



2021 IMPACT REPORT *Your Stories*



THANK YOU

You make our mission possible:

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



STORIES OF RESILIENCE

With your support and during difficult times, we were able to meet the emotional and physical needs of older Vermonters. Our Meals on Wheels volunteers and staff delivered meals to 25% more clients. Our Care Coordination team provided iPad tablets and technology training to those that are homebound to reduce loneliness and isolation. Our Helpline staff were on the frontlines helping demystify the process of getting a vaccine and provided resources to help individuals stay happy and healthy in their home.

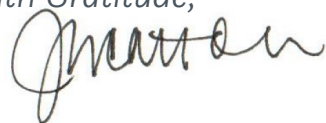
Now, we're stepping forward to do even more. Vermonters are living longer, but far too many are being left behind without the resources to age with dignity. We hear it every day, from clients like Maria, older adults are lonely, hungry, and at-risk. *Together*, we are changing that story.

Over the next year, with our volunteers, donors, community partners, & dedicated staff, we hope to:

- Improve health outcomes, social connection, and engagement of the thousands of people we are proud to serve
- Strengthen our work with our community partners to meet the complex needs of our clients and improve population health outcomes
- Work towards improving our outreach and services for vulnerable older populations, including BIPOC, LGBTQIA+, New Americans, and other diverse groups
- Continue to address the growing issues of isolation & hunger

You were the hero for older Vermonters this past year and your continued support ensures they won't be alone and won't be forgotten. Your generosity keeps food on the table, helps provide much-needed care and services, and brings smiles to faces. Thank you for ensuring people receive the support they deserve to age well.

With Gratitude,



Jane Catton
Chief Executive Officer

► *Your continued support helps meet the demand for services during COVID-19 & beyond.*



“ AGE WELL
HAS HELPED
ME STAY ALIVE.

*I will never forget their
caring and generous
staff and volunteers.”*

-Maria, Care Coordination & Meals on Wheels Client



OUR SERVICES

Convenience at your doorstep



HELPLINE: 1-800-642-5119

Where confident aging starts

- Information & Assistance
- State Health Insurance Program (SHIP)
- Medicare Training & Counseling
- 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
- Restaurant Ticket Program
- Nutrition Counseling
- Safety Checks
- Wellness Activities
- Falls Prevention & Tai Chi



CARE TRANSITIONS

Your path home

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

► **LEARN MORE: [AGEWELLVT.ORG](https://www.agewellvt.org)**

“ I live alone and have been very isolated during the pandemic.

GRAB & GO MEALS HELP ME FEEL CONNECTED AND GIVE ME SOMETHING TO LOOK FORWARD TO.

The meals are delicious and I am impressed with the quality. I will definitely sign up for Meals On Wheels when I am older.”

-Roland, Client

INNOVATING TO FIGHT HUNGER & ISOLATION

Hunger has reached record levels. Our staff and volunteers are on the ground daily delivering Meals on Wheels and creating new programs to meet the diverse needs of older adults.



- ▶ Grab & Go mealsites were set up quickly in partnership with local community groups. Older adults drive up, socialize with volunteers and staff, & receive a free healthy meal that **meets 1/3 of their daily nutrition needs!**
- ▶ 25% increase in demand for home-delivered Meals on Wheels

1 YEAR



1 DAY



10 DAYS



- ▶ Meals on Wheels can serve a person for an entire year for about the same cost as just 1 day in a hospital or 10 days in a nursing home.

As a recipient of COVID-19 relief funds, we were able to support:

- ▶ Transportation for older adults including the purchase of a handicap accessible van for the Heineberg Senior Center
- ▶ Meals and funding to local community partners & Senior Centers to help get their programs back up and running

JOIN THE STORY

You make a difference

You've probably heard, Vermont's population is *aging* but often there's only a focus on the negative.

This isn't the whole story, we know ***older Vermonters are an incredible asset to our state and they are unique individuals who have a wealth of knowledge and experience.*** We are grateful for their contributions to our community and are proud to be there to provide support and guidance when they need us most.

Unfortunately, federal funding has not kept pace with the growing need for services.

► BE A PART OF THE STORY WHEN YOU DONATE

DONATE

Our services are provided free of charge, your generosity makes them possible. Whether one-time, monthly, or in honor of someone special, your tax-deductible gift helps Vermonters to age well. You can also donate your running or non-running vehicle.

MARCH FOR MEALS

Our biggest fundraiser, your business, community group, or family can sponsor a Meals on Wheels delivery route in your town!
Mark your calendars for March 2022!





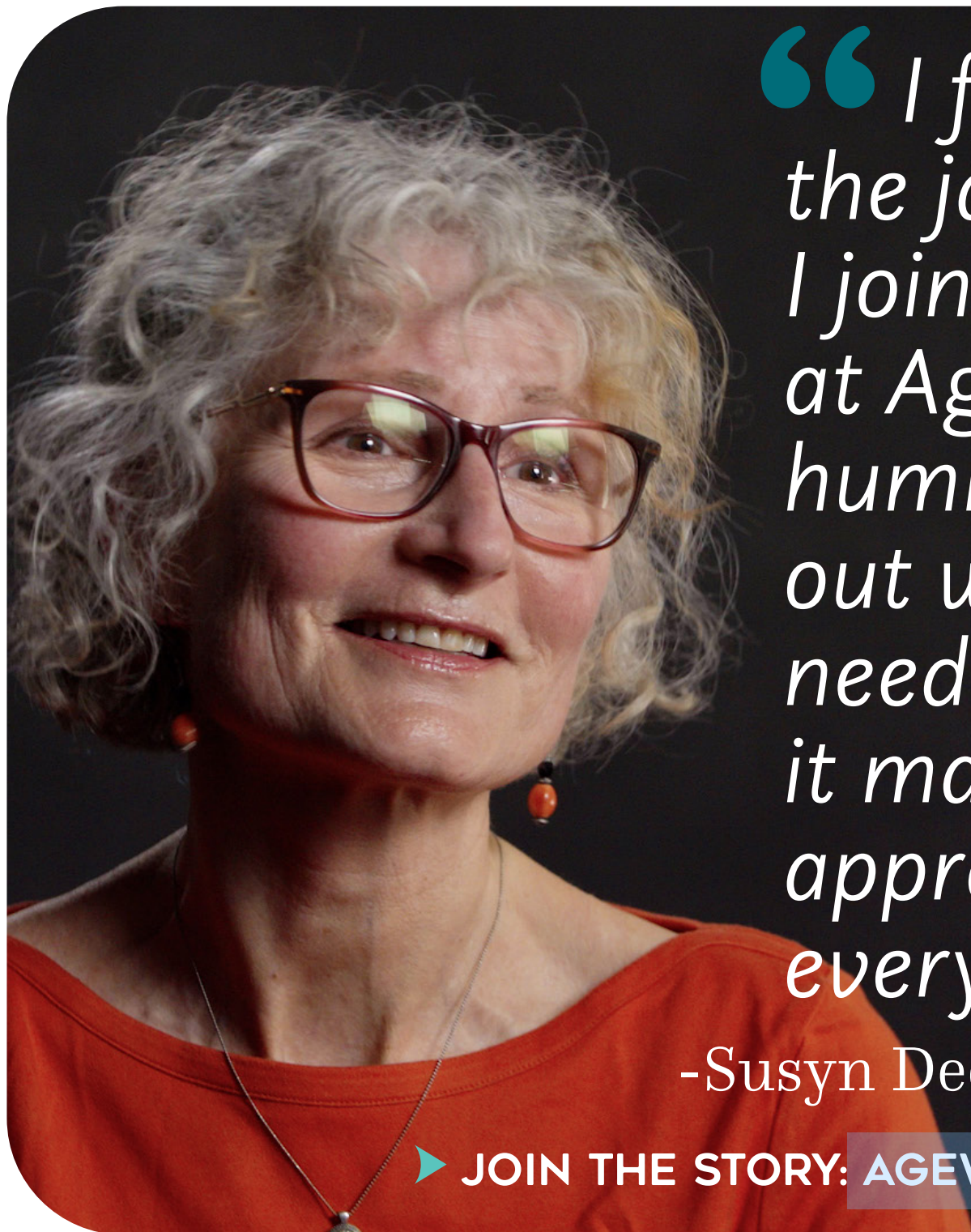
LEGACY GIVING

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

WAYS YOU CAN LEAVE A LEGACY GIFT

- ▶ Providing for Age Well through a will or trust. Consider using the following language in your will. "I give and bequeath unto Age Well, Tax ID #22-2474636, __% of the rest, residue, and remainder of my estate to be used for general charitable purposes."
- ▶ Through retirement plans, insurance policies, and bank/investment accounts.
- ▶ With a charitable gift annuity or charitable remainder trusts.

▶ **LEARN MORE:** AGEWELLVT.ORG/GIVING-BACK



“ I felt like I hit the jackpot when I joined the folks at Age Well. I was humbled to find out what extensive needs there are and it makes me more appreciative of everything I have.”

-Susyn Dees, Volunteer & Donor

▶ **JOIN THE STORY: [AGEWELLVT.ORG/VOLUNTEER](https://agewellvt.org/volunteer)**

GIVE YOUR TIME & IMPACT A LIFE

The time you donate will be repaid many times over by the relationships and memories created and the knowledge that you've made a difference.

VOLUNTEER OPPORTUNITIES

- ▶ Veterans visiting other veterans
- ▶ Providing transportation
- ▶ Friendly visits
- ▶ Grocery shopping
- ▶ Budgeting assistance
- ▶ Delivering Meals on Wheels
- ▶ Minor home repairs & yard work
- ▶ & much more!

**THANK YOU TO OUR TEAM OF
1,000+ VOLUNTEERS!**





“ The people who have helped me at Age Well have been kind, compassionate, caring, and knowledgeable. If they are not sure of something, they always search to find the answer for you.

THANK YOU FROM THE BOTTOM OF MY HEART.”

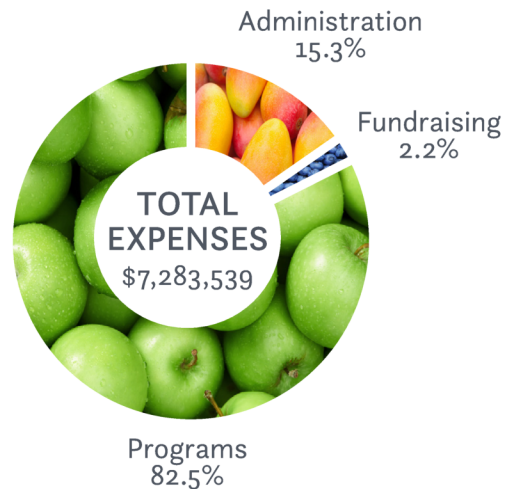
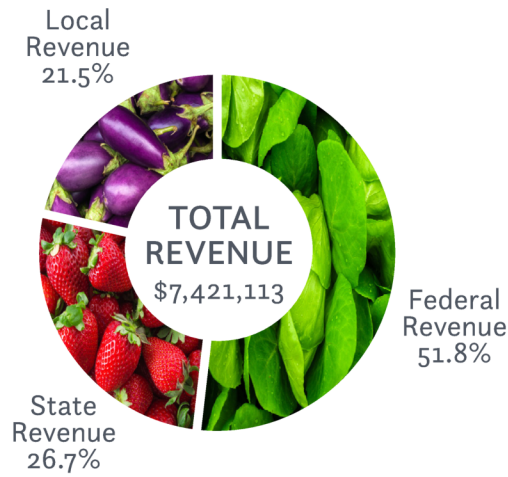
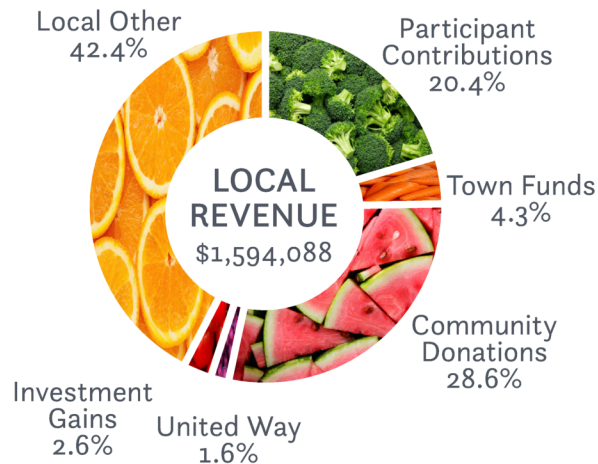
-Pauline, Client

► **LET US HELP YOU: 1-800-642-5119**

REVENUE & EXPENSES

The older adults we serve are grateful to the individual donors, community groups, volunteers, foundations, businesses, and more which make our mission possible.

Our financial vitality and resiliency during the pandemic and beyond is because of you. ***Thank you for giving Vermonters the food and support they deserve.***



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PROUD PARTNERS



Vermont
Association of
Area Agencies
on Aging



OneCareVermont

Age Well is proud to collaborate with many local, statewide, & national partners to create a network of services for older adults.

LET US HELP YOU AGE WELL.

Follow us on Instagram, Twitter, & Facebook at @agewellvt to see what we're up to and join the story!

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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your support!*