

MAD RIVER VALLEY SENIOR CITIZENS, INC - 2014 TOWN REPORT

The Mad River Valley Senior Citizens (MRVSC) Board of Directors would like to thank the select boards, businesses, and citizens of the Mad River Valley for supporting our mission to provide nutritional meals and promote social connection and access to health resources for seniors in our community. The Central Vermont Community Land Trust, CVCLT, provides MRVSC with kitchen and dining space at its Evergreen Place housing facility, located on Route 100 in Waitsfield, just north of the Route 100/Route 17 junction. In FY2014, we served over 6,500 meals at the senior center dining room and to our home-delivery clients, via three weekly group meals (Mondays, Tuesdays, Thursdays) at the senior center and daily meals for Meals on Wheels clients (Mondays-Fridays plus weekend frozen meals). In 2014, we expanded breakfast service on Mondays to a diner-style menu from 8-10AM, cooked to order by Walter Brink. All meals are by donation. Information on meals and activities is listed in the Valley Reporter and shared on Front Porch Forum.

In addition to donations from patrons and clients, MRVSC receives the bulk of its 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 and the Warren Church as well as a host of local businesses and individuals provided us with generous donations this year. We held a successful Meals on Wheels fundraiser at the Waitsfield Inn in December, and received many year-end donations via mail and our coin collection cans at area retailers. In 2014, we received extra funding through the Central Vermont Council on Aging to allow us to purchase more local produce and meats for our meals. Many thanks to area farmers for supplying us so well this year. Volunteers are essential to our operations, from kitchen prep, serving, and cleaning to meals delivery. We would like to thank our vital volunteers (over 35 community members) who volunteered time at meals, calling bingo, harvesting berries, as speakers, and delivering meals in 2014. MRVSC coordinates activities, lectures, and wellness resources with area health agencies, including the Support and Services at Home (SASH) program and the Council of Vermont Elders (COVE). SASH program staff members Kenneth Russell and Boo Smith, RN are onsite in Evergreen Place on Tuesdays and provide free exercise programs, games, educational talks, and blood pressure checks. Central Vermont Home Health & Hospice provides nursing support for monthly foot clinics and seasonal flu clinics.

In 2014, we were able to finance two popular field trips for seniors with help from a grant from the Planseon Trust, administered by the Warren Church. We look forward to planning another trip soon, and to partnering with area senior centers to offer more field trips and travel opportunities. 2014 also saw some staff changes, as we welcomed two new cooks, Austin Ricketts and Walter Brink. We employ a part-time site coordinator, Dara Torre, to manage reporting, outreach, and planning. The Central Vermont Council on Aging and the Vermont Foodbank provide us with ongoing support and trainings. We receive wonderful support from the staff at Bookkeeping, Etc. Our sincere thanks to Lorraine Wimble for her twelve years of service, and to outgoing board treasurer, Val Hale, for all her guidance over the past nine years. We welcomed three new talented board members this year, Sue Stoehr, Nancy Emory, and Vickie Walluck.

Our goal is to provide high quality meals and a safe, friendly community space for Mad River Valley seniors, and your feedback is important to us. If you have suggestions or questions for us, please contact the MRVSC board at mrvsc@gmavt.net.

Respectfully Submitted: MRVSC Board of Directors - Fran Plewak, President; Vince Gauthier, Vice-President; Vickie Walluck, Treasurer; Susan Stoehr, Secretary; Marise Lane; Nancy Emory; Alice Tenbeau, MOW Co-Coordinator; Gene Fialkoff, MOW Co-Coordinator