

RESOURCES FOR OLDER ADULTS

Reading and West Windsor Aging in Place

(Published January 2022 – available at Reading and West Windsor town halls and town websites)

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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 – Bone Builders

22 Brownsville-Hartland Road Call 484-7212

Monday and Wednesday, 9-10 AM (Free)

For more information, call Mary Anne at 484-7719 and leave a message.

Other Fitness Opportunities:

Mt. Ascutney Hospital and Health Center (MAHHC)

289 County Road Windsor, VT

Miller pool exercises sessions open to all with a fee.

Call 674-6711

Currently, Covid has led to restricted access to the pool – e.g. doctor's order required.

Upper Valley Aquatic Center

100 Arboretum Lane, White River Junction, VT

Call 1-802-296-2850 x 104

Offers \$10.00 day pass for use of all facilities, also offers aerobics classes.

Bugbee Senior Center – Free

262 North Main Street, White River Junction, VT

802-295-9068

Chair Yoga, Strength and Stability and more

Thompson Senior Center – Active Aging – Free

99 Senior Lane, Woodstock, VT 802-457-3277

Tai chi, Chair Yoga, Strength and Stability, Walks and more

Windsor Recreation Center

29 Union Street, Windsor, VT 802-674-6783

Call or visit to find out about senior friendly programs

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 802-484-5097 or 802-952-1068 or 802-299-7851.

Meals on Wheels

(helps make meals available to elders)

Call 1-800-642-5119 (Senior Solutions Helpline) 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. Suggested donation is \$5.00 for guests aged 60 and over, meal price is \$7.00 for those under 60.

Another Opportunity:

Call Reading Town Clerk at 484-7250 to find out about upcoming low cost senior luncheons at the Reading Town Hall. These often occur around Easter and Thanksgiving.

Support While Living at Home

Nonprofits:

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

Thompson Senior Center

99 Senior Lane Woodstock, VT

Call 457-3277

Email Shari at sborz@thompsonseneiorcenter.org

Offers a vetted **caregiver list** to connect community members with caregivers to help with bathing, food preparation, housecleaning, and general supervision to keep people safe in their homes. (For Reading residents, Ottauquechee Health Foundation homecare/respice grants are available to meet short term needs. See *Financial Support* section.)

Visiting Nurse and Hospice of Vermont and New Hampshire

Call 1-800-575-5162

Home health care, longterm care, hospice services

For Profit:

Angel Heart Caregivers

Call 603-504-5511

Website: www.AngelHeartCaregivers@yahoo.com

Offers free in-home consultation. Services include help in areas of Alzheimers, Dementia, personal care, homemaking services, transportation, companionship, respice care, and more.

Armistead Caregiver

Call 1-866-284-1912 (toll free)

Home based non-medical personal care and companionship for people with disabilities in NY, VT, and NH. Now offers license foot care services.

Website: www.armisteadinc.com

Care Pro Professional Caregivers

45 Lyme Rd. Suite 308 Hanover, NH

Call 603-643-8010 Email: vk@vtnhcarepro.com

Assisted living at home – a full service health care agency

Website: www.vtnhcarepro.com

Comfort Zone

Based in West Lebanon, NH

Call 603-381-1321

Website: www.comfortzonecaregiving.com

In-home caregivers. “Rest assured we will be by your side.”

Family Care Plus

Call 413-454-7858 or toll free: 877-887-2273

Website: www.fcplivein.com or infor@fcplivein.com

Provides home health aides and personal care attendants, 24/7 operations staff.

5 day minimum, \$250.00 per day. Serves all of Vermont.

Help at Home (affiliated with VNH in White River)

Call 1-844-524-9921 or toll free 1-888-300-8853

Email: helpathome@vnhcare.org

“Providing home care with a personal touch.”

Hope Home Care

Call: 1-802-234-4000 Email: info@hopehomecarevt.com

Based in Barnard, VT but working to expand to Windsor area

Provides non-medical in-home care. Can provide from a minimum of 3 hours to 24/7. \$31.00 an hour. Couples care \$35/hour. Holidays at time and a half. Need at least 3 days to one week to set up services.

Staffing Solutions of Vermont

Call 457-9995 Website: www.staffingsolutionsofvermont.com

Website: www.staffingsolutionsofvermont.com

Provides customized staffing services in-home, and in assisted living, nursing homes, and hospitals.

TLC Nursing Associates

Call 802-735-1123 or 603-678-4950

Website: www.tlcnursing.com

Personalized homecare services to people of all ages, physical conditions, and cognitive abilities in Vermont and New Hampshire.

Visiting Angels Living Assistance Services

Call 603-504-6080

Website: www.visitingangels.com

Specializes in elderly care. Serves NH and VT.

Other Opportunities:**The Thompson Senior Center**

99 Senior Lane Woodstock, VT

Call 457-3277 Website: www.thompsonseniorcenter.org

Offers health, fitness, arts, entertainment programs and classes for a small fee; also loans out (for free) a variety of adaptive medical equipment

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**

8826 Woodstock Rd., Quechee, VT

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

Call 1-802-280-6080

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

email: info@scotlandhousevt.org

Clothing

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 Monday through Saturday 10AM – 4PM)

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)

25 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

Connecticut River Transit

706 Rockingham Road, Rockingham, VT

Call 1-802-460-1195

www.crtransit.org

Transportation to and from medical appointments for people who are age 60 and older, disabled, or on Medicaid. (They would like 2 days notice.)

Volunteers in Action

54 Main Street, Windsor, VT

Call 674-5971

Connects volunteers with those who need rides to medical appointments, hair appointments, and shopping

Vital Communities Transportation

104 Railroad Row, WRJ, VT

Call 802-291-9100

www.vitalcommunities.org

Works with community organizations to improve Upper Valley transportation options and to minimize climate impact (e.g. they promote use of E-bikes)

Hiring and Volunteering

Green Mountain RSVP (Retired Senior Volunteer Program)

20 Ascutney Park Road, Ascutney, VT

PO Box 826 Springfield, VT 05156

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, also addresses companionship needs, and minor home repair

Woodstock Area Job Bank

31, The Green, Woodstock, VT

Email: info@woodstockjobbank.org

Website: www.woodstockjobbank.org

Call: 802-952-9010

Free remote service which connects people who need work with those who need workers, both paid and volunteer. Serves Woodstock and surrounding towns.

Medical Resources

(See previous sections for overlapping information.)

Reading-West Windsor AiP part-time “Aging Adult Wellness Nurse”

Contact Rita Rice at 802-359-3935 and leave a message. She will return your call.

Rita can help with: coordination of care between multiple health care providers; assistance in following health care advice; medication, diet, exercise, home safety issues of concern; connections to community resources; and counsel/support for issues around aging, chronic illness, or end of life. Free service to Reading and West Windsor older adults.

Medical Adaptive Equipment

Free adaptive equipment can be borrowed from the Thompson Senior Center (call 457-3277). Another source to borrow equipment is Nick Koloski of Claremont who can be reached by calling the Claremont City Council at 603-542-7026.

Amramp

Call 854-4505 (Website: www.amramp.com)

Rent or buy wheelchair ramp and adaptive home equipment, call for a free evaluation and free estimate.

MAHHC Walk-in Clinic

As of 11-2-21, MAHHC has opened a walk-in clinic at the hospital's main entrance for everyone (public and employees) Monday through Friday, from 1 to 5 PM. This is a great resource for injuries, colds, and other concerns.

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

Bay Alarm Medical

Call 1-877-522-9633

Offers low cost lifeline devices (24 hour medical alert system).

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

Call intake coordinator at 1-800-639-5861.
Offers help for vision related problems.

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

Historic Homes of Runnemedede

40 Maxwell Perkins Lane, Windsor, VT
Call 674-6733

Residential care community for seniors housed in three beautifully restored mansions

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

The Village at White River Junction

101 Currier Street, White River Junction
Call 802-295-7500

Senior Living Community offering assisted living and memory care

Woodstock Terrace

456 Woodstock Road Woodstock, VT
Call 457-2228

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

Website: seniorliving.org

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

Other Resources

**Driving Assessments: Adaptive Driving Associates in White River Junction, VT
Call 802-296-2004 Email: adavtnh@gmail.com**

Adaptive Driving Associates provides evaluation and training to help people with age related or disability issues to achieve independence through safe driving. A

registered Occupational Therapist/Certified Driver Rehabilitation Specialists/Certified Driving Instructor staff this program. Medicare does not cover driving assessment or the cost of adaptive equipment.

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)

Help with health related insurance options purchases/enrollment and medical grant information

Samantha Ball, MBA, Coodinator of Community Health Team at MAHHC

Call 802-674-7213

Town Libraries

Reading Public Library

717 Route 106, Reading, VT

Call 484-5588

- Downloadable audio books and e-books through "Listen Up VT."
- Access via "VT Online" to more than two dozen databases containing information on a variety of topics.
- Access to "Universal Class," an online continuing education service with a growing catalog of more than 500 courses (these are non-credit continuing education courses, provided for personal enrichment).
- Seasonal passes for VT state park designated day-areas and for some VT historical sites; year-round passes for VINS, the American Precision Museum, Billings Farm, and the VT History Museum; a year-round reduced-price pass for Echo Aquarium.
- Access to *Consumer Reports* magazine (we keep a year's worth of issues for perusal or for loan).

Mary L. Blood Memorial Library

41 Brownsville-Hartland Road, mailing address is PO Box 468, Brownsville, VT 05037

Call 484-7205, Information found at westwindsorvt.govoffice2 and on social media

- A friendly and warm (or cool, in the summer) historical atmosphere in a small and inviting space serving all ages. We offer "fireplace" cozy reading, artifacts on display, puzzles, and a larger open area for groups and book clubs. Personal service and deliveries is often available per need and

request. The librarian will “bundle” materials of interest. We often host artists, authors, and events. We post semi-regularly on Front Porch Forum.

- A robust group of Friends of the Library who volunteer and create events outside of the library, all of which are available to the entire community (Poetry Stroll, Fall for Brownsville, Daniel Cady Day, July 3rd Book Sale, children’s day packs, and more).
- Seasonal passes for VT state park designated day-areas and for some VT historical sites; year-round passes for VINS, the American Precision Museum, and more (usually through the generosity of our Friends group).
- Access to audio books and e-books through the Green Mountain Library Consortium (“Libby”) and other virtual resources, as well as a unique permanent collection spanning the ages and increasingly focused on new books keeping the community apprised, edified, entertained.

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 802-885-7604 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.

Lucy MacKenzie Humane Society

4832 VT Route 44, West Windsor, VT

Phone: 802-484-5829

LMHS has programs to support keeping animals in loving and supportive homes. They support the animal/human bond that companion animals provide.

1. “Pet Pantry” – store of food and supplies (e.g. cat litter) that is available and delivered to seniors who can’t make it to the shelter.
2. “Emergency Foster Network” Seniors who are facing an absence from home (e.g. emergency surgery) can have their pets temporarily placed at the homes of local volunteers or, if necessary, can have a temporary placement at the shelter.
3. “Jake’s Friends Fund” works with people of restricted income and their vets to help fund an animal that needs surgery, for example.
4. “End of Life” issues. If someone passes away and the family cannot take the deceased person’s animals, Lucy MacKenzie will take the animals. This process is in the process of being formalized.

Reading-West Windsor Aging in Place is currently developing a website. The website URL will be <http://rww-aginginplace.org/>

This resource book is available at the town halls of Reading and West Windsor, and on the town websites. It will also be available at the two town libraries.

