

Central Vermont Council on Aging



FY 2025 Impact Report

An overview of the programs, services and resources our organization delivered from October 1, 2024 to September 30, 2025 along with financial activity and tribute gift information.



Mission, Vision, and Info

Central Vermont Council on Aging (CVCOA) is a 501(c)(3) nonprofit organization with the **mission** to support Central Vermonters to age with dignity and choice.

Our **vision** is a world where aging is honored.

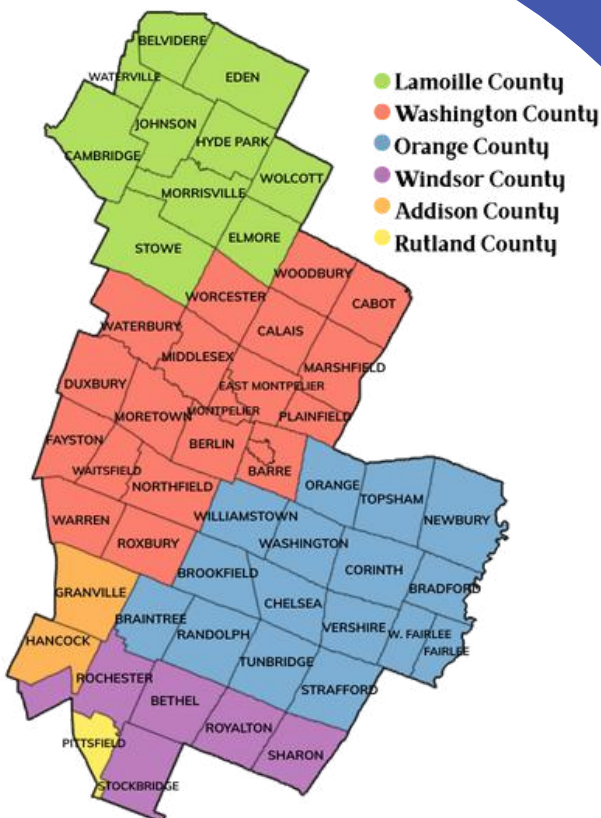
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59 N. Main Street, Suite 200, Barre, VT 05641

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Visit www.cvcoa.org to view the digital FY 2025 Impact Report for additional highlights, videos, stories, and financial information.



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

We serve 54 towns throughout the Central Vermont region.



To our Donors, Sponsors, Partners, and Volunteers, Welcome to 2026!

Wow, 2025 really tested our limits! We have seen an increase in the number of Central Vermonters we serve in the fifty-four cities and towns in our service area. In addition, we have taken on a significant number of new clients who aren't necessarily older Vermonters but Vermonters utilizing programs like Choices for Care and Adult Family Care.

Programs like Creative Aging, Nutrition and Wellness, Family Caregiver Support, and Volunteer and Community Services have been able to continue their important work and in some cases expand their outreach thanks to your efforts. Your support puts you right there alongside our impressive staff, providing support for so many elder Vermonters.

I am sincerely moved by the number of lives that you've changed by supporting our programming in 2025. It makes me smile when I think about how your support contributes to achieving our mission to afford our clients the opportunity to age with dignity and choice. With your help in 2026 we will continue our mission together.

With gratitude and best wishes for a healthy new year,



Paula Otenti, President, Board of Directors



John Mandeville, Executive Director



Volunteer and Community Services

More than **356 volunteers** donated time to enrich the lives of Central Vermonters this year. That's **97 more volunteers** than last year!

Good Neighbor volunteers provided one-on-one support to 45 individuals, assisting with transportation, errands and household needs, serving as companions, supporting individuals with hobbies and skills, and more.

Wellness class volunteer leaders taught over **1,550 exercise classes** across our service region in FY25 enabling nearly **300 participants** to increase their physical activity and social connection.



AmeriCorps Seniors RSVP Program volunteers serving at local meal sites helped prepare, serve, and deliver more than **200,000 meals** - and provided critical wellness checks in the process.

"We are incredibly grateful to our amazing volunteers for the care they bring to Central Vermonters every day."

-Caitlin Roseen, Director, Community Engagement

Learn more about volunteer opportunities
at www.cvcoa.org/volunteer

Nutrition Program

259 older adults participated in **15** nutrition education programs on topics ranging from diabetes management to “Blue Zone” nutrition. These presentations equipped participants with practical, evidence-based tools for healthy living. Nutrition education materials were also distributed to home-delivered meal clients and to community members attending senior center meals.

Additionally, CVCOA provided multiple hands-on culinary trainings and fundraising development sessions to further support our 13 nutrition program sites. Collectively, these sites served **224,395** meals to **2,638** people in FY25.



Through a partnership with the Vermont Department of Health, we have continued to film new episodes of our cooking demo series, Tasty Bites, which walks viewers through the steps of preparing a simple, healthy recipe scaled for smaller households. Episodes can be viewed at cvcoa.org/tasty-bites.



We hosted **8** student interns from the UVM Dietetics program who made meaningful contributions to our agency while gaining valuable hands-on experience that will guide their future careers. Collectively, this year, intern contributions provided a significant resource for our agency.





**Feeding our Neighbors:
Central Vermont's Meal
Programs for Older
Adults**

Family Caregiver Support Testimonial:

Family Caregiver Support Program

In FY25, we responded to 243 requests for caregiving information and assistance, serving **90 family caregivers** and their families. The program distributed all available Dementia Respite Grant funds, \$30,698, to 28 dementia caregivers.

These caregivers were also introduced to TCARE, an individualized assessment and action-planning program to help caregivers address balance of care for self and others, and to target specific use of helpful resources.



"My mom's mood noticeably improves before, during, and after the program. There is a very obvious positive reaction she has . . . It really sets up her Wednesdays to be joyous."

-Memorable Times Online participant



65 people socialized and received support through our weekly Memorable Times Online program and quarterly Memorable Times Cafés, which in FY25 traveled around our service region.

In addition, we held our first ever, dementia-friendly "Longest Day Benefit Concert and Memorable Times Dance Party," featuring music by Ron Merkin, on the summer solstice.

These activities distinguished FY25 as a year of Dementia-Friendly Community for CVCOA!



Medicare Assistance

In FY25, we assisted **1,030 clients** during the Medicare Open Enrollment period, a window for people with Medicare to review and change their health and prescription drug plans.

162 people attended our New to Medicare workshop which aims to help individuals who are new to the Medicare system.

Overall, **1,348 clients** were served with information, counseling, and assistance related to Medicare.



*"I wanted to let you know how wonderful the instructor was. She had great answers for all of our questions. I thank the CVCOA for having such a class to help struggling seniors. Now I know who to contact for any future questions or help."
-New to Medicare Workshop participant*



Case Management

The CVCOA Case Management Team includes **19 staff members** who **provide information and assistance, case management, options counseling, care coordination, and health insurance support**. In FY25, this team worked diligently to balance the needs of individuals with available community resources and changing circumstances.

In addition, CVCOA is now the state-designated area in the region providing case management to clients on Choices for Care, Moderate Needs, Flexible Choices, and Adult Family Care Medicaid programs.



Case Management by the numbers

In fiscal year 2025:

1,348 State Health Insurance Program clients served

726 Options Counseling sessions

2,395 Helpline answers

587 Individuals receiving case management services





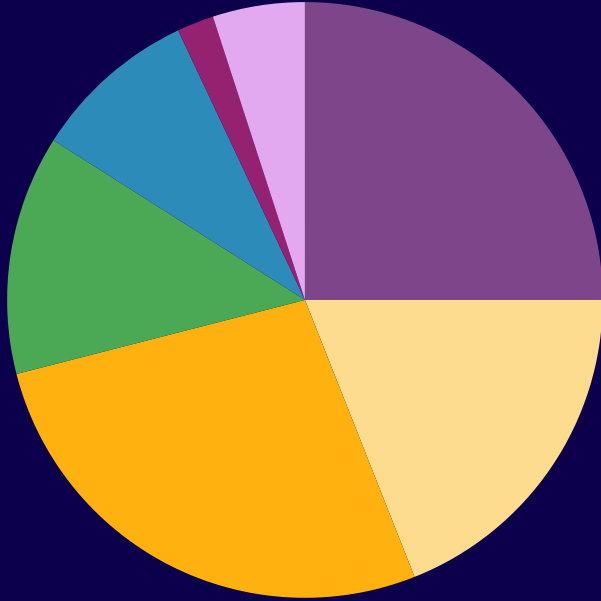
Case Management Testimonial

Annual Meeting

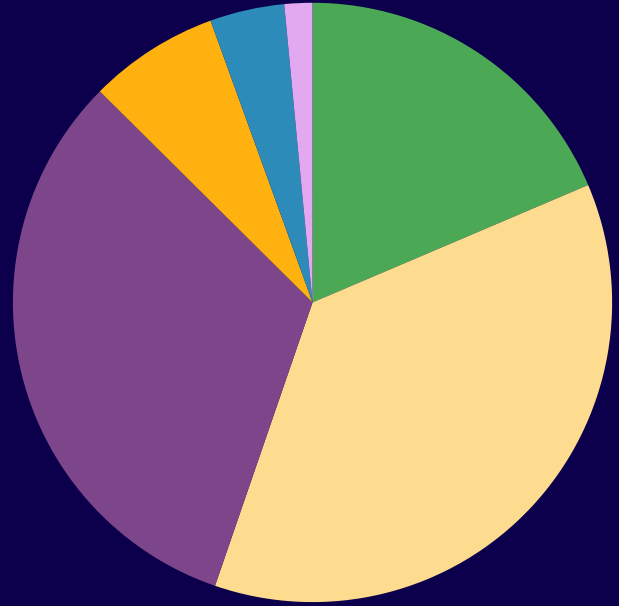
Financial Activity

View an overview of CVCOA expenses and revenue for FY25 (unaudited) in the full 2025 Impact Report online at impact.cvcoa.org.

Income



Expenses by Category:



- | | | | |
|----------------------------|-----------------------|-------------------------|-------------------------|
| ● Title III Fed Grants 25% | ● Medicaid Waiver 13% | ● Administration 18.5% | ● Community Services 7% |
| ● State General Fund 19% | ● Fundraising 9% | ● Case Management 36.5% | ● Caregiver Support 4% |
| ● Other Fed/VT Grants 27% | ● Investments 2% | ● Nutrition 32% | ● Fundraising 1.5% |
| | ● Matching Funds 4% | | |

Management Team

Executive Director, John Mandeville

jmandeville@cvcoa.org

Case Management Co-Director, Samantha Davis

Case Management Co-Director, Kate Reilly

Community Engagement Director, Caitlin Roseen

Development and Comms Director, Leanne Hoppe

Nutrition and Wellness Director, Kimberly Lipinski

Operations Director, Sarah Mason



Board of Directors, Fiscal Year 2025

President, Paula Otenti

Vice President, Theresa Ojala

Treasurer, Daniel Hayes

Secretary, Susan Zucker

Debbie Bard

Robert Penney

Carol Rose

Rebecca Gill

Denise Ricker

Donor & Sponsor Acknowledgement

CVCOA is incredibly grateful to everyone who makes our work possible.

The digital Impact Report includes additional business sponsors from October 1, 2024 through September 30, 2025.

For more information about giving to CVCOA, including remembering CVCOA in your will or trust, please email giving@cvcoa.org.

Event & Organization Sponsors



The Lauzon Family



**Lawson's
Finest Liquids**
WAITSFIELD, VERMONT



Foundations and Grants

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

Bari and Peter Dreissigacker Philanthropy

Copley / Munson Fund

Lena Fund for Central Vermont Council on Aging at the Vermont Community Foundation

Mathew and Josephine Birnbaum Foundation

Sorg-Vogt Charitable Foundation

Ben and Jerry's Foundation

CVCOA is grateful for the support of citizens from all 54 towns providing funding to support our mission on Town Meeting Day.



"The Drawing kit has been so much fun and has kept my mind active. I was able to try mediums I otherwise would not have ever tried. The fact that I could do these activities at home was so helpful for me as I can't come and go as easily as I once could."

-Creative Aging participant



Memorial Gifts

In Memory of Allan & Jacqueline Williams
Christopher Williams

In Memory of Chef Sullivan
Kathleen Goyette

In Memory of John Bagalio
Elinor Bagalio

In Memory of Marcia Pauly
John Pauly

In Memory of Marilyn Mode
Wanda Craig

In Memory of Robert Buchicchio
Harriet Buchicchio

In Memory of Nevio & Annie Sempregon
Mary Churchill

In Memory of Kathleen Perantoni
Robert Perantoni

In Memory of Beth & Robert Sabens
Laurie Sabens

In Memory of Kent Corduan
Carolyn Mecklosky

In Memory of Leigh Wright
Becky Wright

In Memory of Ralph Persons
Elizabeth Persons

In Memory of Nora Zeishner
Arlene Marrinan

In Memory of Grace Provasi Savard
Donald Provasi

In Memory of Edith Gomez
Jo Ann Ornitz

In Memory of Forrest A. Thurston Sr
Rhene Placey

In Memory of Michael Calevro
Sheila Calevro

In Memory of Maria Blakely
Joseph Blakely

In Memory of Vilma Pinchetti
David Pinchetti

In Memory of Florence Perrin
Margaret Hood

In Memory of Shirley D. Nelson
Theodore Nelson

In Memory of Alice Maquder
Rita Lehouillier

In Memory of Nancy Sherman
Michael Sherman

In Memory of Donald Harding
Edith Harding

In Memory of Wanita Raspe
Peter Raspe

In Memory of Eugene Scarpato
Virginia Scarpato

In Memory of Larry Damon
Elizabeth Austin

In Memory of David Kenyon
Rita Kenyon

Tribute Gifts

In Honor of Sally Knapp
Kevin Ryan

In Honor of Ann Greshin
Kathleen Basile
Deborah Feldman

In Honor of Paula Otenti
Marge Dethloff
Wendy Knapp

In Honor of Daniel Hayes
Kazmin Thibault

In Honor of Dot and Al Raner
Valerie Raner Wise

In Honor of Paul Turgeon
Elizabeth A. Turgeon

In Honor of Mary Hayden
Patricia Hayden

In Honor of Lucas Rose
Virginia Barry

In Honor of Karen Eddy & Kate Reilly
Dennis Amaral

In Honor of all CVCOA Staff
Lee Youngman

In Honor of Barb Asen
Sheryl Asen
Carolyn Mecklosky
Julius Barbanel
Rose Christian

In Honor of Lynn Rollins
Linda Ingold

In Honor of Stephanie Poirier
Kenneth Lamb



"I've been receiving Meals on Wheels for a couple years now, and it's really been a great benefit to me . . . it would be an issue for me to make ends meet if I didn't have Meals on Wheels. I'd have to worry about if I had enough money by the end of the month to feed myself. I live by myself, so having a visit from the carrier of Meals on Wheels is a little bit of a break from my isolation."

-Meals on Wheels recipient

CVCOA is proud to collaborate

with many local, statewide, and national partners to create a network of services for older adults.



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