



Resource List for MSAC Wellness Calls

(Please become generally familiar with how these resources can be helpful)

Senior Helpline 1-800-642-5119 (rings at **Central Vermont Council on Aging** or one of the other four statewide agencies depending on location of caller) www.cvcoa.org
Toll-free number available state-wide. Trained specialists share information about public benefits for health care/insurance, food assistance, fuel assistance and more. Referrals for housing, transportation, care resources, volunteers for various tasks, weatherization and more. Help with applications, options counseling, family caregiver resources, Medicare education and case management also available.

MSAC front office: (802) 223-2518 and website: www.montpelier-vt.org/msac
Montpelier Senior Activity Center provides senior meals (see FEAST below) and a wide variety of in-person and online classes, drop in groups, educational events, health clinics (including foot care), tax clinics and more. Many activities limited or on-hold during pandemic. The best way to keep updated is by reviewing a current MSAC monthly Active Times [newsletter](#) and/or subscribing to our [e-letter](#) by emailing msac@montpelier-vt.org with your request.

FEAST Senior Meals Reservations and Meals on Wheels Line: (802) 262-6288 or feast@montpelier-vt.org www.montpelier-vt.org/309/FEAST-Meals-Program

- *FEAST To Go hot meal service Tuesday and Friday, 12:00-12:30pm outside, or frozen pick-up by arrangement. Available to residents of all towns.*
- *Meals on Wheels (FEAST at Home) available as once weekly bulk frozen deliveries during pandemic to residents of Montpelier and part of Berlin.*
- *Other towns' residents receive delivery through other meal sites – contact Senior Helpline for more info.*
- *Age 60+: suggested donation \$5-10 (no charge); Under 60: \$7-10.*

Capital Area Neighborhoods (Montpelier only): (802) 828-7374 or MontpelierCAN@gmail.com <https://sustainablemontpelier.org/can/> *(A project of Sustainable Montpelier Coalition) Capital Area Neighborhoods (CAN) is a decentralized opportunity for neighborhoods to develop groups as they see fit. CAN is intended to grow relationships in neighborhoods, help with emergency & neighbor-to-neighbor communications and also general communications between the City & neighborhoods.*

MSAC Village Initiative: msac-ameri corps@montpelier-vt.org or 802-262-6287

A new and developing project aimed at supporting older adults in the community, with emphasis placed on thriving in their own homes and community. The Village Initiative hopes to offer a number of services to the MSAC community, from seasonal chore support (Montpelier residents only) to tech inquiries (for residents of all towns). Any questions regarding this evolving project can be directed to MSAC's Aging in Place Coordinator, AmeriCorps member Andrew Gribbin, at the above contact info.

Montpelier Food Pantry (802) 375 5369, www.justbasicsvt.org, at Trinity Church, 137 Main Street

- Open Tuesday, Thursday and Saturday from 10 am to noon. Shoppers are able to collect prepacked boxes at the rear door of the church, with fresh food and frozen meat distributed as available.
- Serves: Montpelier, E. Montpelier, Calais, Middlesex, Berlin, Worcester & Adamant.
- Refer people to VT-211 (see below) for Food Pantries/Food Shelves in other Towns

Vermont Everyone Eats – Daily (Free) Food Sites throughout VT – through December 21 (?)

In partnership with Vermont Everyone Eats (VEE), a program created in response to the COVID-19 pandemic, daily meal sites exist in Montpelier and throughout the state’s communities to distribute free meals to anyone impacted by the pandemic. VEE contracts with local restaurants and caterers to produce and distribute the meals, More information regarding the VEE program, including information on the Digital Voucher Program, can be located below:

Information on the “Digital Voucher Program”, which allows participants to download an app to get meals directly from participating restaurants at no cost: <https://vteveryoneeats.org/find-a-meal>.

Current (statewide) meal sites (gets updated regularly and subject to change)

<https://docs.google.com/spreadsheets/d/1W5KfP8InYVv2sfCg7sBGVddEOAUWEIzjecSrcibq8Rg/edit#gid=0>

Green Mountain Transit: 802-223-7287, <https://ridegmt.com/>

Green Mountain Transit offers both fixed-route busing as well as a Community Rides program that aims to provide transportation for doctor appointments and other important engagements for those living beyond the fixed-routes and do not have access to a car. Additionally, there are plans to roll out an On-Demand Microtransit throughout Montpelier in early 2021, which will allow users to requests on-demand rides from anywhere in Montpelier to another destination throughout the city as well as parts of Berlin.

Vermont Department of Health Covid-19 site including symptoms, guidance and other resources: 800-464-4343 <https://www.healthvermont.gov/response/coronavirus-covid-19>

Symptoms of COVID-19 include:

- Fever (100.4 F or higher)
- Cough
- Shortness of breath or difficulty breathing
- Chills
- Fatigue
- Muscle pain or aches
- Headache
- Sore throat
- New loss of taste or smell
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

Symptoms may start 2 to 14 days after exposure to the virus. If you are having any symptoms of COVID-19, call your provider. If you are having a medical emergency, call 9-1-1 or go to the hospital. Check your symptoms with [CDC's Self Checker Tool](#).

Area Senior Centers & Meal Sites (this is a **select list** close to Montpelier; **find others online or by calling the Senior Helpline**)

Over forty senior centers and dozens of additional senior meal sites around VT offer a wide variety of programs and services that are constantly changing during the pandemic. Services include meals, exercise classes, foot care clinics, tax clinics and more. Contact each site for current information.

- **Twin Valley Senior Center**, (Meals on wheels for East Montpelier, Calais, Plainfield, and others), 802-223-3322, <https://www.twinvalleyseniors.org/>
- **Lamoille County Meals on Wheels**, (Meals on Wheels for Worcester and other towns in Lamoille County), 802-888-5011, <https://www.mowlc.org/>
- **Mad River Valley Seniors**, (Meals on Wheels for portions of Moretown, Duxbury, and others), 802-496-2543, www.mrvseniors.org/
- **City Hotel Café Mealsite (formerly “The Galley”)**, (Meals on Wheels for Barre, parts of Berlin, and others), 802-479-9175, <https://mealsonwheelscentralvt.org/>
- **Barre Area Senior Center**, 802-479-9512, <http://barreseniors.org/>
- **Northfield Senior Center**, (Meals on Wheels for Northfield, Roxbury & portions of Berlin), (802) 485-8112, <http://www.greaternorthfieldseniors.org/>
- **Waterbury Senior Center**, (Meals on Wheels for Waterbury, Middlesex, and portions of Duxbury & Moretown), 802-244-1234, <https://www.wasca.org/>

Crisis Support for Mental Health and Suicide Prevention

If you or someone you know is in crisis or need emotional support, help is available 24/7 through various resources:

- Call your local mental health crisis line. In Washington County, it is (802) 229-0591. More info can be found at: https://www.wcmhs.org/services_category/crisis-services/
- Call the National Suicide Prevention Lifeline at 1-800-273-8255
- Pathways Vermont Support Line (Peer support from non-professionals)—<https://www.pathwaysvermont.org>—call or text 24/7 to (833)VT-Talks

Adult Protective Services, Reporting Line (800) 564-1612, <https://dlp.vermont.gov/aps>

Make a report to APS if you believe a vulnerable adult was abused, neglected, or exploited by an alleged perpetrator. You should make a report if you feel that a vulnerable adult has been harmed because of actions (or inaction) taken by a specific person or persons other than themselves. In most cases, this requires an alleged perpetrator to either intentionally or recklessly harm the vulnerable adult. Vermont Law establishes who are vulnerable adults and what constitutes abuse, neglect and exploitation.

APS does not provide emergency services. If a vulnerable adult is in a life-threatening situation or needs immediate intervention to protect someone from harm, call 911 so that law enforcement and medical personnel can get involved immediately. A report to APS can be made after emergency services have been provided.

VT 211 <https://www.vermont211.org/>

Search database online at <https://www.navigateresources.net/211vermont/>

An anonymous and free service of United Way for all communities and ages, dialing 211 from any phone in VT allows callers to ask about and access thousands of resources and other helplines that provide human services, public benefits, meals, emergency and crisis services, housing, child care and more. 211's Information & Referral resource databases contain detailed descriptions of the programs and services provided by community, social, health, and government organizations.

For personalized service, contact VT 211 directly:

- Call by dialing 2-1-1, 24 hours/ 7 days (For problems reaching them on a cellphone, turn off wi-fi and trying dialing again, or dial 802-652-4636.)
- Text your zip code to 898211, M-F 8:00am to 8:00pm
- Email them at info@vermont211.org, M-F 8:00am to 6:00 pm

Kellogg Hubbard Library: 802-223-3338, <https://www.kellogghubbard.org/>.

Free library cards are available to residents of Berlin, Calais, East Montpelier, Middlesex, Montpelier & Worcester (as well as if you own a business or teach public school in one of those towns). Books are delivered weekly to Middlesex (Tuesdays from 10-11am at Red Hen), Calais (Tuesdays from 12-1pm at Maple Corner), Worcester (Wednesdays from 11:30-1pm at the Community Center) and Adamant (Wednesdays from 1:30-2:30pm at Adamant Coop). They also offer curbside pick-up and home delivery for those unable to visit the library for 2+ months. Additionally, the library offers a number of series, lectures, public computer access, language learning, and more.

Montpelier Mutual Aid is not currently active. We will notify the public through our announcements if the status changes. Early in the pandemic, they matched community volunteers with people in need of help picking up groceries and pharmacy items as well as raised money for purchasing gift cards for people in financial need.

Lead project contact at MSAC: Andrew Gribbin, MSAC Aging in Place Coordinator, 262-6287, msac-amicorps@montpelier-vt.org

Thank you to our important partners at CVCOA who support MSAC in so many ways including volunteerism and FEAST!