



AGE WELLSM

CONFIDENT AGING STARTS HERE.

2019 IMPACT REPORT

HELPING OUR COMMUNITY AGE WITH CONFIDENCE

As the CEO and Board President of Age Well, and in partnership with our Board of Directors, we are thrilled to share the accomplishments made this past year to advance our mission and continue to meet the growing needs of those we serve.

With your support, Age Well provides opportunities for older adults and those with disabilities to live with dignity and independence in their homes and communities for as long as possible. *Programs include; nutritious and medically-tailored home-delivered meals, Care and Service Coordination, wellness classes, transportation services and much more. Each day, we work to help keep Vermonters healthy and in their homes. We are proud to be the state's largest Area Agency on Aging and Meals on Wheels provider, serving Addison, Chittenden, Franklin, & Grand Isle Counties.*

Our Strategic Plan will focus on five pillars, including:

- *Expanding wellness programming for the older adults we serve and Age Well employees*
- *Continued advancement of our financial health through new business development and prudent stewardship*
- *Leading as innovators with the implementation of new programs and technological advances*
- *Focusing on supporting advocacy and public policy for our aging population*
- *Playing a significant role in health reform efforts in Vermont and positively impacting the social determinants of health*

With your help, we are creating a community that supports and values people as they age in place.

Marianne Joan Lerner





OUR MISSION

To provide the support and guidance that inspires our community to embrace aging with confidence.

We aspire to use our Vermont experience to be a nationally recognized and collaborative leader in the aging network; promoting healthy aging, independence, dignity, and personalized choice for older adults.

OUR VISION

OUR SERVICES



HELPLINE: 1-800-642-5119

Where confident aging starts

- Information & Assistance
- State Health Insurance Program (SHIP)
- Community Referrals



STAYING HOME

Making it possible

- Care & Service Coordination
- In-home Volunteer Services
- Minor Home Repairs
- Friendly Visitor Volunteers
- Transportation



NUTRITION & WELLNESS

Food where you choose

- Home Delivered Meals
- Community Meals & Special Events
- Restaurant Ticket Program
- Nutrition Counseling
- Wellness & Safety Checks
- Falls Prevention & Tai Chi



CARE TRANSITIONS

Your path home

- Choices for Care
- Caregiver Support
- Options Counseling
- Benefits Enrollment
- Respite Care
- HomeMeds Medication Assessment



VISIT: AGEWELLVT.ORG TO SEE ALL OF OUR SERVICES

A photograph of three people practicing Tai Chi in a gymnasium. In the foreground, a woman with short grey hair is blurred, wearing a dark blue shirt. In the middle ground, a woman with long grey hair is in focus, wearing a light green patterned sweater, with her hands held in a Tai Chi gesture. In the background, a man with grey hair and glasses is wearing a bright yellow jacket and also practicing Tai Chi. The background is a plain, light-colored wall.

“Starting Tai Chi at 70 was one of the best decisions I’ve ever made. I AM MORE CENTERED PHYSICALLY AND MENTALLY, AND I FEEL LESS FEAR ABOUT AGING.”

-PEG, TAI CHI PARTICIPANT

EXPANDING WELLNESS

Falls are not a normal part of aging

91% of participants say Tai Chi improves their balance.



**MEETING PEOPLE
WHERE THEY ARE**
Support at home

Nancy in Jericho benefits from regular in-home visits with a Care & Service Coordinator, a volunteer visitor, and daily Meals on Wheels.

WHY WE DO WHAT WE DO *Health happens at home*



Approximately 26% of older Vermonters live alone
70% of Care & Service Coordination clients are low to moderate income



71% of Meals on Wheels recipients have a medical condition and
45% are unable to stand to prepare meals

- 69% of clients have a home visit at least once a month
- 87% report that assistance has helped improve their quality of life
- 88% of Meals on Wheels clients report they eat healthier because of the meals



WE CAN SERVE AN INDIVIDUAL MEALS FOR AN ENTIRE YEAR FOR THE SAME COST AS 1 DAY IN A HOSPITAL OR 10 DAYS IN A NURSING HOME.

YOU MAKE THIS HAPPEN

*help take care of those who
once took care of us*

WAYS YOU CAN GIVE

VOLUNTEER

Join our dedicated team of 900+ volunteers. Opportunities include: delivering Meals on Wheels, grocery shopping, transportation to appointments, budgeting assistance, friendly visits, and so much more. Volunteer as an individual, family, business, or community group.

DONATE

Whether one-time, monthly, or in honor of someone special, your tax-deductible gift supports our wide array of services - helping Vermonters to age well.

MARCH FOR MEALS

Our biggest fundraiser of the year, mark your calendars for our next campaign and gala event in March 2020.

PLANNED GIVING

Make us part of your legacy. Planned gifts help ensure the health and wellness of our aging population for years to come.





COMMUNITY CHAMPION

Scott Gaines has been delivering Meals on Wheels for over 20 years in Vergennes

“Volunteering is an escape from my day-to-day. **I LOOK FORWARD TO IT - IT IS THE BEST HOUR OF THE DAY YOU WILL EVER HAVE.**

Having been brought up in the area, I know many of the folks on my route - I've seen old school teachers and clients. I have a lot of fun. You develop a relationship and without a doubt, you're making a difference in these people's lives. Because they often do not have anyone else in their lives.

The older folks really appreciate your effort. I've heard over and over, 'thank you for bringing me the meal. But most importantly, thank you for spending a couple of minutes with me.'

IT MIGHT SEEM LIKE A LITTLE THING TO YOU, BUT IT CAN MAKE THEIR DAY.”



**LEARN ABOUT VOLUNTEERING:
[AGEWELLVT.ORG/GIVING-BACK](https://www.agewellvt.org/giving-back)**



THANK YOU FOR A GREAT YEAR

Many community groups, rotaries, businesses, police departments, families, and community members take the time to volunteer and generously donate. Thank you to our staff, volunteers, community partners, and donors for their commitment to helping people age well.



**YOUR SUPPORT CHANGES LIVES:
AGEWELLVT.ORG/GIVING-BACK**

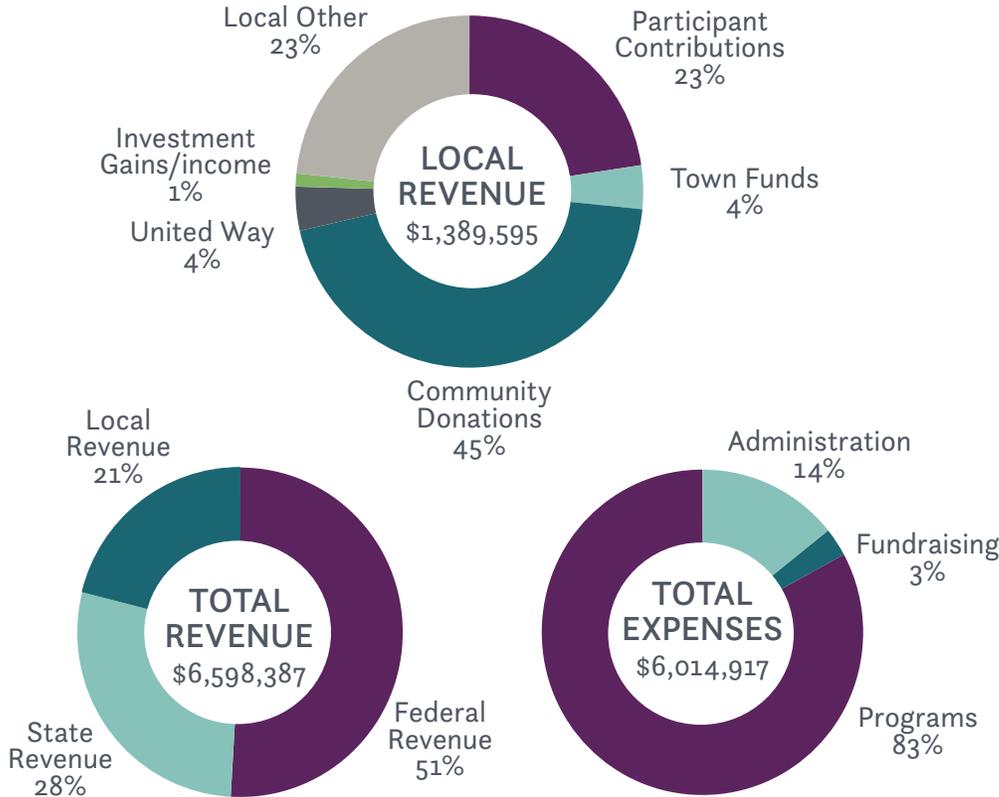
Over
980
incredible volunteers

Over
44,374
hours donated to help
seniors thrive

Over
214,019
miles driven to deliver
volunteer services

Over
1,100
rides to medical
appointments

REVENUE & EXPENSES



Fiscal Year 2018 financial summary, ending September 30, 2018.

Board of Directors

Joan Lenes, President
Former Legislator

Dr. Allan Murray Ramsay, Vice-President
People's Health and Wellness Clinic

John Davis, Treasurer
Davis & Hodgdon Associates

Sarah Gentry Tischler, Secretary
Langrock, Sperry & Wool

Susie Brooks, *White + Burke Real Estate Advisors*

Meagan Buckley, *Wake Robin*

David Carter, *People's United Bank*

Liz Gamache, *Community Supporter*

Anmarie Plant, *GHP Advisors*

Dr. Lynda Ulrich, *Fiddlehead Dental*

Ruth Wallman, *Community Supporter*

Carolyn Weaver, *The Weaver Team*

PROUD PARTNERS



Vermont
Association of
Area Agencies
on Aging



OneCareVermont



LET US HELP YOU AGE WELL.

Age Well is proud to collaborate with many community partners to create a network of services.

Follow us on Instagram & Facebook at @agewellvt to see what we're up too!
Photos by Karen Pike Photography.

SERVING NORTHWESTERN VERMONT SINCE 1974

Age Well is a 501(c)(3) nonprofit. Donations are tax-deductible. Tax ID: 22-2474636



agewellvt.org
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