



*The mission of the  
Northeast Kingdom  
Council on Aging is to  
provide communities the  
tools to age well.*

The NEK Council on Aging serves residents  
in the counties of:

**Caledonia  
Orleans  
Essex**

We are committed to providing  
person-centered care and lifestyle options  
that inform, encourage, inspire, and  
support older adults.

***Vermonters are  
valuable at every age.***

At the Council, we rely on the dedication and  
support of over 350 volunteers who lead  
wellness classes, prepare and deliver meals,  
offer companionship, laughter, and love.

***Volunteer Today!***

Visit [NEKCouncil.org/volunteer](http://NEKCouncil.org/volunteer)  
for more information.



*Join our volunteer team!*

Pictured are friends from South Ryegate Senior Meals.

One call to our Helpline  
at **800-642-5119** or  
a visit to our website at  
**[www.NEKCouncil.org](http://www.NEKCouncil.org)**  
connects you to services  
that support your  
independence.

*Visit Our Website:*  
**[www.NEKCouncil.org](http://www.NEKCouncil.org)**

or follow us on Facebook:



*When we address the  
needs of older  
Vermonters, we  
improve the lives of  
all Vermonters.*

***The Annual Fund*** is our annual giving  
program that raises the non-restricted  
revenue to fill the gaps where funding falls  
short. All donations to the Annual Fund  
are tax-deductible. You can mail your  
donation to the NEK Council on Aging,  
481 Summer Street, Suite 101,  
St. Johnsbury, VT 05819 or visit our website  
to make a secure donation online.

**ST. JOHNSBURY**

481 Summer St., Suite 101  
Ph: 800-642-5119  
802-748-5182

**NEWPORT**

*By Appointment Only*  
Derby Time Square  
5452 US Route 5, Suite A  
Ph: 800-642-5119  
802-334-2190

**ISLAND POND**

*By Appointment Only*  
Island Pond Health Center  
82 Maple Street  
Ph: 800-642-5119

**HARDWICK**

*By Appointment Only*  
Hardwick Health Center  
4 Slapp Hill Road  
Ph: 800-642-5119



Web: [www.NEKCouncil.org](http://www.NEKCouncil.org)



Ph: 800-642-5119



Email: [info@NEKCouncil.org](mailto:info@NEKCouncil.org)



**800-642-5119**  
**[www.NEKCouncil.org](http://www.NEKCouncil.org)**



## How We Support You

### HELPLINE 800-642-5119

It starts with a call to the Helpline.

### INFORMATION & REFERRAL

We listen to you and help with brief assistance or make referrals.

### OPTIONS COUNSELING

If you need help exploring long-term options for meeting your goals, our short-term counselors will help to coordinate solutions.

### CARE & SUPPORT

If you require ongoing support, our case managers help to coordinate the support you need to live independently, your way.



*Starting with a call to the Helpline, your support from the Council grows depending on your level of need.*

## Helpline

We are here to help you, in your home or in our office!

**800-642-5119**  
**802-748-5182**

## How We Help You

Our trained staff will listen and provide the options you need to support living well. We help you remain in your home or transition to a new one.

### OUR SERVICES

- ▶ **State Health Insurance Assistance Program**  
Let us help you to investigate options and sign up for the right health insurance coverage.
- ▶ **Transportation**  
Need a ride? We can help coordinate transportation with RCT or other partners.
- ▶ **Food & Fuel**  
Learn more about the state and federal benefits provided to support food, fuel, and other needs.

### ▶ Family Caregiver Program

Our Family Caregiver Program offers resources and free classes to reduce the stress and challenges faced by caregivers. Sign up for Trualta, our free 24/7 online e-portal for caregivers.

### ▶ Independent Living - Help at Home

The Council is here to help you remain at home and live an independent life, your way. We also provide support if you need to transition back home from another facility.

### ▶ Legal Services

We work with Legal Services VT and other sources to support your needs for legal services.

### ▶ Support For Veterans

Through the Vermont Veteran's Directed Care Program, the NEK Council on Aging provides the support for veterans to remain independent in their homes.

### ▶ Pets for Life

This program helps Meals on Wheels recipients by supplying them with food for their companion animals.

### ▶ LGBTQ Advocacy

The Council supports the needs of the LGBTQ Community.



## Services

The diversity of services provided by the Council are extensive. We are eager to support and connect you with the solutions you need, either short-term or long-term. Call our Helpline!

## How We Enrich Lives

Our focus is to provide support and services to allow older Vermonters to live a life of enrichment and wellness, their way.

### Our Programs

- ▶ Chair Yoga
- ▶ Arthritis Foundation Exercise Program
- ▶ Bone Builders
- ▶ Fall Prevention Tai Chi
- ▶ GetSetUp!  
*Over 4,000 free classes online for health and wellness*
- ▶ Golden Ball Tai Chi
- ▶ Line Dancing
- ▶ Quahog Dance Theater
- ▶ Senior Companion Program
- ▶ Tech for Today  
*In-home tech support*
- ▶ Tele-friend Program
- ▶ Wellness at Home  
*In-home wellness classes*



## Wellness & Enrichment

We offer over 32 different wellness and enrichment classes. We welcome over 350 volunteers who enrich their lives through community service.



## How We Feed a Community

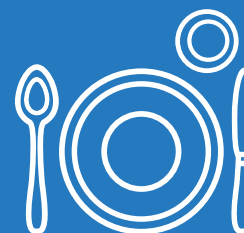
Our registered dietitians are available for meal planning and nutritional needs.

### ▶ Home Delivered Meals

Let's Eat Healthy! Have a nutritious lunch delivered right to your home!

### ▶ Community Meal Sites

We support the nutritional needs of our NEK communities through 14 community meal sites.



## Meals

Visit an area Community Meal Site or have meals delivered to your home. Volunteer as a Home Delivered Meals driver and support your friends and neighbors.