

RESOURCES FOR SENIORS

Reading and West Windsor Aging in Place Committee

(Published February 2019)

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IMPORTANT PHONE NUMBERS

In any emergency – call 911

Poison Control 1-800-222-1222

Vermont State Police (non emergency) 457-1416

READING

Town Office.....484-7250
Town Garage.....484-5122
Listers Office.....484-7258
Post Office.....484-5994
Library.....484-5588
RES School.....484-7230
Fire Warden.....484-0094
Local Game Warden.....674-6044/875-2112

WEST WINDSOR

Town Office.....484-7212
Town Garage.....484-5044
Post Office.....484-5057
Library.....484-7205
Albert Bridge School.....484-3344

HOSPITALS

DHMC.....1-603-650-5000
Mt. Ascutney.....674-6711
Rutland Regional.....1-802-775-7111
Springfield.....885-2151

Fitness

Bone Builders Classes – Managed by Green Mountain RSVP (Retired Senior Volunteer Program)

Call 674-4547

The Bone Builders program of weight bearing exercises can play a major role in reversing the effects of osteoporosis. Regular attendance to classes translates into greater confidence and mobility, an improved sense of well being, and a reduced likelihood of falls and disabling fractures.

West Windsor Town Hall

22 Brownsville-Hartland Road Call 484-7212

Monday and Wednesday, 9-10 AM

Windsor Recreation Center

99 Union Street Call 674-6783

Mon. Wed. and Friday, 9-10 AM

Old Windsor Village

65 State Street Call 674-2867

Mon., Wed. and Fri., 10-11 AM

Stoughton House

46 Main Street, Windsor, VT Call 674-6733

Tuesday and Friday, 9-10 AM

Other Fitness Opportunities:

The Edge – Mt. Ascutney Fitness (at Mt. Ascutney Resort)
swimming pool, weights, racketball, yoga

Call 674-6711

Mt. Ascutney Hospital and Health Center
289 County Road Windsor, VT
Miller pool exercises sessions open to all with a fee.
Call 674-6711

Upper Valley Aquatic Center
100 Arboretum Lane, White River Junction, VT
Call 1-802-296-2850 x 104
Free admission to pool or fitness room on Fridays, 9-11 AM
Also aerobics class for aged 65 and older on Fridays from 9:15-10:10 AM

Food/Meals

Reading-West Windsor Food Shelf
3456 Tyson Road South Reading, VT
Open from 2-4 PM on Mondays and 4-6 on Thursdays (except major holidays)
Call 484-5097 or 802-291-3299

Meals on Wheels – Senior Solutions
(helps make meals available to elders)
Call 1-800-642-5119 or 674-6733 or call Volunteers In Action at 674-5971

Community Meals

The Thompson Senior Center
99 Senior Lane Woodstock, VT
Call 457-3277
Serves healthy delicious lunches five days a week for a small fee.

Community meals sponsored by Volunteers in Action

Call 674-5971 for information. Includes the following three:

Exit Ate Restaurant
202 Route 131 Ascutney, VT Call 674-2486
Noon lunch on 3rd Wednesday of each month for \$4.00 donation

Hartland Recreation Center

19 Route 12 Hartland, VT Call 436-2790

Noon lunch on 2nd Tuesday of the month for \$3.00 donation

Mount Ascutney Hospital and Health Center

289 County Road Windsor, VT Call 674-6711

Noon lunch on 4th Wednesday of the month for \$3.00 donation

Another Opportunity:

Call Reading Town Clerk at 484-7250 to find out about upcoming senior luncheons at the Reading Town Hall. These often occur around Easter and Thanksgiving. \$4.00 for aged 60 and over, \$5.00 for all others

Support While Living at Home

Nonprofits:

Ottauquechee Health Foundation (OHF) Caregiver Referral Service

Woodstock, VT Call 457-4188. Website is www.ohfvt.org E-mail is info@ohfvt.org

Offers referrals from OHF's registry of experienced caregivers, without charge, to all families and individuals who are seeking in-home assistance. OHF's Caregiver Referral Service connects community members with caregivers to help with bathing, food preparation, housecleaning, and general supervision to keep people safe in their homes.

Visiting Nurse and Hospice of Vermont

Call 1-800-575-5162

home health care, longterm care, hospice services

For Profit:

Armistead Caregiver

Call 1-866-284-1912 (toll free) or 1-802-288-8117

home based non-medical personal care for people with disabilities in NY, VT, and NH

Website: www.armisteadinc.com

Bayada

Skilled Nursing: nursing, PT, OT, speech therapy, medical social work Call 802-281-7182

Home Health Aide: scheduling non-medical home health aides Call 802-775-7272

Hospice: end of life care Call 802-526-2380

Care Pro Professional Caregivers

45 Lyme Rd. Suite 308 Hanover, NH

Call 603-643-8010

assisted living at home – a full service health care agency

Website: www.vtnhcarepro.com

Griswold Special Care

237 Commerce St. Suite 140 Williston, VT

Call 1-802-862-7200 or toll free: 1-800-GRISWOLD

non-medical home care: personal, homemaking, respite, companion, live in care, etc.

Help at Home (affiliated with VNH in White River)

Call 1-802-785-4493 or toll free 1-888-300-8853

providing home care with a personal touch

Staffing Solutions of Vermont

Call 457-9995 Website: www.staffingsolutionsofvermont.com

affordable home health care

The Thompson Senior Center

99 Senior Lane Woodstock, VT

Call 457-3277 Website: www.thompsonseneiorcenter.org

offers health, fitness, arts, entertainment programs and classes for a small fee

Adult Day Services

266 River Street Springfield, VT

Call 885-9881

a service of Springfield Hospital – serves adults who are frail, isolated, or suffer from physical or cognitive disabilities; site based day service

The Scotland House

Adult Day Health and Wellness

Route 4 between Woodstock and Quechee (former Scotland by the Yard building)

Call 1-802-280-3064

community based day program designed to assist adults with physical or cognitive impairments

to remain living at home and active in their communities as long as possible

e-mail: info@scotlandhousevt.org

Clothing

Reading-West Windsor Food Shelf

3456 Tyson Road South Reading, VT

Open from 2-4 PM on Mondays and 4-6 on Thursdays (except major holidays)

Call 484-5097 or 802-291-3299

Clothing shelf is open during the Thursday hours.

The Giving Room at Windsor Resource Center

1 Railroad Avenue, Windsor, VT

Call 674-2900

Open 8 AM to 4 PM on Monday through Friday

Bridgewater Thrift Store
102 Woolen Mill Road
Bridgewater, VT (open 7 days a week)
Call 672-1990

Listen Thrift Store
387 Miracle Mile Lebanon, NH
Call 603- 448-2510

Listen Thrift Store
42 Maple Street, White River Junction, VT
Call 802-295-9217

Sevca Thrift Store (also called Good Buy Store)
23 Main Street Springfield, VT Call 885-7074
Open Monday through Saturday, 10 AM to 4 PM

Sevca Thrift Store (also called Good Buy Store)
676 Hartford Avenue (near high school) White River Junction, VT
Call 802-359-4183
Open Monday through Saturday, 10 AM to 4 PM

Used House Wares/Furniture/Appliances

Cover Home Repair, Inc.

158 South main Street
White River Junction, VT
Call 802-296-7241

The store offers bargain priced used building materials, appliances, furniture, housewares, and tools for sale to the public. Donations are accepted upon store approval.

Financial Support/Projects

Choices for Care

Call 1-800-642-5119

longterm comprehensive Medicaid support for elderly and disabled, both living at home and in outside placement Website: www.cvaa.org/choicesforcare

Medicare

Call 1-800-633-4227

Information about benefits, help with questions about Medicare Part D, and prescription coverage Website: www.medicare.gov

Ottauquechee Health Foundation (OHF) Good Neighbor Grant Program

30 Pleasant Street, Woodstock, VT

Call 457-4188 E-mail: info@ohfvt.org Website: www.ohfvt.org

Office hours: 8 AM – 4 PM Monday, Tuesday, and Thursday

OHF helps people with limited financial resources to access health and wellness services they might not otherwise receive, including medical care, dental care and dentures, hearing aids, eyeglasses, counseling and caregiver support. Support is available for those living in the following towns: Barnard, Bridgewater, Hartland, Killington, Plymouth, Pomfret, Quechee, Reading, and Woodstock. Application process is required. Please inquire with questions.

Department for Children and Families

Website: www.dcf.vermont.gov/mybenefits

DCF helpline: 1-800-479-6151

Apply for these four benefits online: 3SquaresVT, Essential Person, Fuel Assistance, and Reach Up

(Essential Person program helps you to stay in your home by contributing to the cost of having someone live with you to provide essential care. The disabled and people aged 65 and over who meet income guidelines are eligible.)

(Reach Up helps eligible parents gain job skills and find work.)

Good Neighbor Health Clinics

Offers free basic medical and dental care for qualified applicants (low income adult residents of the Upper Valley)

Includes the **Red Logan Dental Clinic**

70 North Main Street White River Junction, VT

Call 1-802-295-1868

Cover Home Repair

White River Junction, VT

Call 1-802-296-7241

Home repair projects within 45 minutes of White River Junction (income sensitive)

SEVCA (Southeastern VT Community Action)

91 Buck Drive Westminster, VT

Call 1-800-464-9951 or 1-802-722-4575

Helps with weatherization, emergency home repair, emergency utilities assistance, tax preparation, etc.

Windham and Windsor Housing Trust

Green Mountain Home Repair

Windham and Windsor County – Call 802-246-2116

Orange, Lamoille and Washington Counties – Call 802-477-1343

Low cost loans for essential home repairs

Website: www.homemattershere.org

USDA Home Repair Loans and Grants

Call 1-715-345-7611

Low income seniors in rural areas may be eligible to receive home repair loans and grants.

Website: www.rdusdagov/wi

Social Security

330 ASA Bloomer Building

88 Merchants Row

Rutland, VT

helps in the areas of disability, death benefits, and retirement

Website: www.ssa.gov

Vermont Legal Aid

56 Main St. Suite 301 Springfield, VT

Call 885-5181

provides free legal services in certain civil matters for low-income persons, the elderly, and the disabled

Windsor Connection Resource Center

1 Railroad Avenue, Windsor

Call 674-2900

Open 8 AM to 4 PM on Monday through Friday

problem solving/crisis management, place to meet with agency providers; telephone, computer, and fax available

Transportation

The Current - Connecticut River Transit

706 Rockingham Road, Rockingham, VT

Call 1-802-460-7433

operates a fixed route (elderly and disabled accessible) and non-emergency medical transportation through buses and volunteer drivers

Volunteers in Action

54 Main Street, Windsor, VT

Call 674-5971

connects volunteers with those who need rides to medical appointments and grocery shopping

Hiring and Volunteering

Green Mountain RSVP (Retired Senior Volunteer Program)

20 Ascutney Park Road, Ascutney, VT

Call 674-4547

People (age 55 and older) volunteer to provide companionship, rides, food pantry support, and literacy training

Volunteers in Action

54 Main Street, Windsor, VT

Call 674-5971

connects volunteers with those who need rides to medical appointments and grocery shopping

Woodstock Area Job Bank

31, The Green, Woodstock, VT

Call 457-3835

in person, or online, or telephone support to connect people who need work with those who need workers, both paid and volunteer

Medical Resources

(See previous sections for overlapping information.)

Alzheimer's Association

Call 1-800-272-3900

APDA Parkinson's Center at DHMC

Call 1-603-653-6672

Health Care and Rehabilitative Services (HCRS)

390 River Street Springfield, VT

Call 886-4500

helps those living with mental illness, developmental disabilities, and substance use disorders

Philips Lifeline/ Mobile Medical Alert

Call 1-855-431-7880

medical emergencies, rapid response, fall detection, 24/7, emergency response

Mount Ascutney Hospital and Health Center

289 County Road, Windsor, VT

Call 674-6711

sponsors AA, Al Anon, cancer, diabetes support groups, workshops (tobacco cessation, weight control, etc.)

Visiting Nurses Association and Hospice of NH and VT

Call 1-800-575-5162

Website: www.vnavnh.org

offers a full array of traditional and high tech home health and hospice services – available to all in medical need, regardless of the patient’s ability to pay

VT Association for the Blind and Visually Impaired

38 Park Place, Suite 3 Brattleboro, VT

Call 1-802-254-8761

assistance for the blind or visually impaired

Veterans

U.S. Veterans Affairs/Veterans Administration Medical Center and Regional Office

Call 1-800-827-1000

for information on Veteran’s health care or other benefits, also burial and memorial information

Website: www.va.gov

VA Medical Center

White River Junction, VT

Call 1-802-295-9363

Longterm Care – Outside Placement

Ascutney House

5157 US Route 5 Windsor, VT

Call 674-4328

residential house for seniors (assisted living)

Cedar Hill Continuing Care

92 Cedar Hill Drive Windsor, VT

Call 674-6609

offers continuum of care from independent living, assisted living, to skilled nursing and rehabilitation

Gilbert F. Davis Home for the Aged

Windsor, VT

Call 674-5300

a home-like atmosphere for residential care

The Homestead

73 River Street Woodstock, VT

Call 457-1310

a level III residential facility with private rooms

Mertens House

73 River Street Woodstock, VT

Call 457-4411

a 14 bed, intermediate, Level II nursing facility – all rooms are private

Website: seniorliving.org

A list of resources for senior living and retirement (by location)

Woodstock Terrace

456 Woodstock Road Woodstock, VT

Call 457-2228

assisted living, respite care, Alzheimer's and dementia memory care

Other Resources

Adult Protective Services

Call 1-800-564-1612

provides support to abuse victims

Aging Resource Center - DHMC

46 Centerra Parkway, 2nd floor

Call 603-653-3460

support programs/services in many areas to do with aging, lending library also, free to NH and VT residents; educational webinars available

Senior Solutions (formerly VT Council on the Aging)

Call 1-800-642-5119 (senior help line)

plans and coordinates a wide range of seniors' services and senior help line

SASH (Support Services at Home)

(part of VT Blueprint for Health)

7 Union Street, Windsor, VT

Call 674-2700

preventative health care and service coordination (chronic health conditions, transitional support after stays in outside treatment facilities)

Upper Valley Haven

713 Hartford Avenue White River Junction, VT

Call 1-802-295-6500

non-profit organization that serves people struggling with poverty (food, shelter, education, clothing, support services)

Support Groups

Mt. Ascutney Hospital and Health Center

289 County Road. Windsor, VT Call 674-7224

Call to find out about support groups which might be in session in regard to topics such as healthier living, diabetes prevention, tobacco cessation, chronic pain, wellness recovery action planning (for emotional health), and “Kin as Caregivers” (discussing parenting in confidential, non-judgmental setting), etc.

Community Health Team, Springfield Medical Care System

100 River Street, Springfield, VT

Call 802-886-9946 Website: www.springfieldmed.org

Call to find out about support groups which might be in session in regard to topics such as Tai Chi for fall prevention, healthier living with chronic pain, Mediterranean diet, living well with diabetes, diabetes prevention, savvy grocery shopping, learning about plant protein power, etc.

