



March 2020

For over 40 years, the Northeast Kingdom Council on Aging has been a valued and trusted resource for elder and disabled Vermonters to age in place. Our mission is to deliver the person-centered support necessary 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 dietitians. 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 367 volunteers who serve as Senior Companions, Home Delivered Meals drivers, wellness program leaders, and home-based caregivers.

Our service area extends across the entire Northeast Kingdom. During this past year 78 residents of Concord 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, transportation, and many other topics. Our website [www.nekcouncil.org](http://www.nekcouncil.org) provides information on many of our programs and services.

We sincerely thank the residents of Concord 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,

Meg Burmeister  
Executive Director

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.