

Capstone Community Action Fall 2016 Report to the Citizens of Moretown

Since 1965, Capstone Community Action (formerly known as Central Vermont Community Action Council) has served low-income residents of Lamoille, Orange, and Washington Counties and nine communities in Windsor, Addison, and Rutland Counties. We help people build better lives for themselves, their families and their communities. This year, Capstone Community Action served 15,064 people in 8,931 Vermont households through Head Start and Early Head Start, business development, financial education, food shelves and nutrition resources, housing counseling, tax preparation, teen parent education, emergency heating assistance, home weatherization, workforce training, healthcare navigation, and more.

Programs and services accessed by 40 Moretown households representing 46 individuals this past year included:

- 9 individuals in 5 households accessed nutritious meals and/or meal equivalents at the food shelf.
- 2 households with 3 family members were able to keep heating their homes with help from our Crisis & Supplemental fuel programs as well as other utility costs.
- 1 child was in Head Start and Early Head Start programs that supported 1 additional family member.
- 3 households were weatherized at no charge, making them warmer and more energy efficient for 3 residents, including 2 seniors.
- 2 people attended classes or met one-on-one with a financial counselor to be better able to manage and grow family finances.
- 2 entrepreneurs received counseling and technical assistance on starting or growing a business.
- 10 residents had their taxes prepared at no charge by Capstone's IRS certified volunteers ensuring them all the refunds and credits they were due.
- 1 childcare provider received nutrition education and was reimbursed for the cost of serving nutritious meals and snacks to the 12 children in their care.

Capstone thanks the residents of Moretown for their generous support this year!