Donors

We would like to recognize the individuals and businesses who provided financial assistance to the NEK Council on Aging during the last fiscal year. Older Vermonters are some of the most integral members of our communities, and we are grateful for their support in choosing to live their lives well. Your support allows us to continue our work in the communities that we serve and is very much appreciated.

Individual Support

- Martin Robl
- Kenneth Bacon
- Richard Rose
- Madeleine Breton
- Laura Bellman
- Bob Blake
- Catherine Blackham
- Ellen Gordon
- Josephine Krupp
- William Penner
- E. W. Howes
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- J. D. Draper
- Joyce Dubbers
- Neva Dugas
- Christiane Fuller
- Maxine Elson
- Sharon Emerson
- W. O. Dunn
- G. Farnham
- Marie Fabris

Donations

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- Caroline Boyer
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- Acres Promises
- Janie Price
- John Parry
- Alistair Parson
- Glenn Parson
- Jeffrey Parson
- Stephen Parson
- John Parry
- John Parry
- Alistair Parson

Humanitarian Heroes

Don Beer and Mike Labounty

Every year, during the Annual Meeting in November, the Council recognizes a special volunteer with the Humanitarian Hero award in honor of their dedication to the Council’s mission and the impact they have on our community at large. This year we have TWO Heroes! Don Beer and Mike Labounty paired up to create a very successful fundraiser in support of Meals on Wheels.

The St. Johnsbury Meals on Wheels manager, Diane Coburn, suggested the benefit fundraiser also help out the Lyndon Area Meal Site’s Meals on Wheels program, run by Cindy Santaw-Brown, and both women were on hand at the Darling Inn where the first fundraising video was recorded in the meal site dining room.

The two site teams were led by Don (St. Johnsbury) and Mike (Lyndonville). Donations of $10 or more were entered into a raffle to win a tailgate BBQ party with two pit masters and the winners also broke an egg over the loser’s head. The fundraising campaign, held over the summer, raised an astonishing $50,000 with St. Johnsbury being declared the site with the highest fundraising. The campaign was accompanied by dozens of social media posts, interviews with Meals on Wheels drivers and community dining site staff and volunteers, and NEK friends and neighbors. The entire community rallied around them and a fun time was had by all. On behalf of the NEKCOA and our entire community, thank you Don and Mike!

Board of Directors

- Kathy Heimann, President
- John Fitch, Vice President
- Mary Jean Thiel, Treasurer
- Mary Jean Thiel, Treasurer

Advisory Council

- Dan Beaudoin
- Lisa Carlson
- George Potts
- Louise Bator

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Care & Support

- Lucy Lobel, Director of Care & Support Services (North)
- Delia DeSantis, Director of Care & Support Services (South)

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- Kimberley Lawton
- Carol Gladue
- Lynn Giddings
- David Malott
- Robert McFadden
- Terri Connors
- Jennifer Schroeder
- Laura Winters
-Don Wight

Information & Referral (Hemlock)

- Denise Mitchell

Nutrition and Wellness Program

- Laura Valenty, Director of Nutrition and Wellness

Family Caregiver Support Program

- Pam Smith, Director of Choice and Caregiver Team Support

Marketing & Development

- Mary Ellen Ruhl

State Health Insurance Program

- Madeleine Larue

Volunteer Programs

- Patrick Backus, Senior Companion Program Coordinator
- Karen Boudreault, RSVP Volunteer and Wellness Coordinator

Administration, Technical, and Legal Support

- Jay Altman, Esq.

Nutrition and Wellness Team

- Kelly Sawyer, Management Information Systems Coordinator
- Laura Trettell, Fiscal/Program Coordinator

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SOUTH JONSBURY
- 93 South Main Street, Suite 101
- Ph: 802-728-0128

NEWPORT
- 177 Water Street, Suite 6
- Ph: 802-274-4700

SOUTH BURLINGTON
- 309 Southbridge Street
- Ph: 802-952-3300

HARDWICK
- 333 Main Street, Suite 101
- Ph: 802-846-3300

Coast To Coast: Some images photograph by Melva Kue, © 2015, Skyline Watch to End Alzheimer’s event.
Thoughts From Our Leadership

The Councils on Aging created by the Older Americans Act are now over fifty years old and, like so many of us, moving toward “eldershood.” The Councils on Aging, including our own NEK Council on Aging, have grown into a flexible maturity, responding with creativity and nimbleness to the changes longevity and cultural transformation have made in the lives of elders.

Up here in the Northeast Kingdom, our Council continues to innovate new ways to provide traditional services, as the number of elders and needs increase while the funding to pay for services do not. In the past year, the Council has increased its supervisory staff to provide the kind of person-centered services that enable older individuals to craft their own future with dignity and independence. Free Wellness programs that promote both physical activity and socializing are growing, with new Tai Chi classes and the introduction of a new evidence-based exercise program that has both land and aquatic versions. As always these programs are led by trained volunteers—just one of the opportunities that the Council offers to enable active elders to serve the agency and their communities. We’ve hired a new Director of Wellness and Nutrition who is invigorating the meal sites in a variety of ways, including training in recipe preparation and kitchen skills for volunteers and staff. A new pilot program is enabling meal sites to access gleaned vegetables, increasing the availability of fresh, local foods for both community and home-delivered meals.

One of the most valuable and innovative programs to be developed this past year is a “Home Meds Program” that pairs volunteer pharmacists with elders who have multiple risk factors and multiple medications. The pharmacists evaluate the meds to ensure their compatibility and necessity and communicate with the elder’s physician to make any recommended changes.

Support for caregivers is one of our most important contributions to the welfare of frail elders and their families, and Pam Smith, Director of Client and Caregiver Team Support, has adopted a new evidence-based program, TCare, to assist caregivers. This is being introduced throughout the Kingdom.

Finally, the Council continues to play a key role in the community coalition NEK Prosper! That is working outside the traditional service-delivery framework to address the “social determinants of health,” i.e., housing, food insecurity, employment, and isolation. This wide-ranging innovative effort is perhaps the most vivid evidence of how the NEK Council on Aging continues to transform itself to meet the challenges and need of elders in our communities in the 21st century.

Kathy Hemmens
President, Board of Directors
Meg Burneister, MSW
Executive Director

Our Impact Over the Past Year

The staff and volunteers at our 17 meal sites made over 170,000 meals and fed 2,177 people.

We partnered with NEK Prosper to provide 12 wellness classes throughout the NEK this summer!

We introduced a new produce pilot program with Salvation Farms delivering locally-grown, fresh produce to area community meal sites.

Our nutrition team and licensed dietician coordinated cooking classes at meal sites to promote good nutrition and meal planning.

In celebration of May as Older Americans Month, we worked with several community partners to create 21 self-sustainable vegetable buckets for area older Vermonters.

Funding

Preliminary Report Year Ended September 30, 2019

Revenue Sources

Federal Funds
Older Americans Act $941,266
Nutritional Services Incentive Program $125,096
Medicaid $369,186
Other Programs $122,822

State of Vermont Funds
General Funds $622,565
State Health Insurance Program $33,695
Dementia Respite $22,275
Other Programs $168,507

Local Funds
Participant Contributions $31,579
Town Funds $55,870
General Donations $23,857
Other Funds $13,489

Non-Cash Contributions $155,516

Total Support and Revenue $2,717,648

Program Expenditures

Individual Advocacy
Care Management $135,758
Caregiver Services $107,238
Legal Assistance $34,860
Information and Assistance $240,939
State Health Insurance Program $66,602
Other Programs $20,940

Total Individual Advocacy $1,386,437

Independent Living Services
Home Delivered Meals $733,372
Congregate Meals $363,213
Specific Assistance $117,648
Other Programs $76,693

Total Independent Living $1,330,962

Total Expenditures $2,717,599

Data reflects dates 10/1/18 - 9/30/19

4,307 Calls to Help Line
1,500 People Assisted and 5,900 Hours of Support Provided by Care Managers and Options Counselors
450 People Helped with 37 Meals Delivered Every Week
647 People Were Assisted With State Health Insurance and 780 People Were Assisted for Healthcare Issues
1,700 Meals Served at 12 Mealtimes
45 People Assisted and 1,200 Meals Delivered
50 Caregivers Assisted and 86 Family Caregivers Assisted
500 Holiday Gift Bags Delivered
60 Holiday Meals Delivered
400 Help Line Calls
800 Meals Delivered
160 Meals Delivered in Twin City Area
450 Meals Delivered in LTAP Area
178 Meals Delivered in Whitefield Area
37 Meals Delivered at Congregate Setting
200 Mealtimes Served
40 Meals Delivered at Congregate Setting
283 Meals Delivered in LTAP Area
14 Meals Delivered for Community Meals Program
15 Meals Delivered for Craigie Street Community Meals Program
11 Meals Delivered for Craigie Street Congregate Setting
19 Meals Delivered for Craigie Street Meals on Wheels
12 Meals Delivered for Craigie Street Meals on Wheels
14 Meals Delivered for Craigie Street Meals on Wheels