

**MAD RIVER VALLEY SENIOR CITIZENS, INC.
AND MEALS ON WHEELS
AT
EVERGREEN PLACE**

The Mad River Valley Senior Citizens (MRVSC) continue to achieve their mission of providing social, educational, charitable and nutritional services to elders at the Senior Center located at Evergreen Place and through the Meals on Wheels program. All of this is possible in a large measure through the generous financial support from the four Valley towns. Our annual fundraising efforts also help to cover any shortfall in funding that is a part of all senior citizen centers.

We also could not survive without our very dedicated corps of community volunteers who so generously give of their time to deliver Meals on Wheels or serve lunch every Tuesday and Thursday at our congregate meals site at Evergreen Place. In the year of 2009 we served a total of 4,512 meals to seniors either at Evergreen Place or to Meals on Wheels recipients in the community.

In addition to congregate meals and Meals on Wheels, the Senior Center space also provides a venue for a variety of activities for community members to participate in on a weekly basis. Central Vermont Home Health & Hospice holds various clinics at the Senior Center too, the most recent being a flu shot clinic this past fall. An especially well appreciated clinic is the foot clinic held every six weeks at the Center.

MRVSC appreciates that the Valley community continues to recognize the importance of providing meals to seniors either in the congregate setting or in their residences when needed. Adequate nutrition is essential for healthy aging. Attendance at a congregate meal improves the participant's health and sense of well being as it provides an opportunity to socialize with others while sharing a nutritious meal. Home delivered meals enable frail seniors to stay in their homes in their own communities rather than being institutionalized at a much greater cost to society. These services are invaluable to our Valley.

Thank you to all Valley residents for supporting us.

Valerie Hale, President MRVSC

Vince Gauthier, Vice President

Kathy Friedman, Treasurer

Kathy Koepele, Secretary

Helmut Hietzker

Fran Plewak

Carole Crossman

Suzy Thompson Markowitt, MOW Coordinator



Students making cards for Evergreen Place.

(Photo courtesy of WES)