



SPRING 2025

What's in this newsletter?

Celebrating Older Americans Month – pg. 2

New to Medicare Info – pg. 2

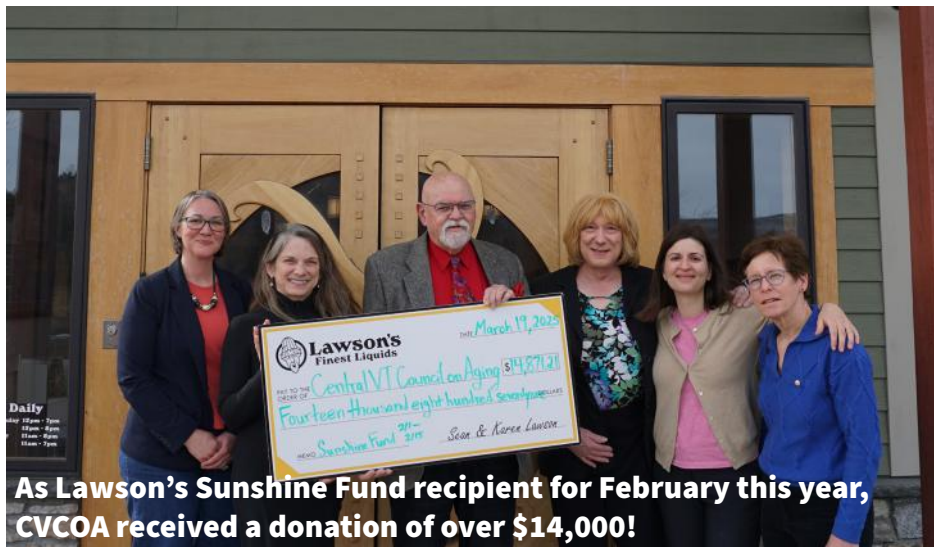
CVCOA Events – pg. 3

What's New in Nutrition – pg. 4

Family Caregiver Support Programs – pg. 5

Volunteer Programs - pgs. 6-7

Technology Training - pg. 7



As Lawson's Sunshine Fund recipient for February this year, CVCOA received a donation of over \$14,000!

Welcome to Older Americans Month! This year's theme is **Flip the Script on Aging**. CVCOA has been Flipping the Script on Aging since 1980 by providing client-directed care and programs and will continue to do so in the years to come. We need your help now more than ever in order to meet our mission of equipping Central Vermonters to age with dignity and choice. Your support may come in the form of a financial donation, volunteering your time, or helping us to lobby both state and federal governments to not just maintain, but increase the funding we need to respond to the ever growing needs of our clients.

Sincerely,

John Mandeville, Executive Director

Ways to give and engage:

Volunteer: Learn more at www.cvcoa.org/volunteer

Donate: Give by mail or online at www.cvcoa.org

Serve: Apply to become a CVCOA board member at www.cvcoa.org/board-of-directors

Sponsor: Become a business sponsor to share your values with the community. See more at www.cvcoa.org/our-sponsors.

Leave a Legacy: Make a lasting impact with a future gift through legacy giving in your will or trust www.cvcoa.org/ways-to-give.

OLDER AMERICANS MONTH



FLIP THE SCRIPT ON AGING: MAY 2025

At Central Vermont Council on Aging we are here for you and your family.

We believe every older adult has a right to age in their community of choice, to feel valued and respected, and to stay connected to the communities they love.

That's why our Helpline is open Monday through Friday to answer your questions and to connect you with the resources you need. Call us at 802-477-1364!

New to Medicare Workshops

CVCOA provides information, counseling, and assistance to all Medicare-eligible persons under the auspices of the State Health Insurance Program or "SHIP." We can answer your questions about Medicare, private insurance plans, supplemental insurance plans, and Vermont State insurance programs.

We offer monthly **New to Medicare Workshops** to help individuals who are new to the Medicare system. These sessions take place remotely using Zoom. To participate, register by calling **802-476-0115** or by sending an email with your name, address, phone number, and the date of the workshop you would like to attend to: spoirier@cvcoa.org.

2025 New to Medicare Workshop Schedule:

May 6, 12:00 - 1:30 pm

June 3, 5:00 - 6:30 pm

July 8, 12:00 - 1:30 pm

August 12, 5:00 - 6:30 pm

September 9, 5:00 - 6:30 pm

October 7, 12:00 - 1:30 pm

December 9, 5:00 - 6:30 pm



Find additional resources
and informational videos at

[www.cvcoa.org/insurance-
and-medicare-counseling](http://www.cvcoa.org/insurance-and-medicare-counseling)

or call the CVCOA Helpline.
at 802-477-1374 with
questions.



Navigating Medicare

You're Invited! Events



Longest Day Piano Benefit and Memorable Times Dance Party

Saturday, June 21 from 3:00 p.m. to 5:00 p.m.

Capital City Grange, 6612 VT-12, Berlin, VT 05602

Join Pianist Ron Merkin & Memorable Times Host Barb Asen for a Longest Day Piano Concert Benefit and Memorable Times Dance Party to support Central Vermont Council on Aging and Alzheimer's Association. We'll open the event with fun piano tunes and an interactive game and close out with a Memorable Times Dance Party, with hits from the 60s-70s.

More information and tickets: tiny.cc/longestdaydance



Hit the Trail!

Saturday, September 6 from 8:00 a.m. to 2:00 p.m.

Oxbow Park/Lamoille Valley Rail Trail, 257 Portland St., Morrisville, VT 05661

Support healthy aging programs at CVCOA this September during our bicycle ride and 5K run and walk on the scenic Lamoille Valley Rail Trail! Your ticket to cycle, run, or walk includes lunch at our post-event celebration in Oxbow Park. *Tickets: \$30* (includes lunch)

More information and tickets: tiny.cc/ageoutdoors



Creative Aging Celebration Lunches

Join us for an art show: Enjoy lunch with your neighbors, experience art on display, and learn about the Creative Care Kit program and how to get involved!

Wednesday, June 4, 11:30 a.m. @ Greater Randolph Senior Center

Monday, June 23 at 11:30 a.m. @ Chelsea Senior Center

Tuesday, June 24 at 11:30 a.m. @ South Royalton Senior Center

Wednesday, June 25 at 11:30 a.m. @ Strafford Senior Center



Mitzvah Fund Veterinary Clinic

Tuesday, June 17 from 9:00 am to 3:00 pm

Meals on Wheels of Lamoille County, 21 Munson Ave, Morrisville, VT 05661

CVCOA is sponsoring free veterinary services through the Mitzvah Fund Mobile Clinic at Meals on Wheels of Lamoille County. This service is open to adults age 60+ who meet income qualifications **or** express special financial need.

Available Services: Exams, vaccinations, nail trimming, flea/tick products, heartworm products, blood and lab tests, dental care, small surgeries, and medications.

To register, contact Kim by June 3 at **802-476-2739** and leave a message with your name and contact information. She will get back to you to schedule your appointment.

What's New with Nutrition

Free Nutrition Counseling Available

We are pleased to offer **free nutrition counseling** to anyone age 60 or older with our registered dietitian nutritionist to support your health and wellness goals. Whether you're managing a medical condition or simply looking to eat healthier, our personalized, one-on-one guidance can help you make informed, sustainable choices. Appointments are available—take advantage of this valuable resource at no cost to you by calling our Helpline at 802-477-1364. Please leave a message and someone will call you back!

Cooking for One or Two on a Budget Demonstrations

Michelle, our nutrition outreach specialist, has been on the road sharing her expertise through free, fun, and informative cooking demonstrations across our region. Her class, "**Cooking for One or Two on a Budget**," is perfect for anyone preparing meals for themselves or a small household. Learn how to create healthy, satisfying dishes—without overspending or wasting food. Don't miss the next food demo, **May 27th at Twin Valley Senior Center at 3:00 p.m.** We'd love to see you there! Email **Michelle** at mmahikoa@cvcoa.org or call **802-479-7524** to sign up!

Tasty Bites

Can't make it to an in-person cooking demo? No problem! You can now catch Michelle in action through our brand-new video series, **Tasty Bites**, filmed right here in Barre at the Central Vermont Television station! These quick, easy-to-follow videos walk you through the steps of preparing a healthy recipe from start to finish in just a few minutes. Each dish is scaled for one or two servings, using simple ingredients you likely already have at home. Check it out for yourself at cvcoa.org/tasty-bites.



Congregate Meal Programs

Senior centers and meal programs throughout the region offer lunchtime congregate meals as well as social and wellness activities.

Find a location near you by visiting cvcoa.org/nutrition-programs or call the CVCOA Helpline at **802-477-1364**.



Family Caregiver Support Program

Did you know . . . ?

CVCOA's Memorable Times Cafe and Memorable Times Online are part of a growing movement to expand access to dementia-friendly activities and support throughout the country and beyond. Our local programs are members of the recently launched Memory Cafe Alliance. Hosted by Dementia Friendly America, the Memory Cafe Alliance strives to increase the quantity, quality and sustainability of Memory Cafes.

What are Memory Cafes?

Memory Cafes are a place where people experiencing cognitive challenges, along with caring family members, friends and professional caregivers, can find meaningful programming, friendship, and acceptance. No diagnosis is needed to attend.

Cognitive challenges like dementia can bring feelings of isolation and loneliness, which research tells us may create additional health challenges. Memory Cafes are an easy, low cost way to reduce feelings of isolation. They are run by a trained facilitator, free to the public, and meet in welcoming spaces like libraries, senior centers, or arts and culture settings. Many are also offered online to extend access to folks who would value connecting from the comfort of home.

Ours are special!

Online: CVCOA runs the weekly Memorable Times Online on Zoom, in partnership with a similar group in Scotland. Participants enjoy themed songs and music videos along with conversation, laughter, and a routine “What is that in Fahrenheit?” when surveying weather across the Atlantic!

In Person: Memorable Times Cafe travels around our region, meeting quarterly at libraries and senior centers. These events include live music and delicious refreshments prepared by our nutrition program. The Vermont ABLE Library and community volunteers are important partners in planning and conducting Memorable Times programs. To get involved or find out more visit cvcoa.org/support-groups or contact **Barb Asen**, Director of Family Caregiver Support at basen@cvcoa.org or **802-476-2681**.



“We both had a great time at the Morrisville Memorable Times Cafe. The facilitators were all so friendly and welcoming.

The snacks were healthy and delicious . . . My husband is a musician and he really enjoyed the singing and spontaneous dancing! It was the happiest I’ve seen him in a long time.”

- Memorable Times Attendee

Join us for the next Memorable Times Cafe!

Our July Summer Social will meet at Mad River Seniors! Details coming soon at cvcoa.org/calendar.



Invest in Yourself: Invest in Your Community!

Volunteering supports healthy aging and builds strong communities.

CVCOA volunteers make a tremendous impact on the lives of older adults in Central Vermont. Use your energy and experience to help our neighbors remain in the homes and communities they love. We guarantee you'll get back more than what you put in.

Challenge the idea that aging means slowing down:

Did you know CVCOA pays for and provides start-up and ongoing training to our wellness class leader volunteers? **It's a win-win!** Work out while helping your neighbors reduce their risk of falls or arthritis symptoms by leading evidence-based classes. Our 40 wellness class leaders come from varied backgrounds, some had never led an exercise class before! All it takes is your time and interest.

If you've ever attended one of these classes, you know they are full of laughter, movement, and friendship.

Make a plan to attend a class near you:

www.cvcoa.org/exercise-classes.

Help Us Double Our Volunteer Base

Our communities need you! Did you know the 220,000 meals provided through our partner nutrition programs each year are delivered by a force composed almost entirely of volunteers?

CVCOA volunteer Meals on Wheels drivers are always needed at our partner nutrition program sites.

Find volunteer opportunities and apply today at

cvcoa.org/volunteer or email volunteer@cvcoa.org to begin a conversation about the best volunteer match for your schedule and interests.



Challenge the notion of 'Artist':

Whether you have been a lifelong artist, are returning to creative activities after a hiatus during your career, or are brand new to developing creative skills, CVCOA recognizes creative aging as an integral part of healthy aging.

Our Creative Care Kit program continues to offer skills-based, social-centric creative activities for you to work on at home or with a group.

Choose one of five kits: Watercolor, Digital Drawing, Poetry, Crafting, or Drawing & Illustration.

To find out more about participating in the Creative Care Kit program, visit our website at cvcoa.org/creative-aging.



Being There

One Volunteer Shares His Story

Leon, a Central Vermonter in his 30s, volunteers as a Good Neighbor, offering companionship and support to Dave, an older adult in the community.

He recently shared with us why he does it.

As someone who grew up in Vermont, seeing so many people his age leave the state, Leon feels very passionately about helping out his neighbors who don't have a lot of support. "I think Vermont really is a community in a lot of ways, and **being there** for our older community members is really important," he said.

He emphasized how having just a little bit of time can really matter a lot. For example, he is able to stop by Dave's house on the way home from work and help with shoveling. This is something that seems easy to him, but that makes a huge difference for Dave, allowing Dave to safely enter and exit his home.

Other ideas Leon mentions that can be impactful include help on the computer, playing a game of cards or Scrabble, helping with odds and ends if you're handy, or just offering a bit of friendly companionship. "Those are all things that I think we don't realize we might not be able to have access to as we get older."

As Leon alludes, a Good Neighbor can assist in any number of ways, big or small, and the value of being there for someone cannot be overestimated.

Many neighbors are waiting for a Good Neighbor volunteer to enter their lives. Can you contribute an hour or two each week?

Learning doesn't stop with age—

It evolves

CVCOA's Community Tech Specialist, Lucas, has shifted gears from teaching group classes to providing individualized support. Hybrid in-person and virtual sessions at senior centers throughout Central Vermont accommodate multiple styles of learning preferences and allow Lucas to offer more efficient assistance.

This month, you can find Lucas on a bi-weekly basis in Strafford, South Royalton, Chelsea, Northfield, and Waitsfield for one-on-one tech support before or after a congregate meal.

Locations will rotate, and senior centers can reach out to request this program.

Visit cvcoa.org/technology-training to learn more, and stay tuned for June classes!





Central Vermont Council on Aging
59 N. Main Street Suite 200
Barre, VT 05641

Are you receiving CVCOA's month email newsletters and special announcements? Sign up today at www.cvcoa.org and click the "click to subscribe to our newsletter" button at the bottom of our homepage.

3SquaresVT
is a nutrition program that boosts your food budget to help you stay healthy and independent.

If everyone in the household is 65+ or receives SSI, your benefits are deposited directly into your bank account as cash.

Over 16,000 people who are 60+ are enrolled in 3SquaresVT.

3SquaresVT brings millions of federal dollars into VT each month. It's good for you and good for our economy.

Find out if you qualify for 3SquaresVT today!
Call the Helpline at 802-477-1364, cvcoa.org/3squaresvt



*Quintown Meals on Wheels drivers
Merv and Ham.*



CVCOA is the leading expert and advocate for healthy aging for Central Vermonters.