

Local Support and Recovery Groups



AA Resources

Local Meetings

There are a number of local meetings available in town and the surrounding area. In Dover, meetings are held Monday, Friday and Sunday. As of now, meetings are being conducted via Zoom.

SASH (Support and Services at Home)

SASH coordinates the resources of social service agencies, community health providers and nonprofit housing organizations to support Vermonters who choose to live independently at home.

YOUR SASH TEAM

Tanya Powling

SASH Coordinator/Butterfield

tanya.powling [at] shireshousing.org ()

Mon-Fri 7-3

Tina Wilber

SASH Coordinator/Deerfield Valley

[tina.wilber \[at\] shireshousing.org](mailto:tina.wilber@shireshousing.org)

Mon/Tues/Wed/Fri 6am-4pm

Jill Robart, RN

SASH Wellness Nurse

[jillrobart \[at\] svhealthcare.org](mailto:jillrobart@svhealthcare.org) ()

Mondays

Stacia Sirois, RN

SASH Wellness Nurse

[staciasirois \[at\] svhealthcare.org](mailto:staciasirois@svhealthcare.org)

Fridays

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Becky Arbella

Implementation Manager

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Mon-Fri

Senior Solutions - Council on Aging for Southeastern Vermont

Senior Solutions, the Council on Aging for Southeastern Vermont is one of five private, nonprofit area agencies on aging in Vermont. We serve 46 towns throughout Orange, Windsor, Windham and Bennington counties.

Under the Older Americans Act, Senior Solutions is charged with helping to plan and coordinate a comprehensive system of services and supports for older adults (age 60 and over) and family caregivers. We do this with community partners such as local senior centers, meal sites, state agencies such as the Agency of Human Services, first responder services, local hospitals, local food shelves, and others.

We have 36 employees and over 70 volunteers. Our primary service programs are our HelpLine call center, our long-term care and self-neglect case management programs, our State Health Insurance program, our nutrition programs including financial support for local meal sites, our wellness programs, financial support for local transportation services, family caregiver supports, mental health support and our robust volunteer programs. We also serve as advocates for older adults across Southeastern Vermont by partnering with Legal Aid, Adult Protective Services, and keeping our legislators informed on local and statewide issues affecting older Vermonters.

At Senior Solutions we strive for a standard of service across all our programs that includes humor, grace, outstanding knowledge, and reliability. We are staff and volunteers who go above and beyond to assist, support, coordinate, and advocate, and to develop and support innovative programs that enable older Vermonters to age with dignity in the place of their choice, with the support they need and the opportunity for meaningful relationships and active engagement in their community.

1-802-885-2669 or 866-673-8376

www.seniorsolutionsvt.org

38 Pleasant Street, Springfield, VT 05156

Voices of Hope VT

[Website](#)

Voices of Hope is a volunteer organization created to inspire HOPE and actively support people affected by substance use/misuse. They advocate to increase local resources and raise awareness about substance use/misuse, and the importance of COMPASSION in the Deerfield Valley. They work to fight the stigma around substance use disorder and to bring resources, information, harm reduction and recovery support to the Deerfield Valley. Their website [link is HERE](#).

For confidential help call (802) 490-5645, this is NOT an emergency number. If you have an emergency situation call 211. You can also email voicesofhopevt [at] gmail.com

Supporting Documents

SASH January Calendar 290.21 KB

SASH Flash Jan 2023 540.14 KB

Senior Solutions Annual Report 2021 637.98 KB