

## **Annual Report for Moretown 2016**

The Waterbury Area Senior Citizens Association would like to thank the community of Moretown for their support. We would like to ask for continued support and greatly appreciate the funding we have received from the town in the past. Historically the town of Moretown has given us \$4,999 towards support of our Meals on Wheels program and we would like to ask for the same amount as continued support. With this money we will be able to continue to provide Meals on Wheels and weekday meals at our center, as well as activities that maintain the independence and health of our members. In the past year we have delivered to approximately 17 different clients in Moretown, and served an additional 35 residents of Moretown both for meals and other programs. The Center offers weekday Meals on Wheels and Congregate meals. In addition to delivering meals and a safety check we also loan out lift chairs, walkers, commodes, hospital beds, bed rails and other safety equipment.

The Waterbury Area Senior Citizens Association purpose is to enrich the lives of older persons by providing services and activities that sharpen the minds and improve the physical and emotional health of its members and help keep them active and involved in the life of the community. The Center offers weekday Meals on Wheels and Congregate meals. Also low impact exercise classes, bingo, Wii games, Mexican train dominoes, cribbage, book discussions, and computer classes. Monthly foot care clinics, yearly AARP safe driving classes and AARP tax return assistance. We also lend out many medical devices from walkers, lift chairs, hospital beds, stair lifts, commodes and other items to help keep members of the community living comfortably in their own home. In addition to these activities, we have decorated cookies and made chocolates at Christmastime; catered different private events and parties, as well as catered funerals and memorial services. We also hold many different fundraising meals to raise awareness and the support the center; Lunch at Town Meeting, Mother's Day Brunch, Fall Harvest Dinner and dinner and sale during the Holiday Stroll.

The Center is currently providing a great service to the current residents from the Towns of Waterbury, Duxbury, Moretown, Middlesex, and Bolton. Our biggest expense of WASCA is providing 80 hot weekday and home delivered meals. Meals on Wheels are delivered by volunteer drivers to our homebound seniors. More than 95 % of our clients are disabled or live in low to moderate income households in the communities we serve. The government reimburses us only \$3.50 per meal. Currently, we are on target to serve over 20,100 meals for our fiscal year that ends September 2016, but the need outweighs the funds. We are seeing more of a need, by the year 2030 one in four Vermonters will be over the age of 65.

We are prohibited by federal regulations from charging for our meals and only suggest that seniors contribute \$4.50 per meal if they can afford it. Currently our average meal contribution is well below this amount at \$1.25 per meal, but we will not discourage seniors from enjoying a hot meal even if they cannot pay. Investing in Meals on Wheels keeps community members in their own home and out of nursing homes and hospitals. A one day stay in the hospital in Vermont = \$1656; compared to 1 year of meals on wheels delivered = \$1,040 for 1 person.

The generosity of our senior members and the community support is wonderful. We hope that the citizens of Waterbury, Duxbury, Moretown, and Middlesex will continue their high level of support for the Waterbury Area Senior Citizens Association. The Waterbury Area Senior Citizens Association has served this town well, and the town and the residents have supported us generously. If you have never been to the center we encourage you to come see what we are all about. Thank you for your continued support.

Karol Smith  
Executive Director