



2024 ANNUAL REPORT OF DUMMERSTON CARES

July 1, 2023–June 30, 2024

The mission of Dummerston Cares is to strengthen the Dummerston community through support of all residents with health and other wellness needs through services, programs and resources of its own and those of related, local, regional and state organizations and agencies.

The 2023-24 year was one of the busiest ever for Cares as we responded to an increase in requests for services and also launched several new safety and wellness programs. As always, board members and community volunteers worked to meet these challenges—serving Dummerston residents of all ages with the impressive array of programs that are described in this report. Supporters provided all these services at no charge.

Everything we do is inspired by our members, including our three newest program offerings:

- Raise the Alarm Fire Safety Program
- Afternoon Social Teas
- New T'ai Chi and Yoga Classes

Deb Carpenter was welcomed onto the Cares board this year, and we put her talents and enthusiasm to work immediately! The Cares board is a hard-working group with each member deeply committed to helping our neighbors thrive and at the end of the day, to enhancing the quality of community life that we all share.

As always, we welcome new ideas about how to better serve our community's health and wellness needs and encourage residents to share their ideas and any interest in volunteering. Please feel free to speak with a board member or call Cares' Message Line.

COMMUNITY SERVICES AND PROGRAMS

MESSAGE LINE. Residents may contact Cares through our telephone line (802) 257-5800 or by email at info@dummerstoncares.org. to request non-emergency help or information and to register for a Cares program or event. These sites are monitored daily, and messages are forwarded to volunteers who can respond in a timely way.

- A total of 182 phone and 16 email messages were logged during the year and everyone received a return call or email.

Coordinators: Shawn Bracebridge (Phone Messages), Cindy Levine (Email Messages)

CHORES CORPS: Volunteers help with simple home repairs, household chores, occasional yard work, snow shoveling, grocery shopping, and also make referrals to licensed tradespeople, etc. This service is mainly for residents who require help for immediate needs that can be provided by a friendly volunteer.

- Cares received and met thirty-nine requests for chores.

Coordinator: Steve Mindel

Volunteers: Susan Daigler, Dennis Mewes

DECLARATION OF INCLUSION (DOI): Cares adopted a DOI on June 23, 2022. It states:

We welcome all person—regardless of race, color, religion, national origin, sex, sexual orientation, gender identity and expression, age, differing ability, economic status & education.

We commit to fair and equal treatment of everyone in our community.

We value respectful civic engagement in all forums.

At the Town’s Australian Ballot on March 7, 2023 voters overwhelmingly approved the DOI by 382 to 34. Cares asked the selectboard to adopt the DOI as approved by the electorate. The selectboard voted on January 24, 2024, to endorse the DOI. Dummerston is one of 157 towns in Vermont, to date, declaring publicly that residents, visitors and people considering moving to the community are welcome. Framed copies of Dummerston’s DOI now hang in the Town Offices, Town Hall, Lydia Taft Pratt Library, and Dummerston School.

Coordinator: Catie G. Berg

EMERGENCY HOME-HEATING-FUEL ASSISTANCE: Cares manages a Fuel Fund that helps qualified residents pay for home heating fuel. Cares also coordinates with SEVCA (Southeastern Vermont Community Action) and the Dummerston Congregational Church's Wood Pantry Program to respond to this basic need.

- Two residents received fuel assistance this year.

Coordinator: Bill Schmidt

EXERCISE CLASSES:

Gentle Yoga. Six to seven residents participated in this program’s Zoom classes. This was Cares’ original yoga class that began in 2019. A new class with six to eight participants over 11 weeks began in May, 2024, and met at the Dummerston Community Center.

Coordinator: Bill Schmidt

Instructor: Judy Carpenter

T’ai Chi. Four committed participants, who began this class in 2019, continued meeting weekly at the Dummerston Congregational Church, inside and out, depending on weather. A new class

with 11 participants began in May, 2024, and continued into the summer. Classes were held at the Community Center.

Coordinator: Bill Schmidt
Instructor of New Class: Helen Hawes

FLOWERS, CARDS, AND VALENTINE BOXES: This program supports residents who benefit from extra sunshine in their lives, as well as those recovering from illness or surgery, or those grieving the death of a loved one.

- Thirty-one residents received a card and/or a bouquet of flowers from Cares.
- On Valentine’s Day, 18 volunteers delivered hand-crafted Valentine Boxes to 58 residents, 15 of whom were first-time recipients.

Coordinators: Pam McFadden, Akara Draper, Meg Lyons

Volunteers: Catie G. Berg, Deb Carpenter, Susan Daigler, Phyllis & Ken Emery, Norris & Connie Evans, Cassie Freese, Linnie Jones, Jim Johnson, Susan Leuchter, Eileen Lyons, Pam McFadden, Steve Mindel, Jody Normandeau, Linda Rood, Roger Turner

FRIENDLY VISITS AND CALLS: This program connects volunteers with homebound, senior-home, and other residents through social visits, phone calls, and other types of assistance.

- Cares’ volunteers made 163 visits and/or phone calls to residents, many residents being visited or phoned more than once.

Acting Coordinator: Bill Schmidt

Volunteers: Catie G. Berg, Deb Carpenter, Susan Daigler, Akara Draper, Phyllis Emery, Pam McFadden, Steve Mindel

MEDICAL EQUIPMENT LOAN PROGRAM: This program provides durable medical equipment, such as a walker, shower chair, commode, toilet riser, or wheelchair, to residents recovering from an injury, surgery, or illness—for whatever length of time an item is needed.

- This year, 11 residents borrowed 19 pieces of equipment.

Coordinator: Shawn Bracebridge

PUTNEY FOODSHELF: The Foodshelf provides healthy food for residents of Putney and surrounding areas at the Putney Community Center at Christian Square. Distributions occur on Friday afternoons and Saturday mornings. To help publicize this vital service, Cares maintains two sandwich boards: one in West Dummerston and another Dummerston Center. We are grateful to the Foodshelf for providing fresh produce and household items—especially as the number of our neighbors experiencing food insecurity continues to grow.

- Eleven Dummerston households visited the Foodshelf 478 times, compared with 293 visits by eight households in the previous year.

Coordinator: Phyllis Emery

RAISE THE ALARM FIRE SAFETY PROGRAM: Cares partnered with the West Dummerston Volunteer Fire Department to help keep Dummerston's homeowners safe from house fires. Cares purchased smoke alarms and carbon monoxide detectors while trained firefighters installed the devices at no charge to residents living in owner-occupied, single-family homes.

- Fifty Dummerston families either received installations of their first devices or an upgrade of their existing devices.

Coordinators: Susan Daigler, Meg Lyons

SOCIAL TEAS: Cares welcomed the new year last January by hosting a "Luminous Afternoon Tea" at the Congregational Church for residents to socialize with old friends and new, while enjoying delicious treats and, of course, a cup of tea. Following on the success of the first event, two more teas occurred in March and June. Volunteers with Cares' Rides Program provided round-trip transportation to the events, upon request.

- A total of 60 people attended the teas.

Coordinators: Catie G. Berg, Phyllis Emery, Pam McFadden

RIDES: This is one of Cares' most requested services. Vetted volunteers provide rides for residents to medical appointments and other necessary destinations, both locally and in the wider area.

- This year 10 drivers provided 13 passengers with 86 rides covering a total of 3,310 miles.

Coordinators: Akara Draper, Susan Daigler

Volunteers: Catie G. Berg, Susan Daigler, Akara Draper, Connie & Norris Evans, David Evans, Linda Evans, Linnie Jones, Gurudharm Khalsa, Susan Read-Smith, Roger Turner

SCHOOL SUPPORT: This varies depending on the needs of students and families as well as requests from the school nurse, social worker, counselor and principal. This year, food and gas cards were made available to some families. Also, Cares sponsored an evening screening and discussion of the film "Screenagers" for middle-schoolers and their parents. The documentary focused on practical ways to ensure adolescent well-being in the digital age.

Coordinator: Meg Lyons

SPECIAL NEEDS: Local families sometimes face home emergencies that have an impact on their physical and mental health and safety, requiring a timely response. Residents often contact Cares directly and we help with rent payments, food and gas cards, etc. In cases that involve significant resources, such as a roof or well that needs replacing, we rely on our partners at SEVCA (Southeastern Community Action) to vet applicants and oversee construction projects.

- Cares responded to eight special needs requests.

Coordinators: Susan Daigler, Meg Lyons, Bill Schmidt

VOLUNTEER RECOGNITION AND THANKS: For each issue of *The Views of Dummerston*, Cares celebrates a “Volunteer of the Season.” Recognized this past year were (1) Mark Brown, (2) Alan Pike and members of the WDVFD for the “Raise the Alarm” program, (3) the Dummerston Historical Society, and (4) volunteers at the Dummerston School, featuring parent, Jessica Nelson, of the School Leadership Council and middle-school student volunteers on the ASSET Team.

Volunteers: Catie G. Berg, Bill Schmidt

DONORS

Our volunteers and donors are our most valuable assets and we are deeply grateful to each of these committed individuals for making Cares' programs and services possible.

Cliff Adler & Lynn Levine
Frank & Shirley Aiken
Sarah Bedichek
Catie G. and Bruce Berg
Wendy Brooks & Tina Krane
Gail Brown
Dan Daigler
Dummerston Community Chest
Dummerston School Asset Team
Eleanor Emery
Elliott & Pam Greenblott
Marlyn Grossman
Douglas Haskell
Linda Ives
Ann Kroc
Mary Lafayette
Eileen Lyons
Kathleen Major
Charlotte Neer

Mary Louise Nelsen
Jody & Paul Normandeau
Len Oppenheim
Donna Piazza, Kuumba Made, Inc.
Roderick Reay
Linda Renfro
Jonathan Royce, Arborclimb, Inc.
Linda Rubinstein
Kevin Ryan
Estate of Donna Saunders
Bill Schmidt
Ann Schroeder
Dan Snow
Lew & Gail Sorenson
Sorg-Vogt Charitable Fund
Steve Tavella
Muriel & Bob Taylor
Town of Dummerston
Cheryl Wilfong

Donors of In-Kind Services or Goods

Catie G. Berg
Shawn Bracebridge
Deb Carpenter
Judy Carpenter
Susan Daigler
Pearl Doubleday

Gurudharm Khalsa
Susan Leuchter
Cindy Levine
Eileen Lyons
Meg Lyons
Sallie May

Akara Draper
John Dunham
Connie Evans
David Evans
Norris Evans
Laurie Frechette
Cassie Freese
Helen Hawes
Jim Johnson
Linnie Jones

Pam McFadden
Steve Mindel
Kristina Naylor, Sidehill Farm
Jody Normandeau
Alan Pike & the WDVFD
Linda Rood
Susan Read-Smith
Bill Schmidt
Roger Turner
Gurudharm Khalsa

2023-24 BOARD OF DIRECTORS

Meg Lyons, President
Bill Schmidt, Vice President
Deb Carpenter, Secretary
Susan Daigler, Treasurer
Catie G. Berg
Phyllis Emery
Norris Evans
Pam McFadden
Steve Mindel

HOW TO CONTACT DUMMERSTON CARES

Dummerston Cares, Inc.
P.O. Box 302
West Dummerston, VT 05357

Message Line: (802) 257-5800
Email: info@dummerstoncares.org
Website: <https://dummerstoncares.org>

Dummerston Cares, Inc.
Annual Treasurer's Report
June 30, 2024

		Fiscal Year Ending June 30, 2024
General Fund		
Cash Balance at beginning of period	\$	13,532.95
Receipts:		
Contributions & bequest		18,819.65
Campership donations		335.00
Program fees		0.00
Town support		750.00
Interest		8.29
Total Receipts		19912.94
Disbursements:		
Program expenses:		
Transfer to other accounts		10,000.00
Flowers, baskets & cards		752.43
Fire safety program		6,926.61
Program facilitators		245.00
Program space		1,000.00
Other program expenses		81.99
Direct relief		2,254.00
Contributions		500.00
Messageline telephone		862.77
Chores supplies		0.00
Total Program expenses		22,622.80
Administrative expenses:		
Postage		107.60
Post office box		118.00
Office supplies		0.00
Equipment Purchases		0.00
Printing		107.36
Meeting supplies & gifts		130.86
Total Administrative expenses		463.82
Total expenses		23086.62
Cash Balance at end of period	\$	10359.27

Fiscal
Year Ending
June 30, 2024

Edward Jones Account

Beginning Balance	3,856.92
Transferred from other account	10,000.00
Contributions	1,111.83
Dividend income	23.68
Market fluctuation	<u>428.31</u>
Ending Balance	<u>15,420.74</u>

Fiscal
Year Ending
June 30, 2024

Heat Fund

Cash Balance at beginning of period	\$ 7,532.96
Receipts:	
Contributions received	400.00
Transferred from general fund	0.00
Interest Earned	<u>4.09</u>
Total Receipts	404.09
Disbursements for fuel	<u>853.80</u>
Cash Balance at end of period	<u>\$ 7,083.25</u>