

Healthy+

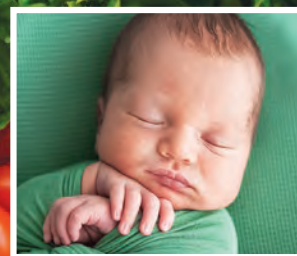
Courtesy of Southwestern Vermont Medical Center | Summer-Fall 2024 | vol 3 no 1

Eat Local

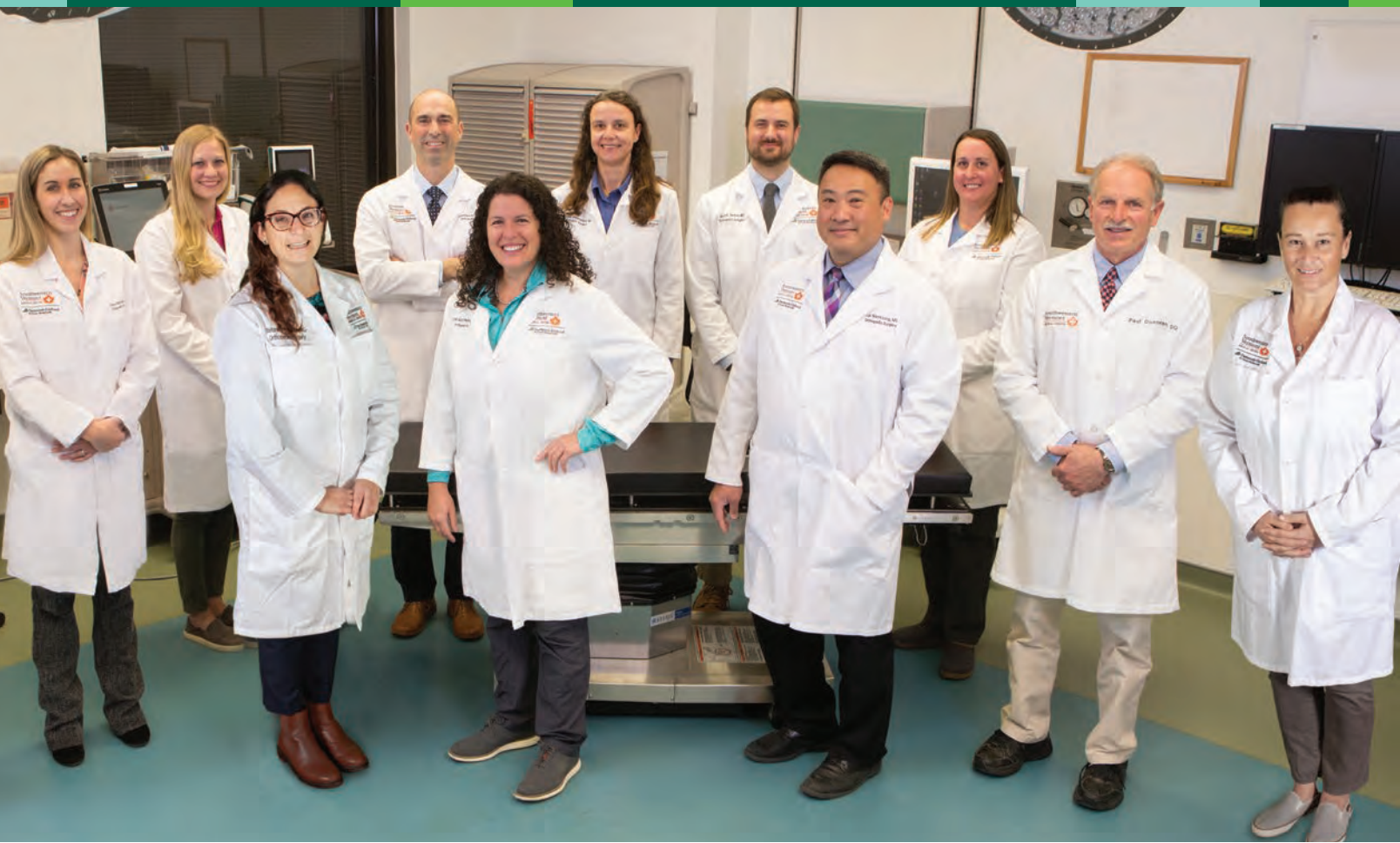
How and where to support local producers and your health

How to Talk about Suicide

Conversation can be key to prevention



Baby Café
Where moms and babies thrive



The SVMC Orthopedics team. Back row, left to right: Jessica Moses, FNP, Kendra C. Isbell, PA-C, Matthew J. Nofziger, MD, Michaela M. Schneiderbauer, MD, MBA, David R. Veltre, MD, Allison M. Murphy, FNP. Front row: Stefanie McGowan, RN, AG-ACNP, Ivette R. Guttmann, MD, Suk Namkoong, MD, Paul Donovan, DO, Jennifer R. LaChance, MHS, PA-C.

This is what exceptional looks like.

Getting patients back to living their best lives is what SVMC Orthopedics is all about. Staffed with a team of board-certified physicians and surgeons, they offer state-of-the-art diagnostic and treatment services—including nonsurgical options and same-day joint replacement.

From diagnosis through rehab and recovery, SVMC Orthopedics delivers on the mission of exceptional care to meet the needs of every patient. No exceptions.

svmc.org/ortho

Hello,



Pamela M. Duchene, PhD, APRN

There are so many reasons to love living in our region this time of year.

Whether you like to hit the trails by foot or bike or spend your time strolling the stalls at countless farmers' markets teeming with the freshly picked produce and tempting baked goods, the key to enjoying it all to the fullest is being in good health.

In the pages that follow, you'll find stories intended to help you and your family navigate common physical and mental health challenges and live your best life, no matter the season.

We're grateful to the healthcare providers and individuals associated with Southwestern Vermont Medical Center (SVMC) and community partners who lent their time and expertise to important and delicate subject matter, including suicide (page 4) and xylazine, the latest street drug claiming lives (page 14). We also address health issues that impact a large portion of our population, such as diabetes (page 10)—and lung (page 18) and breast cancers (page 8).

We're excited to feature the Baby Café, a free and first-of-its-kind resource in Vermont for new and expectant parents (page 12). A place where parents can come together for advice and support related to feeding and caring for their child, the Baby Café is an excellent example of how community supporting community benefits us all.

Of course, there are countless other opportunities to support other segments of our community through volunteer work. As noted in the article on page 6, people who regularly volunteer are among the healthiest individuals in the country. I encourage you to check out the list of local and national organizations in need of volunteers and consider giving your time to help others and yourself in the process.

And speaking of helping yourself, here's my plug to schedule your annual flu shot—yes, already (see page 21 for a list of locations). Even though "flu season" doesn't typically begin until fall, it's important to get your vaccine before the virus ramps up and derails any plans you may have.

Finally, thank you for taking time to read *Healthy+*. It's our privilege to connect with you through these pages. Please share your copy with family and friends who may benefit from the information.

Yours in good health,

Pamela M. Duchene, PhD, APRN

*Vice President of Patient Care Services and Chief Nursing Officer
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Every effort is made to avoid errors, misspellings, and omissions. However, if an error comes to your attention, please accept our sincere apologies and notify us.

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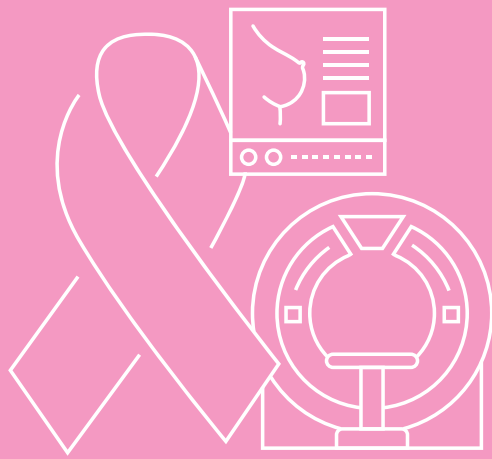


The give and get of volunteering

People who volunteer **over 100 hours a year** are some of the healthiest people in the U.S.

Source: Americorps.gov

See p. 6 to learn more about the benefits of volunteering.



Good news about breast cancer

Although breast cancer is the second leading cause of cancer death in women, breast cancer deaths have been **steadily declining** since 1989.

The primary reason: mammograms.

Source: Cancer.org

See p. 8 for information on breast density and what it might mean for your screening.

In short

Record-breaking suicide numbers (in a bad way)

A record number of Americans—**nearly 50,000**—died of suicide in 2022, pushing the nation's suicide rate to the highest level ever recorded.

Source: Centers for Disease Control and Prevention's National Center for Health Statistics

See p. 4 for information on suicide prevention. treating sleep apnea.



Try, try again

According to the American Lung Association, it takes an average of **8-10** attempts to quit smoking.

Source: Lung.org

See p. 17 for tips on quitting.



Breathe easier

Most lung cancer screenings are covered by Medicare and most insurers.

Source: Medicare.gov

See p. 17 to learn if you're eligible



Talking about suicide

What to say to someone who is suicidal

In 2022, the United States saw nearly 50,000 deaths by suicide—the highest rate in 80 years according to the Centers for Disease Control and Prevention.

While suicide can be a challenging topic to discuss, Rachel Muñoz, PMHNP, assistant director of Medical and Emergency Services with United Counseling Services in Bennington says, “Talking openly about suicide can be a critical part of deterring an attempt. The more we can do to normalize conversations about suicide and mental health in general, the easier it becomes to connect people with the resources they need to get to the next moment and a future that makes sense for them.”



Help is Here

The 988 Lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones. Text or call for the help you need now.

Tips for talking about suicide

Contrary to the common belief, talking about suicide does not increase the risk of suicide. In fact, says Muñoz, “Very often, a suicidal person may feel relief that someone recognizes their pain.”

She offers these tips for talking about suicide in a supportive and caring manner:

Don't shut down a conversation

- If someone raises the subject of suicide with you, do not dismiss it or try to shut down the conversation. Doing so may only reinforce their feeling of being alone.
- Instead, let them know that you hear them, that you care, and are willing to help. Don't judge and don't use judgmental statements.



“Talking openly about suicide can be a critical part of deterring an attempt. The more we can do to normalize conversations about suicide and mental health in general, the easier it becomes to connect people with the resources they need to get to the next moment and a future that makes sense for them.”

–Rachel Muñoz, PMHNP,
Assistant Director of Medical and Emergency Services,
United Counseling Services in Bennington

Be direct

- It's important to not dance around the subject of suicide or self-harm. Ask direct questions in a calm and reassuring manner. For example, frame questions with “I’m asking because I care” then ask:
- Are you thinking about suicide?
- Do you want to die?
- Are you planning or thinking about ways to die?
- Do you ever wish you weren't alive?
- Have you attempted suicide before?

If someone responds that they are considering suicide, do not panic. Instead, let them know that you are taking them seriously and you want to hear more about how they are feeling. You might also express your appreciation for the fact that they shared their feelings.

Be sure to convey that you are there for them and that there are resources available to help get them through this moment (see box).

Muñoz says, “It is best to have the person’s buy in before connecting them with help, as maintaining control over one’s own life is extremely important, even if they feel like it is one that is not worth living. That being said, if a person is not able to seek help themselves, others around them may need to make the call for them. Feeling like you are connected to other human beings is the most important thing in helping someone to feel that there is hope.”

If you’re concerned someone is in immediate danger, call 911. If you or someone you know is struggling with thoughts of suicide, call or text 988—and remember: just because you reach out to a crisis line, does not mean you will end up in a hospital. The 988 trained staff is qualified to provide health and support; they are able to connect you with local resources if/when appropriate. ■



Suicide Warning Signs

Not everyone shows the same signs that they’re thinking about suicide, but there are certain behaviors and actions that are cause for concern.

Warning signs that indicate immediate help and assessment by a professional is needed include:

- **Threatening to hurt or kill themselves:** *may include expressing a plan about suicide or making statements not directly related to suicide (“You’d be better off without me” or “I wish I was dead.”)*
- **Looking for ways to kill themselves:** *may include collecting pills, buying a firearm, or practicing/rehearsing suicide.*
- **Talking or writing about death, dying, or suicide:** *may include writing a will, giving away belongings, or putting affairs in order, re-homing pets, etc.*

Other concerning warning signs include:

- Increased alcohol or drug use
- Feeling no reason for living or purpose in life
- Anxiety, agitation, unable to sleep or sleeping all the time
- Feeling trapped
- Hopelessness
- Withdrawal from friends, family, and society
- Rage, uncontrolled anger, seeking revenge
- Acting recklessly or engaging in risky activities, seemingly without thinking
- Dramatic mood changes

The health benefits of volunteering

Discover all the ways helping a good cause is good for you

Volunteering makes a big difference in the lives of those in need and to the organizations that support them. But, as research has shown, some of the people who derive the biggest benefits from volunteer efforts are the volunteers themselves.

The health benefits of volunteering

In addition to providing you with a sense of purpose, volunteering offers valuable emotional and physical health benefits.

These include:

- **Nurture new and existing relationships.** Volunteering increases social interaction and helps build a support system based on common interests. Staying social is good for your mental health, especially as you age. Plus, volunteering gives you the opportunity to practice and develop your social skills, because you are meeting regularly with a group of people with common interests.
- **Enhanced mental wellbeing.** When you volunteer, the brain produces hormones, such as dopamine, that boost your mood. This can work to help reduce your risk of

anxiety and depression. In fact, a 2020 study found that volunteering increased participants' happiness over time. Further, people who volunteered more often (at least monthly) reported better mental health than less frequent volunteers.

- **Improved memory.** Research released last year at the Alzheimer's Association International Conference revealed that volunteering improved the ability of older adults to recall events and experiences, as well as to plan and problem-solve.

- **Improved physical health.** Depending upon the type of work you do, volunteering may help you increase your activity level, which can lead to better overall physical health.

Your help is needed

No matter where you live, there are nonprofit organizations that need your time and help.

To find the opportunity right for you, visit [VolunteerMatch.org](https://www.volunteermatch.org) and enter your town and zip code. You can sort by the type of organization, skills needed, and more.

Find your purpose and your people

As you consider volunteering, it's important to recognize that it doesn't have to require a long-term or huge commitment of time. Lending your time and energy in simple ways—even just one-day events, like blood drives—can work to help those in need and to improve your health and happiness.

There's virtually no limit to the types of organizations where you can help:

No matter where you live, there are nonprofit organizations that need your time and help.

To find the opportunity right for you, visit [VolunteerMatch.org](https://www.volunteermatch.org) and enter your town and zip code. You can sort by the type of organization, skills needed, and more.

Animal shelters	Senior centers	Social clubs	Homeless shelters
Museums	After-school programs	Political campaigns	Soup kitchens
Libraries	Historic sites	Food banks	Alumni networks
Theaters	Hospitals	Public radio stations	Rescue squads
Places of worship	Parks	American Red Cross	Meals on Wheels
Youth sports	Chambers of Commerce	Habitat for Humanity	United Way

More than a decade of making a difference

For the past 12 years, Jacob Kos has been a steady and reassuring presence to literally thousands of patients at Southwestern Vermont Medical Center (SVMC).

As a volunteer patient advocate, Kos visits with patients at the hospital three days a week.

“Being a patient can be very challenging,” he says. “Often people don’t get visitors, or they have questions about their care or what’s going to happen next. While I can’t give medical advice, I can listen to their concerns and, in many cases, can track down the information they’re seeking.”

But just as often, Kos notes, people are just looking to talk and connect with somebody for 10 or 15 minutes.

“If I can make someone’s day a bit brighter or give them a reason to smile, I feel good about that.”

To learn more about volunteering at SVMC, contact Catherine Hagadorn at 802-447-5600 or email at Catherine.Hagadorn@svhealthcare.org.



Jacob Kos
SVMC volunteer patient advocate

To create the best possible experience for yourself and the organization you ultimately decide to give your time and energy to, it’s helpful to answer the following questions:

- What skills or talents do you have to lend?
- How much time do you want to give to the cause?
- What causes are near and dear to your heart?
- Do you wish to support local or national causes?

Ideally, you’ll be able to meet or speak with representatives of potential volunteer placements. Use this opportunity to assess if their needs and approach

to managing volunteers is a good fit for you. Don’t be shy about asking to speak with other volunteers about their experience. If you do decide to move forward with an organization, start with a short-term project just to get your feet wet and get a sense of how the opportunity works for you. Be mindful that you may not find a good match on your first go. But don’t get discouraged. There are plenty of organizations out there with different cultures and energy. Keep looking until you find an opportunity that feels rewarding and fun. The best volunteer experiences benefit the organization and you, the volunteer. ■



Different breast, different densities

Breast composition varies from woman to woman and is classified using a scale of A, B, C, and D.

Breasts can be almost entirely fatty (A), have scattered areas of dense fibroglandular breast tissue (B), have many areas of glandular and connective tissue (C), or be extremely dense (D). Breasts are classified as “dense” if they fall in the heterogeneously dense (C) or extremely dense (D) categories.

Most women with heterogeneously dense breasts who are average risk only need the digital mammography with tomosynthesis, as is offered at SVMC. Tomosynthesis uses a series of two-dimensional images to build a three-dimensional image of the breast.



Dense Breast Tissue

What it means and why it matters

Every 2 minutes a woman is diagnosed with breast cancer in the United States. Women with very “dense breast tissue” are four times more likely to get breast cancer than women with fatty breasts.

While breast density is not related to breast cancer survival, having dense breasts can make detecting cancer, especially in the early stages when it's easiest to treat, challenging.

What is breast density?

Dr. Julie DiSano, a surgeon with Southwestern Vermont Medical Center (SVMC) General Surgery explains, “Breasts are made up of breast tissue, which includes the milk ducts, fat, and lobules, or glandular tissue. In addition, there's quite a bit of connective tissue that holds the breast together and in place.

“When a breast has more breast and connective tissue than it does fat, it's considered a dense breast. While they don't feel different or look different to the naked eye than a non-dense breast, dense breasts do look different on mammogram imaging.”

Why it matters

While dense breasts are not considered abnormal—40% to 50% of women ages 40 to 74 have them—they are associated with an elevated risk of developing breast cancer. A primary reason for that is that dense breast tissue can make it difficult to see abnormal growths in mammograms that may be cancer.

“Both cancer and fibrous tissues appear lighter gray on a mammogram,” says DiSano, “which can make it very hard to read the imaging. But fortunately, there are alternative imaging options available.”

What to do if you have dense breasts

For women with dense breasts and a higher risk of breast cancer based on their personal and family history, regular breast cancer screenings include annual mammogram and consideration for additional imaging in the form of an

“[Dense breasts] are associated with an elevated risk of developing breast cancer...”

—Julie DiSano, MD,
Surgeon, SVMC
General Surgery



MRI (magnetic resonance imaging). At SVMC, we have been doing digital mammography with 3D tomosynthesis since 2021. The addition of tomosynthesis has been shown to increase mammography cancer detection rates in early studies.

“Like mammograms, MRIs are non-invasive screenings, but,” says DiSano, “cancers enhance differently on MRI, making MRI a more sensitive test for identifying breast cancers. This means that a breast cancer can be identified earlier with the addition of MRI.”

“Dense breasts are one of the reasons for a screening callback,” says DiSano. “As alarming as getting a callback for more imaging may be, more often than not, it's just a precautionary measure. In addition to dense breast tissue, a mammogram may also reveal cysts or calcifications within the breasts. In fact, fewer than 1 in 10 women called back for more tests are found to have cancer.”

Dr. DiSano also notes that callbacks are especially common after a first mammogram as there's no previous mammogram with which to compare to the new imaging. Callbacks are also more common in women who have not gone through menopause.

“The most important thing for all women, regardless of their breast density, is to get yearly mammograms,” says DiSano. “Early detection is the strongest predictor of a good outcome if breast cancer is detected.” ■



Take control of your diabetes before it takes control of you

Feeling fine today is no guarantee that all will be well tomorrow

As a diabetes educator with Southwestern Vermont Medical Center (SVMC), Paula Haytko reminds patients on a daily basis that diabetes isn't a "medical condition you learn to live with." Instead, she says, "It's something you need to actively manage so that you can maintain the best quality of life possible for years to come."

The mission remains the same—providing exceptional care

According to Haytko, one of the biggest challenges—and surprises—for people living with diabetes is the damage it can cause behind the scenes; damage that can lead to life-altering complications that can't be undone once it sets in.



“What many people don’t realize is that even though you’re feeling fine today, damage may be occurring within your body. By the time symptoms of a problem appear, it’s often too late to reverse the course or undo the damage that’s already been done.”

-Paula Haytko, SVMC Diabetes Educator

“It helps to visualize the sugar, or glucose, in your blood like sugar in water,” says Haytko. “The more sugar you add to water, the thicker and stickier it gets. It goes from running smoothly to flowing slow like syrup and then basically oozing like sugar-rich honey.”

“If you don’t consistently manage your glucose levels, your blood also thickens and gets sticky. The stickier it gets the slower it moves, the less oxygen it delivers throughout the body, and more likely it is to clog blood vessels. The damage results when cells and organs become oxygen starved.”

She adds, “What many people don’t realize is that even though you’re feeling fine today, damage may be occurring within your body. By the time symptoms of a problem appear, it’s often too late to reverse the course or undo the damage that’s already been done.”

Raise awareness to reduce complications

With more than 23 years of experience helping people with diabetes manage the disease, Haytko is keenly aware that



the key to successful diabetes management is awareness.

“You absolutely have to be aware of what your blood glucose levels are and what triggers them to rise and fall,” she says. “With that understanding, you can begin to make lifestyle changes that will bring your glucose levels into a healthy range where they’re easier to manage on a daily basis and less likely to contribute to complications now or in the future.”

Haytko encourages anyone living with diabetes—no matter how recently diagnosed or how long—to join SVMC’s Diabetes Education Program. Offered at the hospital and several SVMC primary care campuses, the program is free of charge and teaches patients how to monitor their glucose levels, how to improve their numbers through simple lifestyle changes, and more.

“Diabetes is a lifelong condition. It’s never too late to start making changes that will help you maintain the best quality of life now and in the future.” ■

Complications of Diabetes

Unmanaged, diabetes can do irreparable harm to your body. Here’s a look at common complications you can avoid through lifestyle changes and staying on top of your condition.

- **Blindness:** diabetes is the number one cause of blindness in the United States
- **Nontraumatic amputation:** diabetes is the number one cause of nontraumatic limb loss in the United States
- **Kidney disease**
- **Eye disease**
- **Heart and vascular disease**
- **Nerve damage**
- **Hearing impairment**
- **Skin and mouth conditions**
- **Dementia and Alzheimer’s disease**

Breastfeeding made a bit easier

New Baby Café offers free information and support to families

As anyone who has ever cared for a newborn knows, the first days, weeks, and months are often filled with more questions than answers: Is the baby eating enough? Are they sleeping too much or too little? Is this much spit-up normal? The list goes on and on. But one subject that seems to top the list of new parent/caregiver concerns is breastfeeding.

Often described as the “natural way” to feed your baby, breastfeeding doesn’t always come naturally to mother or baby. Plus, for those who are feeding breast milk by bottle or using formula, there are other challenges. The experience can be a frustrating and emotionally draining.

But now, thanks to the opening of a brand-new Baby Café, caregivers in the Bennington region have a reliable and comfortable place to find support and answers.

The Baby Café: where moms and babies thrive

According to Mindy Dame, MS, RN, the director for Intensive Care, Women’s and Children’s Services at Southwestern Vermont Medical Center (SVMC), “The Baby Café is a free and friendly resource for all interested new and expectant parents—no matter how you are feeding or plan to feed your child.”

SVMC’s Baby Café is licensed through Baby Café USA, a non-profit 501(c)(3) that works to reduce health disparities nationwide and help mothers realize their breastfeeding goals. Based out of the Bennington Community Market at 239 Main St., Bennington, the Baby Café is open every Wednesday from 11 to 12:30 p.m. Staffed with International Board-Certified Lactation Consultants and/or RNs, the Café provides breastfeeding support in an informal, drop-in group setting.

The program has been gaining momentum with new moms, many of whom joined SVMC’s official Baby Café grand opening in April with hospital leaders and staff.

“This program is all about supporting what’s best for mom and what’s best for baby and we’re thrilled to have it right here in Bennington,” said Pamela Duchene, PhD, APRN, SVMC’s Vice President of Patient Care Services and Chief Nursing Officer.

A little support goes a long way

A recent survey by WhatToExpect.com found that 59% of moms say nursing is harder than they thought it would be and nearly a quarter of moms say they might have been able to breastfeed for longer if they had more support and resources.

59% of moms say nursing is harder than they thought it would be.

Nearly **25%** of moms say they might have been able to breastfeed for longer if they had more support and resources.





“The Baby Café is a free and friendly resource for all interested new and expectant parents—no matter how you are feeding or plan to feed your child.”

–Mindy Dame, MS, RN
Director for Intensive Care, Women’s and Children’s Services at Southwestern Vermont Medical Center



Mothers, babies and SVMC staff and leaders celebrated the grand opening of the Baby Café in April at Bennington Community Market.

Dame notes, “Many new nursing parents are surprised to discover that breastfeeding can be challenging. As a result, many stop breastfeeding sooner than they initially planned, especially those challenged with finding ways to continue feeding their child breastmilk while returning to the workplace.”

For those moms looking to continue nursing as long as possible, the Baby Café is a vital resource. “It’s amazing what difference just a little support and guidance can make in the feeding and parenting experience,” says Dame. ■

In June 2022, the American Academy of Pediatrics updated their breastfeeding recommendations to include exclusive breastfeeding for the first 6 months of life and up to 2 years or more—an update from the previous recommendation of up to one year or more—if mutually beneficial for both mother and baby.



Xylazine: Unwanted and Untreatable

The latest deadly street drug users may not realize they've taken until it's too late

The size of the substance abuse epidemic in the United States is so enormous that it's hard to wrap your mind around it. But let's try this for context:

In 2023, more than 112,000 Americans died of an overdose. That's equivalent to a fully loaded commercial airplane falling out of the sky every day for a year with no survivors.

Let's repeat that: a fully loaded plane falling out of the sky every day for a year with no survivors.

A problem bigger than fentanyl

While fentanyl continues to be the primary drug involved in overdoses, there's a new substance of growing concern: xylazine.

Commonly referred to as "tranq," xylazine is a powerful animal tranquilizer that's increasingly showing up in the illicit drug supply with deadly outcomes.

According to the Centers for Disease Control and Prevention, the percentage of fatal opioid overdoses in which xylazine was detected skyrocketed by an alarming 276% between January 2019 and June 2022. However, it's likely the number of xylazine-related deaths is much higher, as not every state tests for the drug and testing methods can vary even within the same state.



“It’s in everything—cocaine, heroin, methamphetamine, you name it. Someone may be looking to get pure cocaine but, today, there’s a very good chance whatever they get will contain xylazine or fentanyl. And if you don’t know what you’re taking, you don’t know how to respond when things go sideways.”

–Todd Salvesvold
Bennington Blueprint Program manager
at SVMC

Unwanted and untreatable

One of the biggest challenges related to xylazine is that very often people who use illegal drugs aren’t aware they’re taking it.

According to Todd Salvesvold, the Bennington Blueprint Program manager at Southwestern Vermont Medical Center (SVMC), “It’s in everything—cocaine, heroin, methamphetamine, you name it. Someone may be looking to get pure cocaine but, today, there’s a very good chance whatever they get will contain xylazine or fentanyl. And if you don’t know what you’re taking, you don’t know how to respond when things go sideways.” That leads to the other challenge of xylazine overdoses: they’re untreatable.

In the case of a fentanyl or other opiate overdose, Naloxone, commonly referred to as NARCAN, is frequently used to reverse symptoms. But because xylazine is a central nervous system depressant and not an opiate, it doesn’t respond to naloxone. Or, at this point, to any medication.

“... unlike anything we’ve ever seen.”

As Executive Director of Bennington Rescue Squad, Bill Camarda has first-hand experience treating xylazine overdoses and engaging with users.

“It’s an incredibly powerful drug unlike anything we’ve ever seen. It slows people’s breathing, blood pressure and heart rate to dangerously low levels. Many become unconscious for hours, some suffer brain damage, and some die. Those who manage to stay conscious often have no recollection of how they spent the hours or even days under the drug’s influence. They become walking zombies.” Horrifically, the zombie comparison doesn’t end there.

Another side effect of xylazine use is the development of severe flesh wounds. What starts out as small red blisters anywhere on the body can quickly worsen into large, deep

wounds that resist healing due to the depressant effects of the drug. In severe cases, fingers, toe, and even entire limbs need to be amputated.

Finding help with and hope in recovery

For the team of doctors, nurses, and counselors based at the Bennington office of SaVida Health, helping people with substance abuse issues is all in a day’s—and often—night’s work.

(continued)

Xylazine in Vermont

Between January 1 and October 31, 2023, there were 201 Vermont residents who died from accidental overdoses.

95% involved fentanyl

31% involved xylazine

According to Alicia Cannistraci, RN, area manager for SaVida, “With a current caseload of 430 patients, the SaVida’s Bennington location is the busiest in the state. The number of people we see has been climbing steadily over the past few years and I don’t see it slowing down any time soon.”

One of the many things about xylazine that concern Cannistraci and her colleagues is how difficult it is to treat. “Our care model includes the use of FDA-approved addiction treatment medications but most of those medications are aimed at opiates, which xylazine is not. That’s where other aspects of our program, including counseling, comprehensive toxicology testing, and case management, come into play.”

While the lack of a targeted xylazine medication may sound discouraging to some user, Cannistraci is quick to note that medication doesn’t cure addiction. “Medication is just one of many tools, including therapy, that can be used in conjunction to help people manage their addiction and move, when they’re ready, into recovery.”

How to Handle a Xylazine Overdose

These are the steps to take if you suspect a xylazine overdose:

1. Call 9-1-1
2. Use naloxone
3. Start rescue breathing
4. Go to the Emergency Room

While NARCAN can’t reverse the effects of xylazine, it may resolve the effects of any opiate with which the xylazine was mixed and improve an individual’s chances of surviving.

For information on how to administer NARCAN and perform rescue breathing, visit KnowODVT.com.

For more on programs and services available at SaVida Health, see page 31 of this issue of *Healthy+* or visit Savidahealth.com.

Get Your FREE Harm-Reduction Bag including Naloxone and fentanyl and xylazine test strips

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



HRBs typically include:

- Two doses of NARCAN
- A mouth guard
- Chapstick
- Gloves
- A wound care kit
- Hand sanitizer
- Fentanyl test strip
- Xylazine test strips (5)
- 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
Free delivery of HRBs available by calling:
802-440-6776 Samba
802-246-7729 Loni

SaVida Health Bennington
655 Main Street Suite 2,
Bennington

Turning Point Center
465 Main Street,
Bennington

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

SaVida Health Bennington
77 Hospital Ave Suite 104
North Adams

NY
Naxolone Now
Text "NARCAN" to 21000 to
schedule delivery of a HRB
within 48 hours in Rensselaer
County

Break free from nicotine

Help is here



No matter your age or how long you've enjoyed tobacco and nicotine in any form, quitting is possible. But it's also hard. Studies show that quitting with the support of counseling and medicine can double—or even triple—your chances of success. If you're ready to quit, contact the following resources for help.

IN VERMONT:

802Quits

802quits.org

A free program offering personalized counseling and tips and tools—including nicotine replacement patches, gum, or lozenges delivered directly to your home—to quit any nicotine or tobacco product. Vermont residents ages 18 and older may be eligible for cash-value gift card rewards, up to \$250, for completed coaching calls. Some conditions apply.

My Healthy Vermont

Myhealthyvt.org

Offers free, weekly, small-group workshops online and in person with trained leaders. Fellow aspiring ex-smokers guide and support you in creating a plan of action for becoming tobacco-free, and provide tips for managing the stress of quitting and cravings, as well as free gum, lozenges, and patches. For a list of upcoming classes, visit myhealthyvt.org, select <workshops> and then <quit smoking>.

My Life My Quit

vt.mylifemyquit.org

Designed specifically for teens under age 18 who want to stop using tobacco products, including electronic cigarettes. The program combines best practices using real-time talk, texting, and online chat for youth to reach a Tobacco Cessation Coach to receive smart, simple, and effective help.

IN MASSACHUSETTS:

1-800-QUIT-NOW

1-800-784-8669

Call for free, confidential one-on-one coaching from a trained Quit Coach who will share, by phone or online, strategies to curb cravings, handle life's big and small stresses, and tackle relapses. Quit Coaches can help you connect with quit-smoking medicines through your health insurer or community programs and may also be able to send you an initial 2-week supply to your home at no cost to you.

My Life My Quit

ma.mylifemyquit.org

Designed specifically for teens under age 18 who want to stop using tobacco products, including electronic cigarettes. The program combines best practices using real-time talk, texting, and online chat for youth to reach a Tobacco Cessation Coach to receive smart, simple, and effective help.

IN NEW YORK:

New York State Smokers' Quitline

1-866-NY-QUITS (1-866-697-8487)

Call to be connected to a trained Quit Coach who can support and guide you as you navigate a path to smoke-free living.

Learn2QuitNY

Text 716-309-4688 to participate in a 6-week text messaging program that will take you through the quitting process step-by-step.

This Is Quitting

Text "DROPTHEVAPE" to 88709

A free texting support program for teens and young adults (ages 13–24) looking to quit vaping. Parents can also text "QUIT" to 202-899-7550 to receive daily advice to help youth quit.

Virtual The Butt Stops Here Program

A free, 7-week online group tobacco cessation program that meets once per week with a trained facilitator. To register or for more information, email ButtStopsHereNY@gmail.com.

Signs of lung cancer you shouldn't ignore

When it comes to the leading cause of cancer deaths in the United States, knowledge is power

According to the American Cancer Society (ACS), more people die of lung cancer than of colon, breast, and prostate cancers combined every year. In 2024, the ACS estimates about 234,580 new cases of lung cancer will be diagnosed in the U.S. this year and 125,000 people will die from the disease. Many of those deaths could have been prevented by early detection.

Southwestern Vermont Medical Center (SVMC) pulmonologist Disha Geriani, MD, says, "While the best time to find lung cancer is before it causes symptoms, spotting early symptoms can lead to earlier treatment and potentially better outcomes."

The challenge, she notes, is that "Because the lungs don't have a lot of pain receptors, early symptoms of lung cancer aren't readily apparent. And even when symptoms appear, many people may mistake them for other problems, such as an infection or long-term effects from smoking."

Which is why it's important to know the most common symptoms and to take action if you experience any.

7 symptoms of lung cancer

1. Persistent cough

A cough that doesn't go away or worsens over time is one of the most common symptoms of lung cancer. If you are coughing up blood or rust-colored phlegm, see your doctor immediately.

2. Shortness of breath

Lung cancer may create fluid in the lungs or even tumor, both of which can lead to shortness of breath. If you're experiencing shortness of breath, see your doctor.

3. Change in voice

If you, or others, have noticed your voice sounds raspier or higher pitched than normal, these changes could be a sign of lung cancer.



"Lung cancer is not always fatal. Getting a screening or taking action when you recognize a concerning symptom are key to catching the disease early and giving you the best chance to beat cancer"

-Disha Geriani, MD,
SVMC Pulmonologist

4. Bronchitis, pneumonia, or emphysema

Lingering or recurring respiratory diseases may be a sign of lung cancer. If you have symptoms of bronchitis or pneumonia—cough, shortness of breath, low-grade fever, and tightness or discomfort in your chest—contact your doctor to schedule an appointment.

5. Chest pain

Any pain in the chest that worsens when you laugh, cough, or breathe deeply may be an indication of a blockage in your lungs potentially caused by cancer. Contact your doctor if you're experiencing any chest pain.

6. Unexplained weight loss

Losing weight without an obvious reason is a common first sign of cancer. If you've inexplicably lost 10 pounds or more, see your doctor immediately.



7. Bone pain

If you're experiencing aches or pains –especially at night, with movement, or when lying on your back—with no obvious cause, it may be an indication of lung cancer. In advanced stages, pain is common in the spine, pelvis, upper arms, and thighs. If you're having pain you can't explain, see your doctor.

Get answers by getting screened

Lung cancer screenings are an easy and affordable way to detect cancer before symptoms develop. Early detection increases both the chance of survival and the number of treatment options available to patients.

The five-year survival rate for early-stage lung cancer is much higher (63%) than the survival rate (8%) for those diagnosed at a late stage.

Simple and painless, screenings are performed using a low-dose CT scan. You lie on a narrow table that slides through a CT scanner and captures images of your lungs. The scan only takes a few minutes, and no injections are required.

If your screening reveals something abnormal in the lungs, additional scans or other tests may be recommended.

Geriani notes, "Lung cancer is not always fatal. Getting a screening or taking action when you recognize a concerning symptom are key to catching the disease early and giving you the best chance to beat cancer." ■

Flu vaccines are ready. Are you?

It's never too early—or too late—to protect yourself

Much like New England's beloved foliage season, the start of flu season is a bit of a moving target. While influenza viruses spread year-round, flu activity typically begins in the fall and peaks between December and February.

According to data compiled by the Centers for Disease Control and Prevention (CDC), here's how the season

played out between October 1, 2023 and February 10, 2024*:

- 22-44 million people contracted the flu
- 11-22 million people sought medical care for the flu
- 260,000-540,000 people were hospitalized with the flu
- 16,000-48,000 people died as a result of complications of the flu

*Because influenza (flu) surveillance does not capture all cases of flu that occur in the U.S., CDC provides these estimated ranges to better reflect the larger burden of flu.



Numbers worth knowing

Flu vaccine effectiveness: 2022-2023 flu season

Ages 6 months to 4 years

- Vaccination reduced the risk of E.D./urgent care visits by 53%
- Vaccination reduced the risk of hospitalization by 56 %

Ages 5 to 17 years

- Vaccination reduced the risk of E.D./ urgent care visits by 38%
- Vaccination reduced the risk of hospitalization by 46%

Ages 18 to 64

- Vaccination reduced the risk of E.D./ urgent care visits by 45%
- Vaccination reduced the risk of hospitalization by 23%

For ages 65 and older

- Vaccination reduced the risk of flu-associated E.D./urgent care visits and hospitalization by 41%

SOURCE: CDC's VISION Vaccine Effectiveness Network



“The best way to reduce your risk from seasonal flu and potentially serious complications is to get vaccinated every year. A single shot reduces the risk of severe infection, hospitalization, and, in extreme cases, death.”

—Donna Barron BA, RN, CIC
SVMC Infection Preventionist



Don't hesitate. Vaccinate.

Despite those frightening numbers, plenty of people question the efficacy of the flu vaccine.

According to Donna Barron BA, RN, CIC, Infection Preventionist at Southwestern Vermont Medical Center (SVMC), “The best way to reduce your risk from seasonal flu and potentially serious complications is to get vaccinated every year. A single shot reduces the risk of severe infection, hospitalization, and, in extreme cases, death.”

She notes the best time to get your flu vaccine is before the virus begins spreading in the community—usually September or October. “However, getting the vaccine later is better than not getting it at all, especially as flu season now extends well into spring.” ■

Take your shot

Flu vaccines are widely available in our region. To find a location near you, visit [vaccines.gov/find-vaccines](https://www.vaccines.gov/find-vaccines).

Vaccines are also available at the following Southwestern Vermont Medical Center practices:

SVMC Deerfield Valley Campus

30 Route 100 South, Wilmington, VT
802-464-5311

Northshire Campus

5957 Main Street - Route 7A, Manchester, VT
802-362-4440

Pownal Campus

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

SVMC Internal Medicine

140 Hospital Drive, Suite 108, Bennington, VT
802-447-5519

Twin Rivers Medical

16 Danforth Street, Hoosick Falls, NY
518-686-5770

In addition, vaccines are available FOR ADULTS ONLY on either a walk-in or appointment basis at the following locations:

Big Y Pharmacy

CVS Pharmacy

Hannaford

Price Chopper—Market 32

Stop & Shop

Walgreens

Walmart



Savor the flavors of the season

Fresh food and flavors are closer—and more affordable—than you think

From locally grown fruits and veggies to scrumptious baked goods and cheeses, farmers' markets have something for everyone—including savings.

Zucchini Noodles with Pesto and Cherry Tomatoes

Serves 2

Ingredients

2 medium zucchinis
1 cup cherry tomatoes, halved
¼ cup pesto sauce
Salt and black pepper to taste
Grated Parmesan cheese (optional)

Directions

1. Cut the zucchinis into noodles using a spiralizer or a vegetable peeler.
2. Heat a skillet over medium heat and add the tomatoes. Cook for a few minutes until they start to soften.
3. Add the zucchini noodles to the skillet and cook for 2 to 3 minutes, stirring occasionally, until they are just tender.
4. Stir in the pesto sauce until everything is well coated. Season with salt and pepper to taste.
5. Serve hot, topped with grated Parmesan cheese if desired.

Peach and Goat Cheese Salad

Serves 2

Ingredients

- 4 cups mixed salad greens
- 2 ripe peaches, sliced
- ½ cup crumbled goat cheese
- ¼ cup chopped pecans
- Balsamic vinaigrette dressing

Directions

1. In a large salad bowl, combine the mixed greens, peaches, goat cheese, and pecans.
2. Drizzle with balsamic vinaigrette dressing and toss gently to combine.
3. Serve immediately as a refreshing salad.



Roasted Root Vegetables

Ingredients

- Assorted root vegetables (such as carrots, potatoes, sweet potatoes, parsnips, and beets), peeled and cut into chunks
- Olive oil
- Salt and black pepper to taste
- Herbs (optional, such as rosemary or thyme)

Directions

1. Preheat your oven to 400°F (200°C).
2. Place the root vegetables on a baking sheet in a single layer.
3. Drizzle with oil and season with salt, pepper, and herbs, if using. Toss to coat evenly.
4. Roast in the preheated oven for 25 to 35 minutes, or until the vegetables are tender and golden brown, stirring halfway through.
5. Serve hot as a delicious and nutritious side dish.

LOCAL FARMERS' MARKETS

Summer hours and locations



VT

Your money goes farther 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 toward additional similar purchases.

Arlington Village Farmers Market

148 Recreation Park Road, Arlington
Fridays 4-7 p.m.

Accepts WIC Farm to Family and SNAP

Bennington Community Market

239 Main Street

Second and fourth Saturdays, 10 a.m.-2p.m.

Benmont Avenue Produce

160 Benmont Avenue, Bennington
7 days a week, 11 a.m.-5 p.m.

Accepts WIC Farm to Family

Dorset Farmers Market

HN Williams Store, 2732 VT 30, Dorset
Sundays 10 a.m.-2 p.m.

Accepts WIC Farm to Family and SNAP

Manchester Farmers’ Market

Adam’s Park, Manchester
Thursdays 3-6p.m.

Accepts WIC Farm to Family and SNAP

MA

Williamstown Farmers Market

Spring Street, Williamstown
Saturday 9 a.m.-1p.m.

Offers a Community Essentials Initiative, which provides food to families in need in the northern Berkshires. Accepts SNAP and WIC at select vendors

North Adams Farmers Market

Main Street, North Adams
Saturdays 9 a.m.-1 p.m.

Accepts SNAP and WIC at select vendors

North Adams Farmers Market

Main Street, North Adams
Saturdays 9 a.m.-1 p.m.

Accepts SNAP and WIC at select vendors

NY

Cambridge Valley Farmers Market

Owlkill Commons, Cambridge
Sundays 10 a.m.-1 p.m.

Accepts WIC Farmers Market Nutrition Program and Seniors Farmers Market Nutrition Program

SaVida Health

Building Hope, Fostering Recovery



The road to recovery from addiction is challenging and complex. What works for one individual may not work for another. That understanding is key to the personalized and holistic approach offered at SaVida Health.

According to Alicia Cannistraci, RN, area manager with SaVida Health, “We understand the complexities of opioid and alcohol addiction. With nine locations throughout Vermont, we aim to provide timely, tailored, and accessible support that addresses the needs of each individual.”

At the core of SaVida’s in-person, outpatient care is medication-assisted treatment (MAT). An evidence-based approach to treating opioid and alcohol use disorders, MAT combines behavioral therapy and counseling with FDA-approved medications to address both the physical and psychological aspects of addiction. The result is a higher recovery success rate compared to treatments that don’t incorporate medication.

The SaVida Health approach includes:

- **Medication-assisted treatment:** SaVida Health primarily uses FDA-approved medications such as buprenorphine (Brixadi, Suboxone and Sublocade) and naltrexone (Vivitrol) as part of our MAT program. These medications work by reducing opioid cravings and withdrawal symptoms, helping patients manage their addiction and focus on their recovery journey without

the constant physical challenges of addiction.

- **Psychiatric Medication Management:** Recognizing that recovery is even more difficult without addressing underlying psychiatric issues, all SaVida treatments begin with a psychiatric evaluation to determine the most appropriate diagnosis or diagnoses. Medications can be used to manage a variety of conditions including depression, anxiety, bipolar disorder, ADHD, and others.
- **Personalized Counseling:** While MAT helps alleviate physical cravings, counseling delves in to the deeper emotional triggers and patterns. In addition to exploring the underlying reasons for addiction, be it trauma, stress, or other emotional factors, counseling also provides a safe place to redefine relationships, set boundaries, forgive, and believe in oneself.
- **Balanced In-Person and Telemedicine Options:** At SaVida, we firmly believe in the power and efficacy of in-person care, especially regarding addiction treatment and recovery. However, with an agreed-upon care plan including toxicology (urine drug screens), we may provide the option of occasional telemedicine for our stable patients.
- **Support Services:** From case management to support for pregnant women, SaVida services are designed to cater to the unique and diverse needs of each patient.

Praise from SaVida Health clients

“I’m profoundly grateful to the staff at SaVida for their excellent care and service. The doctor is a compassionate and knowledgeable professional who always listens to my concerns and explains my treatment options clearly.

The staff is friendly, helpful, and efficient. They make me feel comfortable and welcome every time I visit.”

“They’re very accommodating and understanding...never feel judged at all. The scheduling experience is excellent—no waiting—and they always do their best to accommodate you.”

“...[they] help with each individual’s needs. We are very fortunate to have this service to get out of that old world and into the new world of possibilities.”

- **Naloxone (Narcan®) Distribution, Education, and Training:** Available at all SaVida locations, Naloxone can reverse an overdose caused by an opioid drug (such as prescription pain medication or heroin). Naloxone education, training, and distribution are offered at no cost, no questions asked.
- **Compassionate Accountability:** An essential part of ensuring that a treatment plan is effective and that patients are staying on the path to recovery, a urine drug screen checks for the presence of certain drugs in urine. A positive UDS result is an opportunity to reassess and adjust a patient's treatment plan with compassion, respect, and empathy.

Cannistraci says, "There's more to successful recovery than just going through 'treatment.' A holistic approach recognizes and respects the individual. By blending traditional values with modern methodologies through in-person care, we don't just treat individuals; we partner with them to help get them to a healthier, fulfilling life." ■

By the Numbers

How the SaVida Health Approach Works

60%

In the 1st month of treatment, 60% of SaVida patients test negative for opiates.

75%

In months 2 and 3 of treatment, 75% of our patients test negative for opiates.

91%

After 3 months, 91% of our patients test negative for opiates.

For more on programs and services available at SaVida Health, see page 31 of this issue of Healthy+ or visit Savidahealth.com.

Community Health Resources

Aging and Disability Resources

VERMONT

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

HC 2 South, 280 State Drive, Waterbury, VT

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

38 Pleasant St., Springfield, VT

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/

124 Pleasant St., Bennington, VT

Bennington Project Independence (BPI)

BPI provides adult day service options for individuals and families facing challenges of aging persons and/or adults with disabilities.

802-442-8136

bpiads.org

614 Harwood Hill Rd., Bennington, VT

Meals on Wheels of Bennington County

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

802-442-8012

mowbennington.org

124 Pleasant St., Bennington, 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

160 Benmont Ave., Suite #90, Bennington, VT



Vermont Center for Independent Living

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/

814 Gage St., Bennington, VT

Vermont Center for Independent Living

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

802-447-0574

vcil.org

601 Main St., Bennington, VT

WINDHAM COUNTY

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

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

28 Vermont St., Suite 436, Brattleboro, VT

WASHINGTON COUNTY

Washington County Office for Aging and Disabilities Resource Center

Offers 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

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

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.php

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

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/

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

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

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

10 Main St., North Adams, MA

Food Security

BENNINGTON COUNTY

Arlington Food Shelf

A food pantry serving those in the Arlington region.

802-375-6328

Arlington Food Shelf on Facebook

165 Old Mill Rd., Arlington, VT

Bennington County Regional Commission

Maintains a Bennington County Food Asset Map, providing comprehensive information about programs in place to address food insecurity in Bennington County.

802-442-0713

bcrcvt.org/Bennington-county-food-system-asset-map.html

210 South St., Suite 6, Bennington, VT

Bennington Rutland Opportunity Council

A food shelf with necessary staples to keep families fed.

802-447-7515

broc.org

332 Orchard Rd., Bennington, VT

Community Food Cupboard

Provides access to nutritious food and resources that help families in Manchester and 15 surrounding towns to achieve their potential.

802-362-0057

communityfoodcupboard.org

40 Jeff Williams Way, Manchester Center, VT

Greater Bennington Community Services, Inc.

Operates the Kitchen Cupboard, providing free food to individuals and families in need.

802-447-3700

gbcsbennington.org

121 Depot St., Bennington, VT

Harvest House Soup Kitchen

Soup kitchen offering free meals and fellowship.

802-447-4739

Harvest House Soup Kitchen on Facebook

101 River St., Bennington, 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

124 Pleasant St., Bennington, VT

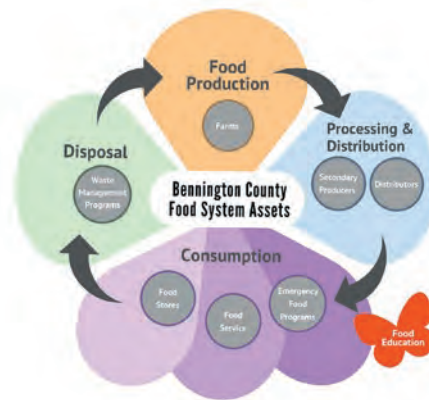
Sacred Heart Saint Francis de Sales Church—HIS Pantry

A ministry of Sacred Heart St. Francis de Sales parish that serves locally those in need of supplemental food.

802-442-3141

sacredheartsaintfrancis.org

238 Main St., Bennington, VT



Bennington County Regional Commission food assets map

Women, Infants, and Children (WIC) Program

Provides access to healthy foods, nutrition education, breastfeeding support, and referrals to health care and other community resources.

802-447-6408

healthvermont.gov/local/Bennington/wic

324 Main St., Suite 2, Bennington, VT

WINDHAM COUNTY

Deerfield Valley Food Pantry

Organization ensuring that no one in the Deerfield area goes hungry or lacks the basics for personal care.

802-464-0148

deerfieldvalleyfoodpantry.org

7 Church St., Wilmington, VT

Food Connects

Delivers local food as well as educational and consulting services aimed at transforming the local food system.

802-451-0538

foodconnects.org

22 Browne Court, Unit 110, Brattleboro, VT

Groundworks—Foodworks Food Shelf

A program providing supplemental food to individuals in need.

802-490-2412

groundworksvt.org

141 Canal St., Brattleboro, VT

St. Brigid's Kitchen and Pantry

Volunteer organization dedicated to feeding the hungry.

802-254-6800

stbrigidskitchenandpantry.org

38 Walnut St., Brattleboro, VT

Townshend Community Food Shelf

A volunteer-run community food shelf offering supplemental food assistance to all people in need.

802-365-4348

46 Common Rd., Townsend, VT

Women, Infants, and Children (WIC) Program

Provides access to healthy foods, nutrition education, breastfeeding support, and referrals to health care and other community resources.

802-257-2882

healthvermont.gov/local/Brattleboro/wic

232 Main St., Suite 3, Brattleboro, VT

WASHINGTON COUNTY

Cambridge Food Pantry and Christian Outreach Center

Food pantry serving the Cambridge region.

518-677-7172

Cambridge Food Pantry & Christian Outreach Center on Facebook

59 S. Park St., Cambridge, NY

St. James Food Pantry

Food pantry serving those in the Albany region.

518-247-6433

50 Summit Ave., Albany, NY

Washington County EOC Food Pantry

518-746-2390

foodbankofhudsonvalley.org

383 Broadway, Fort Edward, NY

Women, Infants, and Children (WIC) Program

Committed to improving the nutrition and health status of women, infants, and children by providing nutritious foods, nutrition and health education, breastfeeding support, and referrals to health and human service providers for all eligible families within New York State.

518-746-2460

washingtoncountyny.gov/179/WIC-Program

411 Lower Main St., Hudson Falls, NY

RENSELAER COUNTY

Commission on Economic Opportunity (CEO) Family Resource Center

Developing partnerships and creating opportunities for growth and empowerment in the community, with a focus on health, housing, early childhood, and family supports.

518-272-6012

ceoempowers.org

2331 Fifth Avenue, Troy, NY

Food Pantries for the Capital District

A coalition of more than 65 food pantries in Albany, Rensselaer, Saratoga, and Schenectady counties.

518-458-1167

thefoodpantries.org

32 Essex St., Albany, NY

Hope 7 Food Pantry

A food pantry serving local families.

518-272-1547

hopeseven.com/food-pantry

520 Pawling Avenue, Troy, NY

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

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

413-664-7378

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

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

966 Main St., Bennington, VT

Bennington Housing Authority

Administers Section 8 and provides affordable rental properties.

802-442-8000

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

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

www.vt.org

136 North St., Bennington, VT

Shires Housing

Nonprofit providing good-quality, affordable housing in southwestern Vermont including apartments and family homes.

802-442-8139

shireshousing.org

307 North St., Bennington, VT



Windham and Windsor Housing Trust

WINDHAM COUNTY

Brattleboro Housing Partnerships

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

802-254-6071

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

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

68 Birge St., Brattleboro, VT

WASHINGTON COUNTY

The Open Door Mission

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

518-792-5900

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

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

10 Wait St., Glens Falls, NY

RENSELAER COUNTY

City Mission of Schenectady

Provides shelter to homeless men, women, and children.

518-346-2275

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

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

176 Sheridan Ave., Albany, NY

Joseph's House and Shelter

Provides non-judgmental services to end homelessness.

518-272-2544

josephshousetroy.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

unityhouseny.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, 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-to-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



Boys & Girls Club of Brattleboro

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

bgcbrattleboro.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
nparentchild.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.

bbbssadk.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
coloneyouthcenter.org
15 Avis Drive, Latham, NY

Equinox Youth Outreach Center

Offers Rensselaer County youth 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
ccberkshire.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

Enhancing 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
bcjr.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, Suite C481
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, 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.
cosuvt.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
washingtoncountyny.gov/185/Alternative-Sentencing
383 Broadway, Building B, Room 18, Fort Edward, NY

RENSELAER 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
nbccoalition.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

Dartmouth Health Cancer Center at
Southwestern Vermont Medical 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

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
802-442-6361

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

(open seasonally)
13 Grand Summit Way
West Dover, VT 05356
802-464-9300

Northshire Campus

5957 Main St.
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



Thank you to our Corporate Partners





Michaela Schneiderbauer, MD, MBA, SVMC Orthopedics

This is what exceptional looks like.

Providing exceptional care is the core of our mission at Southwestern Vermont Medical Center (SVMC). As a member of Dartmouth Health, the commitment to this mission is reflected in the honors received from some of the nation's leading healthcare organizations, but more importantly, in the care we provide every day. No exceptions.

svmc.org



Southwestern Vermont
Medical Center

100 Hospital Drive
Bennington, VT
802-442-6361
svmc.org



SVMC is **one of only 3** hospitals in New England and **53 hospitals worldwide** to have achieved five consecutive designations as a Magnet® Center for Nursing Excellence.

In 2017 SVMC received the **Magnet Prize™**, an award for extraordinary innovation in nursing that is given to only one hospital in the world each year.

BECKER'S HOSPITAL REVIEW

SVMC received **top marks** from Becker's Hospital Review as one of the best hospitals in the country for nurse and physician communication with patients.



SVMC earned an **"A" rating** and garnered the distinction of **"most socially responsible" in Vermont** by the Lown Institute. The "A" rating indicates the health system's dedication and commitment to healthy patients and the surrounding community.



The American Hospital Association™ (AHA) named SVMC the 2020 recipient of the **Rural Hospital Leadership Award**. Only one leadership group or hospital in the nation is recognized each year for guiding their hospital and community through transformational change on the road to healthcare reform.



Through our membership with Dartmouth Health, our patients have access to **one of only three** National Cancer Institute-designated comprehensive cancer centers in New England.



SVMC offers **the only nationally accredited Nurse Residency Program** in Vermont.