

Grafton Cares

Providing help and support to people of all ages in the towns of Grafton & Athens, Vermont



The Athenian

This small, local newspaper is published once a month in conjunction with the Athens Community Supper. Its goal is to keep folks in Athens updated on local news of interest. It is also available online at theathenianvt@gmail.com.

Board Meetings

The board of Grafton Cares holds monthly meetings on the second Wednesday of each month in the Chapel Building beginning at 1:00 pm. Monthly updates are also available in the Grafton News and in the Athenian.

Support for Grafton Cares

Grafton Cares is a 501(c) 3 organization and all donations are tax deductible. It is incorporated as a non-profit by the State of Vermont and the town of Grafton audits our financial statements. The budget of Grafton Cares is supported by annual contributions from the towns of Grafton & Athens, and by grants & individual donations.

Grafton Cares
PO Box 134
Grafton, VT 05146

Dennis Hunt
President
(802) 869-2674

Our History

Grafton Cares was founded in 1993 by Marge Heindel and Tom McMillen. Our organization has grown from our original Wednesday lunch program to include the variety of offerings listed below. We are a non-profit group run by a volunteer board.

Help For Those in Need

Financial Assistance

This program offers emergency financial assistance to those having difficulty meeting critical needs of health & well-being, or in fulfilling everyday obligations such as emergency fuel help for heating. All information is handled with the utmost confidentiality.

Gas Cards

This program offers gas cards to those making needed trips for medical appointments.

Rides Program

Volunteer drivers are available to drive people to medical appointments.

Medical Equipment

A variety of medical equipment is available for free loan. This includes hospital beds, wheel chairs, bathroom equipment, walkers, crutches, and more.

Our Meals Programs

Wednesday Lunch

Held each Wednesday at noon in the Grafton Chapel Building, 4 Main Street, (843-1128.) Lunch is open to all.

A free-will donation is appreciated.

Grafton Community Supper

Held on the third Friday of each month at 6:00 pm in the Chapel Building

- September to May.

Athens Community Supper

Held on the first Friday of each month at 6:00 pm at the Athens Church

-September to June.



Meals on Wheels

This is a USDA-funded program in which our volunteer drivers, courtesy of Senior Solutions, deliver meals 3 times a week.

Thinking of You

Sunshine Baskets

Baskets of fresh fruit are delivered each month to those needing a "pick-me-up."

Welcome Bags

Loaded with local "goodies", these are delivered to our new neighbors in Grafton & Athens.



Grafton Cares Knitters

Beautiful handmade shawls are given to those in need of extra comfort. Baby blankets also go to our newest residents.

Strong Living

This is a twice-a-week program for those over the age of 40. Under the guidance of instructors, participants engage in exercises to strengthen the body and improve balance & flexibility. Classes meet for 12-week sessions in the Chapel Building.

A donation is appreciated to cover costs.