

Community Health News

September/October 2017 of the Rutland Region
A bi-monthly publication designed to provide health resources to our community

Wellness Classes & Events

Wellness Resources

Walk to End Alzheimer's

September 9 ~ 9am -12pm
Main Street Park
Rutland, VT

The Alzheimer's Association's Walk to End Alzheimer's is the nation's largest event to raise awareness and funds for Alzheimer's care, support and research. Held annually in more than 600 communities nationwide, this inspiring event calls on participants of all ages and abilities to join the fight against this disease. To sign up, visit act.alz.org.

Get Ready; Go!

Preparing for a Distance Run/Walk Race

September 13 ~ 6-7:30pm
Rutland Country Club
275 Grove Street, Rutland, VT

Presented by: Tyler White, ATC

Join Tyler White, Athletic Trainer at Rutland Regional's iSport Training, for this informative discussion on preparing yourself to run or walk a distance race, such as the upcoming Vermont Great 2,4,6,8K Run, Walk, Relay taking place September 23 in downtown Rutland. Tyler will talk about the important concerns for a runner such as what to wear, proper nutrition, avoiding injury, as well as the challenges of training with a limited amount of time before the race. Refreshments will be provided. Registration is required for this free event. For more information or to register visit www.RRMC.org or call 802.772.2400.

All of Me

September 18 ~ 5:30-7:30pm

Rutland Regional Medical Center

CVPS/Leahy Community Health Education Center

160 Allen Street, Rutland, VT

This is a free viewing of the film, *All of Me*, from Kingdom County Productions. It focuses on the lives of women, girls and boys who are caught in the downward spiral of eating disorders. A panel discussion will follow featuring Bess O'Brien, Director of the film and Bree Greenberg Benjamin, Director of the Center for Integrative Therapy in Burlington. Also present will be a few of the individuals featured in the film.

The Vermont Great 2.4.6.8K Run, Walk, Relay

September 23 ~ 3:30-5pm

Downtown Rutland

Center Street, Rutland, VT

Please join us for an afternoon and evening of health, fun and socializing, all while benefiting Rutland Regional Medical Center's Foley Cancer Center. The race course loops you around and through historic downtown Rutland. The various distances make this an event for all fitness levels. Enjoy the post-race party featuring food, beer and music. Individual and team photos will be available. Register at active.com.

Safe Sitter Babysitting Course

September 16 & 17 ~ 9am-2:30pm OR

October 14 & 15 ~ 9am-2:30pm

Rutland Regional Medical Center

Community Education

435 West Street, Rutland, VT

Babysitting is important business. Safe Sitter is a medically accurate babysitting course that teaches young teens (11 to 13) life and safety skills. This 2017 curriculum has been updated by the national Safe Sitter organization to reflect the most current evidence-based practices. Classes are held every month. Registration required. Fee \$60 (Scholarships based on need). To register, visit www.RRMC.org or call 802.772.2400.

Tai Chi for Beginners

September 6, 13, 20, 17, October 4 & 10 ~ 5:15-6:15pm

OR 6:30-7:30pm

Rutland Regional Medical Center

CVPS/Leahy Community Health Education Center

160 Allen Street, Rutland, VT

Presented by: Laurie Knauer, Certified in Dr. Lam Tai Chi
Tai Chi is an ancient Chinese form of exercise. *This class is being offered in two separate sessions for the fall of 2017.* Tai Chi is considered generally safe for all ages and levels of fitness. Fee is \$15. For more information or to register, visit www.RRMC.org or call 802.772.2400.

Gaining Traction: Improve Your Walking, Balance, Mobility and Stability

October 2, 9, 16, 23 & 30 ~ 4-5:30pm

Presented by: Staff of Rutland Rehabilitation Services

In this program participants will learn the mechanics of walking and how various conditions such as arthritis, other foot and joint issues, and neurological problems affecting balance can impact gait. Strategies to compensate for these conditions will be discussed. Registration is required for this free class. For more information or to register, visit www.RRMC.org or call 802.772.2400.

Chair Aerobics

October 2, 5, 9, 12, 16 & 19 ~ 10-11am

Rutland Regional Medical Center

CVPS/Leahy Community Health Education Center

160 Allen Street, Rutland, VT

Presented by: Allyson Taggart, NASM-CPT

This new, three-week aerobic exercise course will focus on strength, endurance and flexibility by using a chair as a platform for workouts. This class is directed to those who are disabled, recovering from an injury, experiencing joint problems and/or for those who otherwise have difficulty performing exercises that require standing, walking or running for any length of time. Fee for this class is \$15. For more information or to register, visit www.RRMC.org or call 802.772.2400.

Audiology Series in Manchester

Elizabeth Warren's OTC Hearing Aid Bill: What Patients and Consumers Need to Know

Join Dr. O'Flaherty of Rutland Regional Medical Center for the final installment of this series of talks on hearing loss, hearing health and what you need to know about treatment options that are available to you.

October 3 ~ 4-5pm

Manchester Community Library

138 Cemetery Avenue, Manchester Center, VT

Presented by: Stephanie O'Flaherty, AuD

Registration is requested for this free event. Refreshments will be provided. For more information or to register, visit www.RRMC.org or call 802.772.2400.

Cancer Incidence in Rutland County: Understanding the Risks

October 11 ~ 6-8pm

Rutland Country Club

275 Grove Street, Rutland, VT 05701

This revised talk from the 2015 event of the same name will feature Department of Health Representatives Jennifer Kachajian and Allison Verbyla, Public Health Analysts, who will be here to discuss the current cancer rates in Rutland County, as well as the actual versus perceived risks of developing cancer in this area. The talk will be followed by a question and answer session that will include Foley Cancer Center Oncologists Dr. Allan Eisemann and Dr. Rick Lovett. Refreshments will be served. Registration is requested for this free event. For more information or to register, visit www.RRMC.org.

Tai Chi Level II

October 18, 25, November 8, 11 & 15 ~ 5:15-6:15pm

OR 6:30-7:30pm

Rutland Regional Medical Center

CVPS/Leahy Community Health Education Center

160 Allen Street, Rutland, VT

Presented by: Laurie Knauer, Certified in Dr. Lam Tai Chi

This level II Tai Chi class is a continuation of the beginners class. It is recommended that registrants complete the basic class before taking this next level class. With this class, you will be guided to move in other directions adding movements that are a little more complicated and will bring more depth to your practice. Fee is \$15. For more information or to register, visit www.RRMC.org or call 802.772.2400.

Peace and Calm in Chaos

October 19, 26, & November 2 ~ 6-7:30pm

Rutland Regional Medical Center

CVPS/Leahy Community Health Education Center

160 Allen Street, Rutland, VT

Presented by: Bonnie Olson, Certified Martha Beck Life Coach

This three-part class includes presentations on how and why meditation works and includes such topics as grounding and centering exercises, basic and guided meditation, ways to manage thoughts and mastering emotions. Fee for this course is \$15. For more information or to register, visit www.RRMC.org or call 802.772.2400.

How Did I Get HERE?

November 9 ~ 6-7:30pm

Rutland Regional Medical Center

CVPS/Leahy Community Health Education Center

160 Allen Street, Rutland, VT

Presented by: Bonnie Olson, Certified Martha Beck Life Coach

Are you interested and maybe perplexed about how you came to be at this place in your life? In this class we will begin to discover our patterns, beliefs and where they may have come from. We will also discover how we tell our story, or personal narrative. We will learn ways to rethink and so retell our story in new ways, to create a happier life. No writing skill is required. This is a class of self-discovery. Fee for this course is \$10. For more information or to register, visit www.RRMC.org or call 802.772.2400

Wellness Resources

802 Quits Tobacco Cessation Program

Ongoing workshops open to the community to provide tobacco cessation support and free nicotine replacement products with participation.

Rutland Regional Medical Center

Mondays ~ 4:30-5:30pm

In the Foley Cancer Center Conference Room

160 Allen Street, Rutland, VT

Rutland Heart Center

Tuesdays ~ 11am-12pm

12 Commons Street, Rutland, VT

Rutland Regional Behavioral Health

Thursdays ~ 9-10am

In the Group Room

1 Commons Street, Rutland, VT

Castleton Community Center*

Tuesdays ~ 5-6pm

2108 Main Street, Castleton, VT

*This class begins September 5, 2017 and will be on-going. To register, call 802.747.3768. Free patches are available. For more information or to register, call 802.747.3768.

Ask Us About Baby Steps...

Baby Steps is group education for pregnant women and their support people. Presented by Rutland Women's Healthcare. Visit www.RRMC.org or call 802.786.1320 for an appointment.

Advance Directive Explainers

The Community Health Team of Rutland Regional offers free support with completion of Advance Directive forms. A volunteer explainer will sit with community members and guide through the process of completing the form and then filing with all necessary health providers and the Vermont registry. Call 802-776-5502 to set up an appointment.

Breastfeeding Classes – Rutland

For new mothers or women considering breastfeeding. Information on nursing, pumping, returning to work and more. Classes are the second Tuesday of every month from 6-8pm. Call 802.747.3695 to register.

• Mettowee Valley Family Health Center

Third Friday of the month from 9:30-10:30am

• Pawlet Library

Second Friday of the month from 2-3pm

• Castleton Library

Wednesdays from 10-11:30am

• Mt. Holly Library

Tuesdays from 10-11:30am

• Rutland Free Library

Fourth Friday of every month from 9:30-11am

For more information, call Jill at 802.786.5111.

BROC – Community Action in Southwestern Vermont

All workshops are held at 45 Union Street in Rutland. For more information call 802.775.0878

Castleton Community Center

The Center offers wellness programs as well as senior meals, transportation, and social and educational opportunities. For more information, call 802.468.3093 or visit www.castletoncsi.org

CPR

• Community Health Centers of the Rutland Region

Basic Life Support, Family and Friends, and Heartsaver CPR classes. For more information, call Claudia at 802.855.2018 or email ccourcelle@chcr.org.

• Regional Ambulance Service, Rutland

Classes are offered the first and third Monday of each month from 6-9pm. The fee is \$30 per person. Registration is required. Call 802.773.1746 to register.

Diabetes Prevention Classes

Free monthly classes for people with risk factors for developing diabetes. For more information, call the Rutland Diabetes & Endocrinology Center at 802.775.7844.

Dispose of Unwanted Prescription Drugs

Rutland County Sheriff's Department

88 Grove Street, Rutland, VT

Monday-Saturday ~ 6am-Midnight

Sunday ~ 6am-8pm

For more information, contact the Rutland County Sheriff's Department at 802.775.8002.

Domestic Crisis Hotline

Call Kim at 802.775.3232.

Family-to-Family Program

NAMI – National Alliance on Mental Illness

A free, 12-week course that offers education and support for families and friends of people with mental illness. For more information, email info@namivt.org, visit www.namivt.org or call NAMI – Vermont at 800.639.6480, ext.102.

Foley Cancer Center

• Look Good Feel Better

This is a free program through the American Cancer Society for those undergoing cancer treatment. Beauticians provide tips about makeup and wigs. Sessions are the first Monday of each month, 10am-12pm at the Foley Cancer Center. For more information, call Jessica Greco at 802.747.1693.

• Gentle Yoga Group

Biweekly groups focus on helping cancer patients learn relaxation techniques. This group meets the second and fourth Wednesday of the month, 4:30pm-5:30pm at Cobra Gymnastics and Yoga Studio. For more information, call Paula Liguori at 802.786.3627.

Community Health News is a Rutland Regional Medical Center community outreach service. Programs are free and open to the public, unless otherwise noted. Please contact Community Education at 802.772.2400 for more information. Non-profit organizations, agencies and coalitions are welcome to submit programs by contacting us at communityeducation@rrmc.org.

Wellness Resources Continued

Godnick Adult Center

Programs at the Center include exercise, yoga, dancing, knitting, book clubs, bridge, hiking, health clinics and bus trips. For more information, call 802.773.1853 or visit www.rutlandrec.com.

In- Home Asthma Program – Children and Adults

Free in-home visits that provide education and resources to improve the control of asthma symptoms, while helping to identify and reduce triggers in the home. For more information, call 802.776.5507.

Homeless Prevention Center

(Formerly the Rutland County Housing Coalition)
56 Howe St., Patch Place, Bldg A, Rutland, VT,
www.hpcvt.org, 802.775.9286.

Mitchell Therapy Pool

88 Park Street, Rutland, VT
Indoor, heated pool for adults and children, open to the public and offering swim lessons and exercise. For more information, call 802.775.2395, ext. 303 or visit www.vacvt.org

Promise Lactation Consulting

Offers a free, drop-in clinic the fourth Tuesday of the month from 3-5pm at Rutland Regional's Women's & Children's Services. For more information, call Lisa at 802.325.2566.

Regional Prevention Partnerships of Rutland (RPP)

Help shape a healthier, happier Rutland region by participating in community work group meetings dedicated to building a sustainable substance abuse prevention network in Rutland County. Meetings are held on the third Tuesday of each month at 11:30am, varied locations. For more information, contact Emily Oswald Cummings at ehoswaldcummings@rmc.org or call 802.776.5515.

RSVP

- **Bone Builders** – A free exercise program to address osteoporosis. For more information call 802.775.8220.
- **TeleCare** – Provides free telephone check-in to area seniors on a regularly scheduled basis. This is not a telemedicine provider or medical alert service. For more information call 802.775.8220.
- **One-2-One** – Provides transportation to essential service appointments for Rutland County residents. For more information, call 802.775.4318 or visit www.volunteersinvt.org and search under Signature Programs at the top banner.

Visiting Nurse Association & Hospice (VNAHSR)

• Start the Conversation – It's a Gift

Planning for end-of-life care is as important as all the other life plans you can make. Find out more about Advance Directives for Health Care. Receive a free *Conversation Starter Guide*, an advance healthcare planning toolkit containing easy-to-use self-help worksheets. To arrange a presentation on this topic or to get a copy of the *Conversation Starter Guide*, call VNAHSR at 802.770.1520 or visit www.starttheconversationvt.org.

• Blood Pressure and Foot Care Clinics

VNAHSR provides numerous Blood Pressure and Foot Care Clinics throughout the area each month.

For more information, call 802.770.1536 or visit

vermontvisitingnurse.org.

• Breath easy with VNAHSR

VNAHSR offers this clinically integrated program with respiratory and oxygen services from Wilcox Medical to help patients manage their pulmonary disease symptoms. For more information, call Catherine Schneider at 802.770.1561 or email catherine.schneider@vnahsr.org.

• Childbirth Education Classes

Meet and socialize; ask questions about pregnancy, labor and baby care. Classes are offered monthly. Childbirth and Sibling Classes are also offered. For more information, contact Theresa Marrone at 802.770.1621 or email theresa.marrone@vnahsr.org.

• Cholesterol Screening

Clinics held in the Rutland office are held first Wednesday of each month. Call 802.775.0568 for an appointment. Clinics held at the Dorset office the third Wednesday of the month. Call 802.362.1200 for an appointment. Call Cathleen for more details at 802.770.1536. The cost is \$30.

• Travel Health Clinic

Receive an individualized travel safety plan and the necessary immunizations for your travel destination.

By appointment. Call Cathleen at 802.770.1536 or email

gohealth@vnahsr.org.

• Veteran's Voices

This program gives veterans, service members and their families a chance to share their stories and leave an enduring legacy. Interviews are facilitated by a trained VNAHSR volunteer. Participants receive a free CD copy of their interview. For more information call John Campbell at 802.770.1683 or email john.campbell@vnahsr.org.

Rutland Area Prevention Coalition

Prevention of substance abuse through education and the promotion of healthy lifestyle choices. For more information, call 802.775.4199, visit www.rapvt.org or email rap@rmhscn.org.

• Say it Straight

A free Program designed to address high risk and destructive behaviors and promote wellness in young people and adults. Programs are for one hour a week for 6-8 weeks. For more information or to register for classes, call 802.775.4199.

Rutland Area Physical Activity Coalition

We support walking and biking in Rutland County. For more information, go to www.walkbikerutland.org, email kimberly.rapac@gmail.com or call 802.870.6722.

Rutland County Caregiver Coalition

Support for those caring for an aging or ill parent, spouse or child. For more information, call Loryn at 802.773.2011, Mary Lou at 802.747.3426 or Eva at 802.772.2471.

Rutland County Parent-Child Center

Dedicated to supporting and meeting the needs of parents, children and families. Offers childcare, high school and housing for young parents, parenting classes, playgroups and developmental delay assistance for young children. For more information, call 802.775.9711 or visit www.rcpcc.org.

Rutland County Nutrition Coalition

Projects include the monthly "What's Cooking Rutland" program on PegTV, and supporting food and nutrition education for RAFFL's Worksite Farmshare Program. For more information, contact Bethany Yon at 802.786.5115.

Rutland County Head Start

Promotes school readiness for income eligible 3-5 year old children. Full and part-day options available. For more information, call Kelley at 802.775.8225, ext. 103 or visit www.rchscn.org.

Rutland Free Clinic

A free Medical & Dental Health Clinic for uninsured and under-insured Vermont adults. There are no emergency services available at this site. Appointment only. No walk-ins. For more information or to schedule an appointment, call 802.775.1360.

Rutland Free Library

Provides library services free to residents of Rutland City, Rutland Town, Mendon, Ira and Tinmouth, and to paid cardholders from other communities. We offer a wide variety of programming for all ages as well as formal and informal meeting spaces. Visit <http://rutlandfree.org> or 802.773.1860.

Rutland Mental Health Crisis Line

Available 24 hours – 7 days a week
Adult Services, call 802.775.1000
Child & Family Services, call 802.773.4225

Rutland Mental Health Services

Services for adults, children and families, and seniors provided. For details on specific services offered by Rutland Mental Health, call 802.775.2381 or visit www.rmhscn.org.

SASH Support Services

This free service helps individuals with disabilities, primarily over 65, access the care and support they need to stay healthy while living at home. Contact Carol Keefe at 802.775.2926 x16 for more information or visit www.sashvt.org

Southwestern Vermont Council on Aging

Phone assistance for elders in need of information about services such as senior meals and companions, caregiver support, case management services, nutrition programs, and the state health insurance program. For more information, call 802.786.5991 or visit www.svcoa.org.

Senior Help Line - 800.642.5119

Vermont 2-1-1

Dial 2-1-1 to get information about thousands of resources across Vermont, or visit www.vermont211.org.

Vermont Department of Health

For health information on topics such as: Children & Families, Disease & Prevention, Substance Abuse, Emergency and Public Health Preparedness, A Healthy Environment, Health Research, Data and Records and Community Public Health. For more information, call 802.786.5811 or visit <http://healthvermont.gov>.

Vermont Adaptive Ski and Sports

A diverse, year-round non-profit organization offering opportunities that promote access and instruction to sports. We serve clients of all abilities with disabilities. For more information go to www.vermontadaptive.org, or contact Tom Alcorn, Southern Program Coordinator at south@vermontadaptive.org for specific information.

Support Groups

Please note that support group programs should not be construed as medical advice or used as a substitute for consultation with a healthcare professional. Accuracy of information presented is the sole responsibility of the group leader.

Al-Anon/Alateen

For more information, call Al-Anon Vermont at 802.860.8388 or visit www.vermontalateen.org.

Alcoholics Anonymous (AA)

For more information, call 802.775.0402 or visit www.aavt.org.

Alzheimer's Association

24-hour Help Line – 800.272.3900 / www.alz.org

At Wit's End

Substance abuse support for parents, families & friends. For more information, call Pat or Kathy at 802.775.6608.

BAYADA Bereavement Group

Support for those who are grieving the loss of a loved one. For more information, call Christina Lohnes at 802.282.4122.

Better Breathers Club

American Lung Association support group for people with lung disease or caregivers. Meets first Monday of the month, 11am-12pm at The Maples, 5 General Wing Rd., Rutland, VT (last building on the right) in the activity room. Take the elevator to the ground floor. For more information, call 802.345.3187.

Compassionate Friends

For bereaved parents. A self-help organization offering friendship and understanding to bereaved parents and family members. For more information, call Michael Mackey at 802.446.2278.

Support Groups

Death Café

Share honest conversations about death. Monthly free meetings take place at The Pyramid Holistic Wellness Center on the fourth Wednesday of each month, 7-9pm. For more information, call 802.353.6991.

Diabetes Support

• Type I Diabetes Support

For more information, call the Rutland Diabetes & Endocrinology Center at 802.775.7844.

• Insulin Pump Support Group

For people who manage their diabetes with insulin pumps. Meetings are the fourth Tuesday of each month from 10:30am-12pm at Rutland Regional Medical Center. For more information, call Donna Hunt, RD, CDE at 802.775.7844.

Foley Cancer Center Support Group Meetings

• Woman to Woman Cancer Support Group

Meetings are held the first Tuesday of every month from 5:30-7:30pm in the CVPS/Leahy Community Health Education Center. For more information call Cheryl Gosselin at 802.265.8177.

• Men's Cancer Support Group

Meetings are the fourth Wednesday of each month in the CVPS/Leahy Community Health Center. First time attendees should contact Bob Harnish at 802.483.6220.

• Young Adult Cancer Support Group

For young adults affected by cancer, this group meets the third Thursday of every month from 4:30-6pm at Café Provence in Brandon, VT. For more information, call Jessica Greco at 802.747.1693

Gambler's Anonymous

For more information, call 802.773.8305.

HIV/AIDS Support Group

For more information, call 802.775.5884.

InterAge Adult Day Program

For caregivers of adults with cognitive and/or physical challenges. Held on the second Thursday of each month from 2:30-3:30pm. For more information, call 802.773.2011.

Kin Conversations

For those who care for relative children regardless of legal involvement, or age of the caregiver. Dinner & childcare provided. For more information, call 802.747.0490 or email Diane Robie at robie@eckerd.org.

NAMI (National Alliance on Mental Illness)

Offers free support groups for peers living with a mental health condition and their family members. For more information, call 800.639.6480 or visit www.namivt.org.

Overeaters Anonymous

Is food a problem for you? For more information on the Sunday meetings, call Ramona at 802.948.2948. For Wednesday meetings, call Sara at 802.747.4020.

VNAHSR Bereavement Group

Monthly meeting is held Tuesdays at 6pm at Grace Congregational Church in Rutland. For more information, contact Andrew Carlson at 802.770.1613 or email andrew.carlson@vnahsr.org

Rutland Area Vermont Ostomy Group

Meets to discuss experiences, share tips and support. For more information contact Kate Lawrence at 802.770.1682.

Rutland County Memory Café

This special program is for persons with mild cognitive impairment, early stage dementia or just memory concerns. Loved ones and caregivers are encouraged to attend. Meets the second Saturday of the month. Registration is encouraged but not required. For more information call Aaron Brush at 802.772.7835.

Rutland County Women's Network

Support and discussions for mothers and children about abuse. For more information, call 802.775.3232.

Rheumatoid Arthritis Support Group

For more information, call Nan at 802.775.8220, ext.101 or nmhart14@aol.com.

Stay Quit Support Group

Designed for those who are tobacco free. Its goal is to prepare you for situations and urges that lead to relapse. Meets the second Wednesday of every month, 5-6pm at the Rutland Free Library. For additional information call 802.747.3768.

Stroke & TBI Support Group

This group meets the first Saturday of each month. For more information, call 802.446.2302.

Support Group for Pregnant Women Prescribed

Methodone and/or Subutex

This is an opportunity to connect with other pregnant and post-partum women in recovery. Meets the first Wednesday of each month, 3-4pm at the CVPS/Leahy Community Health Education Center. For more information call 802.747.3996 or 802.747.3766.

T.O.P.S. (Take Off Pounds Sensibly)

Open to children 7 years to adult. For more information, call 802.293.5279 or visit www.tops.org.

Waitlist Support Group

This is an open group whose purpose is to provide support for those who are currently on a waitlist or seeking to get on a waitlist for medicated assisted treatment for ongoing opiate use. For more information, contact Andrea at 802.786.1493.