

Community Health News

January/February 2019 of the Rutland Region
A bi-monthly publication designed to provide health resources to our community

Wellness Classes & Resources

Wellness Resources

Diabetes Self-Management Program

Tuesdays, January 22 – February 26 ~ 10am-12:30pm

Templewood Court

5 Tremont Street, Rutland, VT

This 6-week FREE program is for people with diabetes and/or their caregivers. Each session focuses on techniques to deal with the symptoms of diabetes and the emotional side-effects that accompany the disease. Proper nutrition, exercise and how to effectively communicate with family and health care providers. For more information or to register, call Krista at 802.776.5507.

Chronic Disease Self-Management Program

Tuesdays, January 22 – February 26 ~ 1:30-4pm

Templewood Court

5 Tremont Street, Rutland, VT

This program is for anyone who struggles with any chronic condition and/or their caregivers. Some conditions that may accompany chronic disease are: pain management, nutrition, exercise, medication use, emotions and sleep. Each condition is a topic of discussion in this 6 week FREE program. For more information or to register, call Krista at 802.776.5507.

Pink the Rink

January 25 ~ 7pm

Spartan Arena

100 Diamond Run Mall, Rutland, VT

Join us for a Pink the Rink event hosted by the Castleton University Women's Hockey Team who is slated to play against Norwich University. All proceeds for this game will go to benefit Rutland Regional Medical Center's Foley Cancer Center and the Breast Care Program. For more information, visit www.castletonsports.com.

Safe Sitter Babysitting Course

February 2 & 3 ~ 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. The curriculum has been updated by the national Safe Sitter organization to reflect the most current evidence-based practices. Registration required. Fee \$60 (Scholarships based on need). To register, visit www.RRMC.org or call 802.772.2400.

Winter Fest

February 16-24

Join this growing community tradition of celebrating winter with many Rutland area organizations participating! Activities will be taking place at many locations around Rutland, including Giorgetti Arena, Main Street Park, Rutland Country Club, and Downtown Rutland. Rutland Regional will host Winterfest activities on February 22 in the CVPS/Leahy Community Health Education Center with crafts, a teddy bear clinic and a DJ dance party, among other things. For more information, visit rutlandrec.com/winterfest

Chair Aerobics

Tuesdays & Fridays, February 19 – March 8 ~ 10-11am

Rutland Regional Medical Center

CVPS/Leahy Community Health Education Center

160 Allen Street, Rutland, VT

Presented by: Allyson Taggart, NASM-CPT

This 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 having difficulty performing exercises that require standing, walking or running for any length of time. Fee is \$15. For more information or to register, visit www.RRMC.org or call 802.772.2400.

Rutland Regional Medical Center

Weight Loss Workshop

Tuesdays, February 26 – May 14 ~ 6-7:30pm

Rutland Regional Medical Center

Physiatry Conference Room

160 Allen Street, Rutland, VT

Presented By: Elizabeth Dulli, MS, RN, Aaron Jones, RD, CD, Thomas Poole, DPT, Sheila Sharrow, LICSW, Bonnie Olson, Certified Martha Beck Life Coach, NASM-CPT, Bethany Yon, PhD and Melissa Cox.

This is a 12-week weight loss program for community members who would like to lose weight through modification of key behaviors that not only affect body weight, but also overall health and wellness. Areas to be addressed include nutrition, food selection and preparation, exercise, stress and healthy sleep. An optional exercise class will be offered each week prior to the workshop. Fee is \$25. Registration is required. For more information or to register, visit www.RRMC.org or call 802.772.2400.

Tai Chi for Beginners

Wednesdays, February 27 - April 3 ~ 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 spring of 2019. 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.

Advance Healthcare Planning: Navigating

Advance Directives

April 16 ~ 6-7:30pm

Rutland Regional Medical Center

CVPS/Leahy Community Health Education Center

160 Allen Street, Rutland, VT

Presented by: Eva Zivitz, BA, RN, CHPN

In recognition of National Healthcare Decisions Day, join Rutland Regional Medical Center and the Community Health Team for a discussion on this very important topic. Eva Zivitz of Rutland Regional's Palliative Care Program will review the forms used in Vermont to document healthcare wishes. Volunteer explainers from Community Health Team will be available to assist those who are interested in making an appointment for assistance in completing an advance directive. Refreshments will be provided. To register or for information for this free event, visit www.RRMC.org or call 802.772.2400.

Tai Chi Level II

Wednesdays, April 24 – May 29 ~ 5:15-6:15pm

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. With this class, you will be guided to move into 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.

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

CVPS/Leahy Community Health Education Center

Mondays ~ 5-6pm

160 Allen Street, Rutland, VT

Rutland Heart Center

Tuesdays ~ 11am-12pm

12 Commons Street, Rutland, VT

Castleton Community Center

Tuesdays ~ 5-6pm

2108 Main Street, Castleton, VT

To register or for more information on any of these classes, call 802.747.3768. Please call this number if any organization or employer worksite is interested in scheduling a four-week tobacco cessation class onsite.

Adaptive Martial Arts & Fitness for All

Martial arts class meets every Saturday, 9-10am at the Club Fitness Performance Center in the Diamond Run Mall. These classes are donation based for adaptive students and their families. For more information call 802.747.8184 or 802.683.7160.

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.

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

Come Alive Outside

Works with area partners to create awareness, intention and opportunity for people to live healthier lives outside. For more information, call 440.525.6076 or email Andy Paluch at andy@comealiveoutside.com.

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. 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 Gentle Yoga Group

This group focuses on helping cancer patients learn relaxation techniques. It meets every Thursday, 4:30pm-5:30pm at Cobra Gymnastics and Yoga Studio. For more information, call Paula Liguori at 802.786.3627.

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.

Homeless Prevention Center

(Formerly the Rutland County Housing Coalition)

56 Howe St., Patch Place, Bldg A, Rutland, VT,

www.hpcvt.org, 802.775.9286.

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.

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

Partners for Prevention

Help shape a healthier Rutland region by participating in community work group meetings dedicated to building substance use prevention in Rutland County. Meetings are held on the second Tuesday of each month at 8:30am, varied locations. For more information, contact the RPP Coordinator at prevention@rrmc.org or call 802.776.5515.

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.

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.



Community Education

A Department of Rutland Regional Medical Center

Wellness Classes & Resources

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 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 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 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.rmhsccn.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

Senior Helpline - 800.642.5119

Southwestern Vermont Council on Aging

Services and supports for older Vermonters including case management, nutrition and wellness programs, elder care clinician, money management assistance, options counseling, health insurance counseling, and senior helpline, among other offerings. For more information, call 802.786.5990 or visit www.svcoa.org.

VeggiVanGo

VeggieVanGo, a mobile nutrition program of the Vermont Foodbank provides FREE fresh, healthy veggies and fruits monthly for low income Vermonters. This takes place in the Rutland Regional Parking Lot by the CVPS/Leahy Community Health Education Center the fourth Thursday of each month, 9-10am.

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 serves 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.

VNA & Hospice of the Southwest Region (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.

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

Alzheimer's Support Group

Meetings are held the last Tuesday of each month, 12-1pm, at the Chittenden Building at 110 Merchants Row, Rutland, VT. Take the elevator to the 4th floor. A group facilitator will meet you. For more information contact Andi at 802.468.5000.

At Wit's End

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

Bariatric Surgery Support Group

Support for those who have undergone bariatric surgery. This group meets the first Monday of the month at the Rutland Diabetes & Endocrinology Center on Albert Cree Drive, 5:30-6:30pm. For more information contact Donna Hunt at 802.775.7844.

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 breathing issues, their loved ones or caregivers. Meets first Monday of the month, 11am-12pm at the Godnick Center at 1 Deer Street, Rutland, VT. For more information, call 802.776.5508.

Brain Injury Support Group

Meetings will be held the third Friday of each month, 2-3:30pm, at the Fox Room of the Rutland Free Library. For more information call Glen Reed at 802.779.9021 or email Jessica LeBlanc at jessica.leblanc27@gmail.com.

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.

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 to Men (M2M) Cancer Support Group

Meetings are the fourth Wednesday of each month in the CVPS/Leahy Community Health Education Center. First time attendees should contact Bob Harnish at 802.483.6220 or Jim Russell at 802.236.8153.

• 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 802.747.1693

Gambler's Anonymous

For more information, call 802.773.8305.

Support Groups

Grief Share Support Group

Support and recovery ministry for those going through the death of a loved one. The program is non-denominational, based on biblical concepts. Meets every Tuesday, 6:30pm at Roadside Chapel in Rutland. Call prior to coming. For more information call 802.775.5805.

Head Injury & Stroke Support Group

This group now meets seasonally at 1409 US Route 7 South, Wallingford, VT. The next meeting will be October 19 (fall) and December 7 (winter). Meetings are 1-3pm. For more information call 802.446.2302.

HIV/AIDS Support Group

For more information, call 802.775.5884.

InterAge Caregiver Support Group

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.

Narcotics Anonymous

Narcotics Anonymous (NA) is a nonprofit society of recovering addicts who meet regularly to help each other stay clean. For the hotline and information about meetings, call 802.265.6414 or visit www.GMANA.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.

Rutland Area Vermont Ostomy Group

Meets to discuss experiences, share tips and offers support to individuals with bowel and bladder ostomies and continence diversions. For more information and meeting times contact Kate Lawrence at 802.770.1682.

Rutland Autism Family Group

The Rutland Autism Family Group (RAFG) strives to raise awareness of autism, provide opportunities for typical childhood experiences, create support for families living with autism and work with agencies to ensure services for individuals with autism and their families. RAFG holds monthly events in the community, with the supports and accommodations our kids need. For more information please contact us at 802.242.0040 or visit <https://rafg.org>

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.

Rutland Regional Weight Loss Support Group

This group is an outgrowth of the Rutland Regional Weight Loss Workshop that takes place in the spring and fall. But anyone is welcome would like continued community support for their weight loss and/or weight maintenance journey. This group will meet the first and third Thursday of the month. The first meeting is February 7 at 6pm in the CVPS/Leahy Community Health Education Center. For more information call 802.772.2400.

Rheumatoid Arthritis Support Group

For more information, call Nan at 802.236.3494 or nmhart14@aol.com.

Support Group for Pregnant Women Prescribed Methadone 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.

VNAHSR Bereavement Groups

• **Rutland**-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

• **Bennington**-Meetings are held the first and third Thursday of each month, 11am-12pm, at the UU Fellowship Meeting Hall. For more information call 802.442.0510.

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.

We're just a click away...
www.RRMC.org