

KIRUNDI



Saba kuba umwe mubanya Vermont 30,000 barenza imyaka 60, bariko bararonswa gafashanyo k'imfungurwa

Ncuti Bagenzi,



Umurwi w'I Vermont ujejwe kwiga ibibazo bijanye n'inzara, urikumwe n'amashirahamwe adaharanira in-yungu zaho hamwe na Reta, bariko baragufasha hamwe n'incuti zawe kugumana ubwigenge bw'ukubaho mu kukurwiriza amahirwe yo kuronwa imfungurwa na gahunda yifunguro ryiza nka 3SquaresVT (SNAP), Meals on Wheels (Igisata c'I Vermont kijejwe gutanga ubufasha kuvyifunguro ryiza n'ukuronka ivyo gufungura), hamwe n'ibindi. Gusabaubufasha bw'igihe gito canke bw'igihe kinini ntivyari bwigere vyoroha. for temporary or long-term support has never been easier. Ibimenyeshwa mwaronkejwe ni nk'ukwakura akanya kose muvyipfuriye. Mu kumenya vyinshi, Hamagara:

**Umurongo wo guhamagara witwa Age Well (Imyaka 60+):
1-800-642-5119**

Abandi bose (munsi ya 60), Hamagara: 2-1-1

Musabwe kwama mwibuka, ntimuri mwenyene. Turi kumwe twese!

Ababanyi banyu bo mu kibano,

3SquaresVT (SNAP)!

- Uburusho bufasha amashirahamwe ya hano.
- Nk'ifunguro yo kubaho isanzwe itangwa, amakori yawe niyo ayirisha.
- Uburusho bwawe ntibuzotuma abandi barefa gufashwa.
- Ibibimo vy'ubufasha buhabwa abakuze bibana bonyene I Vermont bingana n'amadolari 163/ku kwezi.



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Vermont

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HANDS

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United Way

United Way of Northwest Vermont

RISE VT
Embracing Healthy Lifestyles

Minuteman Press
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