



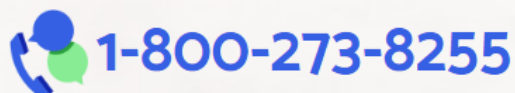
“In the end, its not the years in your life that count. It’s the life in your years.”

- Abraham Lincoln

Additional Resources:



NATIONAL SUICIDE PREVENTION LIFELINE



Vermont Crisis Text Line



Created in association with:
The Robert Larner, M.D. College of Medicine
University of Vermont
Family Medicine Clerkship
89 Beaumont Ave.
Burlington, VT 05405



Community Resources for Seniors in Franklin County

Ways to connect with community organizations

- SASH- Support and Services at Home
 - Assist with coordination of resources to support those who live independently at home
 - Contact Information for St. Albans Area:
 - 145 North Elm Street
 - St. Albans, VT 05478
 - 802-859-8850
 - 866-522-1943
 - www.sashvt.org

Activities and Wellness:

- Franklin County Senior Center
 - Various opportunities for involvement including exercise groups, crafts, bridge, cribbage, and line dancing.
 - Membership is \$12/year; >82 membership is free
 - Contact Information:
 - 75 Messenger St.
 - St. Albans, VT 05478
 - 802-524-6616
 - www.fcscvt.org
- Northwestern Medical Center
 - Healthy living workshops, tobacco cessation, Alzheimer's support group, Tai Chi, Yoga and much more
 - Call 802-524-5911 or visit <https://www.northwesternmedicalcenter.org/events/>

Transportation:

- Green Mountain Transit
 - Transportation for individuals who are 60 years of age or older and/or individuals with disabilities
 - For more information and eligibility call: 802-527-2181



Volunteer Opportunities:

- Tri-County Foster Grandparents
 - Opportunity for adults >55 to earn supplemental income. Volunteers serve as tutors, mentors, and friends to school age children.
 - Through the United Way of Northwest Vermont
 - Call 802-524-6337 or email fgp@unitedwaynwvt.org
- Retired Senior Volunteer Program
 - Remain active and meet new friends in the community
 - Contact: 802-524-6337
- Northwestern Medical Center
 - Call 802-524-1055

Resources Available through Age Well

Age Well is an organization of experts and advocates for the aging population of Northwestern Vermont.

Senior Helpline: Toll-free, confidential call answered by certified staff that can understand the problem and offer real-time solutions.

HELPLINE: 1-800-642-5119

Services provided include:

- Assistance with making it possibly for seniors to stay at home including, in-home visits and help with household tasks through volunteers
- Guidance with care transitions when coming home from the hospital or rehabilitation
- Meals on Wheels
- Wellness and Fitness Classes
- Volunteer Opportunities

For questions related to Age Well services contact the helpline.