



Healthy You – Wellness Calendar

Classes, Events, Support Groups & Resources Throughout the Region

September/October 2019

Classes and Events

Stop the Bleed

September 17 and October 17 ~ 12-1pm
Rutland Regional Medical Center
CVPS/Leahy Community Health Education Center
160 Allen Street, Rutland, VT
Presented by: Sheena Daniell, BSN, RN, CEN and Ryn Gluckman, BSN, RN, CEN
Stop the Bleed is a national awareness campaign and call-to-action that encourages bystanders to become trained, equipped, and empowered to help in a bleeding emergency before professional help arrives. This FREE 1-hour class is sponsored by Rutland Regional Medical Center. To register, visit www.RRMC.org or call 802.772.2400.

Tai Chi for Beginners

Wednesdays, September 4 – October 9 ~ 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. Tai Chi is considered generally safe for all ages and levels of fitness. *This class is being offered in two separate sessions.* Fee is \$15. For more information or to register, visit www.RRMC.org or call 802.772.2400.

Peace and Calm in Chaos

Thursdays, September 12 - 26 ~ 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.

The Vermont Great 2.4.6.8K

September 21 ~ Registration begins at 8:30am and the race begins at 10:30am. Stay for the Post-Race Get Together
Downtown Rutland
Center Street, Rutland, VT
The Vermont Great 2.4.6.8K serves two purposes: to raise vital funds in support of Palliative Care and to foster wellness in our community through outdoor activity. The race will start and finish on Center Street. For one day only, take advantage of the Come Alive Outside Green Street Challenge with green grass on Center Street. Register at <http://bit.ly/VTGreat2019>.

Chair Aerobics

Tuesdays & Thursdays, October 1 – 17 ~ 4-5pm
Rutland Regional Medical Center
CVPS/Leahy Community Health Education Center
160 Allen Street, Rutland, VT
Presented by: Melissa Cox
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.

Community Health Improvement Self-Management Program

• **Chronic Pain Self-Management**
Mondays, October 14-November 18 ~ 8-10:30am
The Gables
200 Gables Place, Mendon, VT
This evidence-based program is designed for people who suffer from chronic pain (lasting longer than 3-6 months or longer than the normal healing time of the injury). This program focuses on problem solving and it offers techniques for talking to your doctors and loved ones regarding your pain, isolation, frustration, and appropriate exercise for maintaining and improving strength and appropriate use of medications.

• Diabetes Self-Management Program

Mondays, October 14 – November 18 ~ 1-3:30pm
The Gables
200 Gables Place, Mendon, VT
This six week program is for anyone who has been diagnosed with diabetes or caretakers for individuals with diabetes. It focuses on techniques to deal with symptoms, exercise, nutrition, working more effectively with health care providers and proper medication use.
For more information or to register for these classes, call Krista at 802.776.5507.

How Did I Get HERE?

October 15 ~ 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
In this class we will begin to discover our patterns, beliefs and where they may have come from. 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.

Tai Chi Level II

Wednesdays, October 16 – November 20 ~ 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 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.

Age-Related Memory Loss: What's Normal, What's Not and What You Can Do

Mondays, October 28 – November 11 ~ 3-4pm
Rutland Regional Medical Center
CVPS/Leahy Community Health Education Center
160 Allen Street, Rutland, VT
Presented by: Elizabeth Whitcomb, CCC-SLP, CBIS
Join Rutland Regional Speech Language Pathologist, Elizabeth Whitcomb for a series of three seminars addressing current issues on the subject of normal aging, cognitive changes, and dementia. Strategies for thought processes and memory will be discussed. Also examined will be how factors such as sleep, nutrition and social engagement can play an important role in your cognition. Fee is \$15. Registration is required. For more information or to register, visit www.RRMC.org or call 802.772.2400.

AARP Smart Driver Safety Course

November 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.

Wellness Resources

802 Quits Tobacco Cessation Program

Ongoing workshops are open to the community to provide tobacco cessation support for quitting cigarettes, E-cigarettes, JUUL and other tobacco products. There are free nicotine replacement patches, gum or lozenge therapy for those who participate in these services.

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

We are also available to come to your workplace or organization and hold a group. This is a FREE service. Individual counseling is available for adults and those under 18. For more information or to register for any of these classes or services, call 802.747.3768. For phone counseling support, call 800.QUITNOW (800.784.8669).

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 considering breastfeeding. Information will be given 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.

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

The goal of the Epilepsy Foundation is to provide information and support services to individuals who have been diagnosed with epilepsy or a seizure disorder. For more information on epilepsy or the Epilepsy Foundation of Vermont, 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.

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.

Mentor Connector

Mentors are needed! One hour a week can change the life of a young person in Rutland County. Through fun activities like playing baseball, fishing, or baking cookies, our mentors use teachable moments to change the lives of Rutland youth. For more information about this vital program and becoming a mentor, call 802.775.3434.

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. 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.
• **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.

We're just a click away...

www.RRMC.org



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 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 building systems using gleaned foods to provide meals for food shelves. 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

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.

• 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.vermontalanonlateen.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 6pm the last Monday or Tuesday of each month at the CVPS/Leahy Community Health Education Center, 160 Allen Street, Rutland, VT. 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 Sunday at 2pm 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 2:30-4pm. 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 Baby Café

Free, drop-in breastfeeding support and information from skilled healthcare professionals in a relaxed environment. Occurs Mondays, 3:30-4:30pm at the Rutland Free Library, Fox Room. Check the on-line library calendar for closings due to holidays or conflicts in schedule. For more information, contact Lisa at 802.775.1901, option 2.

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 would like continued community support for their weight loss and/or weight maintenance journey. Meets the first and third Thursday of the month at 6pm. 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

Bereavement support groups are free and open to the public.

- **Rutland**-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.
- **Manchester**-Meetings held every Monday at 5pm at Bromley Manor's The Chapel. For more information, contact Andrew Carlson at 802.770.1613 or email andrew.carlson@vnahsr.org.



Healthy You – Wellness Calendar 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