

Community Health News

March/April 2019

of the Rutland Region

A bi-monthly publication designed to provide health resources to our community

Wellness Classes & Resources

Wellness Resources

Healthy You. Healthy Together.

Community Resource Fair

March 18 ~ 3-6pm

Rutland Regional Medical Center

CVPS/Leahy Community Health Education Center

160 Allen Street, Rutland, VT

This free, annual public event features up to 30 community partners sharing information and resources ranging from navigating your healthcare and maintaining a healthy lifestyle, to promoting the importance of forming social connections as we age. There will be interactive displays, breakout sessions, door prize raffles, and lots of takeaways. For more information contact Jessica Greco at 802.786.1428 or email jgreco@rrmc.org

E-Cigarettes, Juul, and the Youth Epidemic:

What Parents and Teachers Should Know

March 25 ~ 6-8pm

Rutland Regional Medical Center

CVPS/Leahy Community Health Education Center

160 Allen Street, Rutland, VT

Presented by: Sarah Cosgrove, Tobacco Treatment Specialist, and Alan-Michael Saltis, Regional Prevention Partnership Coordinator

Learn why dangerous misperceptions lead young adults to believe vaping is harmless and why sharing the facts is an important first step in addressing youth vaping. Parents, teachers, health professionals, and other youth advocates will learn current initiatives taking place nationally and locally, along with practical suggestions that will have a positive impact for our county's youth population. Refreshments will be available. Registration is requested for this FREE event. For more information or to register, visit www.RRMC.org or call 802.772.2400.

Chronic Pain Self-Management Program

Tuesdays, March 26 - April 30 ~ 1:30-4pm OR
5-7:30pm

Templewood Court

5 Tremont Street, Rutland, VT

This is a 6-week program is offered for anyone suffering from chronic pain (long-term pain lasting longer than 3-6 months) or caregivers of a person with chronic pain. This course offers techniques for talking to your doctors and loved ones regarding your pain, isolation, frustration. Appropriate exercise for maintaining and improving strength is also discussed as well as appropriate use of medications and much more. For more information or to register, call Krista at 802.776.5507.

Diabetes Prevention Program

April 2 (Starting) ~ 9-10am

The Godnick Center

1 Deer Street, Rutland, VT

This year-long program consists of meetings that take place every Tuesday for 16 weeks, followed by 5 bi-weekly and 5 monthly in-person maintenance sessions. It is offered for anyone who is at risk of developing type 2 diabetes. The goals for this lifestyle change program are for participants to lose 5-7% of their body weight and increase their physical activity to 150 minutes per week. For more information or to register, call Krista at 802.776.5507.

Safe Sitter Babysitting Course

April 13 & 14 ~ 9am-2:30pm

Rutland Regional Medical Center

West Street Office

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.

Advance Healthcare Planning: Navigating

Advance Directives

April 16 ~ 6-8pm

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 Improvement 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.

Peace and Calm in Chaos

Thursdays, May 2 - 16 ~ 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 is \$15. For more information or to register, visit www.RRMC.org or call 802.772.2400.

AARP Smart Driver Safety Course

May 2 ~ 5-9:30pm

Rutland Regional Medical Center

CVPS/Leahy Community Health Education Center

160 Allen St., Rutland, VT

Presented by: Baird Morgan

Learn how to adjust your driving to age related changes. Fee for program is \$15 for AARP members and \$20 for non-members. Fee is due by April 18. Checks should be made out to AARP. Registration is required. To register, visit www.RRMC.org or call 802.772.2400.

How Did I Get HERE?

May 14 ~ 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 in 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. 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

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

Thursdays, May 23 - June 20 ~ 4-5:30pm

Rutland Regional Medical Center

CVPS/Leahy Community Health Education Center

160 Allen Street, Rutland, VT

Presented by: Staff of Rutland Regional Medical Center Rehabilitation Services

In this program participant learn the mechanics of walking and how various conditions such as arthritis, joint issues, and neurological problems affecting balance can impact gait. Strategies to compensate for these conditions will be discussed. Fee for this class is \$15 and registration is required. 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

Chaffee Art Center

The mission of the Chaffee Art Center is to nurture the essential relationship between the arts and community through exhibition, education and collaboration. Classes in art, music, exercise and meditation are offered to community members at a modest fee or donation. For information on upcoming classes and events, visit www.chaffeeartcenter.org or call 802.775.0356.

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.

Community Health Improvement

The Community Health Improvement Office of Rutland Regional Medical Center is currently looking for volunteer explainers to assist community members wanting to fill out an Advance Directive. If you are interested in being trained for this volunteer role, call 802.776.5502.

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@chcrr.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.

Epilepsy Foundation of Vermont

A series of FREE informational meetings on epilepsy are being held at the CVPS/Leahy Community Health Education Center on March 28, April 9, May 15 and June 4, 2019. Each meeting meets 5:30-7pm. For more information or to register, email epilepsy@sover.net or call 802.318.1575.

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

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

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.

VeggieVanGo

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 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.

VNA & Hospice of the Southwest Region (VNAHSR)

• Start the Conversation – It's a Gift

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.

• 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.

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. 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)

Family Support Group Meetings are the first Monday of each month at 6pm at the CVPS/Leahy Health Education Center Conference Room B. For more information, call 800.639.6480 or 802.876.7949, 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.

NewStory Center

This is a support group for survivors of domestic violence. Meets 12pm on the first and third Wednesdays of the month. For more information call 802.775.6788.

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. 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, 10-11:30am. Registration is encouraged but not required. For more information call Aaron Brush at 802.772.7835.

Rutland Regional Weight Loss Support Group

This group is an outgrowth of the Rutland Regional Weight Loss Workshop, but anyone is welcome like continued community support for their weight loss and/or weight maintenance journey. Meets the first and third Thursday of the month. For more information call 802.772.2400.

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.