT Thermography Center
Hunger Mountain Coop	John Pandolfo	Cornerstone Pub & Kitchen	Hunger Mountain Coop	Waterfall Quilts
Delicate Decadence	interwoven healing	Dan Noyes	Jean MacLachlan Massage	King Arthur Flour

Town Funding

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

We thank the residents of the following Towns for their generous financial support of Central Vermont Council on Aging

Barre City	Calais	Fayston	Morristown	Royalton	Warren
Barre Town	Cambridge	Granville	Newbury	Sharon	Washington
Belvidere	Chelsea	Hancock	Northfield	Stockbridge	Waterbury
Berlin	Corinth	Hyde Park	Orange	Stowe	Waterville
Bethel	Duxbury	Johnson	Pittsfield	Strafford	West Fairlee
Bradford	E. Montpelier	Marshfield	Plainfield	Topsham	Williamstown
Braintree	Eden	Middlesex	Randolph	Tunbridge	Wolcott
Brookfield	Elmore	Montpelier	Rochester	Vershire	Woodbury
Cabot	Fairlee	Moretown	Roxbury	Waitsfield	Worcester

In Memoriam

In memory of Amy Blakeman
 Wendy Blakeman:
 In memory of Chuck Checchini
 Barre Congregational Church
 In memory of Ellen Tyrell
 Jackie Polchies
 In memory of Harriet Winslow
 Barbara Butler
 In memory of Jhansi Lakshmi
 Rajay Idupulapati
 In memory of Kathleen L. Perantoni
 Robert Perantoni
 In memory of Kent de Goosh
 Penny de Goosh
 In memory of Ellaween Flint
 Anonymous
 In memory of Norman Case
 Theodore Nelson
 In memory of Ralph Persons
 Elizabeth Persons

In Honor

In honor of CVCOA's Awesome Staff
 Janna Clar
 In honor of Barb Asen
 Elinor Bagalio
 In honor of Carole Richards
 Donald Spaulding
 In honor of Chris Shaw
 Mary Becker
 In honor of Christine Melicharek
 Rolla Barry
 In honor of Cynthia Jackson
 Anonymous
 In honor of Dagny Hoff
 David Lewis
 In honor of Ellie Hayes
 Fedoray Somaini
 In honor of Ellie Hayes
 Dorothy Carrier
 In honor of James Survelo
 Joshua Kelly
 In honor of Marianne Barnett
 Gary & Bruce Zeller
 In honor of Samantha Davis
 Carly Martin
 Christa Scholz
 Brenda Badger
 Sandra Walton
 Patrick Doyle
 In honor of Sarah Semler
 Germaine Laroche

Individual Donors

Distinguished Partner

- \$50,000+

Anonymous

Champion Partner

- \$5,000

Anonymous

Premier Partner

- \$2,500

Anonymous

Carmen Beck

Thom & Karen Lauzon

Donald Provasi

Legacy Partner

- \$1,000+

Anonymous

William & Lorena Asbell

George & Cynthia Bond

Christina Castegren

Alban & Margaret Richey

Merit Partner - \$500+

Anonymous

Beth Sabens

Nancy & Michael Sherman

Supporting Partner

- up to \$500

Anonymous

Sue Chiapetta

Patricia & Joseph Hayden

Gary & David Lewis

Lee & Joan Owen

Bob & Nancy Pope

Bob Rossi

Beth Stern & Bob Popp

Donna Watts

Patron Partner

- up to \$250

Anonymous

Hans & Anne Asoera

Sharyn & Russel Baum

Brenda Bean

Margaret Belville

Chuck & Barbara Bohn

Robert Borden

Janna Clar

Theron Colby

Linda & Kevin Conroy

William Doelger & Linda Normandeau

Carol & Karl Flint

Elizabeth Gergely

Peter Harris

Cynthia Jackson

Maria & Bill Kelly

Kenneth Lamb

Dennis & Carol Minoli

Theodore & Shirley Nelson

Julia Olander

Jeanne Kern & Ed Oravec

Linda Post

Sen. Bernie & Mrs. Jane Sanders

Dr. Brenda Sirovich

John & Anne Steel

Adelaide Tyrol

Sustaining Partner

- up to \$100

Anonymous

Beth Aiken

Sheryl Asen

Becky Atchinson

Rosemary & Charlie Averill

Lela & Don Avery

Elinor Bagalio

Barbara Baird

Marianne Barnett

Rolla Barry

Joan & Bob Barrett

Earl Bassett

Rhoda Bedell & Leon Whitcomb

Mary Becker

Elfriede Becker

John & Donna Beecy

Sandra & Jerold Bressette

Arthur Bennett

Terry Benway

Wendy Blakeman

Gerhard & Susan Botha

Marilyn & Win Bolles

Annette Bryan

Jennie & Daniel Brown

Barbara Butler

Paul Calter

Sandal & Paul Cate

Priscilla Carpenter	Carole Grenier	Irene & Edward Mann	Sarah Semler
Patricia Carstensen	Joan Haley	Marcia Marble	Chris Shaw
Dorothy Carrier	Connie & Phil Hamel	Carl Martin	Phyllis & Alexander Short
Rita Caslani	Joann Hammond	Sarah & Chris Mason	Colleen Smith
MaryAnne & Joseph Cerasoli	Paul Hannan	Ed & Mirielle Maxfield	Fedora Somaini
Reed & Debora Cherington	Mary Hanrahan	Whitney & Priscilla Maxfield	Andrea Stander
Gary Chicoine & Terry Callahan	Scottie & John Harrison	John W. McKissock	Joan Stepenske & Robert Troester
Michelle Clark	Bob & Sally Harter	Karin McNeill	George Stone & Jill Bubier
Robin Clark-Arbogast	Maria Hartmann	Barbara Menard	Sandra Stone
Sandra Conrad	Mary Hayden	Sandra Mennella	Noella St. Onge
Bernice Cooney	Ellie Hayes	Lisa Mercurio	Don & Laurie Spaulding
Devon & Cheryl Craig	Joan Higgins	Sarah Miller	Jeanne Sullivan
William & Anna Crowther	Christopher & Claire Hindes	Jack Mitchell	Diane & Fred Swan
Duane Davis	Judith Hoermann	Marilyn Mode	Catherine & William Swift
Fletcher & Jane Dean	Lori Holt	Joanne O'Brien	Jackie Swift
Agatha Deep	Inge Hougasian	Janna Osman	Bruce & Susan Talmadge
Elaine Deforge	Suzanne Holden	Mat Parker	Lillian Tatro
Penny De Goosh	Raja Idupulapati	Richard Paye	Pamela Tucker
Gile Dennis	Peggy & Paul Irons	Eleanor Perreault	Carol & Craig Van Tuinen
Jane Deschamps	David Johns	Elizabeth & Michael Persons	Jean Vissering & Robert Klein
Dennis Devaux	Claudine Johnson	Robert Perantoni	Francis & Ellen Voight
Norma Donovan	Allan & Pauline Jones	Florence Perrin	Pamela Walker
Patrick & Margaret Doyle	Peter & Almuth Jungkunst	Donna Petterssen	Susan Walp
Rich Drill	Virginia Kaczmarek	Merton Pike	Sarella Warren
David & Claire Duke	John & Toni Kaeding	Dara Torre & James Pillion	Bob Wescott & Sarah Page
Karen Eddy	Joshua Kelly	Lucia Port	Robert Watson
Martha Ann Englert	Tony Klein & Jennifer Boyer	Arlene Porter	Joyce Werntgen
Jane Edwards	Charles Kletecka	Marjorie Power	Lyn & Jill Wheatley
Milton & Janet Fowler	Liz & Leo Laferriere	Roxanna Quero	Rosemary Wheelock
Eleanor Fraser	Germaine LaRoche	Helen Rabin	Stuart & Sarah Williams
Patsy & Patrick French	Richard & Dianne Lashoones	Janet Ressler	Harriett Winslow
David Gagnon	Brenda Lindemann	Elise Riddel	Theresa Winsor
Iris Gardner	Kari Little & Gregory Wimer	Karl & Charlene Rinker	Robert & Elizabeth Youngberg
Steve Gould	Debbie & Michael Lunt	Hale & Mary Ann Ritchie	Bruce & Ruth Zeller
Linda Gravel	Carol MacDougall	Cindy & Irv Robbins	Gary & Doreen Zeller
Julie-Ann & Gary Graves	Marie MacDougall	Bobbi Rood	Nancy Zorn
Kelly Gregoire Foss	Cassie Major	Michelle & Richard Rusin	
	Elaine Manghi-Buck	Christa Scholz	
	Steven & Claudia MacKenzie	Michael & Norma Segale	

Leave a Legacy

Remembering CVCOA in your will or estate plan is easy to do, provides financial and tax benefits for your family, while you continue to make a difference in the lives of older Vermonters for years to come.

For information please call us at 802-476-2739.

**Includes donations received from October 1, 2016-September 30, 2017. Central Vermont Council on Aging extends its sincerest apologies to any individual, organization or business that may have been inadvertently omitted.*



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

*A World Where
Aging is Honored*

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

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Central Vermonters to Age with Dignity and Choice*



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.

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