

March 2024



For over 45 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 14 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 400 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, all Caledonia, Essex, and Orleans counties. During this past year, 83 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, our e-learning portals Trualta and GetSetUp, 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 in making 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 or (802) 748-5182.

In gratitude,



Meg Burmeister  
Executive Director