



Town Meeting Day 2015

Everyone 50+ is welcome at the Montpelier Senior Activity Center (MSAC), a place where vibrant, diverse programming promotes lifelong learning, healthy aging, socialization, enhanced nutrition and access to aging resources. Over 850 Central Vermont seniors, including one in five seniors in Montpelier, thrive on regular participation, and hundreds more benefit from the many MSAC and community events and services that are free and open to the public in this vital gathering space. The mission of the Montpelier Senior Activity Center is to enhance the quality of life for the older adults in the Montpelier area through opportunities that develop physical, mental, cultural, social, and economic well-being at a welcoming, flexible environment.

- We provide more than 30 hours of weekly free events and services to all seniors, whether or not they are members. These include lectures, clinics, presentations, support groups, music groups, and games. Meals on Tuesdays and Fridays are open to all and those 60 or older can eat for free.
- We serve more than 1,000 seniors each year, and about a third of those are from towns other than Montpelier.
- We provide nearly fifty weekly activities for healthy living and lifelong learning. Classes are very affordable (most are \$30 or \$35 for 12 weeks). Financial aid is available.
 - 23 weekly movement classes
 - Humanities classes in film appreciation, foreign language, writing, technology, and more
 - Art classes
 - Swimming and water aerobics program
 - Discounts at area gyms
- We connect people with other senior services – increasing the impact of the other senior organizations that towns are supporting.
- Senior services are critical, especially as the population continues to age. Healthy seniors lead to decreased medical costs and social service costs and contribute to more vibrant and livable communities. Senior organizations work together on a regular basis to serve the residents of your town.
- We believe that our services complement rather than compete with other senior centers and senior organizations. ALL are worthy of funding at their full request level. Each

senior center brings something unique to the table, with different programming and services serving different sets of seniors. ALL are worth supporting.

- The amount we spend on senior organizations is minimal compared to what we spend on schools.
- The annual cost of providing Meals on Wheels is equal to the cost of just *one day* in the hospital or six days in a nursing home. Meals on Wheels reduces costs for seniors and social services.
- The City of Montpelier only funds 40% of our operating budget. We rely on class fees, membership dues, investments, fundraising and help from supporting towns for the rest.
- Montpelier provides us with about \$200 in funding per person served.
- Supporting towns have lower membership dues than non-supporting towns. Fees and dues are still higher than Montpelier members because of the difference in funding per person served from the City of Montpelier compared to the supporting towns.
- If we receive funding, Moretown will become a supporting town and the membership fee will go down from \$50 per year to \$30 per year. We believe that more people will participate as a result.

We served 5 people in the town of Moretown in 2014.
That is 0.7% of the people aged 50 or older in your town.

This may not fully reflect the number of people who participated, as many seniors take advantage of our free events and resources without recording their presence.

We are requesting \$300 from your town.
That is \$60 per person served.
That represents \$0.19 per resident.
That represents \$0.43 per resident aged 50+.

Meals on Wheels in your town is provided by: Mad River Valley Senior Center