

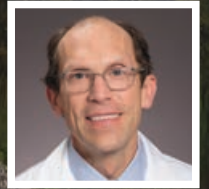
# Healthy

Courtesy of Southwestern Vermont Health Care | Summer/Fall 2022 | vol 1 no 2



Coping with  
Seasonal **Allergies**

Coexisting with  
**COVID**



Dr. Trey Dobson  
SVMC Medical Director

# RECOVERY

The Road to Recovery:  
A Journey to Life Without Opioids

# The care you need, when you need it.



Paige Fillio, PA with patient

***SVMC ExpressCare*** is open seven days a week without an appointment.

We offer care for people of all ages with minor illnesses or injuries. That means you don't need to wait for your doctor's office to open for care you need now.



PARTNERSHIP IS POWERFUL MEDICINE™

***New Location*** with Respiratory Evaluation Center. *ExpressCare* is now located across from the main entrance to the hospital. Use parking lot

**P1**

120 Hospital Drive, Bennington, VT | 802-440-4077 | [svhealthcare.org](http://svhealthcare.org)



## Hello,



Pamela M. Duchene, PhD, APRN

This season in our corner of the northeast is fleeting but magnificent. The call to the great outdoors is hard to resist and shouldn't be ignored.

It's a great time to embrace new habits. From hitting the many local farmers' markets for fresh and healthy foods to enrich your diet to trying out new types of exercise. And before you write those ideas off as "not in budget," take a look at the stories found on pages 8 and 22. We did the work of compiling free opportunities to enjoy hiking, biking, skateboarding and good old-fashioned playgrounds throughout the region. You may be surprised to learn how close at hand easy exercise options are. Plus, we reached out to local farmers' markets to find when and where they're open and which ones participate in programs like the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) and the Supplemental Nutrition Assistance Program (SNAP).

And because we're interested in you enjoying the summer as safely as possible, we've thrown in some tips for reducing your risk of skin cancer (p. 6), beating seasonal allergies (p. 14), and deciding where to go—*ExpressCare* or the Emergency Department—should your fun take a sudden turn or tumble (p. 12).

Finally, we're grateful to a local young man for sharing his ongoing story of recovery (p. 16). Our community is filled with resources and individuals eager to support people struggling with substance abuse. If you or a loved one is looking for support, please be sure to read this story and check out the available resources listed on pages 19 and 30–31.

I hope you enjoy this issue of *Healthy+*. Please reach out with any comments, questions, or story ideas ([healthyplus@svhealthcare.org](mailto:healthyplus@svhealthcare.org)). I truly believe a healthy community is a connected community.

Yours in good health,

Pamela M. Duchene, PhD, APRN

Vice President of Patient Care Services and Chief Nursing Officer  
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JESSICA TWARDY ROBERTS, AVFM





**Vermont, we have a problem.** A teenager in Vermont is 75.83% more likely to have used drugs in the past month than the average American teen.

Source: National Center for Drug Abuse Statistics

See p. 16 for one story of hope and recovery.



Having 5 or more sunburns doubles your risk of developing skin cancer.

Source: The Skin Cancer Foundation  
See p. 6 for tips on reducing your risk of developing skin cancer.



## First, the bad news...

Stroke is a leading cause of death for Americans. **However**, 80% of strokes are preventable.

Source: CDC.gov

See p. 10 to learn how to reduce the risk of a stroke.



## Life after an OD isn't guaranteed

About 1 in 20 patients treated for a nonfatal opioid overdose in an emergency department died within one year of their visit, many within two days.

Source: National Institute on Drug Abuse

See pp. 19 and 30–31 for local resources for dealing with addiction.



## 30 seconds to SERENITY

You can lower your blood pressure and stress levels by taking six deep breaths in a span of 30 seconds.

Source: National Library of Medicine

See p. 4 for more tips on keeping your stress in check.



## That's a lot of "bless you's"

Over 24 million Americans suffer from seasonal allergies.

Source: Asthma and Allergy Foundation of America

See p. 14 to learn about how to cope.

# Stress less

## Tips for giving your mind and body a break

**S**pilled coffee...a missed bus...overdue bills... cranky toddlers...and that guy who just had to have the very parking spot you were eyeing...there's seemingly no end to sources of stress in our lives.

Often triggered when we experience something new or unexpected, or when we feel we have little control over a situation, stress is a normal reaction that happens to everyone. For the most part, short-term stressors (remember that guy and the parking spot) isn't a problem, especially if we're able to find ways to move past the experience quickly. However, long-term, or chronic stress, can take a toll on the body and increases your risk of heart disease, high blood pressure, headaches, insomnia, weight gain, a weakened immune system, anxiety, and depression.

While you can't get rid of all the sources of stress in your life, it is possible to manage how you respond to it.

### **Tips for handling high-stress moments**

According to Kristina Schmidt, RN, National Board-Certified Health & Wellness Coach and owner of Plan for Wellness in Sunderland, VT, one of the keys to addressing stress is learning to recognize it. "While we think of stress being related to our thoughts, our body is fully engaged in the experience, too. The minute we start to experience stress our body reacts in any number of ways including an increased heart rate, a tightening in the neck or jaw, sweating, or a knot in your stomach. Learning to recognize your body's stress cues actually empowers you to take control of the stress and how you'll experience the situation."

For in-the-moment high stress situations, Schmidt recommends a technique called Heart-Focused Breathing. She explains, "The goal is to reduce the intensity of a stress reaction by shifting your focus from the cause of the stress to your heart and your breath."

The three steps to Heart-Focused Breathing steps are:

- Focus your attention on the area of the heart
- Pretend your breath is flowing in and out through the area of your heart
- Change the pace of your breathing to be a little slower and deeper than usual

"In a matter of 15 seconds or so, your body and mind will respond. Your thoughts will slow, so you can process and respond to whatever's happening more calmly," says Schmidt. She adds, "I encourage clients to practice this type of breathing even when they're not stressed. The more we practice slow, deep breathing throughout the day, the stronger the muscle memory becomes, and the easier it is to call upon the skill when we need it."

### **When stress becomes more than a passing moment**

Over the past few years, psychotherapist and mindfulness meditation teacher Sue Budz, MSW, LICSW, OSW-C, of Berkshire Stress Management in Williamstown, has noticed an uptick in patients, struggling with chronic stress.

"For many," she says, "life was hard enough pre-pandemic. Doing well at work, raising a family, making ends meet and trying to make it all look effortless ... it was a lot already. Then you layer on an ever-evolving virus that ground the world to a

“If your stress is persistent and is interfering with specific areas of your life ... that’s the time to reach out for help.”

— Sue Budz, MSW, LICSW, OSW-C of Berkshire Stress Management

halt, isolated us, required us to trust institutions for guidance on what to do, and to trust others to do ‘the right thing.’ Suddenly, we had to distance ourselves from the very people we loved and appreciated the most. Here we are, two-plus years after the virus first settled in, and there’s still a very pervasive sense of uncertainty and mistrust.”

While Budz is also a proponent of being mindful of when and how you experience stress, she reminds us to stay aware of when you need additional help.

“If your stress is persistent and is interfering with specific areas of life such as work, sleep, relationships, or your health—when you’re feeling like those things are out of rhythm, that’s the time to reach out for help,” she says.

As for where to turn, she advises contacting your primary care provider or health insurance company for suggestions on therapists. “You also want to ask if your workplace offers an Employee Assistance Program. These programs are designed to help employees resolve personal problems that may impact their work performance, health, and overall well-being—often with free and confidential assessments, short-term counseling, and referrals.”

She notes, “Sometimes it can take a while to find the right person, so don’t get discouraged. The goal is to find someone with whom the conversation flows naturally and who makes you feel heard and respected. They’re out there.”+

## Help is at hand

There are a number of apps specifically designed to help with stress management. Many include techniques and recommended strategies for stress management including deep breathing practices, mindfulness meditation, and tips for stopping negative thinking. Used on their own or as an add-on to therapy, apps like the ones listed below, provide a no-appointment-necessary option for helping you manage your stress on the go.

### Happify.com

Available in free and paid version

### Headspace

Free 10-day trial

### Mood Gym

Free

### SuperBetter

Free

### Woebot

Free

For more options, visit [Psyberguide.org](https://Psyberguide.org)





# Sun's Up, cover UP:

## Tips for staying safe in the sun

Living in the northeast as we do, it's only natural that we want to soak up the sun as much as we can during the warmer months. But given the fact that skin cancer is by far the most common of all cancers, it's important to make sure you're doing all you can to enjoy the sun wisely.

### No such thing as a safe tan

According to Dr. Lixia Ellis, a dermatologist at SVMC Dermatology, "There is no such thing as a safe tan. Every time you tan or burn, you damage the DNA in your skin. The more you damage your DNA, the greater your risk of developing skin cancer. And, no," she adds, "getting a 'base tan' does nothing to help prevent future burning or minimize damage to the skin."

Sun damage can happen any time you're outdoors.

### Protect all the time, all the year

While most of us are good at applying sunscreen and throwing on a hat before heading to the lake or pool, Dr. Ellis notes that sun damage can happen any time you're outdoors.

"While it's great to protect yourself when you're planning to spend hours outdoors, you really need to take precautions every time you go out," she says. "Damaging ultraviolet (UV) rays from the sun are always a risk, even on cloudy days. Over time, all those quick runs to the mailbox or to walk the dog add up to a lot of exposure. Sun protection is an all-year, all-the-time proposition."



## Protect your peepers

UV rays can also do permanent damage to your eyes. When choosing sunglasses, look for ones that block 100% of both UVA and UVB rays and screen out 75-90% of visible light.



## Protect and preserve

Because no single method of sun defense can provide complete protection, it's a good idea to adopt and pair different approaches. Here are a few to consider:

### COVER UP

Clothing can provide a valuable—but not complete—barrier against UV rays. “The more skin you cover, the better your protection,” says Dr. Ellis. “Plus, a number of new breathable fabrics provide advanced protection. Look for wide-brimmed hats, long-sleeved shirts, and pants with UPF on the label.” Apply sunscreen to any skin that remains exposed, including your neck, hands, and the tops of your feet.

### BE SUNSCREEN SAVVY

- Your skin can take up to a half-hour to absorb sunscreen. So, plan ahead and apply sunscreen 30 minutes before going outside.
- Look for sunscreens with “broad spectrum” protection. While all sunscreens protect against UVB rays—the main cause of sunburn and skin cancers—broad spectrum products provide protection from UVA rays which also contribute to skin cancer.
- Always use a sunscreen with a sun protection factor (SPF) 30 or higher.
- Reapply sunscreen at least every two hours and even more often if you are swimming or sweating. No sunscreens are water- or sweatproof. Water-resistant products should be reapplied per label instructions.

## If you see something, say something

Unlike other cancers that develop in the body, skin cancer happens on the surface and can be caught early when it's most treatable.

Dr. Ellis advises everyone to, “Give yourself a good head-to-toe skin examination once a month and get familiar with any moles, freckles, or other markings on your body. If you notice any changes to the size, shape, or color of a marking, or a new one develops, make an appointment with your doctor. But don't panic. Not all skin changes are caused by skin cancer but it's best to get it checked out sooner than later.” +



## Fast Facts about Skin Cancer

**20%** of Americans will develop skin cancer

**5+** sunburns double your risk for melanoma

The five-year survival rate for patients whose melanoma is detected early is **99%**

*Source: The Skin Cancer Foundation*

# ■ Fitness for ~~less~~ FREE!

## Tips for getting in shape without breaking the bank

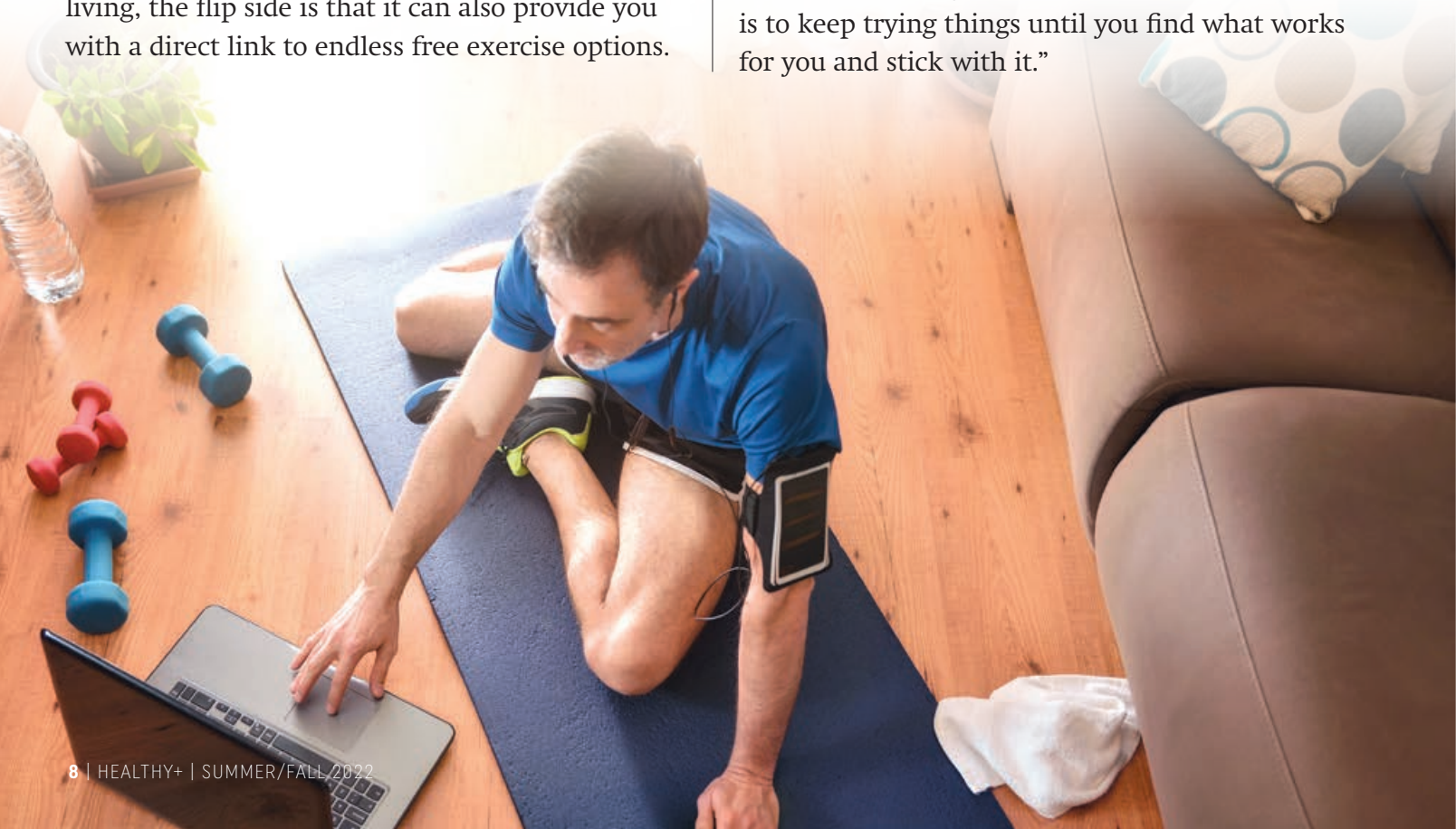
If the only thing keeping you from getting regular exercise is the cost of a gym membership, we've got good news. "There are plenty of ways to get in shape that don't require joining a gym," says Kathryn P. Sleeman, DPT, Director of Rehabilitation Services at SVMC. "In fact, in some cases you don't even need to leave the house or even put on shoes. You just have to think a little outside the box and commit to exercising regularly."

### Exercise in the digital age

While there's some truth to the idea that technology has contributed to more sedentary living, the flip side is that it can also provide you with a direct link to endless free exercise options.

"YouTube is filled with countless exercise and fitness videos," says Sleeman. "You can find everything from yoga, strength training, pilates, and low-impact workouts to workouts specifically designed for seniors, dance workouts, stretching, even exercises for people with bad knees, backs, hips, you name it. And it's all free."

In addition, there are numerous free apps you can download to your phone or other devices. "There's literally something for everyone available," says Sleeman. "And because they're free, you can try different types of exercises that you might never have considered before. If it's not for you, no problem. Just try something else. The key is to keep trying things until you find what works for you and stick with it."





Making exercise a regular part of your routine is key to long-term success.

## Outdoors options

We're fortunate to live in a part of the world where it's easy to find places to exercise and explore the beautiful scenery around us.

"Running, walking, hiking, and biking are all great ways to get your heart rate going and build muscle," says Sleeman. "While it's always important to have the proper footwear and a helmet if you're biking, how much you spend is really up to you."

## Making exercise a habit

Making exercise a regular part of your routine is key to long-term success. Sleeman advises, "It's best to start with an exercise that is so easy that you can do it even when you are running low on willpower. Then, figure out what time of day is best for adding it to your routine. The more consistently you do it at the same time, the faster it will become a daily habit. And if you're someone who needs a little push to get going, try to recruit friends or family to work out with you. That bit of accountability and the chance to connect with others can be key to committing to regular exercise." +

## Budget-friendly fitness options

Here are just a few of the many free outdoor exercise options available in the region. Check ahead about rules regarding pets.

### WALKING/HIKING/BIKING

#### VT:

##### **Bennington Area Trail System (BATS)**

Accessible from five different parking areas in Bennington. 14 trails totaling 8 miles and ranging from beginner to expert. [BATSVT.org](http://BATSVT.org)

##### **Bennington College Blue Trail**

1 College Drive, Bennington  
2.5 miles of easy trails.  
[trailfinder.info/trails/trail/bennington-college-trails](http://trailfinder.info/trails/trail/bennington-college-trails)

##### **Equinox Highlands Natural Area**

1599 Three Maple Drive, Manchester  
A moderate 1.5-mile loop trail.  
[alltrails.com/trail/us/vermont/pew-forest-trail](http://alltrails.com/trail/us/vermont/pew-forest-trail)

##### **The Equinox Preserve**

Access points at the Equinox Hotel, Manchester, Southern Vermont Arts Center, and Burr and Burton Academy.  
11.2 miles of easy to moderate trails.  
[equinoxpreservationtrust.org](http://equinoxpreservationtrust.org)

##### **Greenberg Headwaters Park**

Belvedere Street, Bennington  
2.5-miles of easy trails.  
[Benningtonvt.org](http://Benningtonvt.org)

##### **Hoot, Toot & Whistle Trail**

Reardon's Crossing, Wilmington  
An easy 3.8-mile out-and-back trail.  
[alltrails.com/trail/us/vermont/hoot-toot-and-whistle-trail](http://alltrails.com/trail/us/vermont/hoot-toot-and-whistle-trail)

##### **Mile-Around Woods**

Woods Lane, North Bennington  
4.9-miles of easy trails.  
[northbennington.org/mile-around/](http://northbennington.org/mile-around/)

#### MA:

##### **The Cascade Trail**

22 Brickyard Court, North Adams  
An easy 2.2-mile out-and-back trail.  
[alltrails.com/trail/us/massachusetts/the-cascades-trail](http://alltrails.com/trail/us/massachusetts/the-cascades-trail)

##### **Field Farm Trail**

554 Sloan Road, Williamstown  
An easy 2.4-mile loop trail.  
[thetrustees.org/place/field-farm-guest-house/](http://thetrustees.org/place/field-farm-guest-house/)

##### **Hoosac Range Trail**

Route 2, North Adams  
2 trails: 1.6 miles (easy) and 6 miles (hard).  
[bnrc.org/trails-and-maps/top-berkshire-trails/hoosac-range/](http://bnrc.org/trails-and-maps/top-berkshire-trails/hoosac-range/)

##### **Mountain Meadow Preserve Trail**

Mason Street, Williamstown  
An easy 4.3-mile loop trail.  
[thetrustees.org/place/mountain-meadow-preserve/](http://thetrustees.org/place/mountain-meadow-preserve/)

#### NY:

##### **The Cambridge Community Forest**

15 Rockside Drive, Cambridge  
A network of easy to moderate trails.  
[facebook.com/CambridgeCommunityForest](http://facebook.com/CambridgeCommunityForest)

##### **Hoosic River Greenway**

Access points on Church and Lower Classic Streets, the end of Waterworks Road, and Sewer Plant Road, Hoosick Falls  
An easy 2.5-mile end-to-end trail.  
[hoosicrivergreenway.org](http://hoosicrivergreenway.org)

### SKATEBOARD PARKS

#### VT:

##### **Center Street Skate Park**

575 Center Street, Pownal

##### **Lion's Park**

6 Houghton Street, North Bennington

##### **Manchester Skate Park**

340 Recreation Park Road, Manchester

#### MA:

##### **Unity Skate Park**

298 State Street, North Adams

### PLAY AREAS

#### VT:

##### **Bennington Recreation Center**

655 Gage Street, Bennington

##### **Dana L. Thompson Memorial Park**

340 Rec Park Road, Manchester

##### **Lion's Park**

6 Houghton Street, North Bennington

##### **Splash Pad**

109 North Street, Bennington

##### **Stark Street Park**

150 Stark Street, Bennington

##### **Willow Park**

472 East Road, Bennington

#### MA:

##### **Linear Park**

Water Street, Williamstown

##### **Uno Park**

157 River Street, North Adams

#### NY:

##### **Castle Park**

9 Barton Avenue, Hoosick Falls

##### **Fourth Ward Playground**

Jackson and Kelly Streets, Hoosick Falls

##### **Village of Cambridge Playground**

56 North Park Street, Cambridge



# Stroke risk on the rise in younger adults

## Know the warning signs and reduce your risk

**N**ot that long ago, strokes were considered the concern of “old people.” But in recent decades, stroke rates and hospitalizations have increased by more than 40% for adults under the age of 45.

According to the CDC, “Every year, an estimated 795,000 people in the U.S. have a stroke.” Studies suggest younger adults, ages 18-54, have had increased stroke hospitalizations over the past 15 years. Risk factors in this population include hypertension, diabetes, obesity, tobacco, and alcohol use. Young adults have the feeling of being invincible; they think strokes are an old person’s health issue. Knowing the warning signs and

seeking help immediately can help minimize the negative impact of a stroke.

### What’s behind the rise in risk

Dr. Jennifer Thuermer, DNP, ACNP, of SVMC Cardiology, says young adults can have other risk factors such as oral contraceptive use, pregnancy, and congenital defects that may impact blood flow.

“The good news,” says Thuermer, “is that a high percentage of strokes may be preventable simply by making healthier lifestyle changes.”

### Act Fast

Warning signs of a stroke at any age

- **Balance:** a sudden loss of balance or coordination
- **Eyes:** sudden changes in vision, including loss of vision in one or both eyes, or double vision
- **Face:** sudden weakness or drooping on one side of the face
- **Arms:** sudden weakness in one arm or leg
- **Speech:** sudden slurred speech or difficulty speaking or understanding words
- **Time:** Call 911 quickly if someone is experiencing any of these symptoms.

A severe, sudden headache that is unlike any other headache you’ve ever experienced could also be a sign of a stroke.

If you or someone you love shows any of these signs of a stroke, call 911 immediately and go to the hospital in an ambulance. It’s better to be safe than sorry.







“A high percentage of strokes may be preventable simply by making healthier lifestyle changes.”

– Dr. Jennifer Thuermer, DNP, ACNP

Diet and exercise, she adds, will help to maintain a healthy weight. Following a heart healthy diet includes making a decision to avoid processed foods. Substituting with fresh options can reduce sugar and salt intake. Trying to get in a 30-minute walk three-to-five days per week can reduce your risk of stroke. Quitting tobacco, alcohol, and other recreational drugs can reduce stroke risk. And it is important to reduce stress levels that can drive high blood pressure. Sleep patterns are important in maintaining good health; insufficient sleep can also increase your risk for stroke. +

## Act Fast

Timely help can make a big difference

Nothing is more important than time when someone is suffering a stroke. The sooner someone gets medical attention, the better the chances of recovery. The more time that passes, even just 5 or 10 minutes, the more likely the chance of brain injury, permanent disability, even death. Potential temporary or permanent symptoms of a stroke include:

- Inability to move on one side of the body
- Weakness on one side of the body
- Problems with thinking, awareness, attention, learning, judgment, and memory
- Problems understanding or forming speech
- Problems with controlling or expressing emotions
- Numbness or strange sensations
- Pain in the hands and feet that worsens with movement and temperature changes
- Depression



# *ExpressCare* or the ER?

## Do you know where to go?

**T**he baby spikes a fever at 2 a.m. You twist your ankle rounding third on the weekend. Or your daredevil wee-one takes a header from a bunkbed during a Friday night sleepover.

There's something about illnesses and injuries; they always seem to happen when we're least prepared and often when the doctor's office is closed.

But happen they do, and suddenly you're faced with the question of where to go: the emergency department or an urgent care clinic?

"It's not always easy to figure out if an injury or illness warrants a trip to the ER," says Dr. Adam Cohen, Medical Director of SVMC's Emergency Department, "But knowing the difference between urgent care and emergency care can be key to getting the right care in the timeliest manner."



"If your issue is something you would normally feel comfortable addressing with your primary care doctor, then an urgent care center is likely a more appropriate choice than the emergency room."

– Dr. Adam Cohen, Medical Director, SVMC Emergency Department

### **Emergency Care v. *ExpressCare***

The biggest differences between emergency departments and urgent care centers like SVMC's *ExpressCare* are the severity of the health issues they treat and the hours they're open.

Open 24/7, emergency departments are staffed and equipped to treat life- or limb-threatening health conditions in people of all ages. When you require immediate medical attention for a potentially serious condition, the emergency department is the best option.

Urgent care clinics tend to have set hours. For example, *ExpressCare* is open daily from 8 a.m. to 6 p.m. and does not require an appointment. They are staffed with physician assistants, nurse practitioners, and nurses who can order basic labs and imaging to help formulate diagnosis and



treatment plans. The wait times at *ExpressCare* are often shorter than those at the emergency department.

Dr. Cohen explains, “If your issue is something you would normally feel comfortable addressing with your primary care doctor, then an urgent care center is likely a more appropriate choice than the emergency room.” +



Rendering of new Kendall Emergency Department and main entrance



SVMC's ExpressCare provides walk-in care for minor injuries and illnesses seven days a week.

## When to visit *ExpressCare* or the Emergency Department

### **ExpressCare**

Rash or skin infection  
Earache  
Cold and flu-like symptoms  
Minor injury (broken bones, strains and sprains)  
Low-grade fever (fever without confusion or seizures)  
Back pain  
UTI  
Insect bites  
Eye irritation  
STDs  
Minor cuts requiring stitches  
Diarrhea  
Mild asthma attacks

*Hours of operation: Open daily 8 a.m. to 6 p.m., no appointment needed*

*Closed Thanksgiving and Christmas*

### **Emergency Department**

Heart condition or heart attack symptoms (chest pain or pressure)  
Stroke symptoms (sudden change in vision, strength, speech, or difficulty walking)  
Confusion  
Stomach pain/vomiting  
Internal bleeding  
Difficulty breathing  
Dehydration  
Dizziness/passing out  
Serious injuries/trauma  
Mental health concerns  
Seizures  
Severe allergic reaction (swelling of the lips, difficulty breathing or swallowing)  
Pregnant with vaginal bleeding and/or abdominal pain.

Suspected overdose/poisoning

*Hours of operation: 24 hours/7 days a week*

*If you are experiencing what you believe to be a medical emergency, dial 911.*

# Seasonal Allergies

## Beating the seasonal bummer

For many people, this time of year equals allergy time. Most people think of spring and fall as “allergy season.” But for many allergy sufferers, common molds, grass pollens and dust can trigger symptoms even on the most beautiful of days.

“As we end up spending so much time outdoors in the summer and fall enjoying barbecues, hiking, camping, and gardening, we spend more time exposing ourselves to allergens that can trigger allergies,” explains Dr. Nicholas Wild of SVMC Northshire Campus. “Often beginning in June and ending in September, summer allergies are most often caused by pollens from trees, grasses, ragweed, and other perennial plants, as well as mold. Because plants produce different levels of pollen throughout the season and in response to weather conditions, the intensity of symptoms can also vary day-to-day or week-to-week. Plus, if you’re allergic to multiple pollens or allergens, your symptoms may be more severe. The good news is there are steps you can take to keep allergies from ruining your summer fun.”

### Outdoor allergy prevention

While there’s no way to entirely avoid pollen and other allergens during summer and fall, you can limit their impact. For example:

- Track pollen levels in your area at [pollen.com](https://www.pollen.com) and avoid spending time outdoors when levels are high.
- During allergy season, pay attention to pollen counts, which are frequently reported in the news and/or weather reports, and try to stay indoors when they’re high.
- When spending time outdoors when counts are high, wear a face covering to prevent pollen



from getting into your mouth, nose, and eyes, especially when gardening or mowing the lawn or gardening.

- Wash any clothes worn outdoors during high pollen times and avoid line-drying during allergy season.
- Make a habit of showering before bed to rinse off pollen that collects on skin and hair during the day.
- Shut doors and windows during allergy season to prevent allergens from entering your home. If you have air conditioning, depend on that rather than natural air circulation to minimize pollen exposure.
- When cleaning your house, use a damp cloth and a vacuum cleaner with a high-efficiency particulate air (HEPA) filter daily to minimize allergens in the air.
- Consider investing in an air filter to trap allergens in your home.
- Check the weather forecast and learn what types of weather make your symptoms worse, and plan accordingly.
- If you’re still struggling, speak to your healthcare provider about using an over-the-counter medication to help manage your symptoms. +





“There are steps you can take to keep allergies from ruining your summer fun.”

– Dr. Nicholas Wild, SVMC Northshire Campus

## Sneezing Season: Seasonal cold or allergies?

The common cold and seasonal allergies share a lot of symptoms. It's important to figure out which you're dealing with so you can treat it properly and, if you have a cold, take steps not spread it to others. Here are few questions to ask yourself to determine what you have.

**Do you have a runny nose?**

- ..... ☐ **NO** A stuffy nose is a common symptom of a cold.
- ..... ☐ **YES** If yes, is the discharge *clear and thin* or a *thick yellow or green*?



### **CLEAR**

A clear, thin discharge is most likely allergies.



### **YELLOW OR GREEN**

A thick discharge that's yellow or green indicates a cold.

**Do you have a fever?**

- ..... ☐ **NO** Allergies do not cause fever.
- ..... ☐ **YES** A low-grade fever is a common symptom of a cold.

**Are your eyes and nose itchy?**

- ..... ☐ **NO** Itchy eyes and nose are not a common symptom of a cold.
- ..... ☐ **YES** Itchy, red, watery eyes and an itchy nose are common symptoms of allergies.

**Did your symptoms come on suddenly or slowly?**

- ..... ☐ **SUDDENLY** Allergy symptoms typically appear quickly when you're exposed to an allergy.
- ..... ☐ **SLOWLY** Symptoms of a cold often build over several days.

If you think you're experiencing seasonal allergies, see your doctor to confirm your diagnosis and to discuss potential treatment options that will help manage symptoms and make the most of the season.

# Addiction and Recovery

## Finding help, finding hope

Tales of addiction are rampant in both the local and national media. From drug busts and ODs to violence and lives spiraling out of control, the stories are easy to come by. Less visible are the people who survive their substance use disorder and work every day to rebuild their lives.

The decision to choose recovery is a far more difficult choice to make than the choice to use. But it's rarely a simple straight path to living sober. In fact, success in recovery on the first effort is quite rare. So much so that "having tried to stop before" is one of the criteria for diagnosing addiction. Multiple relapses are common, as are feelings of defeat and isolation. More often than not, it's a bumpy and lengthy path to the moment when the desire to be clean outweighs the desire to use.

The pages that follow feature a local man's story of addiction and his ongoing recovery. He chose to share his story in the hope that others will relate to what he's been through and will be inspired to begin their own journey to recovery.

As a person in recovery, Phil's days are filled with challenges. The first of which he faces every morning when he wakes up.

"For years, the first thing I thought of when I woke up was when and how was I going to use that day," he says. "When I thought about using, I thought about how good drugs made me feel and the good times I had while I was on them. But now, after 16 years of using including 12 trips to rehab, multiple ODs, watching friends die from ODs, losing a close family member to drugs, losing my dream job, going to jail, and a whole lot of other stuff, 'good times' is not what I think about. Instead, I think about all the ways drugs turned my life upside down. I think about what drugs cost me and none of that feels good."

It's a simple shift in perspective but one that Phil says helps him at least start the day on the right foot.

### An addiction takes hold

Phil is just one of 23 million Americans in recovery from addiction to alcohol and other drugs. Like all of them, his intent was never to become an addict.

"I was a junior in high school just looking to hang out with my friends and kill some time," he recalls.

"It really didn't seem like a big deal. The pills were easy to come by. Plus, I was doing some work in construction at the time and when I was using, I was a much better, faster worker than I was when I wasn't. I just didn't see how that could be bad."

A few months later, the easy access ended.

"I was kind of like, 'oh well, that's that,'" recalls Phil. "Then I got really sick. Like the worst sick I ever felt. I couldn't eat, couldn't get out of bed, everything hurt. It was bad and it just dragged on and on for over a week. About that same time, I got access to more pills. I popped a few of those and

### Teen risk on the rise

Overdose deaths among teens have doubled in the past three years, even though drug use is decreasing overall among teens. Researchers attributes the unprecedented increase to illicitly manufactured pills containing Fentanyl which put even first-time and casual users at risk.

*Source: David Geffen School of Medicine at UCLA*



“The urge to use was really strong. The violence I witnessed, the people I loved that died, the fact that I could die the next time I used...none of it mattered. I just wanted to use. And I did. Until the police stepped in”

– Phil, recovering addict

really quickly all the bad aches and sickness just went away. That’s when I realized that what I thought was the flu was withdrawal.”

Phil says that realization hit him hard. “Once I put it together, I was scared. I knew I was in trouble but, to be honest, I wasn’t interested in quitting. I didn’t want to feel bad again. So, I just rolled with it and kept using. Eventually, I started using cocaine and pills together.”

Despite a growing addiction, Phil managed to graduate high school on time and enrolled at Hudson Valley Community College. “At some point, my mom recognized something wasn’t right. We didn’t really talk about it, but she suggested I go to Valley Vista rehab\* in Bradford, VT. I did that to make her happy and I managed to stay clean for about four months.”

But, faced with the pressure of a two-hour commute to college, classes, a job, and the need to make rent, he quickly fell back into old habits. Despite using, he managed to earn a two-year degree and found work.

“That’s when I had an accident,” says Phil. “I injured my back pretty bad. But the upside was I got clean. I started taking Suboxone to control my cravings. I landed my dream job where I worked for five years using my degree and taking two doses of Suboxone daily. I had a condo, I had a truck, and a good job... things were good.”

Until they weren’t.

Phil needed surgery to address an accident-related injury. As part of his prep for the procedure, his doctor took him off Suboxone for 30 days. In its place he was prescribed opiates. “Because of my tolerance, I was on a ridiculous amount of opiates post-surgery. After three months it tapered to nothing fairly quickly. I was supposed to go back onto Suboxone but I was such a mess with withdrawal and the pain of the surgery. I knew the Suboxone wasn’t going to cut it. That’s when I got introduced to heroin, shooting other drugs, and crack cocaine.”

### **As consequences mount, an addiction grows**

It wasn’t long until Phil lost his job. Without an income, and, with a growing need for drugs, he was forced to return home to Bennington

\* See resource box, p. 19

## Harm-Reduction Bags

### Helping people help themselves

With the aim of reducing deaths from overdose, Harm-Reduction Bags (HRBs) are available FREE throughout Bennington County and beyond.

HRBs typically include:

- (2) doses of NARCAN
- Mouth guard
- Chapstick
- Gloves
- Wound care kit
- Hand sanitizer
- Fentanyl test strip
- Information from state and local substance use disorder organizations

HRBs are available on a no-questions asked basis at the following locations or by contacting the following organizations:

#### VT:

##### **Bennington County:**

##### **Free delivery of HRBs available by calling:**

802-440-6776 Samba

802-246-7729 Loni

##### **Turning Point Center of Bennington**

465 Main Street, Bennington

##### **United Counseling Service (UCS)**

100 Ledge Hill Drive, Bennington

##### **Voices of Hope**

Wilmington

802-490-5645

#### MA:

##### **Berkshire County:**

##### **Berkshire Harm Reduction Mobile Unit**

413-822-6876

##### **Berkshire Harm Reduction**

6 West Main Street, North Adams

413-398-5603

Berkshire Harm Reduction

510 North Street, Pittsfield

413-447-2654

#### NY:

##### **Naxolone Now**

Text 'NARCAN' to 21000 to schedule delivery of a HRB within 48 hours in Rensselaer County



## Addiction and Recovery *(continued)*

where he did whatever he could to earn cash. “I was hard into heroin, cocaine, and then added benzos (Benzodiazepines) to the mix. I was a mess, and everyone knew it. I would try to get clean on my own, but it never worked. I decided to try rehab again, this time on Long Island.

I was in Penn Station with five bags of heroin in my pocket when I got a call. A close family member had OD’d and didn’t make it.

That just broke me. My family insisted I go to rehab instead of coming home for the funeral. I understood but I haven’t forgiven myself for missing that. After I got off the phone I went in the bathroom and set up my shot. I remember looking at the heroin and for the first time ever feeling scared. But I did it anyway.”

Phil’s sobriety post-rehab didn’t last long. Over the next three years, he continued to use, spent time in and out of five different rehabs, and ended up in the SVMC Emergency Department\* where he was put on life support for seven days with complications from withdrawals. Before he was discharged from that ordeal, a representative of the Turning Point Center in Bennington paid him a visit. “They told me about their services and all they could do to help me work a recovery plan. I made an appointment and kept it, and a couple of other appointments after I got discharged. They were easy to work with and even came to my new apartment with some items I needed to furnish it. But I wasn’t ready and started skipping the appointments.”

Six months later, he found himself in long-term intensive care at Albany Med for withdrawal and overall poor health. For a time after that experience, he managed to stay clean.

“But the urge to use was really strong. The violence I witnessed, the people I loved that died, the fact that I could die the next time I used... none of it mattered. I just wanted to use. And I did. Until the police stepped in.”

### Hitting bottom, going lower

Having been caught with a sizeable amount of heroin and cocaine, Phil spent seven months in jail, including the first three weeks in withdrawal without the benefit of Suboxone. “It was absolute hell. Once the pain stopped, I started to really think about everything that got me where I was. I couldn’t imagine anything worse than what I was facing.”

### 1 million and counting

In 2021, the number of overdose deaths in US was an estimated 107,622. The highest number of overdoses record in a single year, it represented a 15% increase over the previous year and pushed the total number of recorded overdoses since the CDC began collecting data about two decades ago over the 1 million mark.

*Source: US Centers for Disease Control and Prevention*



Upon his release, he was placed on probation. “It was made very clear to me when they let me out that if I messed up, I’d go back to jail for much longer. But even knowing that, I slipped a month later. That’s the grip addiction has over your rational thoughts. I knew it was wrong, but I couldn’t stop myself. I actually ended up OD’ing three times in one week. Usually, it takes one or two NARCANs to bring someone back, but it took them four the first two times I OD’d and three the third time. I really shouldn’t be alive.

“The District Attorney got wind that I was using and gave me a choice: go back to jail or go to in-patient rehab. Four days later I checked into Serenity House\* for, hopefully, my last turn at rehab.”

## Finding a way forward

Phil isn’t sure what about his last experience ODing and time at rehab was different from previous times. “My life was nothing but chaos for the past sixteen years,” he says. “I just bounced from one bad situation to the next and was fine as long as I had access to drugs. I could just ignore everything that was going wrong . . . Maybe it was the fact I OD’d three times in one week. Maybe it’s because I realized the opiates on the street now aren’t the same as what I started out taking. They’re now laced with Fentanyl and other chemicals. Users don’t appreciate that they’re so much stronger and, really, deadlier. Whatever it was, I realized that if I was going to live, I didn’t want my future to be anything like my past.”

That desire for a different future finally drove Phil to commit himself to recovery.

“I go to SaVida\* three times a week and work with two doctors to manage my prescription and a counselor who keeps my head in a good space. I’ve also been lucky to consistently work with Patricia Johnson, an SVMC nurse who helped me in the ER, at Serenity House, and now at SaVida\*.”

Phil also participates in online AA and NA\* meetings. “I prefer AA meetings,” he says. “The people participating tend to be older and have been clean for years. Their stories give me hope and make me realize that long-term recovery is possible.”

Working with his counselor, Phil has created lists of short- and long-term goals. “I’m keeping things simple. I want to get my driver’s license back, and I want to get a job. I now have a record, so I know that won’t be easy but I’m working with HireAbility Vermont\* to find a job. It’s unlikely I’ll be able to use my degree . . . at least not right away. But I’m ready to move forward with a different way of living. It’s not easy but it’s what I want and I’m ready to put in the work.” +

## Recovery Resources

Below is a list of some of the resources and organizations Phil worked with and, in some cases, continues to work with throughout his recovery. Additional resources are found on page 30.

### **Alcoholics Anonymous**

aa.org

### **HireAbility Vermont**

hireabilityvt.com

200 Veterans Memorial Drive,  
Ste. 15, Bennington  
802-447-2780

### **Narcotics Anonymous**

na.org

### **SaVida Health**

savidahealth.com

665 Main Street, Bennington  
802-448-5105

### **Serenity House, Inc.**

recoveryhousevt.org

98 Church St., Wallingford  
802-446-2640

### **Turning Point Center of Bennington**

tpcbennington.org

465 Main Street, Bennington  
802-442-9700

### **Valley Vista**

vvista.net

23 Upper Plain, Bradford  
802-222-5201

## Free Harm-Reduction Training

Bennington Rescue offers free overdose CPR training. Participants receive a harm-reduction bag and hands-on training on the following:

- how to use NARCAN
- how to use Fentanyl test strips
- how to perform CPR
- how to provide ventilation support

Classes are held monthly at Bennington Rescue, 120 McKinley St.

To register, email [Todd.Salvesvold@svhealthcare.org](mailto:Todd.Salvesvold@svhealthcare.org) or call 802-440-4234

# Coexisting with COVID

## Recognizing and responding to the challenges of the lingering virus

Not that long ago, the use of the term endemic was limited to the medical community. The evolution of COVID-19 has cast the word into the spotlight, used by the media and government officials attempting to describe our current state of affairs with the virus.

Early on, COVID-19 was deemed a pandemic as it spread quickly across large populations. More recently, the term endemic is being used to suggest that the incidence of infection is relatively stable.

That said, SVMC Medical Director Dr. Trey Dobson doesn't think continued fear or anxiety of the virus is warranted, and he doesn't want to get hung up on the term endemic. Rather, he stresses continued awareness and funding for research and development, being up to date on vaccination, and for those with immunocompromised conditions and chronic health problems, the importance of initiating treatment as soon as COVID infection is recognized.

"We can coexist with COVID while maintaining an interactive and highly functioning society. We have a complete understanding of how transmission occurs. We know that up-to-date

vaccination has provided solid protection against severe manifestations of the disease. We have effective treatments for those who need them. We must recognize, however, that complacency would tremendously worsen our situation."

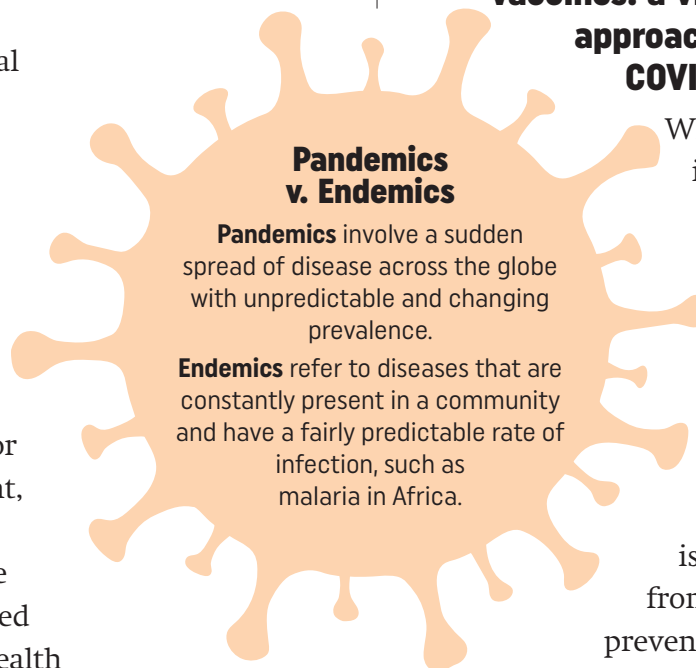
He emphasizes, "Now is not the time to become complacent. We must remain cognizant of the continued negative impact and respond accordingly."

### **Vaccines: a viable and effective approach to living in the time of COVID**

While vaccination and prior infection do not reduce infection as much as we would like, vaccines are highly effective at preventing the severe sickness that landed many people in the hospital prior to vaccine availability.

Dobson says, "Vaccination is keeping our health system from being overrun and is preventing many deaths. Yet, even

mild-to-moderate symptoms among a large number of people can lead to significant work and school absenteeism, interrupting normal operations, and creating financial challenges for all. Modifications to vaccines and additional treatments are needed to address immune-evading

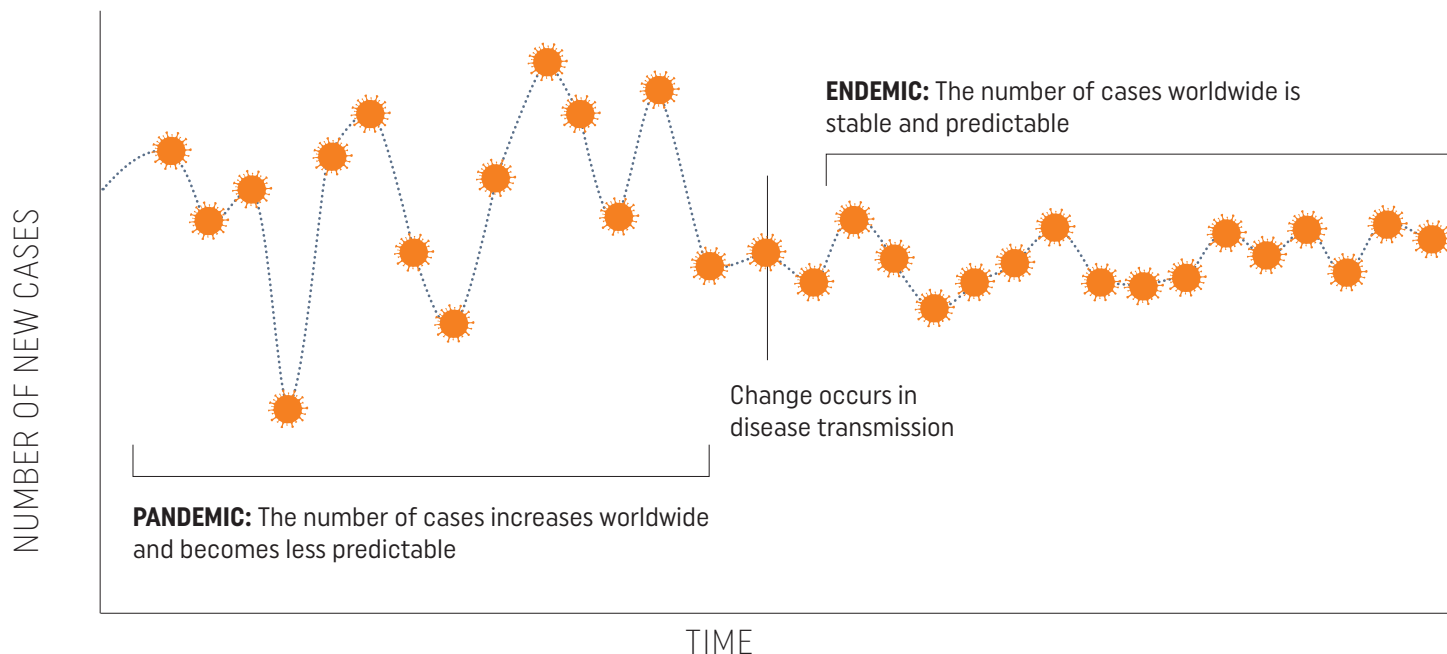






“We should not be paralyzed with fear and anxiety regarding COVID-19. Yet we must not become complacent and risk losing the gains we have made over the past 18 months.”

– Dr. Trey Dobson, SVMC Medical Director



variants, waning protection, and the development of medication resistance.”

### Endemic COVID-19 is not risk free

One thing that has become clear over the past few years is that the path from pandemic to endemic—and something resembling normalcy in the world—is found by simultaneously managing prevention, investing in treatment, and adjusting our behavior depending on the prevalence of the virus at a given point in time.

Dobson notes, “Everyone needs to remain up to date with vaccine. Those at risk of severe disease need to be supported in their use of masks indoors. Healthy individuals preparing for an important recognition event or athletic competition should consider the use of masks and avoiding gatherings 10 days prior.”

He adds, “An endemic situation may occur in the foreseeable future. For now, we should focus on coexisting with COVID by limiting disease through reasonable means while accepting a level of risk in activities that bring joy into our lives and relationships.” +

### You’ve been exposed. Now what?

If you are exposed to someone with COVID-19, you should avoid close contact with those at risk of severe disease, consider wearing a mask in crowded indoor venues, and consider taking a COVID-19 test five days after exposure or sooner if you develop symptoms. Day zero is the day of exposure and the next day is considered day one. If you develop symptoms of COVID-19, wear a mask, avoid close contact with others, and take a PCR test or take two antigen tests separated by at least 24 hours.

# Season's eatings

Discover the ultimate—and affordable—eat-local options.

One of the most anticipated rites of the season is hitting up local farmers' markets for truly the freshest produce of the year.

"We're so fortunate to live in an area where farmers markets and roadside stands are abundant," says Rachel Rodney, a registered dietitian with Vermont Blueprint for Health.

"Eating in season not only ensures you the best in flavors and nutrition but also the best prices.

## Harvest the savings

Rodney notes that as different fruits and vegetables come into season, prices tend to drop. "Almost every week some new item comes into season. One week it might be asparagus and the next week it

## AREA FARMERS MARKETS Summer locations and hours

### VT

#### Double your dollar with Cash Crop

Cash Crop is a "double your coupon" program available at Vermont farmers markets that accept SNAP/3SquaresVT. For every 10 SNAP dollars you spend on fresh fruits, vegetables, herbs, seeds, and starts at the market, you'll receive an extra \$10 to put towards additional similar purchases.

#### Arlington Village Farmers Market

148 Recreation Park Road, Arlington  
Fridays 4pm–7pm  
Accepts WIC Farm to Family and SNAP

#### Benmont Avenue Produce

160 Benmont Avenue, Bennington  
7 days a week, 11am–6pm  
Accepts WIC Farm to Family and SNAP

#### Bennington Farmer's Market

Deer Park, Bennington  
Saturdays 10am–1pm  
Accepts WIC Farm to Family and SNAP

#### Dorset Farmers Market

HN Williams Store, 2732 VT 30, Dorset  
Sundays 10am–2pm  
Accepts WIC Farm to Family and SNAP

#### Manchester Farmers' Market

Adam's Park, Manchester  
Thursdays 3–6pm  
Accepts WIC Farm to Family and SNAP

### MA

#### Williamstown Farmers Market

Spring St., Williamstown  
Saturday 9am–1pm  
Offers a Community Essentials Initiative that provides food to families in need in the northern Berkshires

#### North Adams Farmers Market

Anthony's Lot, North Adams  
Saturdays 9am–1pm  
Accepts SNAP and WIC at select vendors

### NY

#### Cambridge Valley Farmers Market

Cambridge Central Schools, Cambridge  
Sundays 10am–1pm  
Accepts WIC Farmers Market Nutrition Program and Seniors Farmers Market Nutrition Program



JESSICA TWARDY ROBERTS, AFM

#### Hoosick Falls

Unihog Farmers and Makers Market  
2 Center Street  
Thursdays 5–7pm  
WIC Farm to Family and SNAP accepted by select vendors



might be garlic scapes. Buying what's in season is a great way to bring variety to your diet and take advantage of lower-than-usual prices as farmers try to move their products. The same is true for roadside stands and tables where hobby gardeners sell their surplus often at rock-bottom prices."

In addition to seasonal discounts, fresh produce is made even more affordable thanks to the participation of many farmers markets in the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Farm to Family program. Laura Brundage, coordinator for the WIC Farm to Family program explains, "WIC provides eligible families with \$30-worth of coupons to be used at participating farmers markets and attended farm stands throughout the summer market season."

Many markets also accept the Sustainable Nutrition Assistance Program (SNAP) and referred to as 3SquaresVT in Vermont and participate in the Cash Crop program (see market listing at left for more information). +

## Simple and Satisfying Gazpacho

Perhaps no flavor embodies the end of summer more than a fresh, ripe tomato. Tomato is the star of this Gazpacho recipe that also taps into the flavors of cucumbers, onion, peppers, and garlic, all of which are readily available in late summer. Plus, because it's a chilled soup, there's no need to heat up your stove and your house to create this satisfying dish.

Serves 4

### Ingredients

- 1½ pounds vine-ripened tomatoes, chopped
- 1 cup cucumber, peeled, seeded and chopped
- ½ cup chopped red bell pepper
- ½ cup chopped red onion
- 1 small jalapeno, seeded and minced
- 1 medium garlic clove, minced
- ¼ cup extra-virgin olive oil
- 1 lime, juiced
- 2 teaspoons balsamic vinegar
- 2 teaspoons Worcestershire sauce
- ½ teaspoon toasted, ground cumin
- 1 teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- Low-sodium tomato juice (optional)
- 2 tablespoons fresh basil leaves, finely sliced

### Directions

1. Combine prepared tomatoes, cucumber, bell pepper, red onion, jalapeno, garlic clove, olive oil, lime juice, balsamic vinegar, Worcestershire, cumin, salt, and pepper and stir to combine.
2. Transfer 1½ cups of the mixture to a blender and puree for 15 to 20 seconds on high speed. Return the pureed mixture to the bowl and stir to combine. Add tomato juice as needed to create a consistency to your liking.
3. Cover and chill for 2 hours and up to overnight. Serve with basil.



# Building a stronger community together

While it is one of the most recognized organizations in the region, United Counseling Service (UCS) is many things to many people. Operating out of 15 facilities across Bennington County, UCS's staff of nearly 300 provides services and programs aimed at helping individuals and families live healthy and meaningful lives.

Offering services ranging from outpatient counseling and addiction services to emergency mental health services and early childhood programming, UCS is a trusted resource for a growing number of community members.

In 2021, UCS assisted a record number of 3,000+ individuals. To better serve the growing client base, UCS recently instituted "FAST." Short for "Find Access to Service and Treatment," FAST is designed to help assess, triage, and respond efficiently to those who call or walk in requesting assistance.

"Implemented in January 2022, FAST has helped streamline the process of connecting individuals to the right services when they're needed most," says Lorna Mattern, Executive Director. "No matter what the challenge an individual or family is facing, we're here to help and FAST allows us to provide that help in the timeliest manner possible."

FAST is currently available Monday through Friday from 8 a.m. to 5 p.m. To learn more or to access services call 802-442-5491 or visit [ucsvt.org/get-help](https://ucsvt.org/get-help). +



UCS provides valuable resources and services to many different sectors of the community with the aim of helping people to live healthy and meaningful lives.



UCS programs and services help individuals at any age reach their full potential.

Offered in partnership with Kanthaka of North Bennington, Equine Assisted Therapy forges a connection between people and horses to enhance physical and emotional healing and well-being.



### **Community Rehabilitation and Treatment (CRT)**

- Residential program
- Community support services
- Supported employment program
- Individual counseling
- Group counseling
- Programs for those with dual diagnoses

### **Substance Abuse Programs**

- Alcohol and drug abuse counseling and education
- Substance abuse receiving center
- Assessment for and facilitation of detox or residential services
- Consultation to agencies and schools
- Community outreach

### **Psychiatric and Crisis Services**

- Psychiatric evaluation
- Medication management
- Liaison to intensive hospital care
- 24-hour emergency service
- Battelle House crisis stabilization
- Mobile crisis services

### **Developmental Services**

- Residential services
- Community support services
- Family support services
- Employment services
- Crisis services
- College Steps Program
- The Gathering Place at Camp Ondawa

### **Children, Youth and Family Services (CYFS)**

- Family Emergency Services (FES)
- Family outreach services
- Therapeutic case management
- Respite services
- School-based services
- Equine Assisted Therapy
- Jump on Board for Success (JOBS) program
- Transitional Living Program
- Teens for Change Youth Group (T4C)
- Camp Be a Kid
- Mentoring at UCS
- Psychiatric Urgent Care for Kids (PUCK)

### **Early Childhood Services (ECS)**

- Bennington County Head Start
- Bennington County Early Head Start
- Infant and Toddler Center (childcare)
- Parenting and family education
- Family outreach

### **Outpatient Mental Health**

- Child, adult, family, and couples counseling
- Psychotherapy groups
- Mental health and developmental disabilities
- Evaluation and psychological testing
- Community education and consultation services

### **Business Programs**

- Employee Assistance Program (EAP)
- Management consultation
- Community partnerships

# Community Health Resources

## AGING AND DISABILITY RESOURCES

### BENNINGTON COUNTY

#### Bennington Senior Center

A place that brings together older adults who want to be engaged in their communities and with their peers.

802-442-1052

[benningtonvt.org/departments/senior-center/](http://benningtonvt.org/departments/senior-center/)  
124 Pleasant St., Bennington, VT

#### Department of Disabilities, Aging, and Independent Living

A division of Vermont state government focused on making Vermont the best state in which to grow old or to live with a disability—with dignity, respect and independence.

802-241-2401

[dail.vermont.gov](http://dail.vermont.gov)

HC 2 South, 280 State Drive, Waterbury, VT

#### Meals on Wheels of Bennington County

Offers healthy, nutritious, and tasty meals to eligible seniors over 60 years old, and to disabled adults under age 60.

802-442-8012

[mowbennington.org](http://mowbennington.org)

124 Pleasant St.,

Bennington, VT



**Meals on Wheels  
of Bennington County**

#### Senior Solutions: Council on Aging for SE VT

Senior Solutions offers guidance to older Vermonters, so they can thrive as they age.

866-673-8376

[seniorsolutionsvt.org/services](http://seniorsolutionsvt.org/services)

38 Pleasant St., Springfield, VT

#### Southwestern Vermont Council on Aging

A community force in creating and sustaining opportunities for elders and caregivers in our region to help assure that elders are able to maintain maximum independence and quality of life.

802-442-5436

[svcoa.org](http://svcoa.org)

160 Benmont Ave. Suite #90, Bennington, VT

#### Support and Services at Home (SASH)

SASH coordinates the resources of social-service agencies, community health providers, and nonprofit housing organizations to support Vermonters who choose to live independently at home.

802-442-9920

[sashvt.org/Bennington-county/](http://sashvt.org/Bennington-county/)

814 Gage St., Bennington, VT



Vermont Center for Independent Living

#### Vermont Center for Independent Living

Working to promote dignity, independence, and civil rights of Vermonters with disabilities.

802-447-0574

[vcil.org](http://vcil.org)

601 Main St., Bennington, VT

### WINDHAM COUNTY

#### Senior Solutions: Council on Aging for Southeastern Vermont

Senior Solutions offers guidance to older Vermonters, so they can thrive as they age.

866-673-8376

[seniorsolutionsvt.org/services](http://seniorsolutionsvt.org/services)

38 Pleasant St., Springfield, VT

#### Support and Services at Home (SASH)

SASH coordinates the resources of social-service agencies, community health providers, and nonprofit housing organizations to support Vermonters who choose to live independently at home.

802-246-1538

[sashvt.org/windham-county](http://sashvt.org/windham-county)

PO Box 275, Brattleboro, VT

#### Vermont Center for Independent Living

Working to promote dignity, independence, and civil rights of Vermonters with disabilities.

802-254-6851

[vcil.org](http://vcil.org)

28 Vermont St., Suite 436, Brattleboro, VT

### WASHINGTON COUNTY

#### Washington County Office for Aging and Disabilities Resource Center

Provision of unbiased education, information, referral, and service to residents in need of emergency or long term home and community based supports.

800-848-3303

[washingtoncountyny.gov/148/Office-for-Aging](http://washingtoncountyny.gov/148/Office-for-Aging)

383 Broadway Building B, Fort Edward, NY

### RENSELAER COUNTY

#### The Arc of Rensselaer County

Advocates for the rights and safety of individuals of all ages who have an intellectual disability and/or a developmental disability or delay.

518-274-3110

[renarc.org](http://renarc.org)

79 102nd St., Troy, NY

#### Hoosick Falls Senior Services Center

518-686-7561

Provides a network of supportive services to seniors, socialization opportunities, access to Meals on Wheels, and fitness programs.

[townofhoosick.org/seniorcenter.shtml](http://townofhoosick.org/seniorcenter.shtml)

69 Church St., Hoosick Falls, NY 12090

#### Independent Living Center of the Hudson Valley

A disability rights organization that is led by and inspires people with disabilities to achieve self-determination and advocates for an integrated society.

518-274-0701

[ilchv.org](http://ilchv.org)

15-17 Third St., Troy, NY

#### NYS Office of Temporary and Disability Assistance

Supervises programs that provide assistance and support to eligible families and individuals.

518-473-1090

[otda.ny.gov/](http://otda.ny.gov/)

40 North Pearl St., Albany, NY

#### Rensselaer County Department of Aging

Providing a network of supportive and preventive services, which enable the County's elderly to maintain themselves productively and independently within the community.

518-270-2730

[rensco.com/departments/department-of-aging](http://rensco.com/departments/department-of-aging)

1600 Seventh Avenue, Fourth Floor, Troy, NY

### BERKSHIRE COUNTY

#### Elder Services of Berkshire County

Provides Berkshire elders, caregivers, and individuals with disabilities the opportunity to live with dignity, independence, and self-determination, and to achieve the highest possible quality of life.

413-499-0524

[esbci.org](http://esbci.org)

877 South St., Suite 4E, Pittsfield, MA

#### North Adams Council on Aging

Responsible for understanding, supporting, strengthening, and improving the lives of residents who are 55 or older through advocacy, communication and collaboration.

413-662-3125

[northadams-ma.gov/government/boards\\_and\\_commissions/council\\_on\\_aging/index.php](http://northadams-ma.gov/government/boards_and_commissions/council_on_aging/index.php)

10 Main St., North Adams, MA





# Community Health Resources *(continued)*

## BERKSHIRE COUNTY

### **Berkshire North Women, Infants, and Children (WIC) Program**

A nutrition program that provides nutrition and health education, healthy food, breastfeeding education and support and other services free of charge.

413-447-3495

[berkshirehealthsystems.org/wic](http://berkshirehealthsystems.org/wic)

510 North St., Suite #5, Pittsfield, MA

### **Berkshire Food Project**

Seeks to alleviate hunger, food insecurity, and social isolation by serving healthy, no cost meals and connecting people to other resources, all in a dignified and respectful manner.

[berkshirefoodproject.org](http://berkshirefoodproject.org)

413-669-7378

134 Main St., North Adams, MA

### **Friendship Center Food Pantry**

Providing healthy and nutritious supplemental food to those in the northern Berkshire area experiencing food insecurity.

413-664-0123

[friendshipfoodpantry.org](http://friendshipfoodpantry.org)

45 Eagle St., North Adams MA

### **Williamstown Food Pantry**

Serving residents in need from the Williamstown region.

Williamstown Food Pantry on Facebook.

53 Southworth St., Williamstown, MA.

## HOUSING AND SHELTER SERVICES

### BENNINGTON COUNTY

#### **Bennington County Coalition for the Homeless**

Provides safe shelter, food, and support services for homeless families and individuals in Bennington County.

802-442-2424

[bcchvt.org](http://bcchvt.org)

966 Main St., Bennington, VT

#### **Bennington Housing Authority**

Administers Section 8 and provides affordable rental properties.

802-442-8000

[benningtonhousingauthority.org](http://benningtonhousingauthority.org)

22 Willowbrook Dr., Bennington, VT

#### **Bennington Rutland Opportunity Council (BROC)**

Providing hope, opportunity, and a path forward out of crisis or poverty, so neighbors and communities thrive. Includes housing/fuel/utility assistance and weatherization support.

802-447-7515

[broc.org](http://broc.org)

332 Orchard Rd., Bennington VT

### **NeighborWorks of Western Vermont: Bennington office**

Community development nonprofit supporting individuals, neighborhoods, and communities through community building and engagement efforts, including a focus on homeownership, home repair, efficiency improvements, and loan assistance.

802-438-2303

[nwwvt.org](http://nwwvt.org)

136 North St., Bennington, VT

### **Shires Housing**

Nonprofit providing quality, affordable housing in Southwestern Vermont including apartments and family homes.

802-442-8139

[shireshousing.org](http://shireshousing.org)

307 North St., Bennington, VT



Windham and Windsor Housing Trust

### WINDHAM COUNTY

#### **Brattleboro Housing Partnerships**

Ensuring the provision of quality affordable housing opportunities in viable communities for lower income individuals.

802-254-6071

[brattleborohousing.org](http://brattleborohousing.org)

224 Melrose St., Brattleboro, VT

#### **Groundworks Collaborative**

Offering food, health, and other support for individuals in Windham County, including a 30-bed shelter and drop-in center.

802-257-0066

[groundworksvt.org](http://groundworksvt.org)

81 Royal Rd., Brattleboro, VT

#### **Windham and Windsor Housing Trust**

Providing permanently affordable housing solutions in Southeastern Vermont through property management, homeowner education, low-cost loans and financial assistance, and advocacy.

802-254-4604

[homemattershere.org](http://homemattershere.org)

68 Birge St., Brattleboro, VT

## WASHINGTON COUNTY

### **The Open Door Mission**

Serving individuals who are homeless and low income, the Open Door Mission maintains a men's and women's shelter.

518-792-5900

[opendoor-ny.org/about-us](http://opendoor-ny.org/about-us)

226 Warren St., Glens Falls, NY

### **Shelters of Saratoga, Inc.**

Transforming the lives of neighbors facing homelessness with supportive services, safe shelter, and a path to independence.

518-581-1097

[sheltersofsaratoga.org](http://sheltersofsaratoga.org)

14 Walworth St., Saratoga Springs, NY

### **WAIT House**

Provides homeless youth with shelter, intensive services, and case management for up to 12 months.

518-798-2077

[hycwaithouse.org](http://hycwaithouse.org)

10 Wait St., Glens Falls, NY

## RENSSELAER COUNTY

### **City Mission of Schenectady**

Provides shelter to homeless men, women, and children.

518-346-2275

[citymission.com](http://citymission.com)

311 Clinton St., Schenectady, NY

### **Family Promise of the Capital Region**

Affirming the humanity and dignity of homeless families and engaging the community in helping them achieve sustainable independence.

518-650-8895

[familypromisecr.org](http://familypromisecr.org)

738 New Scotland Avenue, Albany, NY

### **Interfaith Partnership for the Homeless**

Provides services to homeless and at-risk individuals and families, including those with complex mental health, substance use, and health issues.

518-434-8021

[iphny.org](http://iphny.org)

176 Sheridan Ave., Albany, NY

### **Joseph's House and Shelter**

Provides non-judgmental services to end homelessness.

518-272-2544

[josephshousestroy.org](http://josephshousestroy.org)

74 Ferry St., Troy, NY

### **Unity House of Troy**

A Rensselaer County-based human service agency providing a wide range of services, including housing support, to meet the otherwise unmet needs of people in our community who are hurting and struggling.

518-274-2607

[unityhousesny.org](http://unityhousesny.org)

2431 Sixth Avenue, Troy, NY



## BERKSHIRE COUNTY

### Berkshire Community Action Council

Provides weatherization support and fuel assistance

413-663-3014

bcacinc.org

85 Main St., 2nd Floor, North Adams, MA

### Berkshire County Regional Housing Authority

Provides housing and consumer education programming, legal and educational services, homelessness prevention and resolution, and anti-poverty resources.

413-443-7138

bcrha.com

1 Fenn St., Pittsfield, MA

### Louison House

Comprehensive housing agency working to ameliorate and prevent homelessness in Northern Berkshire County.

413-663-6323

louisonhouse.org

149 Church St., North Adams, MA

### ServiceNet

A year-round, 16-bed shelter for single adults, and a cold weather shelter.

413-585-1300

servicenet.org/services/shelter-and-housing/shelters

21 Olander Dr. Northampton, MA

## PARENT, YOUTH, AND FAMILY SERVICES

### BENNINGTON COUNTY

#### Berkshire Family YMCA/Bennington Recreation Center

Programming to build healthy spirits, minds, and bodies for all.

bfymca.org

802-442-1053

655 Gage St., Bennington, VT

#### Sunrise Family Resource Center

Offering a broad range of services at no cost, including home visits, early childhood services, parent education and support, and playgroups.

802-442-6934

sunrisepcc.com

244 Union St., Bennington, VT



Sunrise Family Resource Center



Berkshire Family YMCA

#### Project Against Violent Encounters (PAVE)

Provides free and confidential services to victims of domestic and sexual violence in Bennington County.

802-442-2370

pavebennington.org

102 Dewey St., Bennington, VT

#### United Counseling Service of Bennington County

Administers a variety of programs designed to build a stronger community, including Head Start and Early Head Start, psychiatric, mental health, and substance use services, and more.

802-442-5491 (Bennington)

802-362-3950 (Manchester)

ucsvt.org

100 Ledge Hill Dr., Bennington, VT

5312 Main St., Manchester, VT

#### Vermont Permanency Initiative (VPI) Bennington

Providing individualized comprehensive services to children and adolescents who often have experienced complex developmental trauma.

802-447-1557 ext 100

vermontpermanencyinitiative.org

192 Fairview St., Bennington, VT

#### Catamount Connections

Supporting families with opportunities to connect to each other and local resources.

802-442-8700

Catamount Connections on Facebook

504 Main St. Unit 1, Bennington, VT

#### Big Brothers Big Sisters

Providing youth with one-one mentoring.

802-689-0092

bbbsvt.org

#### Harvest Teen Center

Teen center for local youth.

802-447-0869

Harvest Teen Center on Facebook

200 School St., Bennington, VT

### Bennington Early Intervention

Services and supports available to infants and children with developmental delays and disabilities and their families.

802-447-2768

339 Main St., Suite 200, Bennington, VT

### WINDHAM COUNTY

#### Early Education Services of Windham County

The region's Head Start, Early Head Start and Parent Child Center.

802-254-3742

earlyeducationservices.org

130 Birge St., Brattleboro, VT

#### Youth Services

Providing transformative prevention, intervention, and development programs for young people and families in Windham County communities.

802-257-0361

youthservicesinc.org/who-we-are

32 Walnut St, Brattleboro, VT 2



Big Brothers Big Sisters

#### Boys and Girls Club of Brattleboro

Promotes and enhances the development of children by instilling a sense of competence, usefulness, belonging, and influence.

bgbcrattleboro.org/mission

17 Flat St., Brattleboro, VT

#### Windham County Safe Place

Supports victims and their non-offending family members through the process of investigation of child sexual abuse.

802-579-1358

safeplacecac.net

62 Black Mountain Rd., Brattleboro, VT

# Community Health Resources *(continued)*

## WASHINGTON COUNTY

### Parent to Parent of NYS Inc.

A place where families of individuals with special needs and the professionals who support them can meet and share information.

518-381-4350

parenttoparentnys.org

500 Balltown Rd., Schenectady, NY

### Northeast Parent and Child Society

Provides coordinated, innovative, comprehensive, and responsible delivery of human services.

518-426-2600

neparentchild.org

### LEAP Head Start

Aids individuals and families in defining and reaching their goals economically and educationally, and administers Head Start programming.

518-746-2390

leapservices.org

383 Broadway, Fort Edward, NY

### Washington County Youth Bureau

Provides training and opportunities for youth to grow up healthy, caring, and responsible.

518-746-2330

washingtoncountyny.gov/165/Youth-Bureau

383 Broadway, Building B, Room 17,

Fort Edward, NY

### Big Brothers Big Sisters of the Southern Adirondacks

Matching children with caring adults to guide them on a path to success.

bbbsadk.org

1 Lawrence St., Suite 1B, Glens Falls, NY

## RENSSELAER COUNTY

### Adoptive Families of the Capital Region

Adoption support group for adoptive families and individuals hoping to build their family by adoption.

518-763-8019

adoptivefamiliesny.org

P.O. Box 603 Glenmont, NY

### Southern Rensselaer County Family Resource Center

518-694-9915

ceoempowers.org

1641 Third St., Rensselaer, NY

### Boys & Girls Club of Southern Rensselaer County

Inspires and enables youth from all walks of life to reach their full potential as productive, caring, and responsible citizens.

518-465-3403

bgcsorensco.org

544 Broadway, Rensselaer, NY

## Department for Youth

Providing youth with opportunities through positive leisure activities and social intervention to mature into responsible, productive adults.

518-270-2860

rensco.com/departments/department-for-youth/

547 River St., 2nd Floor, Troy, NY

### Colonie Youth Center

Provides a variety of childcare, recreation, and wellness services designed to enhance the living experience for all people in the greater Capital Region.

518-438-9596

colonieyouthcenter.org

15 Avis Drive, Latham, NY

### Equinox Youth Outreach Center

Offers Rensselaer County youth with one-to-one help obtaining services, connecting to resources, problem-solving and more.

518-462-5528

equinoxinc.org

21 Delaware Ave., Albany NY

## BERKSHIRE COUNTY

### 18 Degrees: Family Services for Western Massachusetts

Provides education, parenting skills and support, prevention and intervention, advocacy and life skills across a spectrum of programs serving people in early education and care, foster care and adoption, and youth and community development.

413-448-8281

18degreesma.org

480 West St., Pittsfield, MA

### Child Care of the Berkshires

Strengthening families through high quality child care, education, support services, and advocacy.

413-663-6593

cberkshire.org

210 State St., North Adams, MA

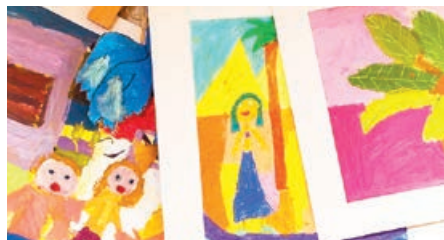
### Berkshire County Kids' Place

A safe place where help can begin for children who have experienced violence in their lives, either as victims of abuse or witnesses to domestic violence.

413-499-2800

kidsplaceonline.org

63 Wendell Avenue, Pittsfield, MA



Norman Rockwell Early Childhood Center in Pittsfield, part of Child Care of the Berkshires

## Berkshire Family YMCA

Programming to build healthy spirits, minds, and bodies for all.

413-663-6529

bfymca.org

22 Brickyard Court, North Adams, MA

### Boys and Girls Club of the Berkshires

Enhance the quality of life for youth as participating members of a richly diverse society, including a children's center and after school program.

413-448-8528

bgcberkshires.org

16 Melville St., Pittsfield, MA

## SUBSTANCE USE PREVENTION, TREATMENT, RECOVERY SERVICES

## BENNINGTON COUNTY

### The Alliance for Community Transformations

Community-based coalition focused on supporting Bennington-area youth in making healthy choices.

802-430-3347

actbennington.org

215 South St., Second Floor, Bennington, VT

### AIDS Project of Southern Vermont Syringe Service Program

Providing access to and disposal of sterile syringes and injection equipment and mobile delivery of harm-reduction bags.

802-440-6776

aidsprojectsouthernvt.org

324 Main Street, Bennington, VT

### Center for Restorative Justice

Community justice agency that provides a full continuum of restorative justice programming and services helping both young people and adults take an active role in becoming positive, contributing members of their community.

802-447-1595

bcrj.org

439 Main St., Suite 2, Bennington, VT

### The Collaborative

Community based substance abuse prevention coalition.

802-824-4200

thecollaborative.us

91 VT-11, Londonderry, VT

### Spoke Services

Information regarding treatment resources in the Bennington region.

802-440-4234

<https://blueprintforhealth.vermont.gov/about-blueprint/hub-and-spoke>

100 Hospital Drive, Bennington VT

### **Turning Point Center of Bennington**

Recovery center in Bennington County  
802-442-9700  
tpcbennington.org  
160 Benmont Ave., Fourth Floor, Bennington, VT

### **United Counseling Service of Bennington County**

Administers a variety of programs designed to build a stronger community, including Head Start and Early Head Start, psychiatric, mental health, and substance use services, and more.  
802-442-5491 (Bennington)  
802-362-3950 (Manchester)  
ucsvt.org  
100 Ledge Hill Dr., Bennington, VT  
5312 Main St., Manchester, VT

### **WINDHAM COUNTY**

#### **Brattleboro Retreat**

Psychiatric and addiction hospital serving children, adolescents, and adults.  
802-257-7785  
brattlebororetreat.org  
1 Anna Marsh Ln., Brattleboro, VT

#### **Turning Point of Windham County**

Peer-run recovery center  
802-257-5600  
turningpointwc.org  
39 Elm St., Brattleboro, VT

#### **Windham County Consortium on Substance Use**

Works across the span of harm reduction, prevention, treatment, and recovery to understand and address the impacts of opioid and other substance use.  
cosvvt.org  
51 Fairview St., Brattleboro, VT

#### **Voices of Hope**

Providing harm-reduction bags, Narcan, and Narcan training for the community.  
802-490-5645  
voicesofhopevt.org  
Wilmington, VT

### **NEW YORK STATE**

#### **NYS Hopeline**

Hopeline staff can answer questions related to addiction and help connect individuals with treatment options in their area. Available 24 hours a day, every day of the year.  
1-877-846-7369 or text: 467369  
OASAS.ny.gov

### **WASHINGTON COUNTY**

#### **Center for Recovery**

Array of outpatient services including evaluations for substance use disorders, individual and family counseling, group therapy, and medication assisted treatment.  
518-747-8001  
bhsn.org  
340 Main St., Hudson Falls, NY

### **Council for Prevention**

Fosters healthy communities, schools, families, and individuals through addressing the issues of mental health, substance abuse, disease prevention, treatment, and recovery.  
518-746-1527  
councilforprevention.org  
214 Main St., Second Floor, Hudson Falls, NY

### **Warren Washington Association for Mental Health**

Improving the quality of life for those affected by mental illness and promoting the awareness and importance of mental well-being in the community.  
518-747-2284  
wwamh.org  
3043 State Route 4, Hudson Falls, NY

### **Washington County Alternative Sentencing**

Provides opportunities for adults and juvenile offenders to make positive life changes.  
518-746-2333  
washingtoncountynyny.gov/185/Alternative-Sentencing  
383 Broadway, Building B, Room 18, Fort Edward, NY

### **RENSSELAER COUNTY**

#### **Conifer Park**

Addiction treatment center.  
800-989-6446  
coniferpark.com  
79 Glenridge Rd., Schenectady, NY

#### **Rensselaer County Recovery Helpline**

Offering confidential crisis intervention and referrals related to substance use disorders  
9 a.m. to 9 p.m. daily.  
833-HOPE-123

#### **St. Peter's Addiction Recovery Center Program**

Services for those with alcohol or drug addiction.  
1-877-525-2227  
sphp.com

#### **Senior Hope**

Non-intensive outpatient clinic for mature members of the community, 50 years and older, and their families.  
518-489-7777  
seniorhope.org  
650 Warren St., Albany, NY

### **BERKSHIRE COUNTY**

#### **Berkshire Harm Reduction**

Offering syringe services, Narcan, Narcan training, and testing for Hep-C, AIDS, and STDs.  
6 West Main Street, North Adams, MA  
413-398-5603  
510 North Street, Pittsfield, MA  
413-447-2654  
berkshirehealthsystems.org/programs-and-services/berkshire-harm-reduction



### **Berkshire Harm Reduction Mobile Unit**

Offering syringe services, Narcan, Narcan training, and testing for Hep-C, AIDS, and STDs.  
413-822-6876  
berkshirehealthsystems.org/programs-and-services/berkshire-harm-reduction

### **Berkshire Opioid Abuse Prevention Collaborative**

Implements local policy, practice, systems, and/or environmental changes to prevent the misuse of opioids and to prevent and reduce deaths and poisonings associated with opioids.  
413-442-1521 ext. 37  
berkshireplanning.org/initiatives/boapc

### **Brien Center for Mental Health and Substance Abuse Services**

Providing a continuum of care for children, adolescents, adults, and families who suffer from serious and persistent behavioral health disorders.  
413-499-0412  
briencenter.org  
333 East St., Pittsfield, MA

### **Northern Berkshire Community Coalition**

Focusing on community empowerment, prevention, and wellness.  
413-663-7588  
nbcccoalition.org/about-us/history  
61 Main St., Suite 218, North Adams, MA

### **SaVida**

Providing medication-assisted treatment of opioid and alcohol addiction.  
77 Hospital Ave Suite 104, North Adams, MA  
413-398-5180  
svidahealth.com/opioid-addiction-treatment-north-adams-ma-1



# Southwestern Vermont Medical Center

## Resources Directory

### BREAST CARE

**Medical Office Building**  
140 Hospital Dr. Suite 206  
Bennington, VT 05201  
802-447-4240

### CANCER CARE

**SW VT Regional Cancer Center**  
140 Hospital Dr.  
Bennington, VT 05201  
802-447-1836

### CARDIOLOGY

**Medical Office Building**  
140 Hospital Dr. Suite 211  
Bennington, VT 05201  
802-447-0212

### DENTISTRY

**Medical Office Building**  
140 Hospital Dr. Suite 104  
Bennington, VT 05201  
802-447-5525

### DERMATOLOGY

**Medical Office Building**  
140 Hospital Dr. Suite 205  
Bennington, VT 05201  
802-447-5544

### DIABETES EDUCATION

802-440-4025

### EMERGENCY DEPARTMENT

100 Hospital Dr.  
Bennington, VT 05201

### ENDOCRINOLOGY

**Medical Office Building**  
140 Hospital Dr. Suite 307  
Bennington, VT 05201  
802-447-4555

### EXPRESSCARE

**Medical Office Building**  
140 Hospital Dr. Suite 111  
Bennington, VT 05201  
802-440-4077

### GASTROENTEROLOGY

**Medical Office Building**  
140 Hospital Dr. Suite 307  
Bennington, VT 05201  
802-447-4555

### GENERAL SURGERY

**Medical Office Building**  
140 Hospital Dr. Suite 205  
Bennington, VT 05201  
802-447-5060

### IMAGING

100 Hospital Dr.  
Bennington, VT 05201  
802-447-5541

### INFECTIOUS DISEASE

**Medical Office Building**  
140 Hospital Dr. Suite 307  
Bennington, VT 05201  
802-447-4555

### INTERNAL MEDICINE

**Medical Office Building**  
140 Hospital Dr. Suite 108  
Bennington, VT 05201  
802-447-5519

### NEUROLOGY

**Medical Office Building**  
140 Hospital Dr. Suite 307  
Bennington, VT 05201  
802-447-4555

### OB/GYN

**Medical Office Building**  
140 Hospital Dr. Suite 302  
Bennington, VT 05201  
802-442-9600

### OCCUPATIONAL HEALTH

**Medical Office Building**  
140 Hospital Dr. Suite 301  
Bennington, VT 05201  
802-447-5317

### ORTHOPEDICS

**SVMC Orthopedics**  
332 Dewey St.  
Bennington, VT 05201  
802-442-6314  
**Northern Berkshire Orthopedics**  
375 Main St.  
Williamstown, MA 01267  
413-398-1000

### PALLIATIVE & SUPPORTIVE CARE SERVICES

140 Hospital Dr. Suite 116  
Bennington, VT 05201  
802-447-1836

### PEDIATRICS

**Medical Office Building**  
140 Hospital Dr. Suite 210  
Bennington, VT 05201  
802-447-3930

### PRIMARY CARE

**Deerfield Valley Campus**  
30 Route 100 South  
Wilmington, VT 05363  
802-464-5311

**Mountain Medical Services**  
13 Grand Summit Way  
West Dover, VT 05356  
802-464-9300

### Northshire Campus

5957 Main Street  
Manchester Ctr, VT 05255  
802-464-9300

### Pownal Campus

7237 Route 7  
Pownal, VT 05261  
802-681-2780

### Twin Rivers Medical PC

16 Danforth St.  
Hoosick Falls, NY 12090  
518-686-5770

### PLASTIC SURGERY

**Medical Office Building**  
140 Hospital Dr. Suite 205  
Bennington, VT 05201  
802-447-5060

### PULMONOLOGY

**Medical Office Building**  
140 Hospital Dr. Suite 307  
Bennington, VT 05201  
802-447-4555

### REHABILITATION

120 Hospital Dr.  
Bennington, VT 05201  
802-447-5140

### RHEUMATOLOGY

**Medical Office Building**  
140 Hospital Dr. Suite 307  
Bennington, VT 05201  
802-447-4555

### SLEEP DISORDERS

**Medical Office Building**  
140 Hospital Dr.  
Bennington, VT 05201  
802-440-6031

### SPORTS MEDICINE

332 Dewey St.  
Bennington, VT 05201  
802-442-6314

### TRAVEL CLINIC

**Medical Office Building**  
140 Hospital Dr. Suite 301  
Bennington, VT 05201  
802-447-5317

### URGENT CARE

856 State Road  
North Adams, MA 01247  
413-727-8088

### UROLOGY

**Medical Office Building**  
140 Hospital Dr. Suite 100  
Bennington, VT 05201  
802-447-6253

### WOMEN'S AND CHILDREN'S

100 Hospital Dr.  
Bennington, VT 05201  
802-447-5160

## EXCEPTIONAL CARE CLOSE TO HOME

Southwestern Vermont Health Care (SVHC) is a comprehensive health care system servicing Bennington and Windham Counties in Vermont, eastern Rensselaer and Washington Counties in New York, and northern Berkshire County in Massachusetts.

### MISSION

SVHC exists to provide exceptional health care and comfort to the people we serve.

### VISION

SVHC is recognized as a preeminent, rural, integrated healthcare system that provides exceptional, convenient, safe, and affordable care.

### VALUES

Quality | Empathy | Safety | Teamwork | Stewardship



# SOUTHWESTERN VERMONT MEDICAL CENTER ORTHOPEDICS

## RESTORING **ACTIVE** LIFESTYLES

Our hands give us so much: our livelihoods, our independence, our creativity. Losing hand function can be debilitating. Fortunately, you don't have to face hand pain alone. **Dr. David Veltre**, a fellowship-trained hand surgeon at SVMC Orthopedics, specializes in the diagnosis and treatment of hand pain. Together, you can get the problem well in hand.

**For a consultation, call 802-442-6314**

Expert clinical evaluation, diagnosis, and treatments for:

- ▶ Arthritis in the hands
- ▶ Carpal tunnel and trigger finger
- ▶ Fractures, cysts, and other conditions

Two convenient office locations:

375 Main St, Williamstown, MA | 413-458-4452

332 Dewey St, Bennington, VT | 802-442-6314

[svhealthcare.org/ortho](http://svhealthcare.org/ortho)



Southwestern  
Vermont  
MEDICAL CENTER



Dartmouth  
Health

PARTNERSHIP IS POWERFUL MEDICINE™