

MAD RIVER VALLEY SENIOR CITIZENS, INC - 2015 TOWN REPORT

The Mad River Valley Senior Citizens (MRVSC) Board of Directors sincerely appreciates the continued support of the businesses and citizens of the Mad River Valley. With your support, we have been successful in our mission to provide nutritional meals, opportunities for social connection, and access to health and wellness resources for seniors in our community for over 30 years. In addition to two part-time staff, we are fortunate to have so many caring volunteers who are central to this success. In FY2015, we served over 7,800 meals at the senior center dining room in Evergreen Place in Waitsfield and to our Meals On Wheels (MOW) clients in four towns. We serve three weekly community meals (Monday breakfast, Tuesday & Thursday lunches) and prepare daily dietician-approved lunches for MOW clients. All meals are by donation. In addition to meals, we offer educational talks, our popular Armchair Travelogue series, exercise options, and music. We hosted a special end-of-life planning series in 2015. In addition to donations from patrons and clients, MRVSC receives financial support from the Central Vermont Council on Aging, the four Valley towns, Vermont Center for Independent Living, and community donations. The Mad River Valley Rotary, Mehuron's, and many local businesses and individuals provided us with generous donations through gifts, attendance at our fundraisers, and via our coin collection cans at area retailers. Please visit our new website (www.mrvseniors.org) for info on our services and links to resources.

We wish to acknowledge our many partners in community health, from local farmers and the Vermont Foodbank to area organizations, including Downstreet Housing, the Support and Services at Home (SASH) program, the MRV Interfaith Council, Central Vermont Home Health & Hospice, Upper Valley Services, RSVP, and the Council of Vermont Elders (COVE). Our sincere thanks to Fran Plewak for her years of service on our board, and we welcome two new board members, Marilyn Spaulding of Moretown and Spencer Potter of Waitsfield.

Respectfully Submitted: MRVSC Board of Directors – Nancy Emory, Co-Chair; Vince Gauthier, Co-Chair; Sue Stoehr, Treasurer; Marilyn Spaulding, Secretary; Marise Lane; Spencer Potter; Alice Tenbeau, MOW Co-Coordinator; Gene Fialkoff, MOW Co-Coordinator