

Town of East Montpelier FY2025 Funding Requests

Each year the Town of East Montpelier receives requests for funds from many different organizations. The Selectboard appoints a committee to review the requests and to recommend which should appear on the Town Meeting Warning for action. The committee requires certain information to make sound decisions for each request. For your organization to be considered for funding, it is mandatory that you complete this information form. Submit the form and supplementary information to:

Funding Request Study Committee
Town of East Montpelier
P.O. Box 157, East Montpelier, VT 05651-0157 (submit by mail)
manager@eastmontpeliervt.org (submit by email)

on or before **Friday, October 20, 2023**. Incomplete forms and/or requests received after this date may be disqualified for funding. The Committee reserves the right to require any requesting organization to defend its request at the Committee's annual meeting normally held in early November. An organization applying for the first time or requesting a substantial increase in funding should expect an invitation to attend the annual meeting.

If your organization operates two or more programs with separate budgets or funding sources, please fill out one form for each program. All information should be given for your latest complete fiscal year (12 months). Approved requests will be acknowledged in the fiscal year 2025 (July 1, 2024 – June 30, 2025) budget for the Town of East Montpelier. Please feel free to submit any other information you feel would be helpful to the committee in making their decision.

If you have any questions please contact Gina Jenkins, Town Administrator, at (802) 223-3313 x 204 or manager@eastmontpeliervt.org.

STANDARD INFORMATION

Organization Name: **Central Vermont Council on Aging**

Address: **59 N Main St., Suite 200, Barre, VT 05641**

Fiscal Year Reported: **FY22-23**

Program Description: **Central Vermont Council on Aging is dedicated to the mission of supporting Central Vermonters to age with dignity and choice. We connect aging Central Vermonters in our communities to the network of benefit programs and services they need to thrive.**

Name of Person filling out this form: **Leanne Hoppe**

Name of Person to contact with questions: **Luke Rackers**

Phone Number: **802-479-1953** E-mail: **lrackers@cvcoa.org**

AMOUNT OF FUNDING REQUEST: \$1,875.00 (level funding)

SERVICE INFORMATION

What is your organization's service area? State? Washington County? or Other?
Central Vermont Council on Aging serves a total of 54 towns in Washington, Orange (except Thetford), and Lamoille counties, including the towns of Bethel, Granville, Hancock, Pittsfield, Rochester, Royalton, Sharon, and Stockbridge.

What is the total number of individuals served by your organization in your prior Fiscal Year? **4,040** individuals

How many people in East Montpelier were served by your organization in the same period? **84** East Montpelier residents

What type of service(s) does your organization provide to East Montpelier residents?

In FY23, CVCOA case manager Bill Merrylees worked directly with clients in East Montpelier.

Services include:

- **CVCOA Helpline – 1-800-642-5119 (toll free) or (802) 477-1364 (local) - has the answers to hundreds of common questions for older Vermonters, their families, and caregivers.**
- **Information & Assistance staff counsels older Vermonters and families on the many available benefit programs and services, such as 3SquaresVT, seasonal fuel assistance, housing, mental health, legal assistance, support groups, healthy aging resources, and more.**
- **Case Managers work with clients in their homes to assess needs and develop, implement and coordinate individualized long-term care plans.**
- **Nutrition Services oversees the menu development and technical assistance for home-delivered, grab and go, and congregate meals, and provides the largest source of funding for the 13 meal sites that prepare and deliver these meals. Nutrition education and counseling services are available for older adults at high risk of malnutrition or in need of managing chronic conditions.**
- **State Health Insurance Program (SHIP) provides personalized Medicare counseling, Medicare & You workshops (now on Zoom), and enrollment assistance for Medicare Part D plans.**
- **Family Caregiver Program promotes the well-being of the family members serving as caregivers to loved ones, including administration of respite funding, training to help caregivers manage stress, and social activities including Memorable Times Café/Memorable Times Online.**
- **Volunteer Programs provide direct service to community members. Volunteers offer companionship, transportation, assistance with technology, organizing, wellness classes, meal delivery, special event support, errands and grocery shopping, yardwork and gardening help, creative guidance, and more.**
- **Special Projects and Programs are designed to help alleviate social isolation and loneliness, addressing the accessibility gap for homebound older**

adults and enhancing social connection through arts and technology opportunities.

Approximately how many staff hours are dedicated to provide the services your organization offered East Montpelier residents during this time period? **240 hours of direct case management plus hours for other services.**

What services does your organization provide that are not available elsewhere? **At CVCOA, we are the leading experts and advocates in healthy aging for central Vermonters. We respect the wishes of aging persons to age at home, remain healthy, stay active, and connected to the communities they know and love. CVCOA has many partners from healthcare, social services, and governmental organizations. However, as the area agency on aging for Central Vermont, CVCOA is the designated community-based provider delivering care coordination, case management, information and assistance, and innovative caregiver supports directly to older Vermonters in their homes, at our office, or by phone.**

CVCOA also provides contracted services for transportation, legal, and mental health services. CVCOA provides funding and technical assistance for 12 Meals on Wheels sites under contracts for quality assurance but does not directly produce and deliver meals.

CVCOA continues to be a leader in the field. In 2021 and 2022, CVCOA was recognized nationally for our Enhancing Social Connection through Arts and Technology program. This work has been an impactful approach to alleviating social isolation and loneliness. CVCOA continues to expand this effort in the coming years. Over the next year, CVCOA will also be starting a medically tailored and therapeutic meals initiative at sites throughout Central Vermont to improve our nutrition program offerings.

What (if any) organizations provide similar services? **CVHHH and SASH also provide some case management supports in Central Vermont. CVCOA provides funding and technical assistance for 12 Meals on Wheels sites under contracts for quality assurance but does not directly produce and deliver meals.**

If applicable, how does your organization collaborate with organizations providing similar services? **Collaboration with CVCOA community partners is critical to service enhancement and delivery. We work closely and/or partner with the State of Vermont Department of Aging and Independent Living, The Health Center, GMTA, Central Vermont Home Health and Hospice, Tender Loving Care, SASH, Gifford Community Health, University of Vermont Center on Aging, University of Vermont and Central Vermont Medicare Center, 14 Senior Centers and 12 nutrition programs, including Twin Valley and Montpelier Senior Activity Center. We also share information across state lines with Maine, New Hampshire, and Massachusetts.**

In addition, we collaborated with 497 volunteers through our AmeriCorps Seniors

RSVP and general volunteer programs. These volunteers served over 40,000 hours, providing direct service, delivering meals on wheels, supporting nutrition sites, leading wellness classes, offering companionship and creative encouragement, and more.

In what way are the services your organization provides preventative in nature? **CVCOA's core mission is to provide services designed to help keep older Vermonters living independently and in their homes for as long as possible, rather than in residential facilities, which are far more expensive. Preventative services include home-delivered and congregate meals, evidence-based wellness activities, caregiver supports (emotional and financial), special projects to reduce social isolation and loneliness, long-term care plans to allow aging Vermonters to live at home, and health partnerships described above.**

FINANCIAL INFORMATION

How did your organization determine the amount of the funding request? Please explain in detail your reasoning for any increase or decrease (use attached sheet if necessary). **CVCOA considered the level of service needed to meet the needs of older adults in Worcester, the historical level of support from the town, the growth in the aging population, and/or the need for more complex services. We are not seeking a change in funding request amount.**

If approved by the town, how will your organization use the funds? **Town funds are used to support our case management, information and assistance, caregiver support, and nutrition and wellness services. Additionally, town funds help support CVCOA's community services department and volunteer service programs.**

Do any of your grant sources require local financial commitment? Explain. **No.**

Is your organization approved by the IRS as tax-exempt? **Yes.**

If yes, indicate your approval type: 501c3: **__X__** other: _____

INCOME SOURCES	PERCENT OF INCOME	TOTAL INCOME
Federal		
State		
Local Towns		
United Way		
Fundraising		
Other		
Other		
TOTAL		

EXPENDITURES	Budgeted Percent	Budgeted Dollars	Actual Expense Percent	Actual Expense Dollars
Personnel				
Insurance/Rent/Utilities				
Fundraising Costs				
Other				
Other				
Total				

Number of full-time paid staff positions (full-time equivalents or hours): **38** _____

Number of full-time volunteer staff positions (full-time equivalents or hours): **See attached executive budget summary for financial details.**



Supporting Central Vermonters to Age with Dignity and Choice
CVCOA Helpline: 1-802-477-1364

Central Vermont Council on Aging (CVCOA) 2023 Report for Town of East Montpelier:

Central Vermont Council on Aging (CVCOA) is dedicated to the mission of supporting older Vermonters to age with dignity and choice. CVCOA services are available to those age 60 and up, caregivers, and families. For more than 40 years, CVCOA has assisted older Vermonters to remain independent for as long as possible. CVCOA serves 54 towns throughout the Central Vermont region.

CVCOA makes a difference in the lives of older Vermonters by connecting them to the network of benefit programs and services that they need to thrive, free of charge. CVCOA utilizes town funding to provide individualized support to East Montpelier residents through case management, information and assistance, options counseling, resource and benefit enrollment (nutrition, transportation, mental health counseling, legal services, etc), long-term care planning, health insurance counseling, family caregiver support, connection to wellness and social activities, and more.

CVCOA supported 84 residents of East Montpelier. CVCOA Case Manager Bill Merrylees was designated to serve older adults in East Montpelier.

CVCOA served 4,040 unduplicated clients from 07/01/2022 through 06/30/2023. CVCOA mobilized 497 volunteers through our AmeriCorps Seniors RSVP and general volunteer programs. These volunteers served over 40,000 hours, providing direct service, delivering meals on wheels, supporting nutrition sites, leading wellness classes, offering companionship and creative encouragement, and more.

All of us at CVCOA extend our gratitude to the residents of **East Montpelier for their ongoing commitment to the health, well-being, independence, and dignity of older Vermonters in the East Montpelier community.**



Supporting Central Vermonters to Age with Dignity and Choice
CVCOA Helpline: 1-802-477-1364

Central Vermont Council on Aging
Annual Report of Services to East Montpelier (FY 7/1/22-6/30/23)
October 3, 2023

Central Vermont Council on Aging (CVCOA) is a nonprofit organization dedicated to the mission of supporting Central Vermonters to age with dignity and choice. For over 40 years, CVCOA has assisted older Vermonters age 60 and up to remain independent and in their homes for as long as possible. CVCOA supports caregivers and families as they help loved ones navigate aging. CVCOA connects aging persons in our communities to the network of benefit programs and services they need to thrive and implements special projects and programs to alleviate social isolation and loneliness. All services are made available to our clients at no charge without regard to health, income, or resources.

Services include:

- CVCOA Helpline – 1-800-642-5119 (toll free) or (802) 477-1364 (local) - has the answers to hundreds of common questions for older Vermonters, their families, and caregivers.
- Information & Assistance staff counsels older Vermonters and families on the many available benefit programs and services, such as 3SquaresVT, seasonal fuel assistance, housing, mental health, legal assistance, support groups, healthy aging resources, and more.
- Case Managers work with clients in their homes to assess needs and develop, implement and coordinate individualized long-term care plans.
- Nutrition Services oversees the menu development and technical assistance for home-delivered, grab and go, and congregate meals, and provides the largest source of funding for the 13 meal sites that prepare and deliver these meals. Nutrition education and counseling services are available for older adults at high risk of malnutrition or in need of managing chronic conditions.
- State Health Insurance Program (SHIP) provides personalized Medicare counseling, Medicare & You workshops (now on Zoom), and enrollment assistance for Medicare Part D plans.
- Family Caregiver Program promotes the well-being of the family members serving as caregivers to loved ones, including administration of respite funding, training to help caregivers manage stress, and social activities including Memorable Times Café/Memorable Times Online.
- Volunteer Programs provide direct service to community members. Volunteers offer companionship, transportation, assistance with technology, organizing, wellness classes, meal delivery, special event support, errands and grocery shopping, yardwork and gardening help, creative guidance, and more.
- Special Projects and Programs are designed to help alleviate social isolation and loneliness, addressing the accessibility gap for homebound older adults and enhancing social connection through arts and technology opportunities.

The need for aging services continues to increase in Vermont. During the last fiscal year (7/1/22-6/30/23), Central Vermont Council on Aging provided one or more services to **84 (unduplicated) East**



Supporting Central Vermonters to Age with Dignity and Choice

CVCOA Helpline: 1-802-477-1364

Montpelier residents. In FY23, CVCOA case manager Bill Merrylees worked directly with clients in East Montpelier.

<u>Data by Type of Service: East Montpelier</u>	<u># Residents*</u>
Case Management	10
Information and Assistance	22
Nutrition Program ^[1]	28
Family Caregiver Services	2
Other Services (Wellness, Outreach, Socialization, etc.)	16

* Each unduplicated resident may receive more than one type of service in the categories above.

Additionally, CVCOA provided nutrition counseling and education, caregiver training and respite funding, access to technology and resources, and opportunities to connect with volunteers for direct service, creativity, and technology assistance. CVCOA's case managers, options counselors, and outreach team provide information on a variety of topics, including elder abuse.

CVCOA served 4,040 unduplicated clients from 07/01/2022 through 06/30/2023. CVCOA mobilized 497 volunteers through our AmeriCorps Seniors RSVP and general volunteer programs. These volunteers served over 40,000 hours, providing direct service, delivering meals on wheels, supporting nutrition sites, leading wellness classes, offering companionship and creative encouragement, and more.

Over the past year, CVCOA has continued to develop opportunities to enhance social connection through creative aging opportunities and technology training. CVCOA continues to expand our wellness offerings and develop new initiatives that focus on healthy aging.

All staff, board members, and volunteers at Central Vermont Council on Aging extend our gratitude to the residents of East Montpelier for their ongoing commitment to the health, independence, and dignity of older adults in Central Vermont.

[1] Central Vermont Council on Aging does *not* directly operate a nutrition site. The CVCOA Nutrition and Wellness Program provides federal funding, technical assistance and nutrition counseling/education to 13 nutrition sites including Meals on Wheels of Central Vermont (formerly City Café) in East Montpelier. This program supports home-delivered Meals on Wheels, congregate meals, and grab and go meals, a new offering that emerged during the COVID-19 pandemic.