



News, notes, updates, events and more!

This holiday season, give back with SVCOA!

Our mission at SVCOA is to empower Vermonters to age with dignity, independence and quality of life. As we approach the new year, we look back on this past year. Emphasizing the importance of our community partners in enabling us to reach this point. We are grateful for their unwavering support and dedication. We are especially thankful for the partnership of all of you who have helped us achieve our mission.

As this holiday season approaches, we wanted to extend a hand to our community. Collaboration and showcasing the fantastic work these organizations do every day. We hope this gesture will show our appreciation for their hard work and dedication. We hope it will also help to raise awareness of the important work they do and the services they provide to our communities.

Although we were only able to visit a few organizations this year we hope to continue this collaboration and support in the future. We are committed to giving back to our communities in any way we can, and we hope that other organizations will join us in our efforts.

Godnick Adult Center Friendsgiving

Godnick's Annual Friendsgiving- with a heart full of gratitude We had over 85 community members come together for a meal full of friendship, laughter, memories, and of course turkey. The SVCOA was thrilled to serve some delicious Pumpkin Pie!

Visit : www.rutlandrec.com/godnick



Stuff the Bus

Stuff-A-Bus has been in existence for 25 years and helped thousands of Rutland County residents put food on the table. The original model had us collecting nonperishable foods over the course of three days and divide those donations between BROC Community Action, The Community Cupboard and The Salvation Army. SVCOA was glad to be part of the team to stuff the bus! BROC Community Action along with The Community Cupboard and The Salvation Army all benefit from your generosity at this event.



Visit :

www.broc.org

www.rutlandcommunitycupboard.org

www.salvationarmy.org

www.salvationarmy.org

The Salvation Army provided over 100 bags of food and turkeys to the Rutland County community. The SVCOA was grateful to be a part of the team that filled the bags..



The 2023 SVCOA Holiday Food Resource Guide

and the **Older Adults Guide to Dining in Rutland and Bennington Counties** are now available on our website!

<https://svcoa.org/nutrition-services>

Dive into these comprehensive resources in our Nutrition Services section to make this holiday season extra special. Download these guides for free and empower yourself with essential information for a joyful celebration! Plus, stay tuned as we'll keep updating these resources with the latest info. Visit our site and get your copy today!



2023 Holiday Food Resources for Rutland & Bennington County



Community Health Day



We want to give a huge THANK YOU!! To our community partners RCFC -Rutland County Free Clinic @Rutland Regional Medical Center VNA & Hospice of Southwestern Vermont and Godnick Adult Center for a great Community Health Day event! We were so happy to see everyone and offer such a wonderful resource to our community! We look forward to continuing to work together to keep our older Vermonters healthy!

If you have questions about any of the services and supports that SVCOA offers give our toll-free confidential helpline a call at 1-800-642-5119 or visit our website at www.svcoa.org



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**



Activating Your Vermont EBT Card



After you have been approved by a benefits specialist for 3SquaresVT you will be sent a Vermont EBT Card, this is where your benefits will be electronically deposited on the 1ST of each month.

If you are receiving SSI or are 65 or above, you can fill out a direct deposit form and have your benefits deposited into your bank account.

Activating your New Vermont EBT Card

- Call the number on the back of the card which is 1-800-914-8605.
- Follow the prompts to activate your card.

It is important to remember that you will need to provide some identifying information, providing this information ensure that you are the person that the EBT card was sent to. You will also need to choose a 4-digit pin number that will be easy for you to remember and others will not know.



Download the Providers App from the Google Play Store or the App Store, there you will be able to check your balance, view offers and coupons, and receive important updates about the 3SquaresVT Program.



Cantaloupe Sorbet

Ingredients:

- 2/3 cup sugar
- 1/2 cup water
- 3 cups of cantaloupe, peeled, seeded, and sliced into 1 inch pieces

Directions:

- Combine sugar and water in medium saucepan. Stir over medium heat until sugar dissolves. Bring to boil. Transfer to 11x7x2-inch glass dish and chill until cold, about 2 hours.
- Puree cantaloupe in blender until smooth. Add to sugar syrup in dish and stir until well blended. Freeze until almost firm, stirring occasionally, at least 3 hours or overnight.
- Transfer cantaloupe mixture to large bowl. Using electric mixer, beat until fluffy. Return to freezer and freeze until firm (do not stir), at least 3 hours or overnight. (Sorbet can be prepared 3 days ahead.) Cover and keep frozen.



Spicy Melon Salsa

Ingredients:

- 1 cup chopped cantaloupe
- 1 jalapeño pepper, seeded and diced
- 1/4 red onion, diced
- 1/4 freshly torn cilantro
- 1 lime, juiced
- 1/4 teaspoon salt

Directions:

Combine all the salsa ingredients in a bowl, seasoning with the salt. Toss well and let sit until ready to eat. Serve with your favorite tacos or tortilla chips!

**As of Nov 30th 2023 the CDC has placed a recall notice on some brands of pre-cut Cantaloupe. Visit the website below to learn more. **

<https://www.cdc.gov/salmonella/sundsvall-11-23/index.html>



Spicy Pickled Rainbow Chard Stems

Ingredients:

- 1 Bunch Swiss Chard Stems, Chopped
- 1 cup Distilled White Vinegar
- 2 cups Sugar*
- 1/2 Onion, Sliced Thinly
- 3 tablespoons Siracha*
- 1/2 teaspoon Celery Seed

Directions:

- Make a mixture of vinegar and sugar, then stir in onions, Siracha, and celery seeds.
- Put chopped stems into a canning jar, pour the liquid over the chopped stems, using 3 cups liquid for every 1 1/2 cups chopped stems.
- Seal jars and place in the refrigerator for a 2-3 days to let the flavors develop.



Turkey Taco Stuffed Peppers

Ingredients:

- 1lb of Ground Turkey
- 1 Onion Diced
- 3 Cloves of Garlic
- 1 Can of Black Beans, Drained and Rinsed
- 1 Can of Yellow Corn, Drained and Rinsed
- 1 Jar of Salsa
- 1 teaspoon of ground Cumin
- 1 teaspoon of dried Oregano
- 1 teaspoon of Paprika
- 1 teaspoon of Salt
- 1/2 a teaspoon of Black Pepper

Directions:

Preheat oven to 400. Using a sharp knife, cut off the tops of each bell pepper. Use the knife to help cut out and remove the seeds and ribs from inside the peppers. Place the peppers in a lightly greased roasting pan and set aside.

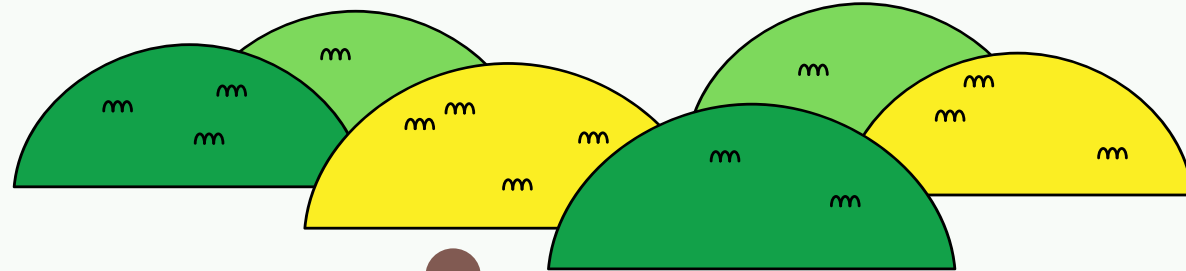
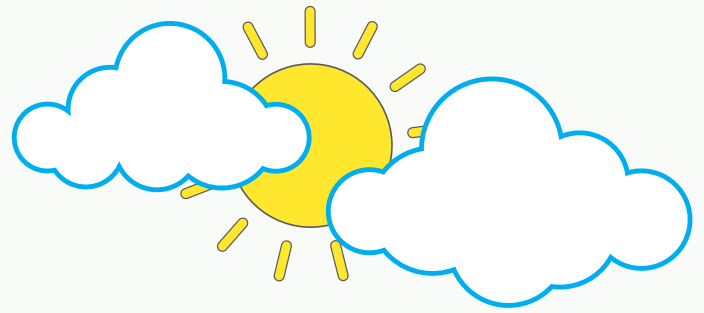
- Heat oil in a large skillet over medium-high heat. Toss in the onion, cumin, oregano, paprika, salt, and black pepper, and sauté until the onions have softened, about 2-3 minutes. Toss in the garlic and sauté until fragrant, about 30 seconds.

Move the onions away from the center of the pan to create an open surface in the skillet. Place the ground turkey in the center of the pan and break up the meat

Move the meat and onions to the sides of the pan to create an open surface again. Pour in the black beans, corn, and salsa and stir the

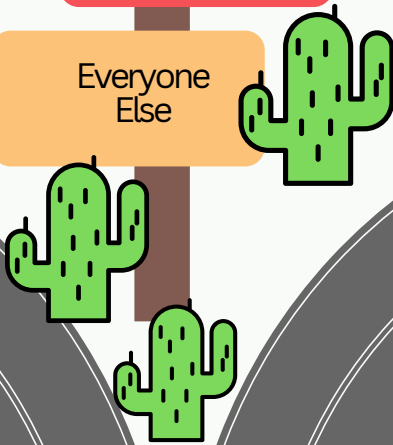
- mixture until evenly combined.
- Spoon the mixture evenly into the hallowed bell peppers and replace the bell pepper tops.
- Bake for 30-35 minutes, until the bell peppers have softened and wilted slightly.
- Remove the tops of the bell peppers, spoon on a large dollop of guacamole, and replace the tops.

Wellness



Yourself

Everyone
Else



Why is Wellness Important?

Wellness offers an overall approach to whole body health

Maintaining an optimal level of wellness is absolutely crucial to live a higher quality life. Wellness matters because everything we do and every emotion we feel relates to our well-being. In turn, our well-being directly affects our actions and emotions. It's an ongoing circle.

Therefore, it is important for everyone to achieve optimal wellness in order to subdue stress, reduce the risk of illness and ensure positive interactions.

~wellness.totalaccessmedical.com

Finding Wellness

The road to Wellness is really about working from the inside out, learning to believe in yourself, and knowing that you are worth the time and energy to become your best self.

Wellness is an active journey, for your mind, body & soul.

Wellness is linked to whole body health, healthy mind healthy body.

Wellness is an individual's journey, guided directly by choices made and lessons learned, but Wellness is also influenced by the physical, social & cultural environments in which we live.

Wellness Classes

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.

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!



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

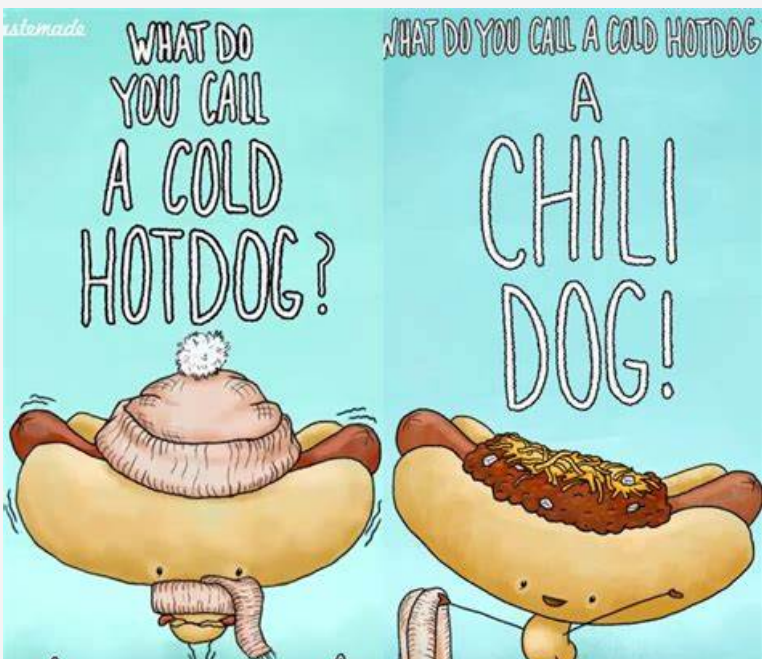
- All weekly classes are conducted online by a live instructor, fostering interaction between the instructor and all participants.
- Participants can conveniently attend classes from home or office using a computer or mobile device.
- Southwestern Vermont Council on Aging is covering the full cost of the program.



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

All participants must be over 60+ years of age.

www.esmmweighless.com



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.

Do you care about access to healthy food for our older adults in the community?

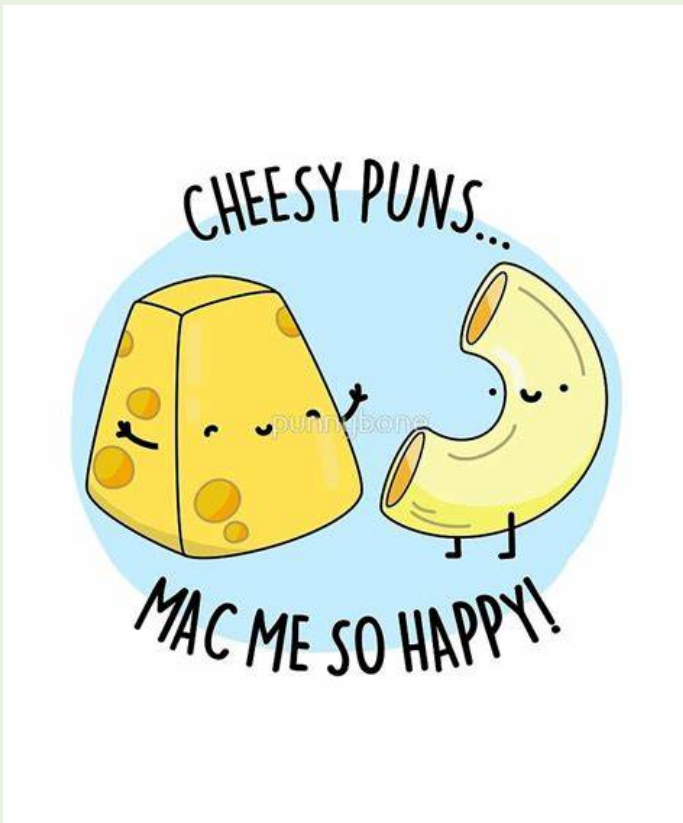
If you have at least two hours a week, you can give to this cause. You may be just the hero we're looking for! We're searching for Meal Delivery Heroes to deliver healthy and nutritious meals to the older adults in our community who otherwise would not have access. On the job, you'll pick up pre-packed coolers with handmade healthy meals from our meal provider and deliver them to older adults in the community that need them.

We need volunteers who can commit to at least one scheduled shift per week, Monday - Friday between the hours of 9:00am and 4:00pm. The time you commit is up to you!

Become a Meal Delivery Hero Today!

Call SVCOA Volunteer Program Coordinator, Nicole Woodie at 802-772-7853





DONATE TO SVCOA TODAY

You Can
Make a
Difference



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.



Flu Shot for You

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

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