

Montpelier Senior Activity Center for East Montpelier Town Report

MSAC Item for March 2022

Everyone 50+ is welcome at MSAC, where vibrant programming promotes lifelong learning, healthy aging, socialization, falls prevention and resource access. *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 several changes in personnel and continued to adapt and build-on its pandemic-safe operations. Despite COVID-19, MSAC is still a vital resource for the community. MSAC currently provides FEAST Meals on Wheels and Curbside pick-up meals, referrals to area services, three dozen weekly, (online, in-person, or hybrid), affordable classes, plus over a dozen free drop-in groups. MSAC offers financial aid, technology assistance, tax preparation, foot care clinics, DVD borrowing, wellness calls and more. MSAC's Aging in Place Americorps member assists with and places volunteers to perform indoor and outdoor chore assistance and socialization. Staff and volunteers look forward to resuming a national accreditation process and remain dedicated to supporting socialization, safety and wellness.

In FY21, MSAC served at least 87 East Montpelier residents (and some free activities don't track town data, so the number could be as high as 100+). MSAC appreciates East Montpelier voters' and residents' support and hopes to welcome and serve more of you in the coming year! We recognize Twin Valley Senior Center and other senior centers' and agencies' importance to your residents and believe in working collaboratively. Thank you for considering our level-funded request of \$9,000. More info: <https://www.montpelier-vt.org/1142/MSAC-and-surrounding-communities>.

To learn more, register for a program or be added to our weekly e-list, visit www.montpelier-vt.org/msac, call 223-2518 or email msac@montpelier-vt.org.