



March 2021

For over 41 years, the Northeast Kingdom Council on Aging has been a valued and trusted resource for older Vermonters to age independently, their way. Our mission is to deliver the person-centered support necessary for our older Vermonters to sustain their independence and live well in their communities.

Our valuable services include a Helpline, Medicare counseling and Bootcamp, specially-trained staff who help people develop long-range planning as they age, exercise and mobility programs, family and caregiver support programs and grants, case management for those who need a bit more support with aging in place, as well as assistance in applying for fuel, food, and pharmacy programs.

Our nutrition programs partially fund meal sites and home delivered meals under the guidance of our registered dietitian. Working with RCT and Legal Aid, we provide solutions for the complex challenges people face while living in a rural community. In addition, our work is supplemented by over 370 volunteers who serve as home-delivered meal drivers, wellness program leaders, friends who make neighborly check-in phone calls, and home-based caregivers.

Our service area extends across the entire Northeast Kingdom. During this past year 60 residents of Charleston used the services of our organization to meet their needs. People called our Helpline for assistance with caregiving and programs such as 3SquaresVT, Medicaid and Medicare, fuel assistance, and transportation, among other services. Our website [www.nekcouncil.org](http://www.nekcouncil.org) provides information on many of our programs and services.

We sincerely thank the residents of Charleston for your continued support to make a difference in the lives of your residents who are often the most vulnerable. As a private non-profit, we are able to remain independent and put the focus on our clients who need unbiased assistance.

If you have a friend or family member who may benefit from our services, please contact us. We're just a phone call away at the Helpline: 800-642-5119.

In gratitude,

A handwritten signature in black ink that reads "Meg Burmeister".

Meg Burmeister  
Executive Director

The staff at the NEK Council on Aging wish to extend a special note of thanks to all the residents of the towns that supported us with an appropriation or donation during the COVID-19 pandemic. Requests for our services increased substantially and we remain grateful for the support of all our friends in the Northeast Kingdom as we continue to help our elders to remain healthy and safe.



Dear Town of Charleston Select Board,

On behalf of the Northeast Kingdom Council on Aging, we are writing to ask for an appropriation from the town of Charleston to support our work with older Vermonters living in your community. Your support is vitally important as we continue to face challenges due to the effects of the COVID-19 pandemic and the increasing need to protect and feed our elder Vermonters as they stay home and stay safe.

The NEK Council on Aging serves as a central guide for older Vermonters to gain services and assistance in their communities. We remain a critical resource for the COVID-19 emergency response. In FY 2020, the Council aided **over 4,486 residents of the Northeast Kingdom** and with our home-delivered meals program, **delivered 207,546 meals—an annual increase of 79,462 meals**. We also offer a Helpline, Medicare counseling and Bootcamp, exercise and mobility programs, specially-trained staff who help people develop long-range planning as they age, family and caregiver support programs and grants, case management for those who need a bit more support with aging in place, as well as support to apply for fuel, food, and pharmacy programs. Our nutrition programs partially fund meal sites and home delivered meals under the guidance of our registered dietitian. Working with RCT and Legal Aid, we provide for the complex challenges people face while living in a rural community. Our work is supplemented by over 370 volunteers who serve as home-delivered meals drivers, wellness program leaders, and home-based caregivers.

As a private, 501c (3) non-profit corporation, we have been serving older Vermonters for over 41 years. This year, we are requesting the amount of \$600.00 from the residents of the town of Charleston. We have enclosed a brief letter in support of this request for inclusion in your town report and a copy of our 2020 Annual Report.

Suggested wording for the warning article for town meeting follows: *"Shall the town vote to appropriate the sum of \$600.00 to assist the Northeast Kingdom Council on Aging in providing services to older Vermonters in the ensuing year."*

Please feel free to contact me should you have questions or need additional information.

Warm regards on behalf of the staff and Board of Directors of the NEK Council on Aging,

A handwritten signature in cursive script that reads "Meg Burmeister".

Meg Burmeister  
Executive Director

[www.nekcouncil.org](http://www.nekcouncil.org)

The mission of the Northeast Kingdom Council on Aging is to *"Help People Age with Independence and Dignity."* Our goal is to enhance the ability of these Vermonters to live as independently as possible, actively participating in and contributing to their communities.

**Funding** *and how it's dispersed*

*Preliminary Results Year Ended September 30, 2020*

**Revenue Sources**

**Federal Funds**

Older Americans Act	\$745,813
Families First/CARES Act	\$626,607
Nutritional Services Incentive Program	\$126,952
Medicaid	\$355,805
Other Programs	\$108,278
	<b>\$1,963,456</b>

**State of Vermont Funds**

General Funds	\$53,000
State Health Insurance Program	\$34,251
Dementia Respite	\$6,955
Other Programs	\$812,866
	<b>\$907,072</b>

**Local Funds**

Participant Contributions	\$29,247
Town Funds	\$45,620
General Donations	\$33,068
Other Funds	\$4,199
Gain on Investment	\$7,318
	<b>\$119,452</b>

**Total Support and Revenue** **\$2,989,979**

**Program Expenditures**

**Individual Advocacy**

Case Management	\$953,602
Caregiver Services	\$47,023
Legal Assistance	\$33,835
Information and Assistance	\$167,033
State Health Insurance Program	\$61,211
Other Programs	\$120,719

**Total Individual Advocacy** **\$1,383,423**

**Independent Living Services**

Home Delivered Meals	\$1,201,707
Congregate Meals	\$93,795
Specific Assistance	\$63,922
Other Programs	\$247,487

**Total Independent Living** **\$1,606,911**

**Total Expenditures** **\$2,990,333**