



Berlin Residents!

Please vote "yes" on Town Meeting Day!

Central Vermonters 50+ are welcome at the Montpelier Senior Activity Center (MSAC), a place where vibrant, diverse programming promotes lifelong learning, healthy aging, socialization, enhanced nutrition and access to aging resources.

Berlin is one of the six supporting towns of MSAC, meaning the town helps to financially support the Center and in return, services, programming and other opportunities are provided to residents of Berlin at a reduced cost. However, MSAC's budget request must appear on the Berlin town ballot in order for registered voters to approve it. We are asking for financial support from Berlin in the amount of **\$20,000** for FY23. This amount not only allows the Center to provide its offerings to Berlin residents at a reduced cost, but also helps to cover the cost of the **FEAST Senior Meals Program, which operates a Meals on Wheels home delivery program serving homebound neighbors in Montpelier and northern Berlin.**

75+

Weekly classes and drop-in groups (dozens online due to COVID precautions)

24%

of MSAC operating costs are covered by the City of Montpelier. We rely on class fees, membership dues, investments, fundraising and help from supporting towns for the rest.

1,600+

Central Vermont seniors served each year, 1/3 of whom are from towns other than Montpelier.

2,547

Meals delivered to Berlin seniors annually through FEAST Senior Meals Program

12,427

Total meals delivered through FEAST's Meals on Wheels program last year





FEAST Senior Meals



A RESOURCE FOR SENIORS AND THEIR FAMILIES

FEAST provides delicious food, good nutrition, health & wellness assessments as well as referrals and social engagement to homebound seniors.

FEAST MEALS ON WHEELS

FEAST has six delivery routes in Montpelier and northern Berlin, Monday—Thursday, serving 50+ people weekly, offering at-home access to delicious meals prepared by Chef Shalonda James.

AFFORDABILITY

Meals on Wheels is accessible to seniors at no charge, though donations are appreciated. For residents living on a fixed income, this support means living healthfully at home. Your funding ensures that this resource remains affordable.

SHARED RESPONSIBILITY

Like raising children, aging takes a village. The pandemic has highlighted the importance of community. It is more than just the food — it's how we take care of each other!

GROWING NEED

Vermont's senior population keeps growing. Through your care in supporting MSAC's FEAST Senior Meals Program, you ensure that your neighbors can thrive as they age in place.

Our volunteer drivers deliver nutritious, delicious meals, use approved protocols to keep meals safe, assess participants' health, wellness and environments, are a consistent friendly face and helpful visitor if needed and relay participants' needs to the FEAST Program Manager.

20% of participants who currently receive FEAST Meals on Wheels reside in Berlin.

The cost to MSAC for each meal is over \$12. We receive federal reimbursement from Central Vermont Council on Aging for \$3.80 per meal. The remaining balance is fulfilled by donations, town funding and grants. We are allowed to suggest donations from our meal recipients (and we do) but are not legally allowed to charge for the meals we deliver.

Between October 2020 and September 2021, the FEAST Senior Meals Program delivered 12,427 meals. This year, we're hoping to expand our program to ensure we are serving all seniors who need access to healthy, delicious meals. Your town's funding will help us achieve this.

“My meal delivery has really helped me with the loneliness of the pandemic. The meals are delicious and make my life so much easier. It's hard for me to cook now, and it's so easy to just heat the meals up, and they are so yummy! I'm grateful for the FEAST program.” ~ anonymous Meals on Wheels recipient from Berlin