



News, notes, updates, events and more!



Dance Your Way into a Healthy Life

As we age, our body can start to wear down and feel less effective in our daily lives. One way to combat this is through dance. Dancing is a very versatile way to get in your daily physical activity. Even if you are throwing on some tunes and dancing in your kitchen or taking a dance class, both incorporate physical and cognitive abilities.

Studies show that physical inactivity is common in adults over the age of 60. This is something we, as a society, need to help decrease. Many older adults want to be physically active but there are some possible obstacles they may face. Each person has different interests but one thing most people have in common is dancing.

Dancing has many positive effects on the human body and even for older adults. Studies show that when older adults utilize dancing as a physical activity, their flexibility increases along with muscular and endurance rates, balance, and social factors. Let's look at some numbers:

Older adults who participated in different styles of dancing:

60% saw an increase in flexibility

82% showed an increase in endurance and muscular strength

89% saw an increase in balance abilities

80% showed increase in cognitive function



How Does Dancing Affect Cognitive Ability?

Studies show that with improvisational dance, you combine cardiovascular exercise with quick decision making. This causes pathways to be created in brains and warrants dementia. This means, older adults don't need to schedule dance classes if they don't want to. Turning on music anywhere you are and dancing to your own beat will do just fine.

While dancing alone is fun, dancing with others is even more enjoyable. Dance classes are offered all over the country for older adults. This lets you dance with peers and enjoy social interactions with like-minded people. Just because you're aging, doesn't mean you stop having fun. This is when the fun begins!

Not only does dancing have many benefits but the music does too! Music is a universal experience no matter your background. This connects us spiritually and also emotionally. When listening to music, you are unknowingly improving your cognitive skills, working memory, and recognition memory. Whether it's music that brings back memories from your younger years, new music, or spiritual music, meaningful and spiritual connections will be formed. It can also reflect how you are emotionally. If you're feeling dismal, playing joyful music can help bring you out of the funk, dancing to it is the cherry on top.

Dancing is just one of the many options you can utilize to take control of your health. There is no limit to the possibilities your mind and body can accomplish.



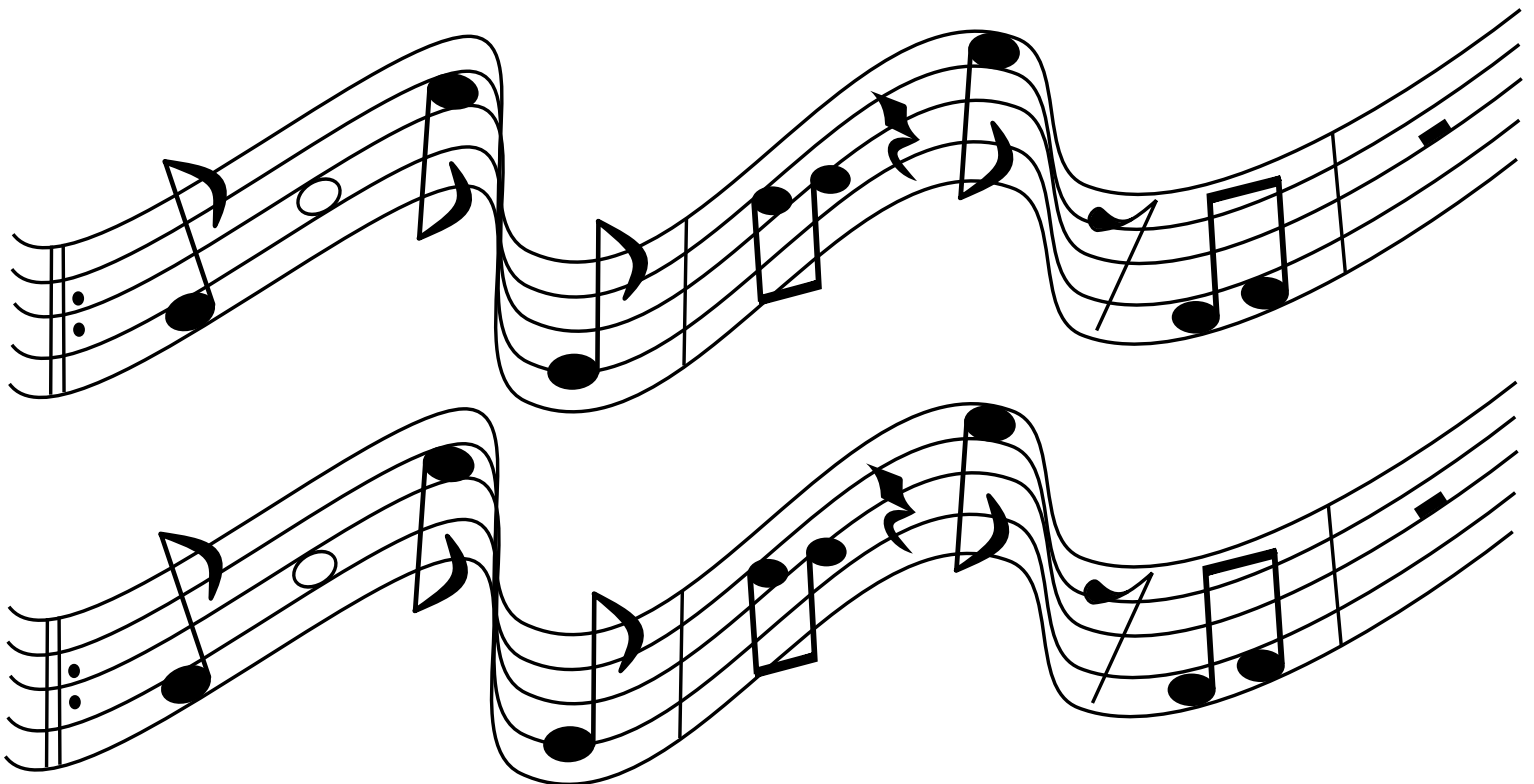
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Programs

3SquaresVT vs. 3SquaresVT in a SNAP!

What is the difference?

3SquaresVT is a federal USDA program that helps put healthy foods on the tables of those who need it every day!

Who Is Eligible

You may be eligible if:

- Your gross household income is equal to or less than 185% of the Federal Poverty Level.
- or
- You have children and get the VT Earned Income Tax Credit.

You may still qualify if your income is over limit and your household includes someone 60+ or with a disability, but ESD will consider the resources you own with a few exceptions, such as your home and certain retirement accounts.

3SquaresVT in a SNAP! is an easier way for older & disabled Vermonters to access the 3SquaresVT program to help put healthy food on their tables.

Who Is Eligible

You may use this simplified process if **EVERYONE** applying is:

1. At least 60 years old or getting disability benefits, and
2. Not earning income from a job or self-employment, and
3. Are buying food and making meals together.

**For Assistance Deciding Which Program is Right for You
Call the HelpLine at
1-800-642-5119**



Out Of Pocket Medical Expense Form



Claiming Medical Expenses:

People who pay over \$35 a month in medical expenses may get a higher food benefit by including out-of-pocket medical costs on their 3SquaresVT application.



- Premiums and prescription co-pays
- Over-the-counter medications
- Hearing aids, eyeglasses and dentures
- Home health care and personal emergency response systems
- Transportation to and from the doctor's office, dentist, hospital, pharmacy, or store.

Services:

Basic Care:

Medical Care
 Dental Care
 Psychotherapy
 Rehabilitation
 Hospitalization
 Outpatient Care
 Nursing Care Equipment
 Medical Supplies
 Sick Room Equipment
 Dentures
 Hearing Aids
 Prosthetics
 Prescribed Eyeglasses
 Emergency Response Systems
 Adaptive Equipment
 CPAP Machines

Attendant Services
 Homemaker Services
 Home Health Aide
 Housekeeper
 Service Animal Care
 Payments Plans on Medical Bills
 One-Time Medical Expenses
 Nursing Home Care
 Payment Mailing Supplies
 Stamps & Envelopes

Medications:

Prescription Medications
 Over-the-counter Medicine
 Such as: Tylenol, Motrin, Antacids, Incontinence Supplies, Vitamins, etc.

Transportation & Lodging:

Mileage for Appointments & Rx Pick Up
 Taxi or Bus Fare
 Hired Transportation
 Hotel or Other Lodging
 Health Insurance Premiums
 Co-payments
 Deductibles
 Medicare Part B
 Medicare Part D
 VPharm
 Medigap
 Supplemental Insurance





Money Saving Shopping Tips

For Stretching Your Food Budget

Plan Your Meals

Plan ahead and know what you need.

Follow Your
List

Create a list makes it easier to remember what you need and helps prevent buying things you don't need

Set a Budget

Knowing what you can spend before you go shopping can help to ensure that you get everything you need.

Don't shop
Hungry

Shopping hungry can lead to impulse buying, which can throw your budget off.

Bring Your
Reusable Bags

Remembering to bring reusable groceries bags will reduce the amount of money you spend on the paper bags that are often offered.



Money Saving Shopping Tips

For Stretching Your Food Budget

Buy Generic

Generic brands are cheaper and often come from the same manufacturer.

Eat Seasonally

When you buy fruits and veggies during their growing season, they are often cheaper than item not in growing season.

Use Coupons

Using coupons is a great way to save money and help stretch your budget.

Buy In Bulk

When buying from the bulk section you can stock up on shelf stable foods, and the price per unit is often cheaper, saving you money.

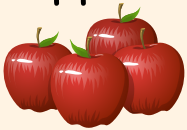
Apply for 3SquaresVT

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

November

Fruits and vegetables that are in season!

Apples



Beets



Broccoli



Carrots



Cauliflower



Garlic



Grapes



Lettuce



Mushrooms



Parsnip



Pears



Salad Greens



Sweet Potatoes



Turnips



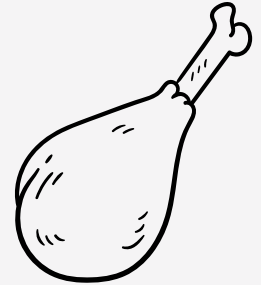
Winter Squash





Recipe

Maple Glazed Chicken Breast



Ingredients:

2 Boneless Skinless Chicken Breast
(about 8 Ounces)
12 tablespoons pure maple syrup
1 tablespoon soy sauce (low sodium)
2 teaspoons lemon juice

1 clove garlic, minced
1 teaspoon minced fresh ginger
1/4 teaspoon freshly ground pepper
2 boneless, skinless chicken breasts,
(about 8 ounces)

Directions:

- Whisk syrup, soy sauce, lemon juice, garlic, ginger and pepper in a small, shallow dish. Add chicken and turn to coat with the marinade; cover and refrigerate for 2 hours, turning once.
- Coat an indoor grill pan with cooking spray and heat over medium heat. Remove the chicken from the marinade (reserving the marinade) and cook until an instant-read thermometer inserted into the thickest part of the breast registers 165°F, about 6 to 8 minutes per side.
- Meanwhile, pour the reserved marinade into a small saucepan and bring to a simmer over medium heat. Cook until reduced by about half, about 4 minutes. Liberally baste the chicken with the reduced sauce and serve.

Wellness Classes



Want to learn more or to sign up for a class? Call 1-802-786-5990

Tai Chi

Tai Chi for Falls Prevention," a series of nationally recognized and evidence-based classes aimed at improving the balance, strength, and general health of seniors. Tai chi combines a series of slow, gentle movements with breathing and mental focus.

SVCOA is proud to partner with Tai Chi Vermont to sponsor volunteers to train in Tai Chi. This partnership enables us to offer Tai Chi classes around Rutland and Bennington County.



A Matter Of Balance

Matter of Balance is a fun and engaging class that implements a number of practical strategies for helping individuals prevent falls, both at home and out in the community. Whether you're someone who has fallen in the past or who limits activity for fear of falling, or an individual who simply wants to improve on your physical wellness, this is a valuable class offering that can be enjoyed by a wide range of older Vermonters."

Throughout the "Matter of Balance" class, participants will learn how to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, and exercise to increase strength and balance.

HOW DO MONSTERS
LIKE THEIR EGGS?



TERRI-FRIED!

SOUTHWESTERN VERMONT COUNCIL ON AGING IS
OFFERING A NEW WELLNESS INITIATIVE

GET HEALTHY WITH EAT SMART, MOVE MORE, WEIGH LESS ONLINE



NEW SERIES BEGINS SOON!



www.esmmweighless.com

Check it out—a 15-week weight management program that works because it is not a diet—it's a lifestyle!

All weekly classes are conducted online by a live instructor, fostering interaction between the instructor and all participants.

Participants can conveniently attend classes from home or office using a computer or mobile device.

Southwestern Vermont Council on Aging is covering the full cost of the program.

To register, please call SVCOA's HelpLine at
802-786-5990.

All participants must be over 60+ years of age.



Volunteers needed

Do you have spare time and find yourself looking for something fulfilling to do?

SVCOA's mission is to empower Vermonters to age with dignity, independence and quality of life and our vision is a Vermont in which aging is embraced, respected and celebrated.

SVCOA Strives to meet and exceed the expectations of each client, as well as the family and community around each client.



When a person chooses to volunteer with SVCOA, they become a valued member of the team.

SVCOA is currently seeking individuals to assist the agency with an array of tasks.

**To become a Volunteer for SVCOA
Please Call
Nicole Woodie at 802-772-7853
or
Send an Email to
nwoodie@svcoa.net**

- Grocery Shopping
- Homemaking & Chores
- Tech Support
- Yard Care & Snow Removal
- Home Modifications
- Friendly Check In
- Transportation
- Money Management
- Office Assistance
- Event Assistance
- Case Management Assistance
- Meal Delivery Drivers
- Kitchen Assistance

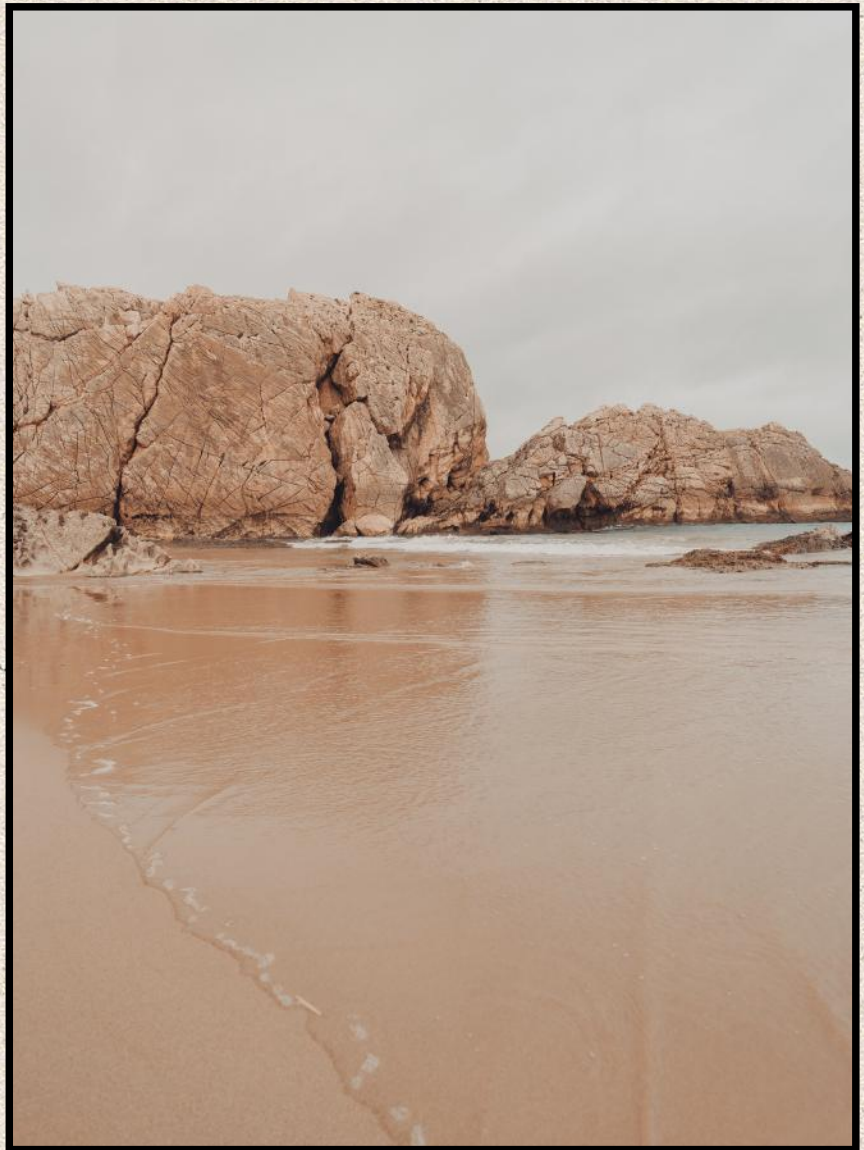


Be Yourself

BREAKING NEWS

You're free to be different. You have the courage to begin again! It is important to express yourself and to be unique, and to know that it is ok to make mistakes and be wrong. It is ok to try new things and to find your own way. You can also take comfort in the knowledge that you can always start over again. Change is part of life, and you can always adjust. Don't be afraid to challenge yourself and take risks. Believe in yourself and trust your instincts.

Ever tried. Ever failed. No matter. Try Again. Fail again. Fail better- Samuel Beckett



SPECIAL EDITION



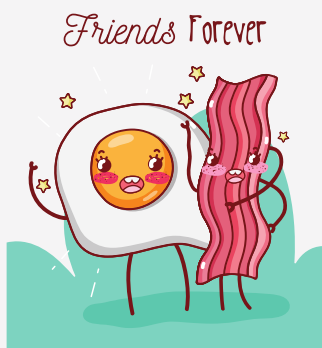
Flu Shot for You

It's that time of year to get your Flu vaccine. Community Health patients can schedule Flu vaccines online at chcrr.org.

Vaccines provide protection against serious life-threatening infectious diseases from birth to adulthood. Immunizations will help stop the spread of disease, build community immunity, and protect people too sick, too young or too old to get vaccinated.

Check with your primary care provider about all of the immunizations that you and your family should be receiving.

You can contact your Community Health provider at 802-779-9169.



Visit
SVCOA.org/donate
or mail a check to
SVCOA, 143 Maple
St Rutland, VT
05701



SVCOA HelpLine
1-800-642-5119

The HelpLine is a toll-free, confidential service that provides older Vermonters, caregivers and others with information, referrals and assistance toward accessing local, state or national resources and services.

Nutrition Counseling

Are you concerned about your nutrition?
Do you have questions regarding your eating habits?

SVCOA may be able to help! SVCOA's Nutrition counseling is an ongoing process in which a Registered Dietitian works with an individual to assess their dietary habits, nutrition-related health concerns, identify the client's goals and then discuss with them the best way for them to meet/achieve these goals.

Call our Local Helpline 1-802-786-5990