



Promoting Healthy Aging in Central Vermont

Older Americans Month:

Safe Today - Healthy Tomorrow!

Every year in May, the country recognizes the elders within our communities by celebrating Older Americans Month.

Older Americans Month was established in 1963, following President John F. Kennedy's meeting with the National Council of Senior Citizens. Historically, it has been a time to pay thanks for the tremendous contributions of older persons to our world.

With a focus on "Safe Today - Healthy Tomorrow," the month is highlighting the importance of injury prevention and safety awareness to help older adults take control of their personal well-being and avoid the causes of injury.

Through this, CVCOA invites the wider society to demonstrate our commitment to helping our elders to stay healthy, active, and independent for as long as possible.

Support the ongoing health and independence of our seniors by making a gift to CVCOA today!

Throughout the month, CVCOA will be sharing resources and information about health and safety for seniors. Follows us on Twitter @CVCOA or friend us at www.facebook.com/cvcoa to learn more!

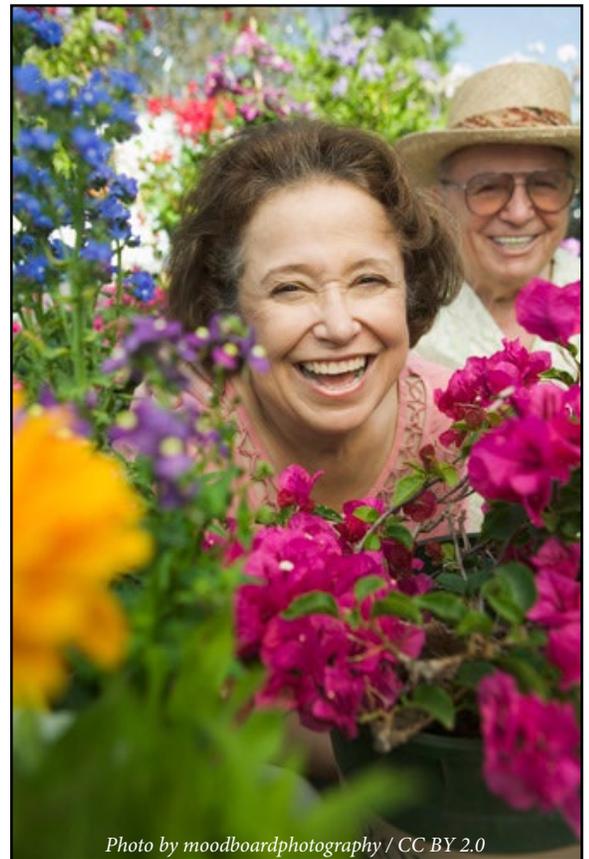


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Be on the alert to recognize
your prime at whatever time
of your life it may occur.

- Muriel Sparks -



Our Mission

Central Vermont Council on Aging supports elders in leading healthy, independent, meaningful and dignified lives in their homes.

CVCOA provides assistance to Vermonters aged 60 years and over, their family 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.

We do not charge individuals for the services that we provide to Vermont's senior community.

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

CVCOA is a 501(c)(3) nonprofit organization.

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Central VT Council on Aging

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From the Director's Desk



Beth Stern
 Executive Director

May is Older Americans Month and the theme is "Safe Today. Healthy Tomorrow."

This is certainly a relevant theme for everyone – not just older Vermonters.

It's clear that staying safe and healthy is crucial for independence. One fall is all it might take for a senior to end up home-bound, without transportation, and unable to provide themselves with basic self-care. Further, poor nutrition can lead to many medical issues and can also complicate existing conditions.

Every day, Central Vermont Council on Aging staff members work with seniors to support them in living safe and healthy lives, providing services such as:

- Financial support for the 14 Central Vermont meal sites which provide nutritious on-site and home-delivered meals;
- Sponsorship of exercise programs such as RSVP Bone Builders, Living Strong, and Tai Chi for Arthritis;
- Determining if home modifications might be beneficial and helping to find ways to pay for and get it done;
- Helping seniors navigate the maze of public benefits and bureaucratic applications;
- Working with seniors to select the most appropriate Medicare Part D plan so they have the right medications at the right price;
- Supporting caregivers to enable them to continue their difficult – often 24/7 – job through classes, information and respite care;
- Recruiting and connecting people with volunteers to help with tasks that might not be safe for a senior to do.

Older Americans Month also recognizes the aspirations and vitality of older adults and celebrates their many contributions and achievements. As such, CVCOA is proud to work with many vibrant and creative older Vermonters as we hold our 5th Annual Art of Creative Aging exhibit at the Kellogg-Hubbard Library.

Please join us for a reception to open the exhibition on May 1 from 5:00-7:00, or go to see the show any time the library is open during the month of May.

All works are for sale and proceeds benefit the artists, the library, and CVCOA. It's a great way for you to celebrate the vitality of older Vermonters and add a beautiful touch to your home or office.

Thank you for your ongoing support of CVCOA and the elders in our region!

Beth Stern

RSVP Receives Grant

RSVP, a program sponsored by CVCOA, was recently awarded a grant from the Corporation for National & Community Service in order to strengthen its impact in addressing unmet health needs in the communities of Central Vermont and the Northeast Kingdom.

RSVP (originally the “Retired & Senior Volunteer Program”) is a program of Senior Corps, offering a network that taps the experience, skills, and talents of older citizens to meet community challenges. RSVP is one of the largest volunteer networks in the nation for people 55 and over.

RSVP

The grant, totaling over \$140,000, will serve to help RSVP to recruit,

train, and place more than 430 volunteers in roles that will include a new program called SPICE (or Seniors Promoting Independence and Companionship for Elders.)

SPICE volunteers will ensure that seniors remain socially connected – an important but underappreciated factor for one’s health and well-being.

Studies published by the National Institute of Health have concluded that “individuals with a lack of social connectedness or feelings of loneliness suffer higher rates of morbidity and mortality...

Health risks posed by social isolation may be particularly severe for older adults.”

At the same time, these volunteers will serve their communities in providing essential services to elders, including:

- Delivering healthy, nutritious meals to home-bound seniors
- Providing transportation to medical appointments and other essential outings
- Reaching out to seniors through the Tele-Care program
- Delivering and stacking firewood with the Wood Warms program
- Leading physical activities such as Tai Chi or RSVP Bone Builders

All of these services support CVCOA’s overall goal of supporting self-choice and security for all elders, helping them to lead healthy, independent, meaningful and dignified lives in their homes and communities.

For more information on the RSVP program and to learn how to volunteer, please send an email to: volunteer@cvcoa.org.



Savvy Seniors Train SCP Volunteers

As part of the ongoing training for CVCOA’s Senior Companion Program, the volunteers were treated to a presentation by “The Savvy Seniors” at a recent in-service day.

Savvy Seniors is a national program that aims at educating elders about consumer and Medicare fraud. Part of the Senior Medicare Patrol program at the Community of Vermont Elders (COVE), the local troupe is a small group of volunteer actors who travel around the state presenting short skits to senior groups that highlight some of the scams.

Find the Savvy Seniors’ schedule at www.vermontelders.org and learn more about the Senior Companion Program at www.cvcoa.org/senior-companion.html





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*Join CVCOA in celebrating
Older Americans Month this May!*

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

CVCOA's 5th Annual Art of Creative Aging

On the evening of May 1, CVCOA is hosting the opening reception for the fifth annual Art of Creative Aging: a juried exhibit featuring recent work of 34 older visual artists living throughout Central Vermont.

Celebrating Older Americans Month, the Art of Creative Aging exhibit highlights the important role of creativity in the lives of seniors and underscores the role of seniors in Vermont's culture and society. The exhibit will remain on display at the Kellogg-Hubbard Library throughout the month of May.

All work selected for the exhibit will be offered for sale. Proceeds of the sale of the artwork will benefit the artist, the library, and Central Vermont Council on Aging.



Please join us for the opening reception!

May 1st, 2014 ♦ 5:00 - 7:00 pm
Kellogg-Hubbard Library ♦ Montpelier

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