



AGE WELLSM

CONFIDENT AGING STARTS HERE.

2022 IMPACT REPORT

The landscape of aging



THE PATH FORWARD

*As Vermont's aging population grows,
we are getting ready.*

Imagine if every older adult had access to the care, services, and nutrition that helped them age with confidence. Age Well, with your support, is trying to do just that.

Over the next three years, our strategic plan will focus on how we can best meet the growing demand for our services and the evolving preferences of older adults. We will focus on financial and environmental sustainability; efficiency, value, and operational effectiveness to advance health outcomes; and invest in new technologies and innovations to expand our digital capabilities.

We know that by 2030, the need for our services will grow exponentially and that is why it is so important, that we focus on future programming now. In Vermont, the the proportion of Vermonters who are over the age of 65 will grow by 40% by 2029!

Meeting the demand for our support and services involves so many. Age Well is grateful for the 1,000+ volunteers, community partners, and staff members who work hard across Northwestern Vermont; for the volunteers who deliver meals and reduce isolation; for the donors who provide financial resources enabling the work to be done; and for so many others who advocate, raise awareness, and bring meaningful support to older Vermonters. We rely on all of you to help us to be the best we can be. Thank you for supporting Age Well and this important work ahead!

▶ Jane Catton, Chief Executive Officer





OUR MISSION

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

Thank you, you make our mission a reality for Vermonters.

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 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)**



**OVER 14,000 OLDER ADULTS
SERVED EACH YEAR.**



COORDINATING CARE

Health happens at home

We are here for you. Care Coordination provides access to services and benefits that ensure independence and quality of life...keeping people at home where they want to be.

- ▶ **25,000+ HOURS** of one on one Care Coordination provided to **1,600+ OLDER ADULTS.**
- ▶ 87% of clients say we have helped them **STAY IN THEIR HOME.**
- ▶ We bridge systemic gaps, **MEETING THE NEEDS OF THE MOST VULNERABLE.**



Harry Benoit, Care & Service Coordinator & employee for 30+ years

“ Harry is a good guy. He has helped me so much and we are always glad to see him. He encourages me to meet my goals and tells me not to give up on them. My goals are to walk again without any help, and get my license back. **AGE WELL IS MAKING SURE I GET THE HELP AND SUPPORT I NEED TO MEET MY GOALS.** ”

▶ Lorraine, Client



EMPOWERING VETERANS

Veteran Directed Care

Allows veterans who require help with activities of daily living—for example, bathing and dressing, medication, and financial management—to receive services and support in their home.

“ *Age Well gives a lot of great info on services for Veterans and advanced directives.*

Being able to talk to someone knowledgeable is very helpful to

**MAKE DECISIONS THAT
BEST SUPPORT MY HEALTH
WHILE LIVING AT HOME.**”

► Edward, Navy Veteran



“ I love so many aspects of my job.
**AGE WELL'S STAFF WORK
TOGETHER IN CHORUS TO
FULFILL OUR MISSION.**”

► Eliza LeFevre, Veteran
Directed Care Program Lead &
employee for 5+ years

SERVING UP NUTRITION & SMILES

Food is medicine, community is everything

Meals on Wheels provides nutritious meals, a safety check, and much-needed human connection to those that are homebound. For those able to venture out, we serve meals in over 70 gathering places and restaurants throughout Northwestern Vermont, providing an opportunity to stay connected to the community, enjoying time with friends and neighbors. Additionally, we now offer Grab & Go meals throughout our service area, for older adults to pick up a meal and eat where they wish.



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.
- ▶ Our services are a cost-effective solution that *serves us all.*



TAKING A BITE OUT OF HUNGER

- Older adults threatened with hunger and social isolation make up the core of Meals on Wheels clients.
- 88% report they eat healthier food because of Meals on Wheels.
- Our nutritious meals include 1 1/2 cups of fruit and vegetables, 2-3 ounces of protein, 2 ounces of grains, & milk.
- 8 different medically-tailored meal options to meet diverse health needs.

“ I'm from a small town, several clients have known me all my life—they've been my teacher, my friends' parents, and even relatives. **IT'S AMAZING TO SEE PEOPLE FROM ALL WALKS OF LIFE COME TOGETHER FOR A NUTRITIOUS MEAL AND FORGE NEW FRIENDSHIPS.** ”

➤ Michelle Eastman, Nutrition & Wellness Coordinator for Addison County & employee for 10+ years

Middlebury Community Meal, September 2022.



BECAUSE OF YOU

When you give to Age Well, you can change the direction of an older Vermonters' life.

We know that our services save money and improve quality of life, unfortunately, Federal and State funding has not kept pace with our state's aging population.

You have the power to make a difference and help us serve all those in need when you make a donation today.

Your generosity brings smiles and security to older adults. Thank you.

▶ **MAKE YOUR GIFT TODAY**





WAYS TO GIVE

- ▶ **Donate one-time, monthly or in memory of someone special**, your gift helps older adults here in Northwestern Vermont age well. Donations are tax-deductible, EIN #22-2474636.
- ▶ **Make us a part of your legacy.** Your planned gift would play a key role in the future of Age Well and enable us to adapt and thrive, ensuring the health and wellness of our aging population for years to come. To leave a gift to Age Well, 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." Call 802-662-5229 today to learn more!
- ▶ **Join the annual March for Meals.** Our biggest fundraiser, your business or community group can sponsor a Meals on Wheels delivery route in your community. Mark your calendars for March 2023!

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



A woman with brown hair, wearing a black jacket over a teal shirt, is smiling warmly. She is holding a white plate with a whole orange and a small red cup of pink smoothie. She is offering the plate to a person whose back is to the camera, wearing a blue jacket and a black cap. The background shows a parking lot with several cars and some greenery.

**1,000+ VOLUNTEERS
GIVE BACK. THANK YOU.**

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

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

LEARN MORE: [AGEWELLVT.ORG/VOLUNTEER](https://www.agewellvt.org/volunteer)



OUR JOURNEY TOGETHER

“There is no debate that older Americans have borne the brunt of this pandemic, and if we only examine infection, hospitalization and death rates, we vastly underestimate the true impact.” - Ellie Hollander, President of Meals on Wheels America

You answered the call and supported our older neighbors during the pandemic.

Older Vermonters are grateful for your generosity. *Thank you.*

Now more than ever, you can be confident that your donations are making the greatest impact possible.

Don't be a stranger, we are here for you when you need it.

Visit our offices in Colchester, Middlebury, & St. Albans.

agewellvt.org | Helpline: 1-800-642-5119



REVENUE & EXPENSES

Our financial vitality and resiliency is thanks to our community. *Thank you for giving Vermonters the food and support they deserve.*



Audited Fiscal Year 2021 financial summary, ending September 30, 2021. Age Well is a 501(c)(3) nonprofit. Tax ID: 22-2474636

BOARD OF DIRECTORS



Dr. Allan Murray Ramsay,
Board President
People's Health & Wellness Clinic

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agewellvt.org
Helpline: 1-800-642-5119
P 802-865-0360
F 802-865-0363
875 Roosevelt Hwy, Ste. 210
Colchester, VT 05446

PROUD PARTNERS



OneCareVermont

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

SERVING NORTHWESTERN VERMONT SINCE 1974

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!