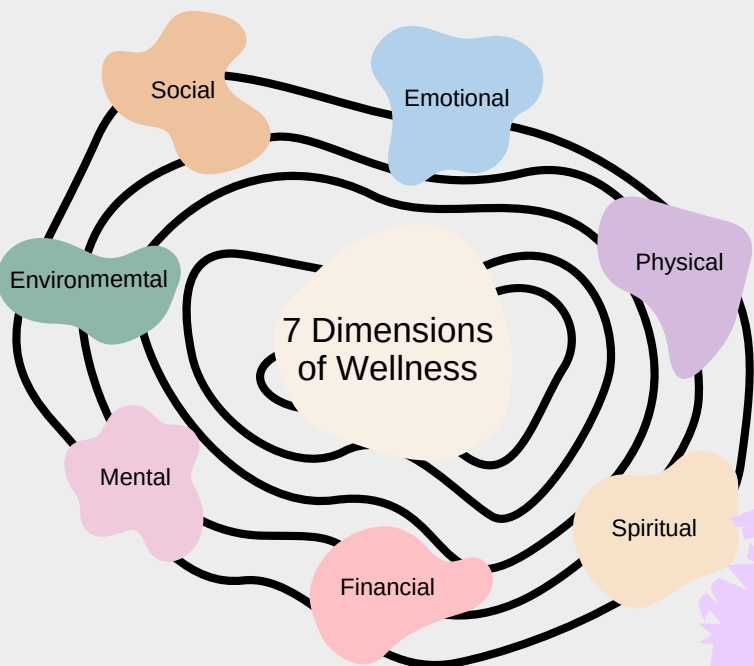


SVCOA'S NUTRITION & WELLNESS CORNER

MONTHLY NEWSLETTER
October 2023



News, notes, updates, events and more!



What is Wellness?

Wellness is the active pursuit of activities, choices and lifestyles that lead to a state of holistic health.

Wellness is a modern word with ancient roots. As a modern concept, wellness has gained currency since the 1950s, 1960s and 1970s, when the writings and leadership of an informal network of physicians and thinkers in the United States largely shaped the way we conceptualize and talk about wellness today.

The origins of wellness, however, are far older—even ancient. Aspects of the wellness concept are firmly rooted in several intellectual, religious and medical movements in the United States and Europe in the 19th century. The tenets of wellness can also be traced to the ancient civilizations of Greece, Rome and Asia, whose historical traditions have inevitably influenced the modern wellness movement.

~globalwellnessinstitute.org





The Older Adult's Guide to Dining in Bennington & Rutland

"Socializing with friends and
making new ones, always makes
meal time more enjoyable"

SVCOA HelpLine:
1-800-642-5119

Email Assistance:
infoandassistance@svcoa.net

Who We Are:

The Southwestern Vermont Council on Aging is a private nonprofit community-based organization whose goal is to support older adults 60 years of age and above in maintaining maximum independence. The Council seeks to be responsive to both older adults who need assistance to remain independent, as well as to the communities in our region who need technical assistance and support to identify an older adult's needs and create solutions.

What We Offer:

Congregate Meals for Older Adults are happening all around Rutland & Bennington Vermont. We provide a hot nutritious meal, a chance to catch up with old friends and make new ones. Most meal sites offer activities, such as a guest speaker during mealtime, or wellness activities. Our goal is to help older adults maintain maximum independence with our community.

Where We Are:

Our meal sites range from community centers and town halls to senior housing complexes, even a fire station. Wherever you are in Southwestern Vermont you will find a place to have a hot meal and good company. Within this brochure you will find listing for all of our locations, as well as addresses, meal days and times and whom to contact if you are looking for more information about the meal site

How We Do It:

All programs are donation based for eligible participants; we suggest a donation that ranges from \$3.50 to \$5.00. If you are not 60 years of age yet, you can still get a meal and will be charged a fee that ranges from \$4.00 to \$6.00 per meal. Please visit our website for eligibility requirements.

All Meal Sites Require a reservation, by 10am, at least 2 business days before, unless otherwise listed

Bennington County

Bennington Cafe

124 Pleasant Street; Bennington, VT 05201

Monday - Friday 11:30a-1:00p

Contact: Vicki Gardner @ 802-442-8012

***Walk-Ins Welcome**

***Call Ahead for Groups of 6 or More**

***Suggested Donation \$6.00**

Bennington Project Independence

614 Harwood Hill; Bennington, VT 05201

Monday - Friday 11:30a - 1:00p

Contact: B.P.I at 802-442-9490

***Adult Day Participants Only**

Happy Go Getters

St. Paul's - Christ Our Savior Parish

398 Bonnet Street, Manchester VT 05255

First Wednesday of the Month at 12:00p

***Reservation Required**

***Contact Sally Mcmanus at 802-375-9780**

***Closed for July**

***Suggested Donation \$4-Meal \$2-Dessert**

Federated Church of East Arlington

102 Ice Pond Road; Arlington, VT 05250

Tuesday & Thursday 12:00p - 1:00p

Contact: Ilsa Svoboda @ 802-442-8012

***Suggested Donation \$6.00**



Rutland County

Benson Community Hall

2724 Stage Road; Benson, VT 05743

Second Monday of the Month at 12:00p

Contact: Marcia Anderson at 802-537-2313

***RSVP by 12:00 the Friday Before Meal**

Brandon Senior Center

1591 Forestdale Road; Brandon, VT 05733

Monday & Wednesday at 12:00p

Contact: Kathy Mathis at 802-247-3121

Castleton Community Center

2108 Main Street; Castleton, VT 05135

Monday & Wednesday 12:00p-1:00p

Contact: JoAnn Riley at 802-468-3093

Chittenden Town Hall

3 Lower Middle Road; Chittenden, VT 05737

Monday 12:00p - 1:00p

Contact: Marilyn Case at 802-773-6308

***RSVP by Thursday Before**

Franklins

25 North Street; Proctor, VT 05765

Second & Fourth Wednesday of the Month

Contact: Elsie Valach at 802-459-3487

***RSVP by Monday Before**

Godnick Adult Center

1 Deer Street; Rutland, VT 05701

Monday & Thursday at 12:00p

Contact: Penny Jones at 802-775-0133

***Sign-up sheet at Godnick Adult Center**

Rutland County Continued

Lookout Tavern

2910 Killington Road; Killington, VT 05751

Wednesday at 12:00p

Contact: Gerrie Russell at 802-422-4248

*Walk-Ins Only

Sugar & Spice

40 US Route 4; Mendon, VT 05701

Second Thursday of the Month

Contact: Barbara Capman at 802-775-3957

*RSVP Tuesday Before

*\$6.00 Recommended Donation

West Rutland Town Hall

35 Marble Street

West Rutland, VT 05777

First Wednesday of the Month at 12:00p

Contact: Lisa Harvey at 802-438-2263

*RSVP by the Monday Before

Young at Heart Senior Center

35 Furnace Road; Poultney, VT 05764

Tuesday - Friday 12:00p

Contact: Kathy Hudson at 802-287-9200

Congregate Meals are a great way to enjoy a healthy & hearty meal while meeting people & visiting with friends.

For Current Resident's

Bardwell House

142 Merchants Row; Rutland VT 05701

Monday - Friday at 11:25a

Contact: Penny Jones at 802-775-0133

*Residents Speak with Patti West

Parker House (RAVNAH)

129 Church Street; Rutland, VT 05701

Contact: Sarah Fryer at 802-786-2208

*Twice a Month

*Call for Days & Times



The meal sites listed are partially funded by SVCOA with Older Americans Act Funding, there may be other community meals in your area that are not listed.



harvest
time

October



Apples



Beets



Broccoli



Carrots



Cauliflower



Garlic



Grapes



Lettuce



Mushrooms



Parsnip



Pears



Salad Greens



Sweet Potatoes



Turnips



Winter Squash



Recipe



Sweet Potato Tots

Ingredients:

1 $\frac{1}{4}$ lbs. Sweet potatoes, Peeled & Shredded
1 $\frac{1}{4}$ cup Garbanzo Beans; Rinsed.
1 $\frac{1}{2}$ Tbsp Vegetable Oil
 $\frac{1}{4}$ tsp Salt
 $\frac{1}{4}$ tsp Garlic Powder

3 Tbsp Green Onions; diced.
 $\frac{1}{8}$ tsp Black Pepper
 $\frac{1}{4}$ tsp Onion Powder
 $\frac{1}{4}$ tsp Cinnamon
1 Tbsp All-Purpose Flour

Directions:

- Spread shredded sweet potatoes on a baking sheet and cook until slightly tender.
- Puree garbanzo beans, including liquid, in a food processor until smooth.
- Combine sweet potatoes, garbanzo beans, oil, green onions, flour, and spices in a bowl. Mix well and refrigerate for 40 minutes.
- Use a scoop to drop mixture 1-inch apart on a lined baking sheet. Lightly flatten tots.
- Bake at 400°F degrees until lightly browned, ~10 minutes.

COOKING IS A FORM OF SELF-CARE, A WAY TO
NOURISH YOUR BODY AND SOUL.

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.

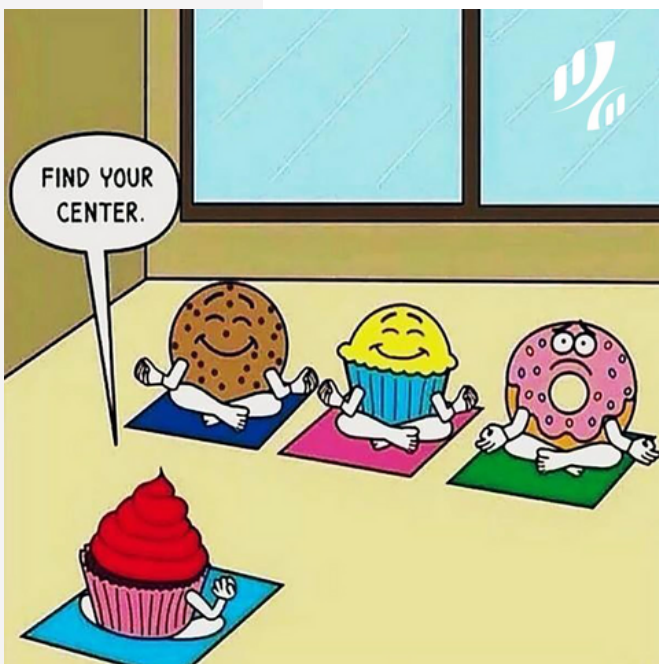
SVCOA is proud to partner with Tai Chi Vermont to sponsor volunteers to train in Tai Chi. This partnership enables us to offer Tai Chi classes around Rutland and Bennington County.



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.



SPOTLIGHT



Community Health Days Bring Vital Services to older Vermonters: A Collaborative Effort by Southwestern Vermont Council on Aging, Rutland Free Clinic and Vermont Association for the Blind and Visually Impaired.

The Southwestern Vermont Council on Aging is proud to highlight the September series of Community Health Days, made possible through a partnership with the Rutland Free Clinic, Vermont Association for the Blind and Visually Impaired and Community Senior Centers. These events are designed to provide valuable health resources and services to older Vermonters in the Southwestern Vermont region, enhancing their overall well-being and promoting a healthier community.

Community Health Days feature a range of critical offerings, including free Stay Steadi screenings – designed to help prevent falls – as well as comprehensive health screenings conducted by registered nurses. For individuals over 65 without a Medicare Part D plan, this initiative provides a unique opportunity to receive flu, shingles, pneumonia, and tetanus vaccinations free of charge.

These vaccinations are essential in safeguarding older Vermonters against preventable diseases, especially during the upcoming flu season also, anyone over the age of 18- 64 can also receive vaccinations free of charge.

In addition to the health screenings and vaccinations, these events offered resources and educational materials focused on self-advocacy during medical appointments. Empowering our older Vermonters with the knowledge and tools to effectively communicate with healthcare.





SOUTHWESTERN VERMONT
COUNCIL
ON AGING

HOW TO GET A GOOD NIGHT'S SLEEP



FEELING TIRED? HERE ARE SOME SIMPLE TIPS TO HELP YOU GET TO SLEEP.

EXERCISE

A brisk walk every day will not only keep you fit, but will also keep you sleeping better. Keep an eye on the timing of your workouts. Exercise too close to bedtime can be stimulating.



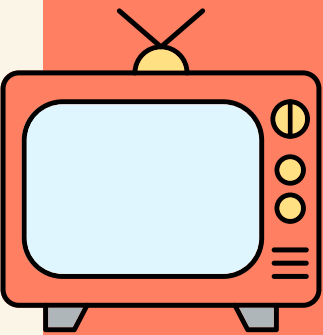
EAT, BUT NOT TOO MUCH

A grumbling stomach can keep you awake, but so can an overfull stomach. Avoid eating a big meal within two to three hours of bedtime.




KEEP IT COMFORTABLE

You don't have to watch television in your bedroom to be distracted. Make sure your bedroom is as comfortable as possible.



START A SLEEP RITUAL

Sleep rituals help signal the body and mind that it's time for sleep. Make sure you drink warm milk. Relax by taking a bath. You can also listen to calming music before bed to relax.



3SquaresVT Frequently Asked Questions



What is 3SquaresVT?

3SquaresVT is a federal nutrition program that gives eligible Vermonter's money each month to purchase food at grocery and convenience stores, farmers markets, and co-ops.

How do I use 3SquaresVT?


Monthly benefits come on a card that works the same way as a regular debit card, so a trip to the grocery store with 3SquaresVT benefits looks like any shopper's experience. If everyone in your household is 65+ or receives SSI, benefits can be deposited into your bank account.

How do I qualify for 3SquaresVT?

Many of us may not know we qualify for 3SquaresVT! Individuals, families, older Vermonters, people who are working, and people with disabilities can qualify. Benefits are based on household size, income, and expenses such as rent and childcare.

When we use 3SquaresVT we help the whole community.

Receiving 3SquaresVT benefits does not take away from anyone else. We all pay into programs like 3SquaresVT, so we've earned these benefits when we need them. And when we buy groceries with 3SquaresVT benefits, we bring millions of federal dollars into our local economies to help local farmers and businesses every month!



Programs

3SquaresVT vs. 3SquaresVT in a SNAP!

What is the difference?



3SquaresVT is a federal USDA program that helps you put healthy foods on your table 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 if your household includes someone 60+ or with a disability. But we'll consider the resources you own (with a few exceptions, like 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. Buying food and making meals together.



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

Application's & Applying

You can apply three different ways:

- Apply online at www.mybenefits.vt.gov or
- Apply in person at your local district office & bring your documentation.
- Fill out a paper application (make a copy for your records) and Send it to:

**DCF/Economic Services Division
Application and Document Processing
280 State Drive, Waterbury, VT, 05671-1020**



To Print an application:

Visit www.vermontfoodhelp.com

To Request an Application be Mailed to You:

Call The Department of Economic Services @ 1-800-479-6151.

To Request a Language Interpreter or Translated Information

Call - 1-855-247-3092.

Application Assistance Available!

For applicant 60 and above that would like personal assistance completing the application for 3SquaresVT or have questions about the program please contact.

**SVCOA HelpLine @
1-800-642-5119.**



Why should YOU Volunteer with SVCOA

01

YOU can create a positive impact in YOUR community

02

YOU can increase your own personal growth and bring meaning and purpose to YOUR life.

03

YOU can improve your own self-confidence

04

YOU can help reduce loneliness for others and yourself

Did You Know

Volunteering provides physical & mental rewards. Experts report when you focus on helping others it interrupts usual tension-producing patterns and it makes you healthier. Volunteering has been proven to improve your mood and your emotions and can strengthen your immune system

"Alone we can do so little; together we can do so much" - Helen Keller



SVCOA is a 501(c)(3) non-profit Tax ID# 03-0273983 contributions are tax-deductible to the extent permitted by law

VOLUNTEER SERVICES

- 01 GOCERY SHOPPING
- 02 FRIENDLY CHECK- IN
- 03 HOME MODIFICATIONS
- 04 MONEY MANAGEMENT
- 05 CHORES AND MORE
- 06 WELLNESS VOLUNTEERS
- 07 TECH SUPPORT
- 08 OFFICE HELP
- 09 MEAL SITES
- 10 STATE HEALTH INSURANCE ASSISTANCE PROGRAM (SHIP)
- 11 VOLUNTEER RESPITE PROGRAM
- 12 MEALS ON WHEELS DRIVER



"Just remember, once you're over the hill, you begin to pick up speed"
Arthur Schopenhauer

Discover the world of volunteering! SVCOA is looking to expand our existing volunteer services and we are open to new ideas! Do you have a hobby, a passion, or an idea that you would like to share with the community? Sign up to be a volunteer today and make a difference in your community! Together, we can create a vibrant and supportive environment for everyone. Let's make a positive change!

**CALL OUR VOLUNTEER
COORDINATOR AT
802-786-5990**



**MEALS ON WHEELS
VOLUNTEERS NEEDED**



Do you have spare
time and want to
give back to your
community??



Flexibility to Fit
YOUR Schedule!
1 hour, 1 day, 1 month
For any amount of time!!

**Delivery Drivers
Wrapping & Packing;
Sanitizing & Cleaning**



If you would like to
become a
volunteer for
Meals on Wheels,
please contact call
our Volunteer
Coordinator at
802-786-5990



TAKE PART IN THE SOLUTION!





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

