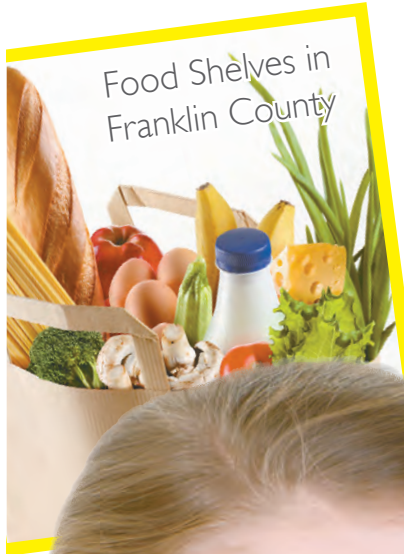


2017 United Way of Northwest Vermont RESOURCE DIRECTORY

CAN'T FIND
Childcare for
YOUR KIDS
in Franklin County?



**How Many
Are There?**

Here's
Where

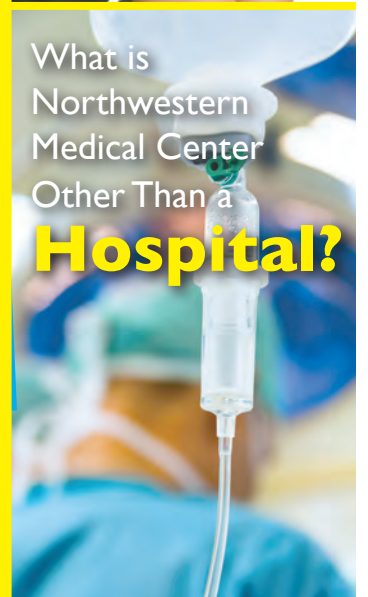


HELP

Paying Bills



What is
Northwestern
Medical Center
Other Than a
Hospital?



WE'RE REDEFINING COMMUNITY

Franklin-Grand Isle United Way and
United Way of Chittenden County have **MERGED**

Top 10 questions Franklin County people ask

See page 4

VISIT THE

St. Albans Branch

We take member service to a whole new level.



Branch Services

- Full Teller Service
- Drive-up Tellers & ATM
- Walk-up ATM
- Mortgage Officer
- Member Service Representatives
- Loan Officers
- Business Loan Officer
- Investment Services*

BRANCH & DRIVE-UP HOURS

Mon–Thu8:00 am - 5:00 pm

Fri.....8:00 am - 6:00 pm

Sat.....9:00 am - 12:30 pm

*Please also visit our
new ATM located
at 27 Fisher Pond
Road. Open 24/7!*



Federally insured by NCUA
NEFCU NMLS #446767



**New England
Federal Credit Union**

800-400-8790 • nefcu.com

Local, affordable, and on your side.™

*Non-deposit investment products and services are offered through CUSO Financial Services, L.P. ("CFS"), a registered broker-dealer (Member FINRA/SIPC) and SEC Registered Investment Advisor. Products offered through CFS are not NCUA/NCUSIF or otherwise federally insured, are not guarantees or obligations of the credit union, and may involve investment risk including possible loss of principal. Investment Representatives are registered through CFS. The credit union has contracted with CFS to make non-deposit investment products and services available to credit union members. CFS and its Registered Representatives do not provide tax or legal advice. For such advice, please consult with a qualified professional.

Franklin-Grand Isle Community Resource Directory



Photograph by Jeremy Read

“One of the most successful partnerships in Franklin County has been the collaboration behind the Franklin-Grand Isle Resource Directory. This is our twenty-first year and our twenty-first edition of a directory that unites the community in a manner that is both professional and helpful. We offer our thanks to all those who have put in countless hours compiling this essential information.

Thank you to all of our readers who have offered suggestions over the years and have helped us create this valuable, easy to use, community resource.” -Emerson Lynn

*We would like to extend a special thank you United Way of Northwest Vermont
for helping to update and distribute this valuable resource.*

We are especially careful to provide updated information with each new release of this publication.

**For the most current resource information, dial the three-digit number 2-1-1 or visit www.vermont211.org.
A PDF of the Resource Directory is available for download at www.samessenger.com**

GIVE

LIVE UNITED. Join the movement and give generously to our Community Campaign. Your gift will support solutions to achieve the outcomes we expect for ALL our friends, family and neighbors:



**All children, youth and young adults
achieve their potential**



**All people can meet their basic needs
and achieve financial stability**



**All people have optimal health and
well-being**

DONATE TODAY AT UNITEDWAYNWVT.ORG



**United Way of
Northwest Vermont**

Resources

Table of Contents

Vermont 2-1-1	4	Victim Services	20
Food	6	Addiction and Recovery	22
Franklin Grand Isle Food Shelf List.....	7	P Northwestern Counseling & Support Services	25
P United Way of Northwest Vermont	9	Contact Info.....	24
Contact Info.....	9	Recreation	26
Housing	10	Recreation Departments	26
Transportation	12	Parks and Other Locations.....	26
Childcare	13	Free Playgroups.....	28
Financial Help	15	Libraries	28
Budgeting and Saving	15	Organizations	30
Help with Utilities.....	15	P Northwestern Medical Center	31
Help with Medical Bills	15	Contact Info.....	30
Other Bills and Services	16	P Franklin Grand Isle Community Action (FGICA)	32
P Franklin County Home Health ..	17	Community Programs.....	32
Job Hunting	18	Other Important Services	33
Vermont Department of Labor	18	Services for Seniors	33
Job Training.....	18	Services for Veterans.....	33
Job Placement Services	18	More Organizations You Should Know.....	36
Private Employment Agencies.....	18		
Starting a Business.....	19		
Other Programs.....	19		

Can't find the help you need... Try 2-1-1

Every hour of every day, Vermonters need help finding help. Dialing 2-1-1 any time, day or night, seven days a week, gets you access to a free and confidential community referral service that connects callers with resources that provide food, shelter, rent assistance, clothing, child care options and other types of community assistance.

Vermont 2-1-1 is a program of United Ways of Vermont. United Way of Northwest Vermont contributes \$61,000 annually to the program. The mission of Vermont 2-1-1 is to maintain a database of services and resources for every region in the state and to direct people to the right services or resources to help meet their need or answer their question. When you dial 2-1-1, you speak with a real person who listens to you describe your challenge and helps you connect to the services that can ultimately resolve the problem. The Vermont 2-1-1 database has information on more than 12,000 different programs and services across the state and is updated at least annually so the information is accurate when referrals are made.

In the first six months 2016, more than 1,000 Franklin County businesses, residents, law enforcement, clergy, school personnel, non-profits, lawyers and more contacted 2-1-1.



Top 10 reasons why people from Franklin County are calling 2-1-1?

They were looking for:

- 1 Housing/Shelter Resources
- 2 Public Assistance Programs
- 3 Referrals to Specialized information services like the Senior Helpline or Childcare Resource
- 4 Utility assistance
- 5 Community Groups and Government Offices
- 6 Financial Assistance to meet unexpected emergencies
- 7 Health Supportive Services
- 8 Legal Services
- 9 Tax Organizations and Tax Preparation Services
- 10 Food resources

DON'T SEE THE LISTING YOU'RE LOOKING FOR?

CONTACT VT 2-1-1 FOR ADDITIONAL INFORMATION

Having real time information about why people are calling 2-1-1 helps policymakers and funders like United Way direct resources to meet the most urgent needs and to fill gaps in services when they are identified.

Vermont 2-1-1 has also demonstrated its value during times of crisis. 2-1-1 staff work closely with Vermont Emergency Management and Vermont Dept. of Health officials, local emergency responders, voluntary organizations throughout Vermont and play a critical role in bringing information to the people most affected by the events and relaying the needs of callers back to the government officials and the first responders. Ice storms, fires, snow storms, hurricanes, flooding, flu season – 2-1-1 is the number to call to get up to date information while leaving first responders free to directly address the emergency.

Vermont 2-1-1 is built on the principles of outstanding customer service. In this age of the “information highway”, access to information is easy. But sifting through all that information to find the right service to meet your need is harder. The call center specialists at Vermont 2-1-1 are there any time, day or night to help you navigate through the information and potential resources. Our 2-1-1 system in Vermont is at the fingertips of every resident and every phone. 2-1-1 is cost-effective, high quality, personal, flexible and community-based.

2-1-1 is not an emergency number like 9-1-1, nor is it directory assistance like 4-1-1.

2-1-1 is your first step toward solving everyday problems or when you are facing difficult times.



It's a free service. It's confidential.
It's 24/7. Try it today!

getting the
'A BANDAID ISN'T GOING TO FIX THAT'
look?



It's time for urgent care.

Luckily, we are here for you. Come see us for quick, quality care from the people you know and trust. View wait times at both our locations online, reserve your spot 'in line' and do the waiting at home.

 Northwestern Urgent Care <small>Quality. Convenience. Trust.</small>	For more information, call (802) 524-8911 or visit NorthwesternUrgentCare.org
St. Albans location Cobblestone Health Commons 260 Crest Road, St. Albans, VT 05478	Georgia location South off I-89, Exit 18 927 Ethan Allen Highway (Rte. 7), Georgia, VT 05468



Whether you are looking for a fresh and engaging new website or promotional artwork to help you stand out from the crowd,

MP&D has the skills and solutions to help you get your message across.

We are MP&D.

	info@mpdcreative.com www.mpdcreative.com 281 North Main Street • St. Albans, VT 05478 (802) 524-9771 ext. 114
---	--

I need food...

For those experiencing hunger, there are several places in Franklin and Grand Isle to get help.

Food shelves provide free food for those in need. Martha's Kitchen offers free lunch and breakfast at their site on Main Street in St. Albans City.

Seniors are eligible for free or low cost community meals and for Meals on Wheels.

The state of Vermont runs 3SquaresVT, formerly known as food stamps, which provides a benefit card recipients may use to purchase food, as well as Women, Infants and Children (WIC) a nutrition program for pregnant women and young children.

School children may be eligible for free or reduced price lunches based upon their family's income. During the summer months many local schools and community groups offer free breakfast and lunch to anyone under the age of 18.

3SquaresVT

(Formerly Food Stamps)

20 Houghton Street, Room 313

Saint Albans, VT 05478

(800) 660-4513

(800) 479-6151

(802) 241-2830 FAX

www.dcf.vermont.gov/esd/3SquaresVT

www.vermontfoodhelp.com

Helps Vermonters who meet certain guidelines to stretch their food budgets so they can buy more and better food and put three square meals a day on their tables.

Applicants may apply online at www.vermontfoodhelp.com, or download a physical application at the site. Applicants may also go directly to the Agency of Human Services district office at 27 Federal St. in St. Albans.

To request an application and have it mailed to you, call 1-800-479-6151.

Free and Reduced School Lunches

Applications for free and reduced school lunches may be filed with the school. Only one application is needed per family.

Children whose parents receive 3Squares-VT or Reach-Up are automatically eligible.

For more information visit the Agency of Education's website (www.education.vermont.gov).

Free Summer Meals for Children

Communities with large numbers of children receiving free and reduced lunches may qualify for a federal program offering free lunches, and sometimes breakfast, to anyone under the age of 18. The programs are operated by schools, libraries, and community groups.

St. Albans City School works with city government and Franklin-Grand Isle Community Action to serve meals at seven sites around the city each summer.

NOTCH operates summer camps in Richford and Swanton which are free and include free meals.

In 2016, the Highgate and Swanton public libraries offered free lunches during the summer months as did schools in Enosburg Falls, Berkshire, Alburgh and the Montgomery Recreation Center.

To find a free meal site in your area, contact Hunger Free Vermont (www.hunger-freevt.org) at 865-0255.

Martha's Kitchen

86 North Main Street

Saint Albans, VT 05478

(802) 524-9749

A volunteer organization that runs a soup kitchen with breakfast and lunch to residents of St. Albans and surrounding towns.

Meals on Wheels

Age Well

76 Pearl Street, Suite 201

Essex Junction, VT 05452

1-800-642-5119 or 802-865-0360

Hot, nutritious meals that include protein, vegetables, milk, juice, bread and fruit delivered by community volunteers to the homes of seniors and those with disabilities. To sign up call the numbers above.

Special Supplemental Program for Women, Infants and Children (WIC)

Vermont Dept. of Health

27 Federal Street

St. Albans, VT 05478

WIC offers a monthly benefit to new mothers and their children with which they may purchase healthy foods. In addition, WIC offers breastfeeding support and nutrition classes.

Fathers, grandparents and foster parents may receive the benefit for children in their care.

To apply, contact the Dept. of Health office in St. Albans by calling 888-253-8801 or 802-524-7970.

Senior Meals

Age Well sponsors meal sites open to all seniors over 60.

There is a \$5 suggested donation for those over 60, \$6 for those under 60.

The Dairy Center Restaurant

2445 Samsonville Road, Enosburg Falls

Meals Served:

Monday – Friday, 11 a.m – 1 p.m.

Reservations: 933-2030

Franklin County Senior Center

75 Messenger Street, St Albans

Meals served:

Monday, Wednesday, Thursday, Noon

Reservations: 524-6616

Fairfax Friendly Neighbors

Fairfax Fire House

15 Goodall Street, Fairfax

Meals served:

1st & 3rd Tuesday of each month, Noon

Reservations: 849-6820

The Crossing Restaurant

4 Province Street, Richford

Meals served:

Monday – Friday, 11 a.m. – 4 p.m.

Reservations: 848-3393

Swanton School House Lunch Bunch

59 Church Street, Swanton

Meals served:

Tuesday, Noon

Reservations: 802-865-0360 Ext 1064

or 662-5264

South Hero Neighbors Reader Hall**Congregational Church**

South Street, South Hero

Meals served:

Monday, Wednesday, Friday, Noon

Reservations: 372-6425

Milton Groovy Lunch Bunch**Arrowhead Senior Center**

46 Middle Road, Milton

Lunches served:

Wednesday, Noon

Reservations: 893-1619

Dinners served:

3rd Thursday of each month, 6 p.m.

Reservations: 355-6805

NEED ASSISTANCE?**With food, shelter, rent assistance, clothing, childcare, and more....****DIAL 2-1-1****United Way of Northwest Vermont****Franklin Grand Isle Food Shelf List**

Site	Day	Time	Address	Contact
NorthWest Family Foods	Monday – Friday	1:00 – 4:00	5 Lemnah Drive, St. Albans VT	527-7392
NorthWest Family Foods	Last 2 Mondays of each month	Noon	Old Health Center, 52 Main St., Richford, VT	527-7392
NorthWest Family Foods	Last 2 Tuesdays of each month	Noon	Islands in the Sun Community Center, 57 S. Main St., Alburgh, VT	527-7392
Grand Isle Food Shelf	Wednesday	1:00 – 4:00	Grand Isle United Methodist Church, 8 Hyde Rd., Grand Isle, VT	372-8404 (Judy Ayers)
Fairfield Community Food Shelf	Tuesday	3:00 – 6:00	Fairfield Community Center, School St., Fairfield, VT	827-3130
Georgia Food Shelf	Last 2 Wednesdays of each month	4:00 – 5:00	Georgia Market 962 Ethan Allen Hwy., Fairfax, VT	524-3240 (Jolly Bates)
Sheldon Food Shelf	3rd Tuesday of each month	10:00 - Noon	Sheldon Methodist Church, 52 Church St., Sheldon, VT	933-4487 (John Gorton)
Montgomery Food Shelf	Call for appointment		Montgomery United Methodist Church, Montgomery, VT	326-4651 (Lois Lumbra)
Enosburg Food Shelf	Thursday	9:00 – 5:00	Corner of Main and Missisquoi St., Enosburg, VT	933-4193 (Kathy Gaston)
Swanton Food Shelf	Tuesday	9:00 – Noon	Church of the Nativity, Parish Hall, 65 Canada St. Swanton VT.	868-4162 (Jerri)
Highgate Food Shelf	Monday – Tuesday	2:00 – 5:30	Highgate Methodist Church Community Center, 3060 Rte. 78, Highgate, VT	868-4921
Fairfax Community Food Shelf	First 2 Wednesdays of each month	9:00 – 12:00	United Church of Fairfax, 8 Fletcher Rd, Fairfax, VT	849-6588

VOLUNTEER TIME IS A PRECIOUS GIFT

Whether it's once a week, once a month or once in a while, give the precious gift of time. We can connect you with hundreds of ways to follow your passion, use your skills, share your compassion and lend a hand to make a difference in our community.

Browse our online directory of current volunteer opportunities at unitedwaynwvt.org/volunteer or call (802) 861-7832 to find the right fit for you.



**United Way of
Northwest Vermont**



United Way of Northwest Vermont

NON-PROFIT PROFILE

Franklin, Grand Isle and Chittenden counties have more in common than they realize, in the view of Martha Maksym, executive director of United Way of Northwest Vermont.

In 2016, the United Way serving Franklin and Grand Isle merged with the Chittenden County United Way into a new organization.

“There’s an awful lot we can scale and easily share across three counties,” said Maksym, adding the merger allows United Way to reduce the number of boards, audits and payrolls it needs.

Much of United Way’s work is assisting other agencies, including with funding. Many of the organizations United Way supports work in all three counties. Receiving funding from one United Way rather than two will make things easier for them, Maksym noted.

In addition, many of the challenges in the three counties are the same, and solutions that worked in one county may be transferable to the others.

However, other needs, such as transportation, may be quite different, Maksym pointed out.

The role of United Way isn’t necessarily to provide direct services [although it does some of that] but to bring other agencies and sometimes businesses together to better address needs in the community.

For example, United Way worked with CIDER to start Neighbor Rides, a program in which volunteers provide transportation to those needing to get to medical and other services. Previously, CIDER was using its own wheelchair-friendly vehicles at a cost of \$60 per trip, explained Maksym. By helping CIDER recruit volunteers to drive those who didn’t need a wheelchair, United Way was able to help the organization assist more people.

Almost immediately after the merger, organizations in Franklin

and Grand Isle counties began making use of a volunteer database developed by Chittenden’s United Way. The program makes it easier for volunteers and organizations to find each other.

Organizations list what type of assistance they need, and volunteers can search by type of aid needed, when the help is needed and other criteria.

Staff continue to work out of the United Way building in St. Albans, including Mary Pelkey, who coordinates the Foster Grandparents program and recruits volunteers, fundraiser Paula Short and impact manager Paul Chapman.

Being part of a larger organization means that the staff is Chittenden County is also able to assist in Franklin and Grand Isle counties.

“You’re... getting the whole team,” said Maksym.



United Way of Northwest Vermont

Headquarters

412 Farrell Street, Suite 200
South Burlington, VT 05403
(802) 864-7541

Northern Office

PO Box 387
48 Lower Newton Road
St. Albans, VT 05478
(802) 527-7418

www.unitedwaynwvt.org

Volunteer Opportunities

[www.unitedwaynwvt.org/
Volunteer](http://www.unitedwaynwvt.org/Volunteer)

I need housing...

There are several sources of housing assistance in Northwestern Vermont, as well as resources for those in danger of losing their housing, ranging from an emergency shelter to subsidized housing and home ownership programs.

A homesharing/caregiving matching program that helps make it possible for the elderly and people with disabilities to remain in their own homes by bringing them together with persons who seek affordable housing and/or caregiving opportunities.

Champlain Housing Trust

13 Lake Street, St. Albans, VT 05478
(802) 527-2361
(802) 527-2373
www.getahome.org

Champlain Housing Trust manages several affordable housing projects in the region, while also administering programs for first time home buyers and for low-income home owners who need to make repairs to their homes, including classes on budgeting and saving.

Tim's House

20 Kingman Street, St. Albans, VT 05478
(802) 527-0847

A homeless shelter that provides temporary emergency shelter and transitional housing for men, women and families in Franklin and Grand Isle counties.

Vermont Housing Finance Agency

164 St. Paul Street, Burlington, VT 05401
PO Box 408, Burlington, VT 05402
(802) 864-5743
(802) 864-8081 FAX
www.vhfa.org
home@vhfa.org

Vermont Housing Finance Agency offers low cost homeownership mortgage prod-

Franklin-Grand Isle Community Action

5 Lemnah Dr. St. Albans, VT 05478
Phone: (802) 527-7392

Community Action can assist those in danger of losing their housing as well as provide assistance with paying utility and heating bills.

Vermont State Housing Authority

One Prospect Street,
Montpelier, VT 05602
Voice: 802-828-3295
TDD: 800-798-3118
Message Line: 800-820-5119

VSHA administers Section 8 housing vouchers in Franklin County, as well as a home ownership program. VSHA also manages affordable housing itself and offers information for tenants.

Habitat for Humanity, Franklin Grand Isle Chapter

PO Box 1375, Saint Albans, VT 05478
(802) 524-3501
www.franklingrandislehfh.org
fgihabitat@gmail.com

Brings families and communities in need together with volunteers and resources to build decent, affordable housing. For family referral, call 849-6146. Email us to volunteer. Accepting donations of building materials and household items. To donate, call 524-3501.

Homeshare Vermont

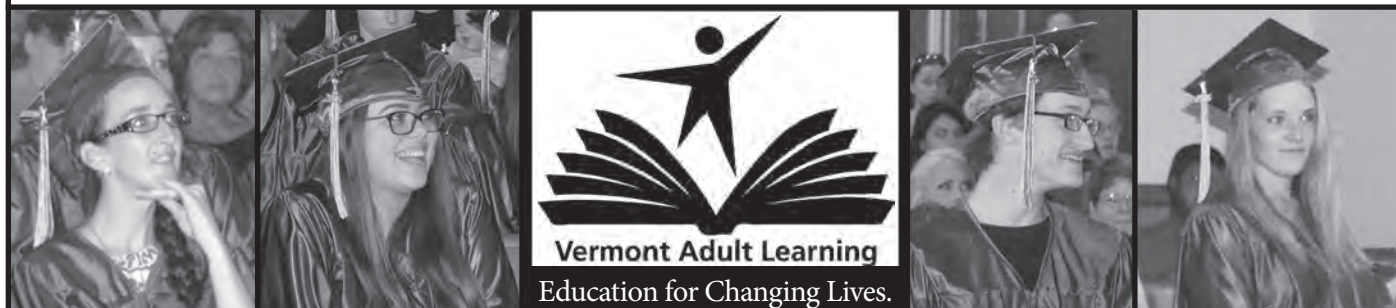
412 Farrell Street, Suite 300
South Burlington, VT 05403
(802) 863-5625
(802) 651-0881
www.homesharevermont.org

Free Adult Education Services

at Vermont Adult Learning
5 Lemnah Drive, St. Albans

- High School Diploma
 - English Language Classes for non-native speakers
 - Improve reading, writing, and math skills for college or the workplace
- Call for an appointment 802-524-9233

Locations also
in Swanton
and Richford.



ucts to qualified Vermont home buyers, makes loans and issues housing tax credits for nonprofit and for-profit developers to create and preserve affordable rental housing and supports a number of other initiatives that address a wide spectrum of housing needs in Vermont.

Vermont Tenants, CVOEO

294 North Winooski Avenue
 Burlington, VT 05401
 (802) 864-0099
 (802) 651-4179 FAX
 www.cvoeo.org

Provides advice, information, and advocacy to tenants statewide. Publishes "Renting in Vermont," a handbook for tenants and landlords.

Digital + Print = ALL ACCESS!

M MESSSENGER St. Albans introducing the **ALL NEW App!**

*Local news in your pocket wherever you go!
 Reading your digital subscription just got easier.
 Download the all new app!*



SPECIAL Purchase 3 Months and get 1 FREE!
SAVE 25%
 Use promo code: 3PLUS1

Print + Digital features:

- Convenient home delivery.
- Digital access anytime, anywhere.
- Browse available past issues.
- Search available articles.
- **All for only \$40.60 OUR BEST DEAL!**

FREE APP

Subscribe online at www.samesessenger.com/subscribe or call 524-9771 x101



WestRock

**Generously contributing to the
 United Way for over 30 years.**

WestRock is a community-minded company with mill-wide charitable contributions of over \$50,000.

WE HAVE BEEN PROVIDING JOBS IN FRANKLIN COUNTY SINCE 1895.

369 Mill Street, Sheldon Springs, VT 05485 • 802-933-7733

I need transportation...

Listed below are resources for those needing help with transportation.

Champlain Islanders Developing Essential Resources (CIDER)

324 US Route 2, PO Box 13
South Hero, VT 05486
(802) 372-6425
(802) 372-6747 FAX
cidervt@sover.net

CIDER provides transportation to the elderly and those with disabilities. It has a small fleet of wheelchair accessible vans that make regular visits to locations in Franklin and Chittenden counties. CIDER also provides rides to medical appointments and other places by van or car when contacted in advance.

Good News Garage Vermont

331 North Winooski Avenue,
Burlington, VT 05401
(877) 448-3288 Toll Free
877-GIVE AUTO
(802) 864-3667
(802) 864-6033 FAX
www.goodnewsgarage.org
info@goodnewsgarage.org

A community garage that accepts donated vehicles, repairs them, and passes them on at low cost to qualified low-income individuals in Vermont. Good News Garage Vermont is affiliated with Lutheran Social Services of New England.

Green Mountain Transit Agency

375 Lake Road Suite 3B
Saint Albans, VT 05478-2295
(802)527-2181
802 527-5302 FAX
www.ridegmt.com

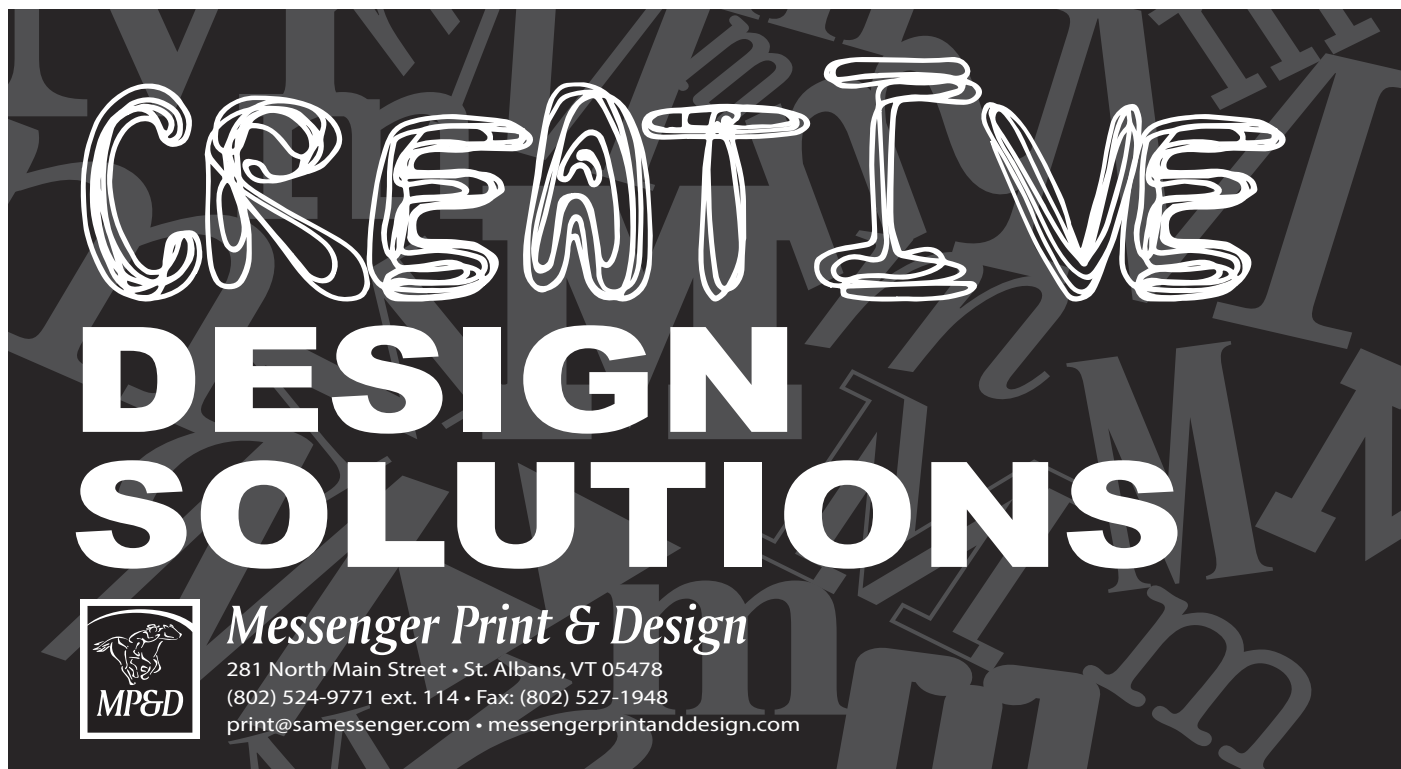
GMTA provides public transit on multiple bus routes connecting Franklin County residents to work, shopping and essential services. For a schedule visit its website. In addition, rides to medical appointments and other locations may be arranged in advance for the elderly and those with disabilities by calling the number above.

More Than Wheels

250 Commercial Street, Suite 4021,
Manchester, NH 03101
89 South Street, Boston, MA 02111
1-866-455-2522


Apply online at:
www.MoreThanWheels.org

An award-winning nonprofit organization that helps people get the best deal on a reliable and fuel-efficient car. More Than Wheels negotiates with dealers to secure the lowest price and providing the lowest interest rate available. Serves clients in NH, VT, ME and MA.



CREATIVE
DESIGN
SOLUTIONS

Messenger Print & Design
281 North Main Street • St. Albans, VT 05478
(802) 524-9771 ext. 114 • Fax: (802) 527-1948
print@samessenger.com • messengerprintanddesign.com



I need childcare...

Listed here are childcare programs administered by schools and other organizations.

Child Care Support Services The Family Center

130 Fisher Pond Road,
Saint Albans, VT 05478
(800) 834-7793 Toll Free
(802) 524-6554
(802) 527-8167 FAX
www.ncssinc.org
familctr@ncssinc.org

Provides information and referrals for those seeking childcare, as well as financial assistance. Also provides support and training for childcare providers.

Champlain Valley Head Start

Franklin County Office
5 Lemnah Drive, Suite 4
St. Albans, VT 05478
802-651-4180, ext. 205
www.champlainvalleyheadstart.org
ahoulihan@cvveo.org

Champlain Valley Head Start (CVHS) serves pregnant women, children ages birth to five years, and their families. CVHS offers center-based and home-based child care and preschool, to eligible families, in six locations throughout Franklin and Grand Isle counties. The mission of CVHS is to provide high quality services which help children and families thrive and reach their full potential. We promote the health, safety and well-being of children, and maintain strong collaborative partnerships to meet the changing needs of children, families and communities.

For Classroom Locations: Call or visit our website

Building Bright Futures Council of Franklin & Grand Isle Counties

36 North Main Street P.O. Box 208
St. Albans, VT 05478
(802) 527-5426
(802) 370-0838

Formerly known as Franklin Grand Isle Early Childhood Advisory Council. A coalition of individuals who live and/or work in Franklin and Grand Isle Counties and who work to improve the well-being of young children and their families.

Champlain Islands Parent Child Center—South

114 South Street, Building 2
South Hero, VT 05486
(802) 372-4704
(802) 372-8622 FAX

Building strong children, confident families and connected communities. Licensed, NAEYC accredited, 5 Star, full-time childcare for children birth to age five in South Hero, Early Head Start and Preschool Head Start programs in collaboration with Champlain Valley Head Start, Pre-Kindergarten program in collaboration with Grand Isle Supervisory Union. Playgroups, information and referral, and a site for other service providers.

Curiosity Corners Preschool

71 Main Street, Saint Albans, VT 05478
(802) 527-6499
mprice@bfasta.net

Serves as the preschool at Northwest Technical Center. Children aged 3 to 5 are welcome to participate in the preschool curriculum.

Franklin County Early Childhood Programs (FCECP)

FRANKLIN NORTHWEST
SUPERVISORY UNION
100 Robin Hood Drive, Suite 2
Swanton, VT 05488

FRANKLIN CENTRAL
SUPERVISORY UNION
2 North Main Street, Suite 301
St. Albans, VT 05478
(802) 524-3613
(802) 868-4457
earlychildhoodsuccess.org
mmspence@yahoo.com

Provides preschool opportunities. Accepts referrals from families, community and other service providers. Screenings may recommend a comprehensive evaluation to determine eligibility for programs administered by FCECP.

Y's Time Children's Center

Houghton Street, PO Box 1273
St. Albans, VT 05478
(802) 527-4872
www.gbymca.org

Quality program for children ages 12 mo. - 5 yrs.; fostering social, emotional, physical, cognitive and creative development through enriching experiences and positive relationships.

Grand Isle Supervisory Union Early Childhood Program

224 US Route 2, Grand Isle, VT 05458
(802) 372-6942
(802) 372-5292 FAX

Consultation and developmental screening, comprehensive evaluation and educational programs in home and community settings for children with special needs, or those at risk in Alburgh, Isle La Motte, North Hero, Grand Isle and South Hero.

(CONTINUED ON NEXT PAGE)

For a full listing of childcare programs in the region contact Child Care Support Services.

The Islands Family Network

39 Donaldson Road, Grand Isle, VT 05458
(802) 372-9163

An early childhood education and family support organization for Grand Isle County that offers parent-child playgroups, family arts and crafts workshops, drop-in child care, a cooperative babysitting service, Waldorf-based preschool, family events and seasonal celebrations. The Islands Family Network is in partnership with Champlain Islands Parent Child Center.

NEED ASSISTANCE?

With food, shelter,
rent assistance, clothing,
childcare, and more....

**DIAL
2-1-1**



United Way of
Northwest Vermont



Champlain Islanders Developing Essential Resources

Wheelchair Accessible Transportation
“The Neighbors” Community Meals
and “Meals-On-Wheels”
Living Strong Strength & Balance Training
Tai Chi Classes
Wheelchair Ramps & Home Accessibility
Special Needs Equipment Lending
P.O. Box 13, 324 US RT 2 South Hero, VT 05486
(802)372-6425 cidervt@sover.net
www.cidervt.org



Free Preschool Available

Quality early care and education for children ages birth to 5 years

6 locations, and home-visiting options, in Franklin and Grand Isle Counties

Openings available throughout the year for children who meet eligibility and site requirements



A Program of Champlain Valley Office of Economic Opportunity

802-651-4180 | champlainvalleyheadstart.org

I need help paying my bills...

There are several programs available to assist low-income Vermonters with budgeting, medical and utility bills.

BUDGETING AND SAVING

CVOEO Financial Futures

802-860-1417 X 114
growingmoney@cvoeo.org

The Financial Futures program can help Vermonters craft spending plans, reduce debt and build their savings. They can also assist with savings and business development. Assistance is available in both Burlington and St. Albans. To learn more contact the above number or call Franklin-Grand Isle Community Action at (802)527-7392.

Several housing programs also offer assistance with budgeting, see the housing section on pages 10 & 11 for more.

HELP WITH UTILITIES

LIHEAP

LiHeap is a federal program administered by the State of Vermont which provides assistance to households earning less than 185 percent of the federal poverty line with paying for heat. Both renters and homeowners are eligible, regardless of other assets. Franklin-Grand Isle Community Action is able to assist with applications, see their listing on page 32.

Applications may be made directly online at dcf.vermont.gov/benefits/fuel-assistance.

To ask questions about the program, call 1-800-479-6151 or visit the St. Albans office of the Economic Services Division at 27 Federal Street, Suite 400, St. Albans, VT 05478.

Green Mountain Power's Energy Assistance

Residential customers of Green Mountain Power earning less than 150 percent of the federal poverty limit are eligible for 25 percent off their first 600 kilowatts of electricity each month.

Applications must be made through the state's Economic Services Division. File online by visiting dcf.vermont.gov/benefits/eap/gmp or call 1-800-775-0516 to request a paper application.

Vermont Gas Energy Assistance

Residential customers of Vermont Gas, Inc. earning less than 185 percent of the federal poverty level may be eligible for a 20 percent discount on their monthly gas bill.

Applications must be made through the state's Economic Services Division. File online by visiting dcf.vermont.gov/benefits/eap/vt-gas or call 1-800-775-0516 to request a paper application.

Emergency and Crisis Fuel Assistance

Those facing an imminent loss of heat, electricity or phone service should contact Franklin-Grand Isle Community Action which administers programs offering emergency aid with utility bills.

Community Action is located at 5 Lemnah Drive, St. Albans. They may also be reached at (802)527-7392.

HELP WITH MEDICAL BILLS

Green Mountain Care

(800) 250-8427 Toll Free
(888) 834-7898 TDD

Includes existing programs such as Dr. Dynasaur, Vermont Health Access Plan (VHAP), Medicaid, and Prescription Assistance, as well as the Catamount Health program.

Health Care Ombudsman

PO Box 1367, Burlington, VT 05402
(802) 863-2316
(800) 917-7787 Toll Free
(802) 863-7152 FAX
www.vtlegalaid.org

Advocates for individual Vermonters with health care and health insurance issues. We also track and study trends in health care, comment on federal and state health care regulations and recommend needed changes to Vermont's health care policies.

Jim Bashaw Cancer And Catastrophic Illness Fund

c/o Northwestern Medical Center
133 Fairfield Street,
Saint Albans, VT 05478
(802) 524-8479
(802) 524-1250 FAX
www.nmcinc.org

Financial assistance to residents of Franklin and Grand Isle Counties who are experiencing catastrophic illness from cancer or other causes. Items covered include but are not limited to: medications, medical equipment, transportation, private/respite care, nutritional support and prostheses.

Ladies First Program

VT Department of Health
108 Cherry Street
Burlington, VT 05402
(800) 508-2222
(802) 863-7330
healthvermont.gov/prevent/ladies_first.aspx

Pays for mammograms, Pap tests and screening for cholesterol and blood pressure for women with limited income who are: VT residents, age 40+, or 21-39 with breast symptoms or abnormal Pap tests

(women 21-39 are eligible for breast and cervical services only). Assistance with childcare, elder care and transportation to attend Ladies First appointments is available (Women with Medicare Part B, Medicaid, or VHAP are not eligible for Ladies First).

Lifeline Foundation of Vermont

579 Washington Highway, Suite 314
Morrisville, VT 05661
(800) 286-5463
(802) 654-1212
(802) 888-4797

Offers assistance to individuals who wish to continue living independently. A response center is contacted by pushing a button on a wristband or pendant.

Pharmaceutical Research and Manufacturers of America (PhRMA)

950 F. Street, NW Suite 300
Washington, DC 20004
(888) 477-2669 Toll Free
(202) 835-3535 Administrative
www.pparx.org

A trade association that provides Partnership for Prescription Assistance, an information and referral service linking eligible inquirers with prescription drug discount programs. Partnership for Prescription Assistance serves the USA and Puerto Rico.

OTHER BILLS AND SERVICES

Social Security Administration Office of Public Inquiries

Windsor Park Building
6401 Security Boulevard,
Baltimore, MD 21235
(800) 772-1213 Toll Free
(800) 863-4122 TTY
www.ssa.gov

Office for written inquiries if more assistance is needed than can be provided by phone or internet. Services include Social Security Disability Insurance (SSDI), Medicare Applications, Social Security Retirement Benefits, Supplemental Security Income (SSI), and Social Security Survivor Benefits.

Vermont Legal Aid

264 North Winooski Avenue,
Burlington, VT 05401
PO Box 1367, Burlington, VT 05402
(800) 889-2047
(802) 863-5620
www.vtlegalaid.org

A legal services organization that provides legal information and services to low-income, elderly and individuals with disabilities throughout Vermont. Assistance is offered to eligible Vermont residents in areas of disability, domestic violence, health care, housing, public assistance and individual rights.

Vermont Office of Child Support

103 South Main Street,
Waterbury, VT 05671-1901
(802) 241-2319
(800) 786-3214
dcf.vermont.gov/ocs

Part of the VT Agency of Human Services, the Office of Child Support assists custodial parents with insuring child care payments are made.

Vermont Student Assistance Corporation (VSAC)

10 East Allen Street,
Winooski, VT 05404
PO Box 2000, Winooski, VT 05404
(800) 642-3177
(802) 655-9602
www.vsac.org

A public nonprofit agency serving Vermont that provides Vermont's 529 College Savings Plan; career and education planning; and education grants, scholarships, and loans. Assistance is available for both degree and non-degree programs.

Links to all of the State of Vermont's assistance programs to those in need may be found at dcf.vermont.gov/benefits.

UnionBank

Stay Local. Go Far.

Purchase, Refinance & Construction Loans | Competitive Rates
Local Decisions | Rural Development Lender of the Year

Judy Smith, NMLS #627445
15 Mapleville Depot St.
St. Albans, VT 05478
802.524.9000
jsmith@unionbankvt.com
www.unionbankvt.com

Member FDIC  Equal Housing Lender

Medical Care at Home

Franklin County Home Health

NON-PROFIT PROFILE

As its name implies, Franklin County Home Health cares for people in their homes. Those receiving care range from newborns to the elderly.

“We’re kind of soup to nuts here,” said Janet McCarthy, executive director of Home Health in St. Albans City.

The agency was started by two nurses in 1969 and now has 230 staff members and an \$8 million budget. “Most of our staff live in Franklin County,” she said. “Not only do we serve the community, we are the community.”

The agency sees 650 patients on a typical day and in 2015 made 78,000 visits to 1,600 people.

Home Health’s services range from nursing support to new mothers to hospice care for the dying.

The agency’s staff help with occupational and physical therapy for those recovering from surgery or a stroke, speech therapy, chronic disease management, and even housekeeping.

Home Health’s Choices for Care program makes it possible for the elderly or disabled to stay at home and out of a nursing home by assisting with personal care, cleaning, cooking and errands. The program is currently aiding 160 people. “It’s a big part of what we do,” said McCarthy.

Hospice and palliative care are also central to Home Health’s mission. Describing her first hospice visit as a young nurse, McCarthy said, “I learned that death is a time of celebrating one’s life.”

In that instance, the patient passed while surrounded by family. A dedicated group of 45 trained hospice volunteers visit those

receiving hospice care. During visits they may read to the patient, walk the dog, bake cookies or simply sit and visit. “It’s really a nice opportunity to get involved,” said McCarthy.

Home Health staff continue to support the family of hospice patients for up two months after the patient dies, including with grief and recovery support groups.

Home Health also assists expectant and new parents, providing child-birth education to 150 expectant parents each year, lactation services for new mothers, and the Healthy Babies, Kids and Families program in which nurses visit families whose children were born with special needs.

A new program lets Home Health provide school readiness support, including speech therapy to children under 3.

In all, 150 children are seen each month by Home Health staff.

Technology has made it possible for Home Health to provide care without even visiting the home. Patients who need daily monitoring of blood pressure, heart rate or oxygen levels, can use machines in their home to gather that information and transmit it to Home Health for review. “It’s been a really good way for people to start to monitor their own health,” said McCarthy.

Home Health also does public health clinics, providing flu shots, foot care clinics and other services.

Home Health doesn’t just care for its patients, they also provide support groups for those caring for an elderly, dying or disabled family members.



I need a job...

There are numerous local resources for those seeking a job, including the Vermont Dept. of Labor, job-training programs and for profit employment agencies. There are also multiple programs to assist those who are considering starting their own business.

advocates for women and girls in Vermont exploring or pursuing opportunities in the skilled trades, technical, and other non-traditional fields.

JOB PLACEMENT SERVICES

VocRehab Vermont

103 South Main Street,
Weeks 1A Building
Waterbury, VT 05671-2303
(802) 241-1455
(866) 879-6757
www.vocrehab.vermont.gov
VocRehab - St. Albans District Office
State Office Building
27 Federal Street, Suite 200
St. Albans, Vermont 05478
(802) 527-4045

Part of the Agency of Human Services, VocRehab assists those with disabilities with finding a job as well as job training.

Vermont Associates for Training and Development

3 Champlain Commons, Suite 2
PO Box 107
St. Albans, VT 05478
www.a4td.org
(800) 439-3307 (802) 524-3200

Vermont Associates for Training and Development is a senior employment organization that provides self-assessment, skills training, and job search aid for Vermonters 55 years and older.

PRIVATE EMPLOYMENT AGENCIES

The agencies below are paid by companies to find people to work for them, often in temporary positions.

Vermont Employment Agency St. Albans Office

2 Kingman Street
St. Albans, VT 05478
(802) 782-8255

Adecco Staffing

274 North Main Street
St. Albans, VT 05478
(802) 527-0006

VERMONT DEPT. OF LABOR

St. Albans Career Resource Center

27 Federal Street, Suite 100
St. Albans, VT 05478
802-524-6585

The career centers have computers where job seekers may access the Internet, educational resources, information on employers and more. The centers are equipped with assistive technology for individuals with disabilities. Staff are also available to provide specific resources to veterans.

Vermont Job Link

www.vermontjoblink.com

Operated by the Vermont Dept. of Labor, Vermont Job Link contains a database of jobs available throughout the state. Job seekers are also able to post their resumes online for potential employers to review. There is also information on job training opportunities, including apprenticeship programs in skilled trades such as electricians. The site has information on how to craft a resume, identifying possible careers and other aspects of job hunting.

JOB TRAINING

Franklin-Grand Isle Workforce Investment Board

10 Precision Lane, Swanton, VT 05488
(802) 782-1924

Adult education and training for employment skills and upgrades. Classes geared toward giving adult students the education needed for improved career prospects.

Northwest Technical Center

71 South Main Street,
St. Albans, VT 05478
Adult Programs
(802) 527-6513
nwtc.fcsuvt.org/careerdevelopment

The center offers 11 daytime programs and almost 100 adult evening programs.

Pathstone

134 Church Street,
Jeffersonville, VT 05464
(877) 764-4109 Toll Free
(802) 644-8300
(802) 644-8344 FAX
www.pathstone.org

Pathstone offers job training and placement services to farmworkers and their families.

Vermont Works For Women

32 Malletts Bay Avenue,
Winooski, VT 05404
(800) 639-1472 Toll Free
(802) 655-8900
www.vtworksforwomen.org

An educational and advocacy organization that trains, educates, supports and

Westaff

30 Mapleville Depot Rd #4
St. Albans City, VT 05478
(802) 527-7226

STARTING A BUSINESS

Micro Business Development Program/ Individual Development Account Program

431 Pine Street, Suite 2,
Burlington, VT 05401
(802) 860-1417
(802) 860-1387 FAX
www.vtmicroenterprise.org
jwhite@cvoeo.org

Free help for low to moderate income Vermonters to start, run and finance successful small businesses through counseling, classes and support groups. Helps finance self-employment, first-time home buying and post-secondary education goals through financial education and by matching participant savings in individual Development Account Program.

Center for Women & Enterprise

431 Pine St., Suite 101
Burlington, VT 05401
info.Vermont@cweonline.org.
802-391-4870

Funded in part by the Small Business Administration, CWE supports women who are interested in starting or expanding a small business.

Vermont Small Business Development Center

Franklin County office located at Franklin County Industrial Development Corporation
P.O. Box 1099 / 2 North Main Street
St. Albans, VT 05478-1099
(802) 524-2194
www.vtsbdc.org

Advises entrepreneurs on starting or expanding a small business including such areas as hiring, marketing and funding. Some programs and classes may be free.

OTHER PROGRAMS


Vermont Youth Conservation Corps

1949 East Main Street,
Richmond, VT 05477
(800) 639-8922
(802) 434-3969
www.vycc.org
info@vycc.org

A non-profit service, conservation, and education organization. Each year, the Corps hires over 300 young people between the ages of 16 and 24 to build trails, restore rivers and streams, and improve community green spaces.

No computer?

Most of the area's libraries provide free computer access. For a complete list of local libraries, see page 30.



35,000+
BOOKS
all subjects for all ages

The Eloquent Page
Used & Collectible Books

70 Main Street • St. Albans, Vt. (802) 527-PAGE (7243)
Monday-Saturday 10am-5:30pm books@TheEloquentPage.com



St. Albans
MESSENGER

St. Albans
Thursday, June 2, 2016
MESSENGER

IN BRIEF
SATEC budget approved

SPORTS
Five runs and a cloud of dust

Martha's Kitchen needs new home

Bay park reopens after storms

Don't Forget Your Daily Dose

I'm the victim of violence...

Listed below are resources for people who are the victims of violence, particularly sexual and domestic violence.

Voices Against Violence/ Laurie's House

P.O. Box 72, St. Albans, VT 05478
24 Hour Crisis Number: (802) 524-6575
Email: voices@cvoeo.org
www.voicesagainstvviolence.org

Voices offers a full range of supports for victims of domestic and sexual violence or stalking in Franklin and Grand Isle counties. Voices operates a domestic violence shelter, as well as a transitional housing program. The organization provides advocates who can assist victims in their dealings with police, the courts, the Dept. of Children and Families, and accompany sexual assault victims who are undergoing rape exams. There are also support groups and counseling services.

Safe At Home Address Confidentiality Program

PO Box 1568, Montpelier, VT
(800) 439-8683 (802) 828-0586
www.sec.state.vt.us/safe-at-home.aspx

Protects survivors of domestic violence, sexual assault and stalking after relocation to a residence unknown to their perpetrator with a substitute address in Vermont where they can receive mail, minimizing the amount of people who know where a victim resides. A service of the Vermont Secretary of State's Office.

Safer Society Foundation

8 Conant Square, PO Box 340
Brandon, VT 05733
(802) 247-3132
www.saferociety.org

A national research, advocacy, and referral center on the prevention and treatment of sexual abuse. Serves all of Vermont with a confidential referral service to assessment and treatment for adults and juveniles with sexual offending or sexually addictive behaviors; or to victims of sexual assault.

Safespace at the Pride Center of Vermont

255 South Champlain St. Suite 12,
Burlington, VT 05401
Hotline: 802-863-0003 or 866-869-7341

A victims advocacy program providing assistance to survivors in Vermont of physical, sexual, and emotional violence who identify as being lesbian, gay, bisexual, transgender, queer or questioning (LGBTQQ). Services include information, support, referrals, and advocacy to LGBTQQ survivors of domestic violence, sexual violence and hate crimes. Education and outreach programs are offered to the wider community. Hotline is staffed by advocates Mon. - Thurs.: 9 a.m. - 6 p.m. and Fri. 9 a.m. - 2 p.m.

Spectrum Youth And Family Services—The Domestic Abuse Education Project

75 Fairfield Street, Ground Level
Saint Albans, VT 05478
(802) 527-7400
(802) 527-7977 FAX
jrickstade@spectrumvt.org

Batterers Intervention Program for men who have been controlling, abusive or violent towards a female partner. Our mission is women and children's safety and holding men accountable.

Vermont Network Against Domestic and Sexual Violence

PO Box 405, Montpelier, VT 05601
(800) 228-7395
24-Hour Domestic Violence Hotline
(800) 489-7273
24-Hour Sexual Assault Hotline
(802) 223-1115 TTY
(802) 223-1302
www.vtnetwork.org

A feminist organization committed to eradicating domestic and sexual violence through advocacy, empowerment and social change.

Vermont Center for Crime Victim Services

58 South Main St., Suite 1
Waterbury, VT 05676
(800) 750-1213 (VT Only)
(802) 241-1250
www.ccv.s.state.vt.us

The center provides services to victims of crime. The center's website contains information about restitution and compensation for crime victims.

Need Assistance with...

**FOOD, SHELTER,
RENT ASSISTANCE,
CLOTHING, CHILDCARE,
AND
MORE....
DIAL
2-1-1**



Aspire Together

Free of charge services to support you on your pregnancy, parenting or relationship journey.

Pregnancy Centers Of Burlington & St. Albans

56 Colchester Ave.
Burlington, VT 05401
(802) 658-2184

91 South Main St. #2
St. Albans, VT 05478
(802) 527-2005



www.aspire-together.org



Enosburg Pharmacy

Your Locally Owned Neighborhood Pharmacy, With Old Fashioned Service!

Prescriptions, Health & Beauty. Perfume, Toys, Games, Puzzles, Adult Coloring Books. Wild Berry Incense, LorAnn Oils, Yankee Candles & Kitchen Accessories

Check Out Our Craft Department:

- Fabric • Yarn • Notions • Model Supplies • Fabric Dye
- Craft Kits • Embroidery Floss • Much, Much More!

366 Main Street,
Enosburg Falls, VT | 933-9200
Mon.-Fri. 8:30am-6:00pm,
Sat. 8:30am-3:00pm, Closed Sunday

Steve Comeau, Owner/Pharmacist

24 Hour Emergency Service

We Accept Most Prescription Insurance Cards



all the **CONVENIENCE**
of banking at your fingertips



Mobile
Banking

At home, at work and
during travels, your
banking is within reach.

PEOPLES TRUST
Company

The bank with a *heart.*

(800) 479-2196 • www.ptcvt.com



Member
FDIC



Enosburg Falls • Essex Town Center • Franklin Park West, Saint Albans
Georgia • Main Office (*Kingman Street*), Saint Albans • Swanton

I struggle with addiction...

Turning Point of Franklin County

182 Lake Street,
Saint Albans, VT 05478
(802) 782-8454
turningpointfranklincounty.org

Turning Point of Franklin County is a community center for people in recovery from alcohol and substance abuse, addiction and addictive behaviors. Turning Point provides a safe, substance-free environment populated by people in recovery who offer peer support at no cost. The recovery center hosts a number of support groups and provides free access to Narcan to anyone willing to receive the required training. Their website has a schedule of Narcan trainings and support group meetings.

Alanon /Alateen World Service

1600 Corporate Landing Parkway
Virginia Beach, VA 23454-5617
(866) 972-5266 Toll Free Vermont
(802) 860-8388 Info. & Services Vermont
(800) 344-2666 Toll Free Al-Anon World Service
www.al-anon.alateen.org
www.vermontalanonalateen.org

A worldwide fellowship of persons who have been affected by someone's drinking. The organization sponsors 12-step meetings in Vermont and worldwide.

Alcoholics Anonymous

PO Box 1212, Burlington, VT 05402
(802) 860-8382 Information Only
www.aavt.org

Alcoholics Anonymous (AA) is a self help organization that follows the 12-step model in support groups for people in recovery from alcohol abuse. AA provides information about AA support groups through a network of local information lines in Vermont. 24 Hours, 7 Days a week. AA's Vermont website also contains a listing of times and locations for all AA meetings in the state.

Centerpoint Adolescent Treatment Services

1025 Airport Drive,
South Burlington, VT 05403
(802) 488-7711
www.centerpointservices.org

Mental health, substance abuse, and special education services for teens and families.

(CONTINUED ON PAGE 24)

THE FRANKLIN CARRIAGE HOUSE & FRANKLIN HOMESTEAD HOUSING OPTIONS FOR SENIORS 55 AND OVER

Both sites are located on extensive, beautiful grounds in a small, vibrant community. Walk to the Library, Post Office, stores and churches crossing an accessible and charming covered foot bridge. Radiant Floor Heat, Electricity, Basic Cable, Parking and comfortable shared living spaces are included in the rent.

FRANKLIN HOMESTEAD

Offers 23 one and two bedroom affordable apartments, elevator access, free laundry facilities on each floor, an active Resident's Association and a large community room.



Franklin Homestead

FRANKLIN CARRIAGE HOUSE

Offers private efficiency apartments with supportive services including meals and snacks, cleaning and laundry services, emergency buzzer system, 24 hour staff to help with small tasks or emergencies.



Franklin Carriage House

Call **Stacy Silloway**, Manager, 285-2944
for information or guided tour
114 Homestead Drive, Franklin, VT 05457



2018 FRANKLIN-GRAND ISLE RESOURCE DIRECTORY

DON'T SEE YOUR ORGANIZATION LISTED?

CONTACT US TO HAVE YOUR
ORGANIZATION ADDED TO THE
2018 RESOURCE DIRECTORY.

There's no cost to be listed. The Resource Directory is very much a work-in-progress, so if you have any comments, suggestions or corrections, don't hesitate to get in touch with us!

Email: news@samessenger.com
or Michelle@samessenger.com

St. Albans
MESSENGER

***Caring for
our community
is the number one priority at
our residential care centers.***

***We are dedicated to making our residents
feel at home in every way possible,
treating each individual with the honor
and respect he/she deserves. We foster an
environment of enrichment and fun where
residents have an amazing quality of life.***

***Whether the stay is short term or long term,
our beautiful facilities, located in the heart
of Franklin county offer the variety of care
to compliment each individual.***



**Franklin County
Rehab Center, LLC**

The Franklin County Rehab and Adult Care Center is a state-of-the-art facility offering the finest skilled comprehensive medical & rehabilitation care available.

Our areas of expertise for successful recovery are:

- Accommodating varied health care needs
- Medicare certified offering subacute rehabilitation
- Long term care services

110 Fairfax Road • St. Albans, VT

For more information call

Linda Fairchild, RN, Admissions Coordinator (802) 752-1600



**The Villa Rehab Center
REHABILITATION & LONG TERM CARE**

*Providing the highest quality of care and compassion for your
loved one in an elegant and comfortable setting.*

MANAGED BY
Suncrest Health Care Communities



AFFILIATED WITH
Franklin County Rehab Center and Holiday House

For more information call Tina Pelletier,
Admissions/Social Services (802) 524-3498

7 Forest Hill Dr., St. Albans, VT 05478 | villarehab.com



**Newly Renovated Residential Care Home providing
24 hour care with nursing oversight and medication
management at a reasonable price.**

Featuring:

- Large private and semi-private rooms
- Vermont country setting overlooking Lake Champlain

*Accepts all Medicaid
Programs including
ACCS and ERC Program.*



**Speak with Sykie Leach, Admissions
for more information at (802) 524-2996
642 Sheldon Road, St. Albans, Vermont 05478**

Friends of Recovery - Vermont

C/O Vermont Association for Mental Health and Addiction Recovery
100 State Street Suite 352,
Montpelier, VT 05601
(800) 769-2798
(802) 229-6103
www.friendsofrecoveryvt.org

Promotes the power of recovery from addictions to improve the quality of life and health for Vermonters. Statewide advocacy and education organization for those in recovery from substance abuse and mental health issues and their families. Our mission is to organize recovering individuals, families and friends into a collective voice to educate the public about the value of recovery from alcohol and other addictions.

Howard Center Substance Abuse Services

172 Fairfield Street, St. Albans, VT 05478
(802) 524-7265
(802) 524-5723 FAX
www.howardcenter.org

Outpatient substance abuse services for adults. Programs provide professional, confidential, and supportive therapy.

Maple Leaf Treatment Center

10 Maple Leaf Road, Underhill, VT 05489
(802) 899-2911
(800) 254-5659
www.mapleleaf.org
info@mapleleaf.org

A state licensed, residential treatment center for substance abuse that provides a continuum of care, including supervised medical detoxification, assessment and stabilization, residential treatment and continuing outpatient support.

Narcotics Anonymous - Champlain Valley Area

PO Box 64714, Burlington, VT 05406-4714
(802) 862-4516 24-Hour Helpline
(866) 580-8718 Toll Free
www.cvana.org
publicinformation@cvana.org

Provides information about meeting times and places for NA meetings, a 12-step

support group for men and women whom drugs have become a major problem. The Champlain Valley Area covers an area in Vermont as far north as Newport, as far south as Middlebury, east to Morrisville and west to Plattsburgh (NY).

Phoenix Houses of New England

99 Wayland Avenue, Suite 100
Providence, RI 02906
(401) 331-4250 Administrative
www.phoenixhouse.org

A non-profit drug abuse and treatment organization, serving Vermont, New Hampshire, Massachusetts, Maine, and Rhode Island. Programs for Vermont residents include residential treatment for adults and a transitional program. In collaboration with the Vermont Department of Corrections, Phoenix House provides an intensive outpatient program for ex-offenders, and in-prison residential treatment.

Brattleboro Retreat

Anna Marsh Lane, Brattleboro, VT 05301
PO Box 803, Brattleboro, VT 05302
(800)758-7328
www.brattlebororetreat.org

A not-for-profit, regional specialty psychiatric hospital and addictions treatment center that serves Vermont and surrounding region with diagnostic, therapeutic and rehabilitation services. A continuum of care is available, including inpatient, partial hospitalization, residential and outpatient treatment.

Vermont Harm Reduction Coalition

167 Main Street, Suite 304
Brattleboro, VT 05301
(800) 711-8680 Toll Free 24-Hour Helpline
(802) 251-0066
www.harmreduction.org

A peer-run advocacy organization that provides educational and support services to reduce drug-related harm throughout Vermont. Services include peer advocacy and case management, support groups, and assistance in accessing treatment and community services. The Coalition collaborates with professionals and agencies to promote humane drug policies.

Northwestern Counseling & Support Services

107 Fisher Pond Road,
Saint Albans, VT 05478
HOTLINE:
(800) 834-7793 Toll Free - 24-Hour
(802) 524-6554
(802) 527-7801 FAX
www.ncssinc.org

A private not for profit community behavioral health center which provides comprehensive mental health and developmental services for families and individuals, including a crisis hotline. Services are provided at both the NCSS offices and in the community.

HOURS:
Mon. - Fri.: 9:00 am - 5:00 pm

Behavioral Health

- Crisis Services
- Outpatient Counseling for Children, Adolescents & Adults
- Community Rehabilitation and Treatment (CRT) Services

Developmental Services

- Alternative Education Program
- Employment and Residential Services
- Unique Adaptive Music and Arts
- Camp Rainbow
- Deaf and Hard of Hearing Services
- American Sign Language Instruction
- Traumatic Brain Injury Program
- Emergency Respite Services
- Offender Program
- Learning for Living Program
- Specialized Case Management Services
- Core Transition Team Planning
- and more....

Children, Youth & Family Services

- Family and Home-based Services
- School-Based Services
- Adolescent Services
- Community-Based Services
- Soar Learning Center
- Parent Child Center Services

Northwestern Counseling & Support Services

NON-PROFIT PROFILE



Northwestern Counseling & Support Services (NCSS) is a human service agency providing behavioral health, developmental, children and family services to Franklin and Grand Isle Counties.

NCSS provides services for every age from newborns to seniors, with the goal of having the people they serve able to live independently in the community as contributing members, according to Director of Community Relations Joe Halko.

Halko said the agency doesn't just offer mental health services. NCSS is also the only state designated mental health agency to have an in-house family center in Vermont.

"It allows us the ability to provide service seamlessly to children and families," he said.

Halko said NCSS also collaborates with virtually every social services organization in the area, including the Dept. of Children and Families, Vermont Dept. of Health, Franklin County Home Health Agency, Northwestern Medical Center, and Voices against Violence, to name a few.

People have this perception that most of the work accomplished at NCSS occurs inside its main building located on Fisher Pond Road in St. Albans, according to Halko. He said it actually occurs in the community.

NCSS has employees embedded in schools, the police department and primary care doctors' offices which allows the agency to meet people where they already are instead of asking them to come to the Fisher Pond location.

"It's hard to walk through the front doors of NCSS," Halko said, because of the stigma mental health carries.

He said NCSS is working to reduce the stigma. Halko said one of the agency's clients came up with a great acronym for the word to change the meaning: Striving To Increase Good Mental Health.

One in five people receive mental health services nationwide, according to Halko. He said society needs to begin addressing mental health like it does physical health.

Halko said NCSS served 4,279 people last year. Only 19 percent of those people were prescribed medication.

The programming at NCSS focuses on addressing underlying issues as well, he explained. The agency offers life skill classes, alternative education programs, and employment and residential support services.

Halko said what it really gets down to is the well being of each person in the two counties. NCSS seeks to assist individuals and families make the most of their lives from an emotional, behavioral and mental standpoint, he said.

NCSS | 107 Fisher Pond Road | St. Albans, VT 05478 | (802)524-6554 | (800)834-7793

I need an inexpensive way to entertain my family....

If you're looking for free or low cost activities to do with your family, there are multiple programs around Franklin and Grand Isle counties from town recreation departments and libraries to classic organizations like 4-H and the Girl Scouts, to parks, trails and playgrounds.

RECREATION DEPARTMENTS

Enosburgh Recreation Dept.

(802)326-4452

Email: recdirector@enosburghvt.org

The Town of Enosburgh recreation department offers a range of fitness classes for all ages along with a playgroup for the younger set.

A full calendar is available at the town's Web site: www.enosburghvermont.org

Fairfax Recreation Dept.

12 Buck Hollow Road

Fairfax, VT 05454

(802) 849-6111 ex. 20

Email: recreation@fairfax-vt.gov

www.fairfaxrecreation.com

The Fairfax Recreation Department organizes fitness classes and a wide-range of family and community activities throughout the year.

Grand Isle Recreation Dept.

9 Hyde Road, Grand Isle, VT 05458

(802) 372-9149

[www.facebook.com/](http://www.facebook.com/GrandIsleVermontRecreationCommittee)

[GrandIsleVermontRecreationCommittee](http://www.facebook.com/GrandIsleVermontRecreationCommittee)

The Grand Isle Recreation Dept. organizes a variety of community events throughout the year, including races, holiday activities and youth sports programs.

St. Albans Recreation Dept.

BARLOW STREET COMMUNITY CENTER

39 Barlow St. 2nd floor

St. Albans, VT 05478

Office Hours: Mon-Fri, 9am – 5:00pm

Recreation Office: 802-524-1500 X 266

or x. 268

Recreation Cell: 802-309-1810

St. Albans City Pool 802-524-6796

www.stalbansrec.com

The St. Albans Recreation Dept. operates day camp programs during the summer months and during long school breaks, as well as sports programs, afterschool programs, fitness classes and activities for all ages.

The recreation department also operates the St. Albans City Pool, including swim lessons and a swim team in the summer months.

Scholarships are available to assist those in need.

Swanton Recreation Dept.

(802) 868-2493

E-mail:

swantonrecreation@gmail.com

www.swantonrec.org

The Swanton Recreation Dept. organizes youth sports and community activities year round.

PARKS AND OTHER LOCATIONS

Barlow Street Community Center

39 Barlow Street

St. Albans, VT 05478

The center is home to the St. Albans Recreation Dept. and is the site of many of its programs. A playground, sports fields, tennis and basketball courts, are all available for public use.

Fairfax Community Park and Recreation Path

The Community Park & Recreation Path offer community ball fields and a paved 1/2 mile long recreational path that connects the natural surroundings with key community features, including stores, ball fields, and schools.

Directions to Community Park & Recreation Path:

From I-89, take Exit #18
(Georgia Ctr./Fairfax)

Turn Right on Ethan Allen
Hwy. (US-7) – go 0.20.3 mi

Turn Left on Highbridge Rd.
(VT-104A) – go 4.57.3 mi

Bear Right on Main St. (VT-
104) – go 1.42.3 mi

Turn Right on Hunt St. – go 0.40.6 mi

Parking on the Left

Hard'Ack Recreation Area

Located at the top of Congress Street in St. Albans, Hard'Ack offers a wide range of summer and winter activities at no cost including hiking, mountain biking, cross country and downhill skiing, snowboarding, snowshoeing, sledding and an outdoor skating rink. There is no charge to use the facilities.

Highgate Arena

243 Gore Rd
Highgate Center, VT 05459
www.highgatevt.org

Managed by the Missisquoi Amateur Hockey Association (MAHA) the arena is home to several hockey leagues in the winter months, as well as public skating and learn to skate classes. In the summer, MAHA opens the arena for summer sports and activities.

Houghton Park

Bordered by South Elm and Lower Welden Streets in St. Albans City, the park has a new playground, tennis courts and sports

fields, all open to the public and free of charge.

Marble Mill Park

Swanton, VT

Located on the banks of the Missisquoi River just a stone's throw from downtown Swanton, the park includes a playground, basketball and tennis courts and a newly opened skateboard park.

Missisquoi Valley Rail Trail

www.mvrailtrail.com

This former railroad bed turned recreation trail extends from St. Albans to Richford, in many places winding alongside the Missisquoi River. The trail is free and open for walking, biking and snowmobiling.

Missisquoi Wildlife Refuge

29 Tabor Rd.
Swanton, VT 05488
802-868-4781
missisquoi@fws.gov

Directions to Refuge:

Vermont RT. 78 to Tabor Rd.
Turn onto Tabor proceed south
1/4 mile to refuge HQ.

The 6,700-acre refuge is open from dawn to dusk year round to hikers, bird watchers and nature lovers. The internationally recognized wetland is home to more than 200 species of bird including bald eagles, osprey and great blue herons. The refuge is free to visit, but visitors are asked to stop in at the office before venturing out on the trails.

Swanton Beach

Located about a mile outside of Swanton Village on Lake Street, Swanton Beach offers a picnic area, shale beach, and a public boat ramp into Lake Champlain.

St. Albans City Pool

99 Aldis Street
St. Albans, VT 05478
802-524-6796

The pool is home to a wide-range of summer activities including public swim time, swimming and lifeguard lessons, fitness classes and a swim team. The pool is man-



N.O.T.C.H.

Northern Tier Center for Health

Evening Appointments Available at All NOTCH Sites

Adult and Pediatric Primary Health Care, Dental Services, Behavioral Healthcare and Access to Affordable Prescription Medication.

Sliding Fee Scale Available

Federally Qualified Health Center

Pharmacy Hours:
M-F 9:00-5:30, Sat. 9:00-12:00

Richford Dental Clinic 255-5520	NOTCH Pharmacy 255-5530
Swanton Dental Clinic 868-2454	www.notchvt.org

HEALTH CENTERS

Alburg 796-4414	Richford 255-5500
Swanton 868-2454	St. Albans 524-4554
Enosburg 933-5831	527-4151



BRADY & LEVESQUE

FUNERAL HOME & COMMEMORATIVE SERVICES

*Funeral Service and Merchandise.
Caring for Friends and Family with
dignity during a special time.*

86 South Main Street, St. Albans, Vt. 05478

phone: 802-524-2928 or toll-free in Vt. 1-800-649-2229

fax: 802-524-1997 website: www.bradyandlevesque.com

founders: G. Thomas Brady & Raymond J. Levesque

directors: Jeffrey S. Levesque, Allen H. Choiniere

& Alyssa Gagne



aged by the St. Albans Recreation Dept. Visit their site (www.stalbansrec.com) for more information.

St. Albans Historical Museum

9 Church Street, St. Albans, VT 05478
(802) 527-7933
stamuseum.history@myfairpoint.net

Displays and artifacts related to history of St. Albans and Franklin County.

FREE PLAYGROUPS

Bakersfield

Bakersfield, VT 05441
(802) 827-6114
swans@together.net
Contact Megan Swan.

Enosburg/Berkshire

Wednesdays 9:00 am - 11:00 am in the Enosburg American Legion Hall on Depot St. Call Lisa Depatie 933-5127 or lisa_depatie@yahoo.com.

Fairfax

Fridays (except 1st Friday) 9:00 am - 10:30 am in the BFA Elementary School preschool room. Infant/Parent Play Time meets on the 1st Sat. of the month at 10:00 am in the BFA preschool room. Contact Lisa Stone at 527-9696 or jacknjoe@earthlink.net.

Fairfield

Fridays 9:30 am - 10:45 am in the Fairfield Center Common School. Contact Sherri Dukas at 527-9728 or email dukas5@earthlink.net.

Fletcher

Meets the 1st and 3rd Thursdays 9:15 am - 11:00 am in the Fletcher School gymnasium. Storyhour precedes playgroup at 8:45 am in the Fletcher School library. Playgroup also meets the 2nd Saturday 10:00 am - 11:30 am in the Fletcher School gym. Contact Amy Gillian at 849-9964.

Franklin

FRANKLIN SCHOOL GYM,
Franklin, VT 05457
(802) 285-6678
dewing@franklinvt.net
Call Jennifer Dewing.

Meets the 2nd Saturday of the month 9:00 am - 11:00 am. Story hour every Wednesday at 11:00 am at the Haston Library. (playgroup, tumble time, etc.) Meets September - May but does not meet in March.

FRANKLIN COUNTY SUCCESS BY SIX
20 Houghton Street, Suite 109
Saint Albans, VT 05478
(802) 527-5426
mbaker@ecp.fnwsu.k12.vt.us
www.earlychildhoodsuccess.org

Success By Six provides family support through funds and personnel to ensure community-based Welcome Infant outreach, parent-child playgroups, kindergarten transition, story times, family celebrations, parent education opportunities are available in all 15 Franklin County communities.

Georgia

Please call for current meeting days, times and location. Contact Heather Grimm at 524-6374 or firemom25@comcast.net.

Grand Isle County

Tuesdays 9 - 11:30 am at the South Hero Congregational Church on South Street, South Hero Thursdays 9:30 - 11, 22 Lake St., Alburgh at the Champlain Islands Parent Child Center.

Highgate

Mondays 9:30 am - 11:00 am in the Head Start/Success By Six Room in the Highgate Elementary School. Skatertots Program runs at the Highgate Arena for children in kindergarten or younger. Call Michelle Douglas at 868-9991 or bmadouglass@direcway.com for information and date of Friday playgroups after December.

Montgomery

Tumble Time, Story Hour, Outdoor Adventures, and more. Call Jade Kelly at (802) 326-2104.

Richford

Call Rachel Russin at 848-9999 or email rachel.stephen@verizon.net for information.

St. Albans

Monday through Friday 9:30 am - 11:00 am the Barlow St. Community Ctr. Playgroup room. Call Claudia Mahoney at 524-7180 or cmah7@yahoo.com.

Waterbabies is available at Branon's Pool through St. Albans Recreation Dept. Call 524-1519 to register.

Swanton

Monday and Thursday 9:00 am - 11:00 am in Room 2 in the Mary Babcock School. Bright Start Infant and Toddler Playgroup for ages 0-3 meets every Friday 10:00 am - 11:30 am at the Swanton Public Library. Skater Tots meets on Wednesday 9:30 am - 10:30 am in the Highgate Skating Arena. Email Grace Parenteau at gpparenteau@msn.com.

LIBRARIES

Alburgh Public Library

16 South Main Street,
Alburgh, VT 05440
(802) 796-6077
www.alburghpl.org

Arvin A. Brown Public Library

88 Main Street, Richford, VT 05476
(802) 848-3313
www.aabrown.org

HF Brigham Free Public Library

PO Box 5, Bakersfield, VT 05441
(802) 827-4414
www.hfbrighamlibrary.wordpress.com

Bent Northrop Memorial Library

57 Park Street, Fairfield, VT 05455
(802) 827-3945
www.bentnorthrop.org

Enosburgh Public Library

PO Box 206, Enosburgh Falls, VT 05450
(802) 933-2328
www.enosburghlibrary.org

Fairfax Community Library

75 Hunt Street, Fairfax, VT 05454
(802) 849-2420
www.fairfaxvtlibrary.org

Franklin Library/ Haston Library

PO Box 83, Franklin, VT 05457
(802) 285-6505
www.hastonlibrary.wordpress.com

Georgia Public Library

1697 Ethan Allen Highway,
Georgia, VT 05454
(802) 524-4643
www.georgiapubliclibraryvt.org

Grand Isle Free Library

10 Hyde Road, Grand Isle, VT 05458
(802) 372-4797
www.grandislefreelibraryvt.wordpress.com

Highgate Public Library

PO Box 76, Highgate Center, VT 05459
(802) 868-3970
www.highgatelibrary.wordpress.com

Isle La Motte Free Public Library

2238 Main Street,
Isle La Motte, VT 05463
(802) 928-4113
www.islelamotte.org/library

Montgomery Town Library

PO Box 448,
Montgomery Center, VT 05471
(802) 326-3113
mtlibrary@pivot.net
www.mtlvermont.wordpress.com

North Hero Public Library

Route 2, North Hero, VT 05474
(802) 372-5458
www.northherolibrary.org

Sheldon Public Library

PO Box 12
Sheldon, VT 05483
(802) 933-2616
www.sheldonlibrary.wordpress.com

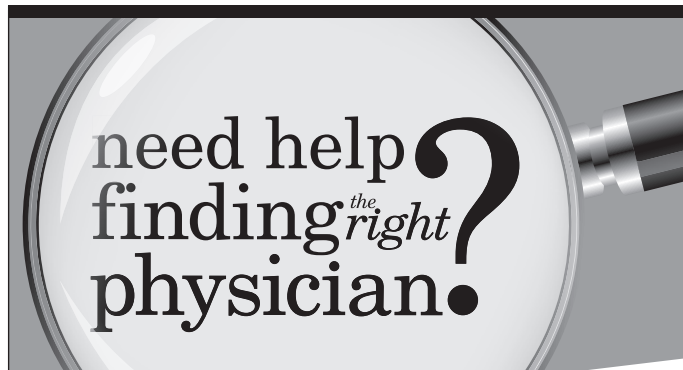
South Hero Community Library

75 South Street, South Hero,
VT 05486-4913
(802) 372-6209
www.southherolibrary.org

St. Albans Free Library

11 Maiden Lane, St. Albans, VT 05478
(802) 524-1507
www.stalbansfreelibrary.org


(CONTINUED ON PAGE 30)



**need help
finding *the right*
physician?**

{ Timely referrals }
we do that here

At Northwestern Medical Center we make it easy to connect with a physician or advanced practice provider. Call or go online to learn more about services we offer and the providers available to you.

 <p>NMC NORTHWESTERN MEDICAL CENTER</p>	<p>Call us at 524-1280 or view our directory at: Northwestern.org</p> <p><i>Conveniently located at 133 Fairfield Street, St. Albans, Vermont 05478</i></p>
---	--



RISE 

Embracing Healthy Lifestyles

RiseVT is a community collaborative to embrace healthier lifestyles, improve the quality of life, and lower healthcare costs where we live, work, learn, and play.

Learn how you can join one of the fastest growing health movements in Vermont at

www.risevt.com

Swanton Public Library

1 First Street, Swanton, VT 05488
(802) 868-7656
www.swantonlibrary.org

ORGANIZATIONS

Franklin Grand Isle 4-H

c/o UVM Extension
278 South Main Street,
St. Albans, VT 05478
(802) 524-6501 ext. 219

An educational program which helps youth develop project and life skills.

Boy Scouts of America Green Mountain Council

PO Box 557
Waterbury, VT 05676
Phone Number:
(802) 244-5189 (800) 704-3089
www.scoutingvermont.org

To find a local troop, visit the web site above.

Girl Scouts of the Green And White Mountains

60 Knight Lane, Suite 30,
Williston, VT 05495
(888) 474-9686
(802) 878-3943 FAX
www.girlscoutsgwm.org

info@girlscoutsgwm.org

To join a local troop, visit the web site above. Scholarships are available to cover membership dues.

Island Arts

PO Box 108, North Hero, VT 05474
(802) 372-8889 (802) 372-5363
www.islandarts.org

Island Arts offers courses in the arts for youth and adults, with scholarships available. It also brings professional artists

and events to the community including a free concert for youth each year. Island Arts also operates a gallery displaying the works of local artists.

Special Olympics Vermont

368 Avenue D, Suite 30,
Williston, VT 05495
(800) 639-1603 Toll Free
(802) 863-5222
(802) 863-3911 FAX
www.specialolympicsvermont.org

Special Olympics Vermont promotes the health and well-being of children and adults in Vermont with cognitive disabilities with year-round sports training and athletic competition in a variety of Olympic-type sports.

Title VII Indian Education Programs Of Franklin County

49 Church Street, Swanton, VT 05488
(802) 868-4033

Serves children, parents, and families from the Abenaki community. Provides tutoring, home-school liaison support, cultural enrichment, parent support groups, and after school learning. Some programs also serve community members who are not Abenaki.

Watershed Mentoring

67 Fairfield Street,
St. Albans, VT 05478
www.watershedmentoring.org
beth@daybell.net
info@fcccp.org

Supports mentoring throughout Franklin County, with an emphasis on adult-youth, community-based mentoring. Watershed Mentoring also partners with schools to develop and enhance school-based mentoring and peer mentoring programs.

Northwestern Medical Center

133 Fairfield Street,
Saint Albans, VT 05478
(802) 524-5911
(800) 696-0321
www.NorthwesternMedicalCenter.org

Franklin and Grand Isle Counties' primary care community hospital featuring 24-hour emergency department, high-tech surgical suite, home-like Family Birth Center and full diagnostic and rehabilitative services. Call 524-1280 for more information on services and more than 70 active/ associate physicians.

Rise VT

(802)524-8825
www.risevt.com

Pledge to lead a healthier lifestyle. Create your own account and receive a scorecard. You can even win prizes!

The Rise VT website includes a blog with articles about healthy eating and moving more, including local places to walk, bike and play with kids.

NMC Lifestyle Medicine

260 Crest Road
St. Albans, VT 05478
(802)524-1227

Lifestyle Medicine has programs to help people manage chronic conditions and reduce risk factors such as smoking and obesity.

DON'T SEE THE LISTING YOU'RE LOOKING FOR?

CONTACT VT 2-1-1 FOR ADDITIONAL INFORMATION



Northwestern Medical Center

Keeping People Healthy

NON-PROFIT PROFILE

“For years, the big blue ‘H’ on the highway has stood for ‘hospital,’” said Jonathan Billings, Northwestern Medical Center (NMC)’s Vice President of Planning and Community Relations. “We think it stands for ‘health,’ and a center for health. It really transforms how you look at what the hospital does.”

Just what does the hospital do? “We have a 24/7 emergency department that saves lives,” Billings said. “A family birth center that welcomes the newest members of our community.” Then there are clinical services and in-patient units, caring for the sick and the injured. Diagnostic testing “that helps uncover what’s wrong with folks,” Billings said. Rehabilitation services, restoring people to full function.

And even with those varied services, “we’re still all in that mode of treating people who are sick and in need of immediate care,” Billings said. “That’s a vital role for the community, and it’s the heart and soul of what we do.”

But NMC has taken an usual approach to providing immediate care. “We’re not waiting for you to get sick and need us,” Billings said. “We’re actually engaging you early, and saying, ‘Let’s not even let you bother getting sick.’ We’re stepping towards helping healthy people stay healthy.

“Look, here’s the old mindset: Someone would contract diabetes and come to the hospital with foot ulcers, or needing an

amputation or something of that nature. Now we’ve stepped back from that to ‘No, once you get diabetes, our diabetes educators will help you learn to self-manage your diabetes so you don’t get into those kind of nasty situations.’

“And then we stepped back a little further, to ‘No, our primary care offices will work with you, and we’ll be able to keep you from getting that far into your diabetes.’ And what we’re saying now is, ‘Let’s grab healthy people and keep them from getting diabetes in the first place. Let’s get people physically active, and help people with what they’re eating.’”

Billings ascribes the transformation to statistics suggesting 70 percent of chronic conditions can be prevented.

To help people stay healthy, NMC has created Rise VT, which works within businesses, schools and the community at large to encourage healthy eating and physical activity.

Residents are encouraged to join their neighbors on social media, set healthy goals and support one another in attaining them.

For those needing more intensive support, NMC has a Lifestyle Medicine department, which provides a range of programs aimed at people stay health including help people attain a healthy weight, manage diabetes and quit smoking.



Community Action

Aids Low Income Families

NON-PROFIT PROFILE

Franklin Grand Isle Community Action (FGICA), a part of Champlain Valley Office of Economic opportunity, is a non-profit agency that houses a number of programs that assist low-income residents of both counties with a wide variety of services.

As a Community Action Agency, its roots go all the way back to the 1960's war on poverty. FGICA's mission is to address fundamental issues of economic, social, and racial justice and work with people to achieve economic independence. To that end we provide support to prevent homelessness, we can help with budgeting and credit repair and get individuals signed up for health insurance.

During the winter season Community Action provides for families who have run out of heating fuel and in the summer, supply breakfast and lunches to kids; all year long FGICA operates a well-stocked food pantry available to shoppers every afternoon (more than 1 in 10 individuals in Franklin and Grand Isle counties, at some point in the year, have had meal prepared with food from our pantry, NorthWest Family Food).



Community Programs | Monday through Friday 8:30am-4:00pm

CRISIS FUEL

From November through April this program can help people get fuel when they have less than a quarter of a tank, and can also help with electricity shut off notices. People need to have applied for fuel assistance through the state prior to being able to receive assistance through our office.

WARMTH

Emergency program to help low income Vermonters maintain electricity and heat during winter.

EMERGENCY HEATING SYSTEM

May be able to assist low income homeowners repair or replace a broken furnace.

HOUSING

Can assist people with eviction notices, housing rights and advocacy.

WEATHERIZATION

Can help make a home more energy efficient

BUDGETING

Can provide education and training to help people organize their finances and repair their credit.

NORTHWEST FAMILY FOODS

Wide selection of nutritious foods for individuals and families. Mobile outreach to Richford and Alburg monthly.

NAVIGATOR

Can assist people in the enrollment process for Vermont Health Connect

TAX ASSISTANCE

Can help with Renters' Rebates, Property tax forms, and basic tax return preparation.

DIRECT ASSISTANCE

Can help fill out forms, find resources, and provide general advocacy.

FGICA | 5 Lemnah Drive | St. Albans, VT 05478 | (802)527-7392 | (800)300-7392

Other Important Services

SERVICES FOR SENIORS

Franklin County Senior Center

75 Messenger Street,
St. Albans, VT 05478
(802) 524-6616
www.fcscvt.org

Community based center available for all senior citizens regardless of income. Offers a wide range of activities from card games to fitness classes. Also provides free and low cost meals for seniors every Wednesday and Thursday.

Islands in the Sun Senior Center

Main St, Alburgh, VT 05440
(802) 796-3890
Provides activities for seniors.

Foster Grandparent Program, Franklin/Grand Isle

11 Church Street, St. Albans, VT 05478
(802) 524-6337
www.unitedwaycc.org/fgp.htm
maryp@unitedwaycc.org

Income eligible adults, age 60 and over, serve as volunteers with special needs children. Volunteers serve between 15-40 hours/week and receive tax-free stipend.

Age Well (formerly Champlain Valley Agency on Aging)

76 Pearl Street Suite 201
Essex Junction, VT 05452
(800) 642-5119 Senior Help Line
(802) 865-0360
(802) 865-0363 FAX
www.cvaa.org

Provides a wide range of services for seniors in the Champlain Valley, including assistance with aging at home, transitioning in or out of a hospital or other facility, Meals on Wheels and free or low cost senior meals. Their confidential help line can connect seniors to additional services.

Vermont Senior Citizen's Law Project

PO Box 1367, Burlington, VT 05401
(800) 642-5119

High priority legal assistance to seniors 60 and older with limited resources. Can refer low-income seniors to private attorneys at reduced rates for certain legal issues.

SERVICES FOR VETERANS

Family Programs Family Assistance Specialist National Guard Armory

13 Ferris Street, Swanton VT 05488
Office: (802)338-4319 Cell: (802)338-0547

Vermont Veterans & Family Outreach Program

(888) 6007-8773 Toll Free - 24-Hour

The outreach program assists combat veterans and their families. The program is staffed with veterans who aid other veterans.

Office of Veterans Affairs

118 State Street,
Montpelier, VT 05620-4401
(802) 828-3379 Information & Services -
Outside of Vermont
(888) 666-9844 Toll Free within Vermont
www.veterans.vermont.gov

Administers a variety of benefits programs for Vermont Veterans. Programs include Benefits Assistance, Military Records, Vermont Veterans Memorial Cemetery, Vermont Veterans Medal and Vermont Distinguished Service Medal, High School Diplomas for World War II and Korean War Era Veterans, Needy Veterans Fund, Air Forces Scholarship, and Casualty Assistance.

Vet Center

19 Gregory Drive Suite 201
South Burlington, VT 05403
(802)651-0174

A Veterans center serving northwest VT and Clinton, Franklin & Essex Counties, NY. Services for Veterans include: individual, group, marital & family, substance abuse, and sexual trauma counseling, job & benefits referrals.

Veterans Affairs Medical Center

215 North Main Street
White River Junction, VT 05009
(866) 687-8387 Toll Free Medical Center
(800) 827-1000 Toll Free Benefits Information
(802) 295-9363
www.whiteriver.va.gov

The White River Junction Veterans Administration (VA) Medical Center and Regional Office of the United States Department of Veterans Affairs, serves eligible veterans throughout Vermont with health care, research and educational services. Provides inpatient and outpatient health care, including primary care, medical, surgical, mental health, substance abuse treatment, and contracted in-home and long-term care. Outreach to Vermont Veterans, including benefits assistance, mental health treatment, and reintegration counseling is provided at Outreach Clinics and community-based facilities.

(CONTINUED ON PAGE 36)

NORTHWESTERN COUNSELING

& SUPPORT SERVICES

we're here for you

107 Fisher Pond Road, St. Albans, VT 05478
(802) 524-6554 | www.ncssinc.org



Did you know...

NCSS staff collaborates to provide services throughout the community:

✓ In the past year **NCSS served 4,279 people** in our offices, in local schools, in the community, in their homes, and in their places of work.



✓ Integrated health team providing support in **100% of Patient Centered Medical Homes** (Primary Care Physician Offices) in Franklin and Grand Isle counties.

✓ **Partnerships with 84% of schools** which include services such as: therapy, consultation, substance abuse treatment, behavioral supports, specialized services for children diagnosed with autism.



The Family Center, located at 130 Fisher Pond Rd., houses services for children and families, prenatal to 21, as well as developmental services. We provided many of those services within the community:

✓ **The Parent Child Center, one part of our Family Center**, consists of four core teams, operating 20 Primary Prevention Programs in Franklin and Grand Isle Counties.



Psychiatry

✓ **Of the over 4,000 individuals served by NCSS last year, what percentage do you think received medication from one of our Psychiatrists or Nurse Practitioner?**

Only 19%. While medication can be very effective for certain mental health conditions, most individuals do not require medication as part of their treatment plan.



The Developmental Services division offers Person Centered Care for individuals with intellectual disabilities including:

✓ **Academy of Learning** – provides independent living skills, enhances artistic expression, expands appreciation for a holistic approach to health and wellness, and acquiring new academic talents.

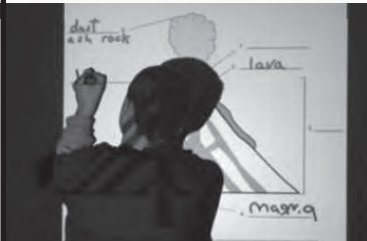
Serving Franklin & Grand Isle Counties

NORTHWESTERN COUNSELING

& SUPPORT SERVICES

we're here for you

107 Fisher Pond Road, St. Albans, VT 05478
(802) 524-6554 | www.ncssinc.org



Did you know...

NCSS staff collaborates to provide services throughout the community:

The Soar Learning Center is unique in that it is a CARF-accredited day treatment program as well as an educational facility that offers:

✓ The **primary goal** is to provide students with the academic, social, and interpersonal skills necessary to be successful in a traditional school setting and in their community.

Serving Franklin & Grand Isle Counties

Main Office

107 Fisher Pond Rd.
St. Albans | 524-6554

Soar Learning Center

178 McGinn Dr.
St. Albans Bay | 527-7514

St. Albans House

60 Lake St., Suite 100
St. Albans

The Family Center

130 Fisher Pond Rd.
St. Albans | 524-6554

Academy of Learning

27 Lower Newton St.
St. Albans | 782-8694

Applied Behavior Center

12 Houghton St.,
St. Albans | 393-6643

**Satellite Location
in NOTCH Building**
8 Industrial Park Rd.
Alburgh | 393-6591

**Satellite Location
in NOTCH Building**
44 Main St.
Richford

learn more about
our services at
www.ncssinc.org



2018 FRANKLIN-GRAND ISLE RESOURCE DIRECTORY

DON'T SEE YOUR ORGANIZATION LISTED?

**CONTACT US TO HAVE YOUR
ORGANIZATION ADDED TO THE
2018 RESOURCE DIRECTORY.**

There's no cost to be listed. The Resource Directory is very much a work-in-progress, so if you have any comments, suggestions or corrections, don't hesitate to get in touch with us!

Email: news@samessenger.com
or Michelle@samessenger.com

**St. Albans
MESSENGER**

Does Dad seem a little more confused? Is Mom a little frailer?

Do you wish your loved one could spend the day in a fun, safe and supportive environment while still living at home?

Our team of skilled, caring professionals is committed to enhancing the quality of your loved one's life.

CarePartners
ADULT DAY CENTER

**Let us be your partner,
come check us out today!**

34 Franklin Park West, St. Albans, VT | (802) 527-0548

VA Outreach Clinic

128 Lakeside Avenue, Suite 260
Burlington, VT 05401
Phone: (802) 657-7000
Fax: (802) 657-7077

MORE ORGANIZATIONS YOU SHOULD KNOW

Community Justice Center

120 North Main Street,
St. Albans, VT 05478
(802) 524-7006

Created by the mergers of the restorative justice and court diversion programs, the center provides services for those getting out of prison, as well as running restorative justice and court diversion programs that provide an alternative to prison. The center also has a school truancy program and a dispute resolution program for neighbors.

Franklin County Caring Communities

67 Fairfield Street, St. Albans, VT 05478
(802) 527-5049
(802) 524-3952 FAX
www.fcccp.org
beth@daybell.netinfo@fcccp.org

Caring Communities is focused on preventing substance abuse, including alcohol and tobacco. In addition to supporting efforts to prevent substance use in local schools, Caring Communities also runs mentoring programs for youth. If your child could benefit from a mentor, or if you have some time to volunteer, give them a call.

Human Rights Commission

14-16 Baldwin Street
Montpelier, VT 05633-6301
800-416-2010 (Toll Free VT)
802-828-1625 (voice)
human.rights@vermont.gov (e-mail)
www.hrc.vermont.gov

The Human Rights Commission investigates complaints of discrimination in schools, businesses, government agencies, and other places providing goods and services to the general public.

Northern Tier Center for Health (NOTCH) Federally Qualified Health Center

Administration Office
44 Main Street, Suite 200
Richford, VT 05476
(802) 255-5560
(802) 255-5569 FAX
www.notchvt.org

Affordable medical, dental, behavioral, and pharmaceutical care for the whole family, provided in a sliding scale.

Alburgh Health Center

64 Industrial Park Road,
Alburgh, VT 05440
(802) 796-4414
(802) 796-4415 FAX

Enosburg Health Center

382 Main Street,
Enosburg Falls, VT 05450
(802) 933-5831
(802) 933-5836

NOTCH Nifty Thrifty

53 Main Street, Richford, VT 05476
(802) 848-3815, ext. 15

NOTCH Partnering Project

53 Main Street, Richford, VT 05476
(802) 848-3815, ext. 10

NOTCH Pharmacy

44 Main Street, Suite 201
Richford, Vermont 05476
(802) 255-5530
(802) 255-5539 FAX

Richford Dental Clinic

44 Main Street, Suite 400
Richford, Vermont 05476
(802) 255-5520
(802) 255-5529 FAX

Richford Health Center

44 Main Street, Suite 200
Richford, VT 05476
(802) 255-5500
(802) 255-5509 FAX

Saint Albans Health Center

48 Lower Newton Road
Saint Albans, VT 05478
(802) 524-4554
(802) 524-4501 FAX

Swanton Health Center

26 Canada Street, Swanton, VT 05488
(802) 868-2454
(802) 868-2461 FAX

2018 FRANKLIN-GRAND ISLE RESOURCE DIRECTORY

DON'T SEE YOUR ORGANIZATION?
NEED TO UPDATE YOUR LISTING?

Email: news@samessenger.com
or Michelle@samessenger.com

The logo for St. Albans Messenger, featuring a stylized 'M' with 'St. Albans' written above it and 'MESSENGER' written below it.

Timothy G. Hurlbut, P.C.

d/b/a Hurlbut, Glitman & Associates Law Offices

Servicing Franklin, Grand Isle and North Chittenden Counties – Vermont

Established in 1984, Timothy G. Hurlbut, P.C., d/b/a Hurlbut, Glitman & Associates is a Franklin County, Vermont General Practice Law Firm, employing three attorneys, with over 50 years of experience, a registered law clerk, and four para-professionals with a total of 57 years of experience in their respective fields. The attorneys practice diverse general practice of law and litigate in all Vermont State and Federal Courts.

AREAS of Law Practiced

- Residential & Commercial Real Estate*
- Estate Administration & Probate
- Landlord/Tenant
- Purchase and Sales of Business
- Business Law, Formations of Corp., LLC & LLP
- Environmental, Zoning & Development Law
- Contracts
- Wills & Trusts
- Pre & Post Death Estate Planning
- Foreclosure and Collections
- Personal Injury
- Mediation
- Litigation in all Courts
- Bankruptcy

*d/b/a Northwestern Vermont Closing, Escrow & Title Purchase and Sale of Residential Real Estate

In order to better serve clients, the Real Estate Department has 3 lawyers, one registered law clerk, and 3 para-professionals and is fondly known as the "Hurlbut Team". By the use of para-professionals with the participation and overview of attorneys, the client receives professional representation at a competitive price.



Standing - L to R: Marc C. Webb, Attorney at Law; Stephen A. MacDonald, Registered Law Clerk; Jackie Ovitt, Legal Assistant; Timothy G. Hurlbut, Attorney at Law; Matthew Glitman, Attorney at Law
Front - L to R: Lucky Reed, Secretary & Intake Coordinator; Mindy S. Gagne, Real Estate Coordinator; Kathy Butler, Bookkeeper; Suzanne M. Mashteara, Assist. Real Estate Coordinator

Owner: Timothy G. Hurlbut
Location: 375 Lake Road, Suite 2A, St. Albans Vt. 05478
Phone: 802-527-7200
Website: www.vtlaw.us - Visit us!
Email: Tim@vtlaw.us
Hours: 8AM to 5PM, Monday-Friday

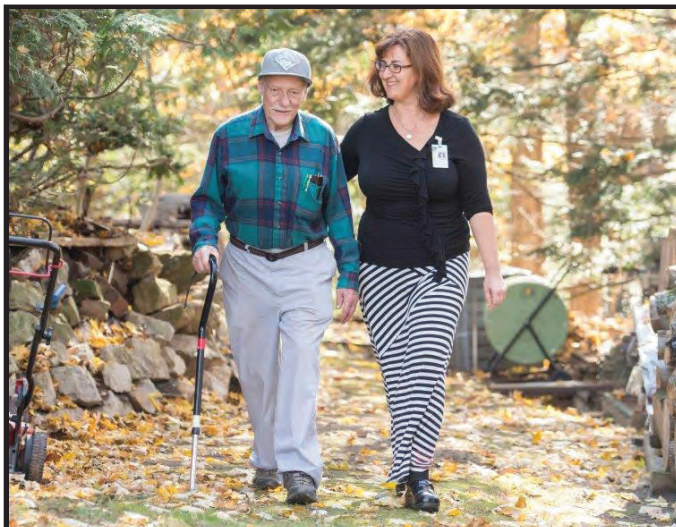


Photo credit: Daria Bishop Photographers

Your First Choice in Home Health Care

Looking for short or long-term in-home health care?

Contact us today to learn how we can help you or your loved one at home.

Our nurses, therapists and trained staff bring the care and support right to your home to provide:

- Assistance with daily routines and personal care
- Recovery from surgery or short-term illness
- Management of chronic illness and diseases
- Support and specialized care for people at the end of life.

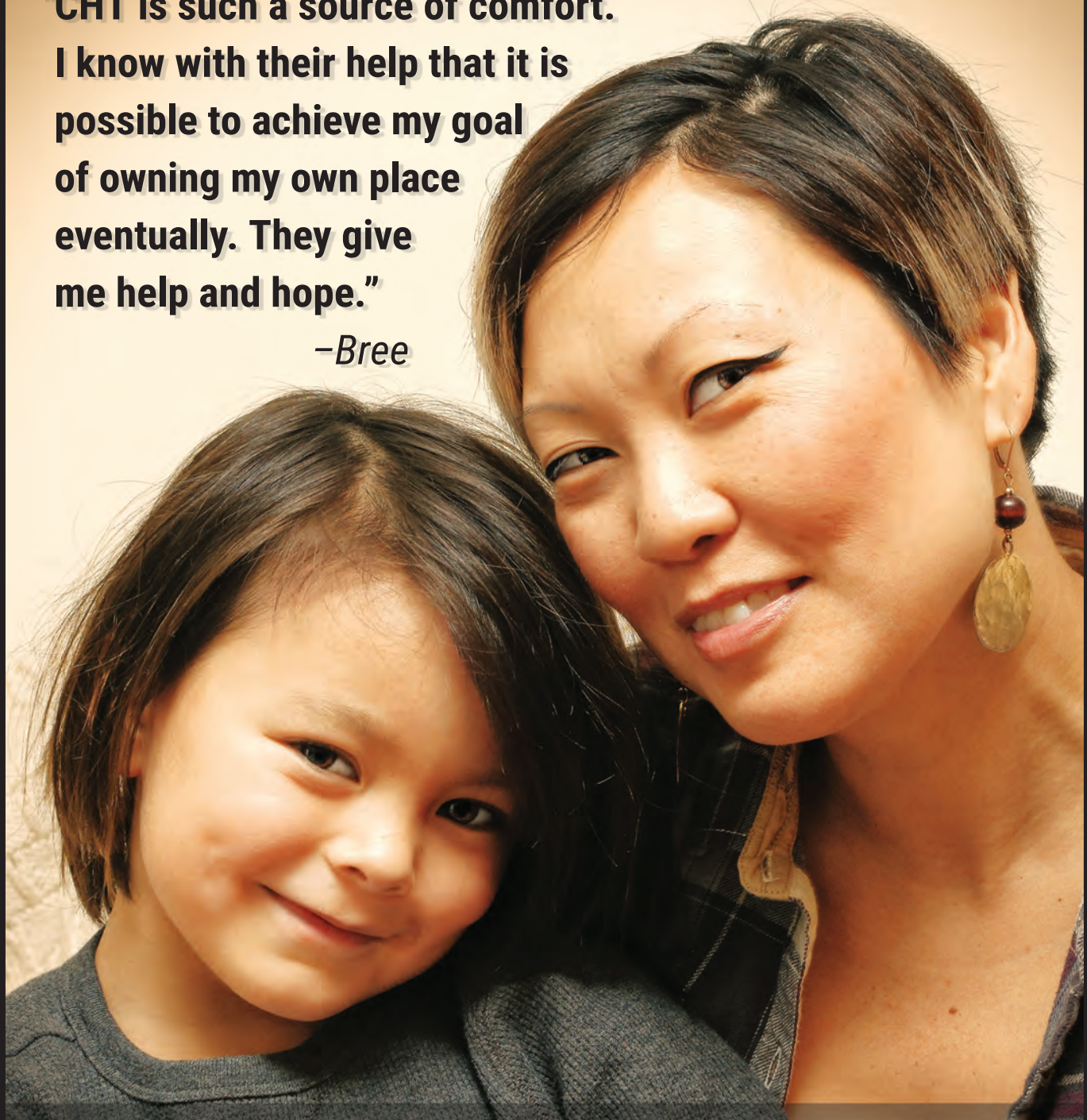
In Chittenden & Grand Isle Counties, contact:
VNA of Chittenden and Grand Isle Counties
(802) 658-1900 / info@vnacares.org / www.vnacares.org

In Franklin County, contact:
Franklin County Home Health Agency, Inc.
(802) 527-7531 / info@fchha.org / www.fchha.org



**“CHT is such a source of comfort.
I know with their help that it is
possible to achieve my goal
of owning my own place
eventually. They give
me help and hope.”**

-Bree



RENT

BUY

REPAIR

**CHAMPLAIN
HOUSING TRUST**



WWW.GETAHOME.ORG

Housing Solutions for Northwestern Vermont

13 Lake Street, St. Albans, VT 05478 P: 802.527.2361 | NMLS ID #179570 & #184793 MLO NMLS #377856 #194005

