
WESTFORD SENIORS REPORT

Westford Seniors gather for luncheon meetings March through June and September through December on the second Monday of the month. The group greatly appreciates the opportunity to meet at the Red Brick Meeting House. Attendance averages 30 each month.

Meetings begin with a lunch prepared by a group of Westford women coordinated by Perky Maddocks and Janet Franz, and is followed by a business meeting chaired by President Bernice Weston. Meetings always include announcements, a report from Loreen Teer, Treasurer, and a call for group member suggestions. In December, members approved officers for 2008 as follows: Bernice Weston, President; Perky Maddocks, Vice President; Loreen Teer, Treasurer; Janet Franz, Member-at-Large; and Rosalind Andreas, Secretary.

The group greatly appreciates the women who prepare and serve the meals and offer support to members in many ways. Kevin and Suzanne Kearns of the Westford Market regularly contribute to the luncheon.

During 2007, the group enjoyed the music of Roland A. Pigeon (fiddle) and his back-up group of Hubert Hemenway and Raymond Lavallee, known years ago as "Roland and His Happy Ramblers". At the April meeting, Jeanne Hutchins spoke to the group regarding PACE VT, a newly funded program for Vermonters who can access healthcare while living at home. In June, Cathy Nellis spoke on VT 211, the Vermont Information Line. In September, the group heard a presentation on options before voters regarding schools as a result of the completion of work by the Unified Union Study Committee composed of representatives from Westford, Essex and Essex Junction. Throughout 2007, members were kept up-to-date on matters before the Westford Conservation Commission, the Ancient Roads project, and volunteer opportunities at the Westford School. Members have contributed to the Red Brick Meeting House Society and to the town holiday baskets.

Westford Seniors appreciate the services and assistance of Victoria Tibbits, Town Librarian, who has provided books and tapes for checkout at meetings. Loreen Teer represents the group on the Brick Meeting House Society.

Seniors were saddened by the death of Frederic Weston in April.

All Westford senior citizens are invited to attend meetings. The next luncheon will be March 10, 2008, 12:00 noon at the Brick Meeting House.

Respectfully Submitted,
Rosalind E. Andreas, Secretary

CHAMPLAIN VALLEY AGENCY ON AGING
Helping People Age with Independence and Dignity

The Champlain Valley Agency on Aging, Inc. (CVAA) has been helping people age with independence and dignity for over 30 years. During this past year, CVAA provided services to 16 older residents of Westford. CVAA is grateful to the citizens of Westford for their ongoing support of services for area seniors.

The services available to residents of Westford include:

Meals on Wheels – CVAA provides hot wholesome meals to seniors who are age 60 or over. Volunteers deliver Meals on Wheels to homebound individuals who are ill, frail, or recuperating after a hospital stay and unable to prepare their own meal.

Senior Community Meals – These meals are served at many area restaurants. In addition to a nutritious meal, the community meal provides socialization and companionship for older people who may be isolated or live alone. Over 5 Westford seniors participated in the community meals program.

Case Management – CVAA Case Managers make in-home visits and connect individuals with the services and resources they need in order to remain independent and in their own home. Kathy Hart, the CVAA Case Manager for Westford, worked with 11 seniors in your town. Kathy may be reached through the CVAA office at 865-0360 or 1-800-642-5119.

Senior HelpLine – CVAA operates a toll-free service that provides answers to any question or concern regarding services for older people. Seniors, or their family members, can reach the Senior HelpLine by calling 1-800-642-5119 (Voice/TTY) during business hours.

For more information on the Agency, or to inquire about volunteer opportunities, call 865-0360 or 1-800-642-5119 (Voice/TTY). You may also visit us at www.cvaa.org.

VNA FUND REQUEST FY 2009

The Visiting Nurse Association (VNA) cared for 20 people in Westford during the past fiscal year (July 2006 – June 2007) with the following services:

<i>VNA Program or Service</i>	<i>Visits</i>	<i>Hours</i>
Nursing	148	
Physical Therapy	77	
Occupational Therapy	3	
Social Work, Social Service	63	
Licensed Nursing Assistant	422	528
Waiver Attendant	<u>158</u>	<u>1,056</u>
Total	871	1,584

Total cost of VNA services provided in Westford	\$94,806
Amount reimbursed by Medicare, Medicaid, private insurance, contract and patient fees	<u>\$87,543</u>
Remaining care expense	\$ 7,263

In 1979, the VNA began providing services to the residents of Westford. Every year since then we have asked for your support in covering the unreimbursed costs of those services. All towns and cities in Chittenden and Grand Isle counties help to underwrite the costs of VNA services for their citizens. Others, including the United Way and individual donors, also help the VNA pay for about \$2 million each year in unreimbursed care costs. Thank you for your fiscal year 2008 donation of \$6,000.

For the fiscal year 2009, the VNA is requesting a donation of \$6,240 to help us continue to cover the cost of care for your neighbors in need.

THE VERMONT CENTER FOR INDEPENDENT LIVING

The Vermont Center for Independent Living (VCIL) teaches people with significant disabilities how to gain more control over their lives and how to access tools and services to live more independently. We also conduct public education, outreach, individual advocacy and systems change advocacy to help promote the full inclusion of disabled people into community life.

Preliminary data for FY'07 show that VCIL responded to over **2,500** requests from individuals, agencies and community groups for information and referrals and program services for individuals living with a disability. We provided one-on-one peer counseling to **277** individuals to help increase their independent living skills; we provided **373** households with financial and technical assistance to make their bathrooms and entrances accessible; VCIL provided **275** individuals with assistive technology; and provided **514** with individuals home-delivered meals through VCIL's Meals On Wheels program for individuals under the age of 60 with disabilities.

VCIL's central office is located in downtown Montpelier with three regional offices in Bennington, Brattleboro and Chittenden Counties. Our Peer Advocacy Counselors are available to people with disabilities throughout Vermont.

During FY'07, **1** resident of **Westford** received services from the following program: Home and Community Access Program (HAP).

To learn more about VCIL, please call VCIL's toll-free I-Line at 1-800-639-1522 or visit our web site at www.vcil.org.

WOMEN HELPING BATTERED WOMEN

Our newest and perhaps one of our most ambitious programs continues to be the **Transitional Housing Program (THP)**. The crisis in affordable housing in the county has a tragic impact on our work. The fear of homelessness is a common reason many women will not leave their batterers. In order to attempt to provide a solution for this crisis, we have sought to provide more long-term housing solutions. Our THP currently houses two residents in long-term stable housing that is just one part of a comprehensive plan to help them fully take control of their lives again. We have continued to partner with the Burlington Housing Authority to build Sophie's Place, the 11-unit transitional housing building. With funding secured, we expect to break ground Spring of 2008. Development of associated advocacy and support programs for THP residents continues. In addition, we provide the following services:

The Hotline Program provides a confidential hotline that is available to victims/survivors of abuse and their family, friends, colleagues, service providers and other concerned members of our community, 24 hours a day, 7 days a week. This program is the gateway to accessing all other services offered at the organization and is answered by trained volunteers and staff. The hotline offers safety planning, emotional support and options counseling, referrals to our emergency shelter and shelter screening, crisis intervention, general information about domestic violence, referrals to WHBW's housing, legal and support group programs, referrals to outside social service agencies, assistance and referrals around parenting issues and additional family support systems, and any follow-up services that are deemed necessary. In fiscal year 2007, the hotline fielded over 3,392 calls for support and referrals, and an average of 26 new women called the hotline each month to access emergency services and receiving support for the first time.

The Education Program provides information and raises awareness about domestic violence and WHBW's services in a wide variety of community settings such as public/private events, schools, businesses, health-care clinics, support groups, churches and more. In fiscal 2007, the Organization provided domestic violence education outreach and training on domestic violence to over 6,925 individuals through more than 273 presentations and outreach events in Chittenden County. Also, in fiscal year 2007, weekly support groups with childcare were provided and attended by 41 women.

The Shelter and Housing Program provides short-term, emergency shelter and economic advocacy services for individuals in Chittenden County who are fleeing or recently have fled domestic violence. Our services include working with individuals to obtain their basic needs, as well as ongoing provision of information, options counseling and refer-

als to community agencies in the housing and economic services realm. We provide regular advocacy on behalf of domestic violence survivors with such agencies as the Public Housing Authority, the Economic Services Division of the Department for Children and Families, private and public housing providers, and more. In fiscal year 2007, 233 women and children were assisted by shelter and housing staff, totaling 8,026 bednights (over 170% increase over FY06), and 806 hours of housing-related advocacy were provided.

The Legal Advocacy Program provides support to victims of domestic violence in navigating legal systems such as the Family and District Courts, law enforcement and the Department of Corrections. Legal Advocates provide information about laws related to domestic violence, the court process and legal options. In addition, individuals whose lives have been affected by intimate partner violence receive support and assistance with court forms and preparation for court hearings, accompaniment to hearings, and assistance in the process of obtaining protection orders. In fiscal year 2007, 1,269 adults and children were assisted in obtaining Relief from Abuse orders and 1,844 hours of legal advocacy were provided.

The Children's Services Program offers crisis intervention, advocacy for the rights and needs of children in the shelter and in the community, provides childcare, recreational activities and educational playgroups for pre- and school-aged children. Some of the groups are time-specific and all groups are open to children referred through WHBW's hotline, school social workers and other service providers. Non-violent discipline and behavior are modeled for children and their mothers. Mothers are also offered parenting education and support. In fiscal year 2007, 346 children received services at the Agency in the form of playgroups, support groups, and other supportive services, 6,467 hours of children's services were provided and 36 women attended parenting workshops.

**For information or to volunteer, please call:
Hotline (802)658-1996 or 1-800-ABUSE95 in VT
Business line (802)658-3131**

ESSEX CHIPS

Essex CHIPS (Community Helping to Inspire People to Succeed) has been making a positive impact on our youth and communities since 1986. Today, Westford residents (both youth and adult) enjoy and take advantage of a variety of our programs, educational opportunities, and efforts. Youth enjoy *The Stomping Ground*, a youth-led coffeehouse providing a variety of entertainment on Friday nights in a safe and substance-free atmosphere. Westford residents also participate in our monthly Coalition meetings (5:30 PM on the 1st Thursday of each month at the Essex Teen Center), which offer youth and adult community members an opportunity to gather for a free meal and discuss issues in our community pertaining to healthy youth development. A number of youth and adults from Westford also attended our 17th *Annual Community Forum* this year and heard a presentation on the “Fish Philosophy” for enjoying life, and participated in a variety of interactive and educational workshops.

Many Westford residents are active in CHIPS in a variety of capacities. Anais Roy (EHS '10) joined our organization's Board of Directors this past year, working as part of this group to oversee the operations of our entire organization. Jayme O'Donnell (EHS '09) is an active member of our Stomping Ground committee and frequently attends coalition meetings. Becky, Patrick, and Zander Roy also are regular attendees at our monthly coalition meetings! We are seeing a handful of middle school youth who are regularly attending our free after school program at the Essex Teen Center, and also have a youth from Westford involved in the Burton CHILL program this year. We also worked with Essex High School and Westford alum Emily Fitzgerald in the creation of our organization's new logo. Emily designed two separate logos and we asked the community to help us decide which one to use as our new logo. Over 200 community members from Essex, Essex Junction, and Westford voted to select the logo.

CHIPS also worked closely with Kim Morse and the Westford School to promote substance-abuse prevention and healthy youth development activities for youth in Westford. This past year, CHIPS programming staff began to conduct scheduled, monthly visits to Westford School to work with Kim and youth there around promoting healthy youth and substance abuse prevention. This year CHIPS also worked with Kim to include Westford School in several community-wide events including Red Ribbon Week (a weeklong national campaign celebrating healthy, substance-free lifestyles), Youth Week (a weeklong celebration of local youth and youth accomplishments), and Truth Week, a weeklong CHIPS-developed anti-tobacco campaign.

Overall, Essex CHIPS is the coordinator of a comprehensive, community-wide approach to healthy youth development and substance-abuse prevention. The Westford community and residents are a strong part of our organization, and town support of CHIPS is an important reflection of the great partnership that we have. Many thanks to the Westford community for your ongoing support!

VERMONT LEAGUE OF CITIES AND TOWNS

Serving and Strengthening Vermont Local Government

The Vermont League of Cities and Towns (VLCT) is a nonprofit, non-partisan organization that is owned by its member municipalities and directed by a 13-member Board of Directors.

VLCT's mission is to serve and strengthen Vermont local government. All 246 Vermont cities and towns are members of VLCT, along with 148 other municipal entities, including villages and fire districts.

Vermonters use local government services, including highways, police, fire, recreation, libraries, sewer and water on a daily basis. In large part, volunteer, elected and appointed municipal officials lead these local governments.

VLCT provides the following services to its member cities and towns so that they may provide their citizens with quality services at affordable costs:

- Legal, consulting and education services. In the past year, VLCT responded to over 3,000 inquiries for assistance from municipal officials. Our Municipal Assistance Center (MAC) conducted 13 workshops and 25 on-site training sessions that attracted over 1,100 people. MAC distributed almost 200 hard copy handbooks to municipal officials but also made all its handbooks available free of charge on our website at our Resource Library. The Library also contains over 500 other electronic documents currently accessible to all.
 - Advocacy representation before the state and federal governments to ensure that municipalities have the resources and authority they need to serve their citizens. VLCT is a leader in the education finance debate, in land use discussions, and in securing revenues for town highway and bridge maintenance programs.
 - Purchasing opportunities to provide needed services at the lowest cost. Examples include municipal employee health insurance and
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liability coverage for town operations. The VLCT Health Trust represents the most affordable option available to provide health insurance to municipal employees. The value of the VLCT Property and Casualty Intermunicipal Fund (PACIF) to all our members is realized daily as members take advantage of loss prevention training and assistance, as well as reasonable insurance rates. These two trusts, with the addition of the VLCT Unemployment Trust, were responsible in 2007 for \$46 million in municipal tax dollars spent for insurance and risk management services.

Individuals interested in finding out more about the Vermont League of Cities and Towns, including reviewing its audited financial statements, can visit the VLCT website at www.vlct.org.

SERVICES & ORGANIZATIONS

The following are some of the organizations offering information and services available to Westford residents.

American Red Cross	660-9130
Chittenden Emergency Food Shelf (Burlington)	658-7939
COTS - Committee on Temporary Shelter	864-7402
Provides emergency shelter for homeless individuals and families.	
CVAA - Champlain Valley Agency on Aging	865-0360
Offers a variety of services including <u>Meals On Wheels</u> , assistance with transportation and tax preparation.	
Food Shelf – United Church (corner of Fletcher Road & River Road)	
Open the 1st and 2nd Wednesday of every month from 9am – 12 noon.	
Howard Center	488-6000
Mental health, developmental disabilities, substance abuse, child and family services.	
Make - A - Wish	864-9393
Milton Family Community Center	893-1457
Day care, emergency food shelf, clothing room, play groups, parent education.	
United Way Volunteer Center (Retired Senior Volunteer Program, Foster Grandparent Program, Volunteer Connection)	860-1677
Services for elderly, shut-ins, disabled and tax preparation help.	
VABVI - Vt. Association for Blind & Visually Impaired	863-1358
Vermont 211 (United Way of Vermont program)	Dial 211, 652-4636
Information and referral for health and human services. or 1-866-652-4636	
Vermont Adult Learning	
Adult Basic Education	846-7245
English as a Second Language (ESL)	846-7245, Ext. 103
Vermont Center Independent Living	1-800-639-1522
Home access modifications, grants for adaptive equipment, meals on wheels, information & referral	
Visiting Nurses Association	658-1900
Hospice of Champlain Valley	658-1900
Vermont Respite House, Inc.	879-0943
Women Helping Battered Women	658-1996 or 658-3131
HOT LINE	1-800-ABUSE95
Women’s Rape Crisis Center	864-0555
HOT LINE	863-1236
