



*“The services provided by Volunteers in Action in this area are vital for the safety and health of those in need in our community.”*

~ Olive Tracy

**Volunteers in Action seeks to increase the health, wellness, and independence of those throughout our community.**

## The Small Things

Are you able to drive a neighbor to a medical appointment, hairdresser, bank, or be willing to take a neighbor along with you when you do your grocery shopping? A small amount of your time will help people in our community who are older or vulnerable stay healthy and remain living independently in their homes. For more information, please consider calling us at **(802) 674-5971**.

You can support neighbors helping neighbors with a gift today by sending any amount to:

### **Volunteers in Action**

P.O. Box 707, Windsor, VT 05089

Office located in the historic Windsor House



Mt. Ascutney Hospital  
and Health Center  
Dartmouth-Hitchcock

289 County Rd., Windsor, VT 05089 • [via@mahhc.org](mailto:via@mahhc.org)  
(802) 674-5971 • [MtAscutneyHospital.org](http://MtAscutneyHospital.org)



# Volunteers in Action

*Connecting and supporting  
neighbor helping neighbor!*



*“The human contribution is the essential ingredient. It is only in the giving of oneself to others that we truly live.”*

*~ Ethel Percy Andrus*

## Participating Communities

**VT:** Hartland • Reading • Weathersfield  
West Windsor • Windsor

**NH:** Cornish • Plainfield

## Volunteers in Action

Volunteers in Action (ViA) is a community-based effort that has been bringing neighbors together to help each other for nearly 25 years. ViA received start-up funds from the Robert Wood Johnson Foundation, but is now supported entirely by contributions from: Mt. Ascutney Hospital and Health Center, Senior Solutions, area towns, churches, businesses, grants, and individuals.

We continue to welcome new partners to support ViA, and we thank you for your consideration.

## Support

If you live in one of the seven towns surrounding Mt. Ascutney Hospital, ViA may be able to offer support through:

- **Transportation**
- **Friendly Visits**
- **Telephone Check-in**
- **Minor Home Repair**
- **Shopping Assistance**
- **Meals on Wheels**
- **Walking Companions**
- **Reading Aloud**
- **Information and Referral to other community resources**

