

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/BROWNSVILLE

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)

West Windsor Town Hall – (Brownsville)
22 Brownsville-Hartland Rd. Call 484-7212
Monday and Wednesday, 9-10AM

Windsor Recreation Center
29 Union Street Call 674-6783
Monday and Wednesday, 9-10AM

Old Windsor Village
65 State Street Call 674-2867
Tuesday and Thursday - 10-11AM

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.

The Edge – Mt. Ascutney Fitness (at Mt. Ascutney Resort)
swimming pool, weights, racketball, yoga
Call 484-3511

Mt. Ascutney Hospital and Health Center
289 County Road Windsor, VT
Miller pool exercise 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
9-11AM
9:15 AM aerobics class for aged 65 and older (Fridays)

Food/Meals

Reading-West Windsor Food Shelf
3456 Tyson Rd. South Reading, VT
open from 2-4PM on Mondays and 4-6PM Thursdays
(except major holidays)
Call 484-5097 for more information.

Meals on Wheels – Senior Solutions

helps make meals available to elders

Call 1-800-642-5119 or 674-6733 or 674-4547

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 these 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 Rd. Windsor, VT

Volunteers in Action puts on a noon lunch on 4th Wednesday
of the month for a \$3.00 donation

Call Reading Town Clerk (484-7250) to find out about

upcoming senior luncheons at the Reading Town Hall.

(often occurring around Easter time and Thanksgiving)

\$4.00 for aged 60 and over, \$5.00 for all others

Clothing

Reading-West Windsor Food Shelf

3456 Tyson Rd. South Reading, VT

Clothing shelf (free to anyone) open from 4-6PM Thursdays
(except major holidays)

Call 484-5097 for more information.

The Giving Room at Windsor Resource Center

1 Railroad Avenue, Windsor

Call 674-2980.

Open 8AM to 4PM on Monday through Friday.

Support While Living at Home

Non-profits:

HIRS (Martha Lussier Health Info. and Referral Service, Inc.)

Ottauquechee Health Foundation, Woodstock, VT

Call 457-4188

Offers referrals to several levels of in-home caregivers from a database of registered people.

Visiting Nurse and Hospice of Vermont

Call 1-800-575-5162.

home health care, longterm care, hospice services

For Profit:

Armistead Caregiver

Hanover Professional Center

Call 1-603-448-7088

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

Website: www.armisteadinc.com

Bayada

Call 1-802-254-7071

care from home health aides (Central VT) – orthopedic, Nursing, PT, OT, medical social services

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.

Kathy's Caregivers, Inc. (now with VNA/VNH)

Box 293 Norwich, VT

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

providing home care with a personal touch

Staffing Solutions of VT, LLC

2704 Church Hill Rd. Woodstock, VT

Call 457-9995.

affordable home health care

Website: www.staffingsolutionsofvermont.com

The Thompson Senior Center

99 Senior Lane, Woodstock, VT

Call 457-3277.

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

Financial Support/Projects**Choices for Care (VT Agency of Human Services)**

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/choices for care

Cover Home Repair

White River Junction. VT

Call 1-802-296-7241.

home repair projects (income sensitive) and Recover Store
for used merchandise

Medicare

Call 1-800-633-4227.

information about benefits, help with questions about
Medicare Part D, and prescription coverage

Website: www.medicare.gov

Neighbors Helping Neighbors

Bridgewater, VT

Call 672-1722

helps residents of Bridgewater and surrounding towns to help
pay for fuel, utilities, and food

Ottauquechee Health Foundation

Woodstock, VT

Call 457-4133.

helps fund medical equipment, mental health care, meds,
insurance co-pays, dental, and other needs

Reachup/Medicaid/Foodstamps

Springfield, VT

Call 885-8856

helps with obtaining health insurance, 3 Squares, Reach Up,
Fuel Assistance

Website: www.dcf.vermont.gov/mybenefits

Red Logan Dental Clinic

70 North Main St. White River Junction, VT

Call 1-802-295-1868.

offers free basic dental care for qualified applicants

SEVCA (Southeastern VT Community Action)

91 Buck Drive Westminister, VT

Call 1-800-464-9951

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

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

Southeastern Vermont Community Action

Westminister, VT

Call 1-802-722-4575

community based anti-poverty program (weatherization, tax preparation, emergency help with utilities)

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 8AM to 4PM 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 Rd. Rockingham, VT

Call 1-802-460-7533 x 201

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 Rd., Ascutney, VT

Call 674-4547

people (age 55 and over) 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

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 St. Springfield

Call 886-4500.

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

Lifeline Program

Call 1-888-699-4034 or 1-800-451-0545.

personal response system – press the help button and Lifeline's Emergency response system goes into action

Mount Ascutney Hospital and Health Center

289 County Rd. 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

Visiting Nurse and Hospice Wellness Center

442 Woodstock Rd. Suite 6A Gallery Place, Woodstock, VT

Mondays and Thursdays, 12:30 to 3:30 PM

Call 457-3208 #6007

free blood pressure, glucose checks, cholesterol screenings,
foot care and medication management

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 Veterans' health care or other benefits,
also burial and memorial information

Website: www.va.gov

VA Medical Center

White River Junction, VT

Call 1-802-295-9369

Longterm Care – Outside Placement**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

Ascutney House

5157 US Route 5 Windsor, VT
residential house for seniors
Call 674-4328

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 St. Woodstock, VT
Call 457-1310
A Level III residential facility with private rooms

Mertens House

73 River St. Woodstock, VT
Call 457-4411
a 14 bed, intermediate, Level II nursing facility – all rooms
are private

Website: seniorliving.org

your unbiased 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

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 St. 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)

