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.
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

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

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
59 N. Main Street, Suite 200
Barre, VT 05641-4121
Phone: 802-479-0531
Fax: 802-476-4235
info@cvcoa.org
www.cvcoa.org
### CVCOA Supporting Aging Central Vermonters

<table>
<thead>
<tr>
<th>Service</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Meals</strong></td>
<td>Funder of 155,164 Meals on Wheels and 51,883 community meals.</td>
</tr>
<tr>
<td><strong>Transportation</strong></td>
<td>22,602 rides for 704 older Central Vermonters for meals, shopping, and socializing.</td>
</tr>
<tr>
<td><strong>Caregivers</strong></td>
<td>Served 86 Caregivers through Dementia Grant. 326 caregivers participated in caregiver support events.</td>
</tr>
<tr>
<td><strong>Case Management</strong></td>
<td>Provided 11,000 hours of care coordination for 1,339 Central Vermonters.</td>
</tr>
<tr>
<td><strong>Information and Assistance</strong></td>
<td>Responded to 2,753 calls for information on 5,269 topics.</td>
</tr>
<tr>
<td><strong>Health Insurance Counseling</strong></td>
<td>Counseled 1,940 clients, including 256 who attended over 20 “Medicare and You” workshops.</td>
</tr>
<tr>
<td><strong>Volunteers</strong></td>
<td>244 volunteers contributed 19,976 hours, including Senior Companions and RSVP.</td>
</tr>
<tr>
<td><strong>Mental Health</strong></td>
<td>131 clients served through contracted Elder Care Clinician Program.</td>
</tr>
<tr>
<td><strong>Wellness Activities</strong></td>
<td>Supported Fall Prevention Tai Chi, Bone Builders, and Powerful Tools for Caregivers.</td>
</tr>
<tr>
<td><strong>Senior Citizens Law Project</strong></td>
<td>183 clients received contracted legal services.</td>
</tr>
<tr>
<td><strong>Fundraising</strong></td>
<td>44% increase.</td>
</tr>
</tbody>
</table>

### 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

<table>
<thead>
<tr>
<th>Income Source</th>
<th>Percent</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Federal</td>
<td>49.4%</td>
<td>$1,727,943</td>
</tr>
<tr>
<td>State</td>
<td>35.01%</td>
<td>$1,224,551</td>
</tr>
<tr>
<td>Local Fundraising</td>
<td>6.73%</td>
<td>$234,970</td>
</tr>
<tr>
<td>Medicaid</td>
<td>8.87%</td>
<td>$310,173</td>
</tr>
<tr>
<td><strong>Total Income</strong></td>
<td>100%</td>
<td>$3,497,637</td>
</tr>
</tbody>
</table>

#### Expenses:

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

#### Chart of Revenues:

- Federal: 49.4%
- State: 35.01%
- Local Fundraising: 6.73%
- Medicaid: 8.87%

#### 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.

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

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Central Vermont Council on Aging
A World Where Aging is Honored

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
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

Hannafof 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

Brantree
Eden
Middlesex
Randolph
Tunbridge
Wolcott

Brookfield
Elmore
Montpelier
Rochester
Vershire
Woodbury

Cabot
Fairlee
Moretown
Roxbury
Waitsfield
Worcester

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### 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: Fedora Somaini
- In honor of Ellie Hayes: Dorothy Carrier
- In honor of James Survey: Joshua Kelly
- In honor of Marianne Barnett: Gary & Bruce Zeller
- In honor of Samantha Davis: Carly Martin
- 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
  - Thorn & 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

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### 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
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.
Our Mission:
Central Vermont Council on Aging: Supporting 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.