

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.

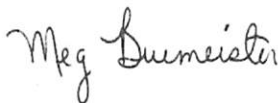
Our nutrition programs partially fund meal sites and home delivered meals under the guidance of our registered dietitian. Working with RCT and Legal Aid, we provide solutions for the complex challenges people face while living in a rural community. In addition, our work is supplemented by over 370 volunteers 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 88 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, 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 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 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.