

## Montpelier Senior Activity Center for Berlin Town Report

### MSAC Item for March 2022

Everyone 50+ is welcome at MSAC, where programming promotes lifelong learning, healthy aging, socialization, falls prevention and more. *MSAC's mission is to enhance the quality of life for the older adults in the Montpelier area through opportunities that develop physical, mental, cultural, social, and economic well-being in a welcoming, flexible environment.*

In 2021, MSAC transitioned through personnel changes and adapted with additional pandemic-safe operations. Despite COVID-19, MSAC is a vital resource for the community, providing FEAST Meals on Wheels and Curbside pick-up meals, referrals to area services, three dozen affordable, weekly classes, (online, in-person, or hybrid), and many free drop-in groups. MSAC offers financial aid, technology assistance, tax preparation, foot care clinics, media, and more. MSAC's Americorps member places volunteers for indoor and outdoor chores and socialization. Staff and volunteers are resuming a national accreditation process and remain dedicated to supporting the community.

In our FY21 contract year for nutrition services, MSAC delivered 2,547 nutritious Meals on Wheels (along with wellness checks and other resources/connection) --at no charge – to dozens of Berlin's most vulnerable older residents at a cost of over \$32,000 to MSAC. Our labor, food and facility costs to provide this vital service are increasing. Learn more about FEAST Meals on Wheels and why we encourage Berlin voters to vote YES by visiting this site and looking for the Berlin tab, which has a link to a two-page infographic: [www.montpelier-vt.org/1142/MSAC-and-surrounding-communities](http://www.montpelier-vt.org/1142/MSAC-and-surrounding-communities).

In FY21, MSAC served at least 60 Berlin residents (up from 47 the previous year). Many activities don't track residency, so the actual number is likely higher. MSAC appreciates Berlin voters' and residents' support and hopes to welcome and serve more of you in the coming year! We recognize other senior centers', and agencies' importance to your residents and believe in working collaboratively. Thank you for considering our request of \$20,000 to support FEAST Meals on Wheels delivery, Curbside pickup meals and other affordable programs and services for older Berlin residents. Our total FY23 budget is \$675,300.

To learn more, register for a program or be added to our weekly e-list, visit 58 Barre Street, [www.montpelier-vt.org/msac](http://www.montpelier-vt.org/msac), call 223-2518 or email [msac@montpelier-vt.org](mailto:msac@montpelier-vt.org).