



Senior Resource Fair!

Wednesday May 24

3:00 p.m. - 5:00 p.m.

Free to the public

Charlotte Senior Center

212 Ferry Road, Charlotte, VT



3SquaresVT- Federal Supplemental Nutrition Assistance Program -

3SquaresVT: A federal USDA program helping put healthy foods on your table every day! If you qualify, you'll get money every month to buy food at many local stores and farmers markets. *You earned this benefit by paying taxes. The best way to find out if you're eligible for 3SquaresVT is to apply! [3Squares.vt.gov](https://3squares.vt.gov) or call 1-800-479-6151



AARP will be providing information about the Fraud Watch Network of VT AARP. <https://www.aarp.org>



ABLE Library offers free library services to any Vermonter who is blind or have a visual or physical impairment preventing them from reading standard print materials. People with reading disabilities like dyslexia and patrons of all ages can access books and magazines in a format that fits their reading needs, including audiobooks, braille books, large print books, and electronic audiobooks. <https://able.vermont.gov>



Age Well is the leading expert and advocate for the aging population of Northwestern Vermont. We believe that health happens at home and the focus is best placed on lifestyle, happiness and wellness—not on age. Our mission is to provide the support and guidance that inspires our community to embrace aging with confidence.

<https://www.agewellvt.org>



Alzheimer's Association Vermont

OUR VISION: A world without Alzheimer's and all other dementia®. Formed in 1980, the Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support and research. *Meet Susan Cartwright and Jill Abilock to learn about the Alzheimer's Caregivers Support Group starting at the Charlotte Senior Center!*

<https://www.alz.org/vermont>



Charlotte Emergency Management has information critical for seniors in our community. An Emergency Management team in Charlotte educates residents of the Town of Charlotte about emergency preparation and helps to coordinate resources when a disaster occurs. <https://www.charlottevt.org>



Charlotte Energy Committee offers information about solar and weatherization programs. The CEC's mission is to improve the way we produce and use energy in Charlotte by conservation, energy efficiency, renewables, transportation, buildings, and land-use planning. <https://www.charlotteenergy.org/>



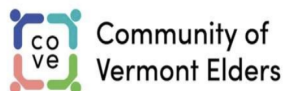
Charlotte Volunteer Fire & Rescue Services Ginger Parent, FF/NRAEMT from Charlotte Volunteer Fire & Rescue Services will provide information for seniors concerning home and fire safety. <https://www.cvfrs.com>



Charlotte Food Shelf is a non-profit providing nutritious food for residents of Charlotte and North Ferrisburgh that is committed to providing support to our neighbors with food and assistance. Hours: Every other Wednesday 4-6PM <https://www.charlotteucc.org/charlotte-food-shelf>



Charlotte Library provides materials and resources for community members of all ages including an "Easy on the Eyes" reading assistance collection, access to the ABLE library and large-print books, and the BARD (Braille and Audio Reading Download) service. <https://www.charlottepubliclibrary.org>



Community of Vermont Elders (COVE) has been operating in Vermont for over 40 years promoting and protecting quality of life for older Vermonters. We advocate and educate on issues including Medicare fraud, elder abuse, ageism, respite care, victim advocacy, and state policy. <https://www.vermontelders.org>



Consumer Assistance Program(CAP)- For four decades, the Vermont Attorney General and UVM have worked together to help Vermont consumers and businesses. CAP can help you solve problems with businesses, find answers from the state government and connect you with resources.

<https://ago.vermont.gov/cap>



HomeShare Vermont- Homesharing is a simple idea where two or more people share a home for **mutual benefit**. A person offers a private bedroom and shared common space in exchange for rent, help around the home, or a combination of the two-at its core, it is about two people helping each other. No two home sharing arrangements are alike. Each is tailored to the unique needs and interests of the people involved <https://www.homesharevermont.org/>



Home Instead From personal care to Alzheimer's care and transportation, Home Instead® services make life easier for seniors & their families. Your local, independently owned & operated office will seek to match compassionate, reliable caregivers with each Client's personality and needs. <https://www.homeinstead.com/>



The Low Income Home Energy Assistance Program helps keep families safe & healthy by providing federally funded assistance to reduce energy bills, weatherization, energy crises, and minor energy-related home repairs. LIHEAP can help you stay warm in the winter and cool in the summer through programs that reduce the risk of health and safety problems that arise from unsafe heating and cooling situations and practices.

<https://www.acf.hhs.gov/ocs/low-income-home-energy-assistance-program-liheap>



Living Well Group's mission is to create a model of whole-person elder care that honors, respects, & elevates each individual while redefining aging. Locally managed residential homes offer care & activities as unique & special as each resident. Our age-in-place approach allows life stories to continue with us. <https://livingwellgroup.org>



Maple Ridge Assisted Living and Memory Care Since 2016, we have been an intimate, secure, and loving senior community for assisted living and memory care. Located in Essex Junction, our program embraces a mindful, non-pharmacological approach, based on research and best practices. <https://mapleridgeessex.com>



Patient Choices Vermont (PCV) is dedicated to educating Vermonters about **Medical Aid in Dying**. Vermont's Patient Choice at End of Life Law (Act 39), enacted in May 2013, enables people who are terminally ill and capable of making their own medical decisions the option to request and receive medication that they can use to bring about a peaceful death if and when they so choose.

<https://www.patientchoices.org/>



SASH, "Support and Services at Home" is a free, statewide wellness initiative designed to help Medicare eligible adults stay healthy in all aspects of their lives and remain living independently at home. SASH works in caring partnership with local agencies to connect you with resources and services that best meet your needs and help you stay independent. <https://sashvt.org>



Porter Medical Center

Porter Medical Center (The University of Vermont Health Network) Located in Middlebury, Porter Medical Center consists of a 25-bed acute care facility, a 105 bed skilled nursing facility including a memory care unit, short-term rehabilitation unit, and a long-term care unit. Porter also operates a network of primary care and specialty medical practices throughout the region, as well as an infusion center and "Porter ExpressCare". **BECOME A VOLUNTEER!** Visit www.portermedical.org or call Kelly Walters 802-382-3444 to apply



Shelburne Food Shelf's mission is to improve food security for community members of Shelburne through food distribution and emergency assistance. Preserving the dignity of our shoppers is paramount. Shelburne Food Shelf is open about 6 times per month. Calendar and sign-up is available on our website - <https://www.shelburnefoodshelf.org/>



South Burlington Vet Center offers no cost confidential help for Veterans, service members, & their families in a non-medical setting. Our services include counseling for depression, post-traumatic stress disorder, and the psychological effects of military sexual trauma. We can also connect you with more support from the VA and your community.



State Health Insurance Assistance Program (SHIP) provides unbiased help to Medicare beneficiaries, their families, and caregivers. Sam Carleton, VT SHIP Director, will talk with you about your local State Health Insurance Program. <https://www.agewellvt.org/services/medicare-counseling/>



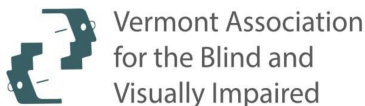
The Residences at Shelburne Bay, Quarry Hill and Otter Creek exemplify senior living. Each of the three Vermont communities boasts a little something for everyone. All levels of support are offered to enable easy transition within the community. <https://www.lcbseiorliving.com/communities/>



United Way of Northwest Vermont RSVP & Foster Grandparent Programs RSVP and Foster Grandparent programs are national level volunteer programs for individuals 55+. Foster Grandparents is a unique volunteer program that provides opportunities for adults age 55 & older to earn supplemental income & remain engaged in the community by helping children. RSVP is a program designed for adults 55 and older to connect and share their talent and experience through volunteering. <https://www.unitedwaynwvt.org>.



UVMHN Home Health & Hospice- Care at Home since 1906. For more than 100 years, we have provided high-quality, compassionate care wherever our community members call home. <https://www.uvmhomehealth.org>



Vermont Association for the Blind and Visually Impaired is the only private agency to offer training, services, and support to visually impaired Vermonters. Our mission is to enable Vermonters who are blind or visually impaired, to be more independent, cultivate adaptive skills and improve their quality of life. <https://www.vabvi.org>



Vermont Ethics Network (VEN) is a non-profit organization working to advance ethics in healthcare by providing education for individuals, care-givers, policy makers and communities throughout Vermont. VEN also manages the state registry for advance directives and works to empower patients, families, and health professionals to join in constructive dialogue and shared decision-making about health values and choices. <https://vtethicsnetwork.org>