

**Rutland Office**  
143 Maple St  
Rutland VT, 05701  
(802) 786-5990



**Bennington Office**  
160 Benmont Ave, Suite #90  
Bennington VT, 05201  
(802) 442-5436

## Report to the Citizens of Rutland City

This report describes the services that the Southwestern Vermont Council on Aging (SVCOA) provided to Older Vermonters in Rutland City in 2023:

### *Nutrition Support*

The Council helped provide 58,172 meals that were delivered to the homes of 324 older residents in your community. This service is often called “Meals on Wheels”. In addition, 270 older Rutland City residents came together at a luncheon site in your area to enjoy a nutritious meal and the company of others; 6,459 meals were provided.

Additionally, SVCOA provided 212 hours of one-on-one nutrition support, including nutrition assessments and resource connections and referrals, to 169 residents of Rutland City.

### *Case Management Assistance:*

SVCOA case management and outreach staff helped 418 older Vermonters in your community for a total of 3,692.50 hours. Case managers meet with an older resident privately in their home or at another agreed upon location and assess their individual situation. They will work with the older resident to identify needs and talk about possible services available to address those needs. If the older resident desires, the case manager will link the client to appropriate services, coordinate and monitor services as necessary, and provide information and assistance to caregivers. Case managers also help older Vermonters connect with in-home assistance programs, including a program called Choices for Care. This program is especially helpful to frail older Vermonters facing long term care placement who still wish to remain at home.

### *Other Services and Support:*

- “Senior Helpline” assistance at 1-800-642-5119. Our Senior Helpline staff provide telephone support to older Vermonters and others who need information on available programs and community resources.
- Medicare and health benefit counseling information and assistance through our State Health Insurance Program.
- Legal service assistance through the Vermont Senior Citizens Law Project.
- Information about issues and opportunities directly affecting older Vermonters via various agency articles and publications.
- Nutrition education and counseling services provided by SVCOA’s Registered Dietician.
- Senior Companion support for frail, homebound older Vermonters.
- Outreach services to older Vermonters dealing with mental health issues through our Elder Care Clinician. This service is provided in cooperation with Rutland Mental Health.
- Transportation assistance.
- Caregiver support, information and respite to family members and others who are providing much needed help to older Vermonters in need of assistance.
- Money Management programs that offer either a volunteer bill payer or representative payee services to older Vermonters and younger disabled individuals.

FY 2023 Southwestern Vermont Council on Aging Budget

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**Revenue**

Older Americans Act	\$	1,234,009
American Rescue Act	\$	500,000
Senior Companion	\$	15,000
Nutr Services Incentive Program	\$	149,398
DCF Outreach Grants	\$	88,449
State Health Insurance Program	\$	44,361
Medicare Outreach	\$	15,061
Medicaid Choices for Care	\$	480,000
Medicaid Cfc reimb	\$	101,500
Retired Senior Volunteer Prgm - Federal	\$	182,400
Self-neglect grant	\$	53,000
General Fund	\$	951,777
Retired Senior Volunteer Prgm - State	\$	37,774
Direct Services Grants	\$	145,250
Veterans Program	\$	26,640
Participant Contributions	\$	60,000
Town Funds (GMRSVP & SVCOA)	\$	94,698
Comm Donation	\$	25,000
United Way	\$	15,000
Other (vip, rep payee, eff vt, int)	\$	74,920
<b>Total Revenue</b>	<b>\$</b>	<b>4,294,238</b>

**Expenses**

Personnel and Fringe	\$	2,158,825
Contract Services	\$	1,538,176
Travel and Training	\$	55,750
Supplies, Equipment and Other Operating	\$	295,605
Rent/Util.	\$	128,190
Tel./Post.	\$	40,768
Insurance	\$	30,921
<b>Total Expenses</b>	<b>\$</b>	<b>4,248,235</b>

Gain (Loss) \$ 46,003