

# Healthy



Courtesy of Southwestern Vermont Health Care | Winter/Spring 2022 | vol 1 no 1

## Vaping Danger in Disguise

## Coping with stress during COVID

Is my baby  
on track?

Screening for delays



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# Welcome!

Thank you for picking up a copy of *Healthy+* Magazine.

The fact that you are holding this magazine suggests that you are interested in the role Southwestern Vermont Healthcare (SVHC) plays in caring for the health of all the people who live in our region. We take that role—and your well-being—seriously. That is why we created *Healthy+* Magazine.

SVHC recently completed a Community Health Needs Assessment, which involved asking community members what they think the greatest health needs are for our community. You told us, and we listened: *Healthy+* aims to address the topics and issues of most importance to readers like you.

In the pages that follow you'll find information on a variety of health topics ranging from vaping, asthma and depression to strokes, screenings for your baby and caring for caregivers. More importantly, you'll find resources and phone numbers to help you connect with the resources and support you may need to navigate a path to better health for you, your family, and loved ones.

At SVHC, we believe that a healthy community is a connected community. We're excited to connect with you via *Healthy+* and look forward to doing so again in future issues. If you have questions or topics you'd like to see addressed in our pages, please, connect with us at [healthyplus@svhealthcare.org](mailto:healthyplus@svhealthcare.org).

Yours in good health,

Pamela M. Duchene, PhD, APRN  
*Vice President of Patient Care Services and Chief Nursing Officer*  
Southwestern Vermont Health Care



Pamela M. Duchene, PhD, APRN

#### Southwestern Vermont Health Care

Thomas A. Dee, FACHE  
*President and CEO*  
100 Hospital Drive  
Bennington, VT 05201  
[healthyplus@svhealthcare.org](mailto:healthyplus@svhealthcare.org)  
[svhealthcare.org](http://svhealthcare.org)

#### Managing Editor

Amanda Haar

#### Art Director

Heidi Humphrey

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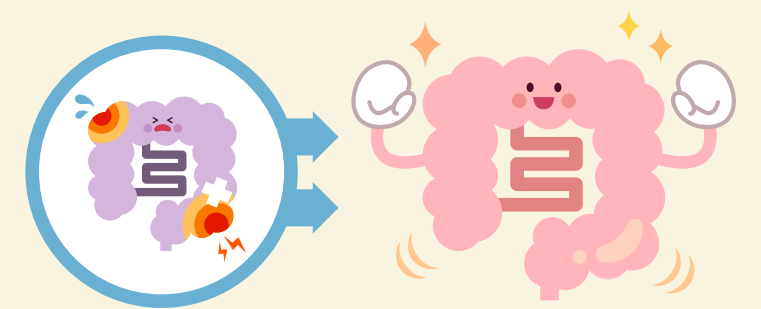


**Group yawn**  
48% of people have trouble sleeping because of stress.  
*Source: The American Institute of Stress*  
**See p.5 for resources on dealing with stress.**

**Not cool**  
53% of high school students in Bennington County reported having tried vaping.  
*Source: 2019 Youth Risk Behavior Survey*  
**See p.10 for tips to talking to your teen about the dangers of vaping.**



**Everybody's doing it**  
The number of adults ages 50-75 screened regularly for colorectal cancer between 2012 and 2018 increased by **9.3** million individuals.  
*Source: National Colorectal Cancer Roundtable*  
**See p.12 to learn more about screenings.**



**Try, try...succeed**  
According to the American Cancer Society, smokers make an average of **8 to 10** attempts before they successfully quit smoking.

**Recovery by the numbers**  
In 2019, over 1 million Americans sought help for their alcohol use disorder.  
*Source: National Institute of Health*  
**See p.17 for information on where to find help near you.**



- STOP SMOKING
- DRINK LESS ALCOHOL
- EAT HEALTHY
- REDUCE SALT
- LOSE WEIGHT
- EXERCISE MORE

**You've got the power**  
80% of strokes can be prevented.  
*Source: CDC*  
**See p.21 for tips on stroke prevention.**



# Stressed, anxious, and depressed

## The other side effects of COVID

**W**hile COVID-19 brought many visible changes to the way we live—social distancing, mask wearing, hand sanitizing—it also created some concerning and less visible changes to the lives of many.

### The toll of a year in lockdown

According to Lori Vadakin, division director of outpatient, Community Rehabilitation and Treatment, and Substance Use Disorder Treatment Services at United Counseling Services in Bennington, “Without a doubt, the pandemic has had a major impact on the mental health of many people of all ages and walks of life. Even now, well after vaccines have been administered, we’re seeing anywhere between 25 to 40 new people a week seeking out our services.”

In addition to the sheer volume of lives lost to the virus, Vadakin says other aspects of COVID are contributing to higher levels of stress, anxiety, and depression.

“Virtually every aspect of our lives has been impacted by the pandemic. Our daily routines have been disrupted, jobs lost, schools and businesses closed, financial strains mounted, and social distancing kept us from friends, family, and support networks leading to a widespread sense of uncertainty, loss, and isolation.”

She also notes that for individuals with prior mental health conditions, symptoms simply compounded. “Really, no one is unscathed and, quite honestly, at this point it’s 100% okay to not feel 100% okay. But that doesn’t mean you can’t do something about it.”

“...it’s 100% okay to not feel 100% okay. But that doesn’t mean you can’t do something about it.”

–Lori Vadakin

### Help is just a phone call away

If there was one thing Daniel Merges wished people understood about getting help when they’re feeling overwhelmed or stressed it’s this: “If you had a bodily injury that made life difficult, you’d get help. If you’re struggling with emotions or relationships that are making life difficult, there’s help for that too.”

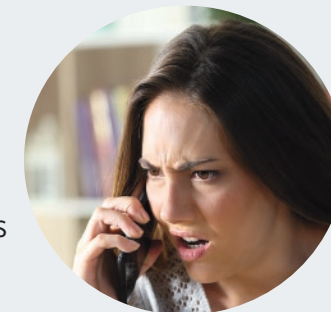
A licensed clinical mental health counselor with UCS, Merges notes that a simple

phone call to UCS will connect you a counselor who can help you determine exactly what in your life needs to change for you to feel more in control and at peace. “Depending upon the issue,” he says, “we might work with someone for a few months or even a few years, helping them develop skills and strategies for dealing with challenges they face. No matter the scale or scope of the problem, there are ways to make it better. And it all begins with a phone call.”+

### Know the Signs

The first step to controlling stress, anxiety, and depression is knowing the signs. If you’re experiencing any of the following, connect with your doctor or counselor.

- Changes in appetite
- Difficulty sleeping
- Relationship difficulties
- Challenges with concentration and focus
- Irritability, frustration, boredom
- Significant weight gain or loss
- Low motivation to engage in basic daily tasks or even things that previously brought you joy
- Self-isolating
- Not responding to calls from family/friends
- Ongoing sense of worry that feels unmanageable or overwhelming



### Help is here

Local resources for managing stress, anxiety, and depression:

#### VT:

**United Counseling Service**, Bennington  
802-442-5491 | [ucsvt.org](http://ucsvt.org)

In addition to one-on-one counseling, UCS offers the following support groups that meet in-person and online:

*Anxiety/Depression*

*Anxiety*

*Friends & Fun Peer Support Group*

*Learn to Live Well Peer Support Group*

*Hearing Voices*

*Wellness Group*

#### NY:

**Rensselaer County Department of Mental Health**, Hoosick Falls  
518-686-0694

# Childhood asthma:

## Answers and advice to keep you and your child breathing easy

Learning your child has asthma can be life changing. But, Dr. Jaclyn Lozier says it can actually be life changing in a good way. A pediatrician at Southwestern Vermont Medical Center, Lozier says, “Getting a diagnosis is the first step to finding ways to treat the condition and minimize its impact on your child’s life.”

### The ins and outs of childhood asthma

Asthma is a chronic condition in which the lungs overreact to triggers in the environment. These often include viruses, allergens (such as dust mites, pet dander, or pollen), exercise, cold air, and even smoke from cigarettes or wood and pellet stoves. Lozier explains, “When a child encounters a trigger it causes an attack in which the airways in the lungs become swollen. The muscles around the lungs constrict, squeezing the already swollen airways tighter, and the cells lining the airways produce excess mucus. As a result, breathing becomes difficult.”

Lozier notes that getting a formal diagnosis of asthma isn’t usually possible before the age of two, but symptoms may appear earlier than that.

Often triggered by a respiratory infection, the first signs of asthma may include a runny nose and a

cough—especially at night—that lasts a few days. But then, rather suddenly, the child’s breathing becomes rapid and labored. They may struggle to breathe while doing normal activities.

“If a child experiences a virus that evolves to this level three or four times before the age of two,” says Lozier, “there’s a strong likelihood they have asthma.” However, she notes, as some children grow and the size of their airways increase, it is possible for the symptoms to be reduced to the point of being unnoticeable.

### Different treatments for different types

Diagnosing asthma is not complicated. Often, a doctor can recognize it based on your child’s health history. Some pulmonary (lung) function tests can help confirm the diagnosis.

A diagnosis is then classified into one of four categories: mild intermittent, mild persistent, moderate persistent, and severe persistent.

Lozier explains, “The type and frequency of symptoms experienced is what determines what type of asthma someone has and, to a large extent, what treatment they’ll receive.”

While there is no cure for asthma, it can be managed. The keys to managing asthma are avoiding triggers and taking medication.

Asthma is one of the leading causes of school absenteeism.

“Once you’ve identified your child’s triggers,” says Lozier, “you can take actions to avoid them. That might mean staying inside when pollen counts are high or keeping a family pet out of your child’s room. If your child has exercise-induced asthma, work with your doctor to find ways to keep your child active.”

There are two types of asthma medicines:

**Quick-relief medicines**, also referred to as “rescue” medicines, work quickly to open up airways and can be used as needed. While these medicines act fast, their effect doesn’t last long.

**Long-term control medicines** manage asthma by preventing symptoms from happening. Taken every day, they reduce inflammation in the airways, which lead to swelling and mucus production.

Some kids only need quick-relief medicine, while others need both kinds to manage their asthma.

### An asthma action plan to keep kids healthy

In addition to prescribing medication, your child’s doctor will provide an asthma action plan.

“Because no two children experience asthma the same way, it’s important that every child have their own asthma action plan (AAP),” explains Lozier.

Designed to help families manage a child’s asthma, an AAP can prevent asthma emergencies by preventing and controlling flare-ups. Your child’s personalized AAP will include a list of the medications taken, a list of known triggers, early warning signs for asthma symptoms, and instructions on when to use the medicines and/or call your healthcare provider.

“While an AAP is a helpful tool for families adjusting to an asthma diagnosis,” says Lozier, “it’s also important to share it with anyone who might be involved in decisions regarding your child’s care plan. This includes school nurses, athletic coaches, camp directors, grandparents, babysitters, etc.”

### Nipping cold weather-induced asthma attacks in the bud

Cold dry air can trigger asthma symptoms and flare-ups. You can prevent flare-ups by minimizing sudden temperature changes in the air your child breathes by wrapping their mouth and nose with a scarf before sending them outside to wait for the bus or to play. A gradual temperature change is less likely to trigger an attack.

AAPs are divided into a traffic-light format. The green zone outlines the everyday plan when your child is feeling well. The yellow zone includes what to do when your child isn’t feeling quite right. The red zone details what to do when your child is experiencing an asthma attack.

“Easy to follow, AAPs are one of the best ways to help your child avoid a full-blown attack and ensure they get the proper treatment for their asthma,” says Lozier.

### Breathe easy

The good news: asthma is a treatable condition. The better news: By using medication and avoiding triggers, your child can lead a normal and healthy life. If you are concerned your child may have asthma, talk with your child’s doctor. The sooner you get a diagnosis, the sooner you can begin managing your child’s symptoms. +

### Asthma Tools and Resources

#### Asthma – Get the Facts!

A podcast for kids about asthma  
[tools.cdc.gov/medialibrary/index.aspx#/media/id/304721](https://tools.cdc.gov/medialibrary/index.aspx#/media/id/304721)

#### Just for Kids

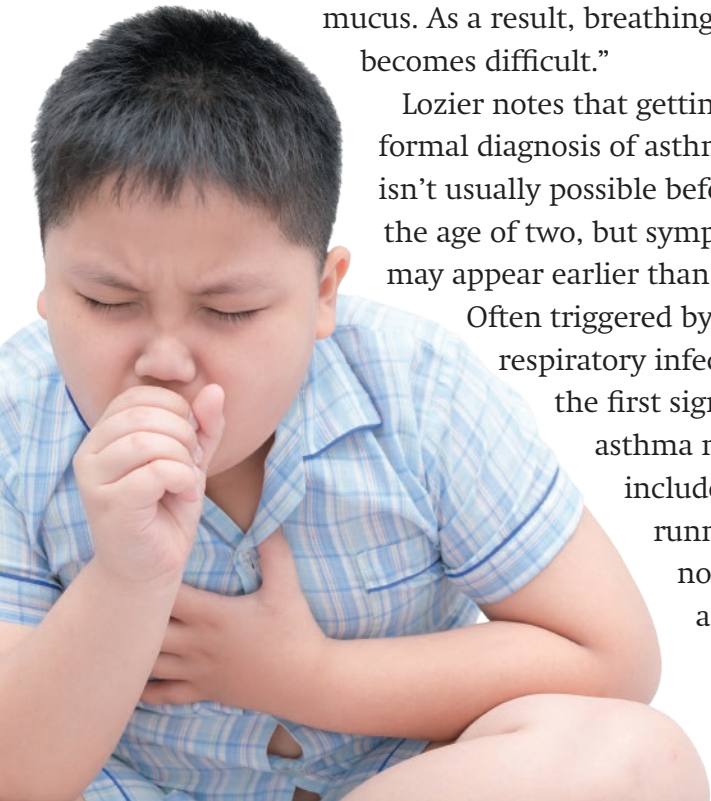
Online site featuring games, puzzles, and more to educate kids on asthma and allergens  
[aaaai.org/Conditions-Treatments/just-for-kids](https://aaaai.org/Conditions-Treatments/just-for-kids)

#### Know how to use your inhaler

An instructional video for kids  
[cdc.gov/asthma/inhaler\\_video/default.htm](https://cdc.gov/asthma/inhaler_video/default.htm)

#### HealthyChildren.org

Articles and information related to asthma in children



# Avoiding caregiver **burnout**

## Taking care of yourself while taking care of others

**C**aregiving for a loved one of any age and under any circumstance is often hard and lonely work. In addition to the physical demands that caregiving may require, the emotional toll is very real.

According to Aaron Brush, senior companion and caregiver coordinator at the Southwestern Vermont Council on Aging (SVCOA), “The most important thing caregivers can do to ensure they are able to care for their loved one is to take care of themselves. All too often, caregivers are so focused on the needs of others that they neglect their own health and mental well-being. Eventually they get burned out.”

Signs of caregiver burnout include:

- Physical and emotional fatigue
- Increased stress and anxiety
- Difficulty sleeping
- Irritability
- Depression
- Feeling lonely or trapped
- New or worsening health problems
- Struggling to find joy in daily life

“People are often surprised by the amount of resources available to caregivers. And all you have to do is call.”

–Aaron Brush

### Caregivers need care, too

For many caregivers, the notion of taking a break from their responsibilities seems impossible. But the truth is there are numerous resources and organizations available to help make it happen.

Brush says, “People are often surprised by the amount of resources available to caregivers. And all you have to do is call.”

Services provided by SVCOA include:

- Access to respite care including grants to help cover associated costs
- Access to senior companions to keep loved ones company or accompany them on errands, appointments or to grab coffee
- Access to homemaking support to assist with household tasks including laundry, taking out the garbage, cooking, and light housekeeping
- Caregiver education classes and support programs

Brush notes they can also assist caregivers in connecting with other agencies that provide services beyond SVCOA’s scope.



### Care for those who care for children

In recent years, more and more older adults and extended family members are filling the role of caregiver to young children and even infants. While the demands of caring for children are often different than those of caring for an aging adult, the risk of burnout is just as real. “That’s why we developed the Kin Care Group,” says Linda Darlington, Family Support worker with UCS. “The group brings together individuals who have custody of children from within their family. In addition to sharing their experiences, the group directs them to resources to help them care for themselves as well as the child in their charge. It’s important for care providers in this situation to know that others are facing the same challenges and that support is available.” +

### Help is here

Local resources for caregivers:

#### VT:

**Southwestern Vermont Council on Aging**  
802-442-5436 | HelpLine: 800-642-5119 | svcoa.org  
InterAge Adult Day Program,  
Second Thursday of every month: 2:30-3:30 p.m.  
Bennington Project Independence,  
Last Tuesday of each month: 1:00-3:00 p.m.

#### Kin Care Group

413-884-5589 | kincare@ucsvt.or  
Meet via Zoom the last Thursday of every month, 6:30-8 p.m.

#### MA:

#### Elder Services of Berkshire County

413-499-0524 | esbci.org  
Meet the fourth Tuesday of every month at the Mary Spitzer Senior Center in North Adams, 1 p.m.

#### NY:

#### NY Connects

518-270-2730

# VAPING

## The hidden danger in plain sight

**T**hese days, it's hard to go anywhere and not encounter someone using a vaping device.

Often called “e-cigs,” “jules,” “vapes,” “vape pens,” and “ENDS” (electronic nicotine delivery systems), these battery-operated devices deliver nicotine, flavorings, and other chemicals in the form of an aerosol that users inhale.

While vaping devices may look harmless—some are even designed to look like everyday objects including pens, USB drives, watches, and markers—the risk they pose is very real and especially dangerous for youth.

**Nearly 5% of students of Mount Anthony Middle School students reported using vape products in the last 30 days.**

*Source: ACT 2021 Core Measures Survey*

### Danger in disguise

According to Dare Chammings, director of the Alliance for Community Transformations (ACT) in Bennington, “Vape products are very deceiving. Teens get drawn in by the cool factor of vape tech, and vape juice comes in flavors including cotton candy, cake, and fruit. But what we’ve found is that over 50% of teens don’t realize that e-cigarettes contain nicotine.”

Given this lack of understanding, Chammings says, “It’s important for parents and other caring adults to lean on local prevention programs, school counselors, and even online resources to educate themselves and, in turn, their teen.”

### Vape facts

While vaping isn’t good at any age, it poses a particular risk for teens with developing brains. Research shows that when added to a developing brain, nicotine can reduce impulse control, contribute to mood disorders, and negatively affect attention, planning, and decision-making abilities. It also impacts the heart by increasing blood pressure, causing palpitations and sweating.

In addition, the aerosol found in vape products contains potentially harmful chemicals. These include flavoring such as diacetyl, a chemical linked to a serious lung disease; volatile organic compounds such as benzene, which is found in car exhaust; and heavy metals like nickel, tin, and lead, all of which are drawn into the lungs when using a vape.

Not surprisingly, vape-related lung injuries are common. In some cases, users develop permanent

While vaping isn’t good at any age, it poses a particular risk for teens with developing brains.

scarring of tiny air sacs in the lungs—called ‘popcorn lung’—an irreversible condition that leads to frequent coughing, wheezing and shortness of breath.

### Talking to your teen about vaping

While conversations with teens often include eye rolling and sighing, the truth is they do listen to and care what their parents think.

“The most important thing,” says Alice Abraham of The Collaborative, based in Londonderry and serving Bennington County, “is to have the conversation. There are a lot of misperceptions out there about vaping. Talking to your kids is the best way to ensure they know the facts.”

Abraham suggests parents keep conversations casual. She says, “Seize everyday moments, like car rides to music lessons or sports practices. Ask open-ended questions and listen carefully before responding. Ask what they think is in the vaping devices. A lot of teens are under the impression that vaping is an appetite suppressant and can boost their mood and energy levels. Neither is true.”

She encourages caring adults to share facts that might get kids to think twice about vaping. “Try pointing out that big tobacco is targeting them with flavors. Or, that many of the devices are high in poisonous metals that can harm their developing brains. You want to engage the youth in critical thinking. You want them to appreciate that vaping does actual harm to their bodies and that harm may be permanent.”

Abraham also notes that talking about vaping isn’t a one-and-done kind of thing. “The devices and marketing keep evolving. When you see a window to naturally bring up the topic, you should seize it.”+

### Here to Help

The following organizations offer information and advice that can help parents navigate talking to teens about vaping and offer help for quitting.

#### VT:

**Statewide:**  
802Quits (support & classes)  
802quits.org

FreshStart (online workshop)  
myhealthyvt.org

Mylifemyquit.org (confidential  
texting with online coach)

Truthinitiative.org  
(age-specific information)

#### Bennington:

Alliance for Community  
Transformations (ACT)  
info@actbennington.org  
actbennington.org

#### Wilmington:

Deerfield Valley Community  
Partnership  
802-464-2202

#### Londonderry (covering

Bennington County):  
The Collaborative  
802-824-4200  
thecollaborative.us

#### MA:

**North Adams:**  
Northern Berkshire  
Community Coalition  
413-663-7588  
nbcoalition.org



# Make sure you're there for life's big moments

## Schedule a screening today

The list of things we look forward to in life is long—weddings, graduations, retirement, grandchildren, and on, and on. But getting to experience all the things we look forward to requires doing something no one looks forward to: a colonoscopy.

Before you say “not me,” consider this:

More than 53,000 people are expected to die of colon cancer this year. Half of those people who die of colon cancer could have been spared if only they received their colonoscopy at age 45.

So, if you want to be there for life’s big moments, take the small step of scheduling a colonoscopy.

### Are you above average?

If you check any of the boxes below, you are considered above average risk for colon cancer and should speak to your doctor about your screening schedule:

- A personal history of colorectal cancer or certain types of polyps
- A family history of colorectal cancer
- A personal history of inflammatory bowel disease (ulcerative colitis or Crohn’s disease)
- A confirmed or suspected hereditary colorectal cancer syndrome, such as familial adenomatous polyposis (FAP) or Lynch syndrome (hereditary non-polyposis colon cancer or HNPCC)
- A personal history of getting radiation to the abdomen (belly) or pelvic area to treat a prior cancer

### Just the Facts

Colorectal cancer is the **second-leading cause of cancer deaths** in the U.S.

**1 in 23** men and **1 in 25** women will be diagnosed with colorectal cancer.

Colorectal cancer is preventable with screening.

**60%** of colorectal cancer deaths could be prevented with screening.

Colon cancer affects **men and women** equally.

Vermont’s colorectal screening rate is **71.8%**; we rank **15th** in the nation for the number of people screened.



### Why is a colonoscopy so important?

Colorectal cancer usually has no symptoms, making it tricky to diagnose. Colonoscopies allow doctors to detect and remove precancerous growths as well as detect cancer at an early stage, when treatment is usually less intensive and successful. The earlier a cancer is detected, the greater the chance of survival.

Tanya Cowder, director of Perioperative and Interventional Services at Southwestern Vermont Medical Center says, “From start to finish, you’ll be with us for about two hours. The procedure itself usually takes less than an hour. Patients are often surprised by how easy the entire experience is and are comforted by our staff, who take the time to explain the procedure, answer questions, and provide comfort, sometimes in the form of a warm blanket or simply staying by the patient’s side. At the end, you’re provided with discharge instructions, including pictures of your colon and any findings. About a week later you receive a

letter noting if you had any polyps removed, what type they were, and recommendations for when your next colon screening should be.”

### When should you have a colonoscopy?

The U.S. Preventive Services Task Force recommends that men and women of average risk for colorectal cancer begin screening starting at age 45. If your colonoscopy doesn't find any signs of cancer, you should have the exam again in 10 years. However, if you are above average risk (see box), or you're between 76 and 85, talk to your doctor about how often you should be screened.

### Why you shouldn't wait

Roughly one in 100 people are destined to get colorectal cancer in their lifetime even with no family history. To be sure colorectal cancer doesn't keep you from being there for all of life's big moments, talk to your doctor about scheduling a screening. +

Praise from colonoscopy patients at Southwestern Vermont Medical Center:





# Healthy heart, happy life

## 8 ways to boost your heart health

The human heart is an amazing thing. On an average day, your heart beats about 100,000 times. That adds up to 35 million beats per year and somewhere around 2.5 billion beats in an average lifetime.

Every one of those billions of beats ensures all the organs and systems in your body get the oxygen and nutrients they need to function. Every hour of every day, your heart is working hard to keep you well. Which begs the question: what are you doing to keep your heart well?

### Small changes can make a big difference

Heart disease is the leading cause of death for both men and women in the United States. But, according to Dr. Scott Rogge, Medical Director of SVMC Cardiology, “There’s actually a lot you can do a lot to lower your odds of getting heart disease. Even a few small changes can improve your health and, possibly, save your life.”



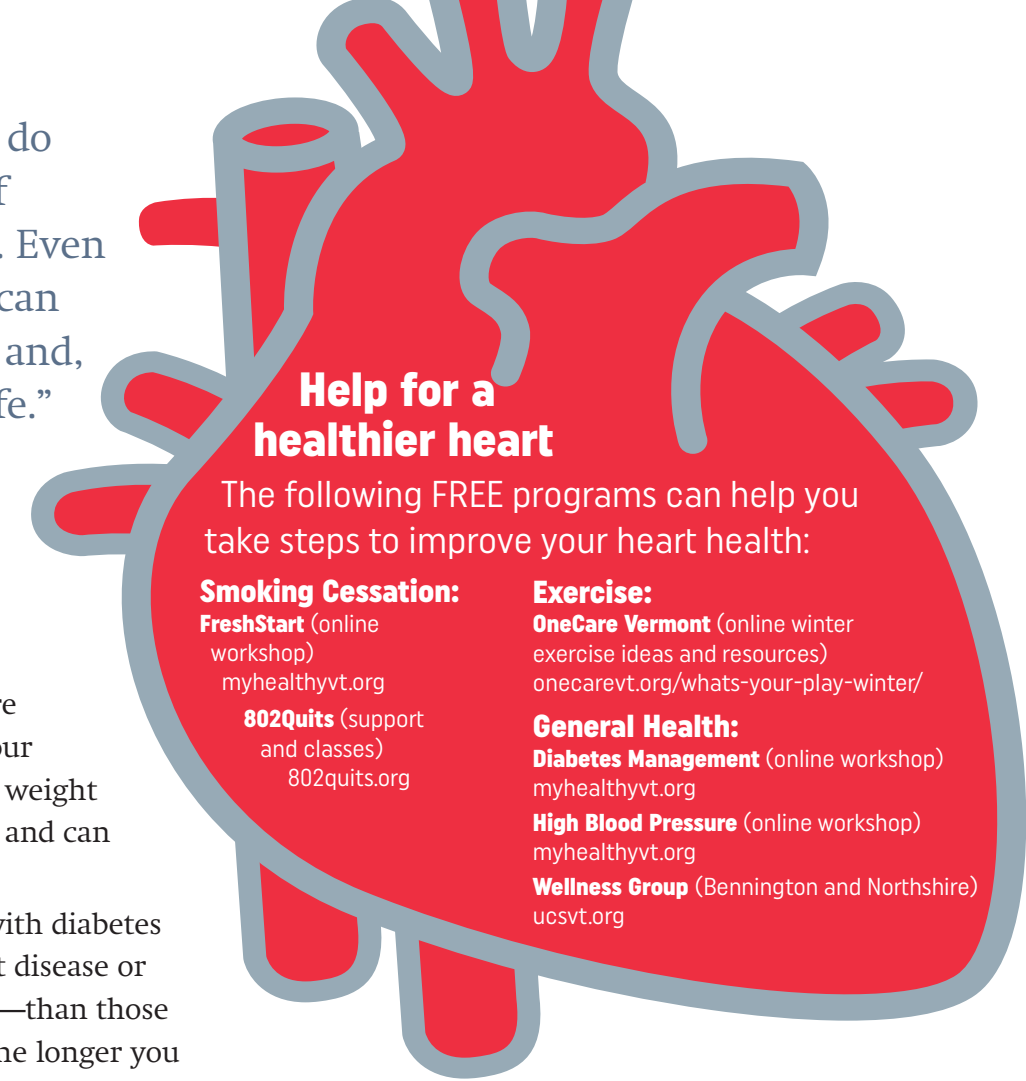
### 8 ways to start lowering your risk of heart disease today

- 1. Quit smoking.** If you smoke, quit. Smokers are more than twice as likely to have a heart attack as nonsmokers, and more likely to die if they have a heart attack.
- 2. Take control of your blood pressure.** Hypertension, or high blood pressure, is the most common heart disease risk factor. More than 50 million Americans have it. While some people require medication to control their blood pressure, others can lower their numbers (and risk of heart disease) through exercise and diet.

“There’s a lot you can do to lower your odds of getting heart disease. Even a few small changes can improve your health and, possibly, save your life.”

– Scott Rogge, MD, FACC  
Medical Director of SVMC Cardiology

- 3. Get to a healthy weight.** The more weight you carry, the harder your heart has to work. Losing extra weight lightens the load on your heart and can help you lower blood pressure.
- 4. Stay on top of diabetes.** People with diabetes are twice as likely to have heart disease or a stroke—and at a younger age—than those without diabetes. In addition, the longer you have diabetes, the more likely you are to develop heart disease. If you have diabetes, follow your doctor’s advice for controlling your condition.
- 5. Rein in your rage.** Studies have shown that people who are angry more frequently and more intensely are at higher risk for heart disease and heart attacks. If you have trouble managing stress and anger, talk with your health care provider about strategies for controlling your emotions and your risks.
- 6. Get moving.** As a muscle, your heart needs exercise to stay strong and perform well (remember: 2.5 billion



### Help for a healthier heart

The following FREE programs can help you take steps to improve your heart health:

#### Smoking Cessation:

**FreshStart** (online workshop)  
myhealthyvt.org

**802Quits** (support and classes)  
802quits.org

#### Exercise:

**OneCare Vermont** (online winter exercise ideas and resources)  
onecarevt.org/whats-your-play-winter/

#### General Health:

**Diabetes Management** (online workshop)  
myhealthyvt.org

**High Blood Pressure** (online workshop)  
myhealthyvt.org

**Wellness Group** (Bennington and Northshire)  
ucsvt.org

beats per lifetime). A lack of exercise can weaken the heart and lead to heart disease. The American Heart Association recommends 30 minutes of physical activity a day five days a week to improve heart health and reduce heart disease risk. Check with your doctor before starting a new exercise program, especially if you aren’t active now.

**7. Eat for heart health.** Food is fuel for your body and heart. Certain foods can keep your body running smoothly while others can literally gum up the works. A diet of nutrient-rich foods such as fruits and veggies, whole grains, lean poultry and fish can help keep your heart (and body) performing at its best.

**8. Check your cholesterol regularly.** Keep your cholesterol numbers in the optimal range and discuss with your provider if medication is appropriate. +

# Recovery is **within reach**

## Living a life without alcohol begins with the right resources and support


**R**alph Bennett does not shy away from his past or his present. Currently in long-term recovery from a substance use disorder (SUD), Bennett admits, “I was a big drinker for years. But there came a point when I realized that what I thought was helping me through my problems was actually contributing to them.” And so began his recovery journey.

Now, as the Emergency Department Supervisor for the Bennington Turning Point Center, Bennett works with other individuals looking to begin or continue navigating their own path to recovery.

“What I know from personal experience is that everyone’s recovery is different. What works for one individual won’t necessarily work for another,” he says, “Which is why we aim to meet every individual exactly where they’re at and find an approach that will move them toward their goals, whatever they might be.”

Julea Larsen, the organization’s executive director—and another individual in long-term recovery—notes there’s more to recovery than simply deciding not to drink. “A SUD isn’t a matter of choice or a character flaw. It’s a diagnosable ailment that can be treated with a medical plan. The key is determining which treatment approach is best for each individual.”

In addition to determining a treatment approach, Turning Point staff, which includes a team of recovery coaches, works to remove any obstacles to success. “Our recovery coaches provide emotional support and help individuals explore their feelings and motivations and guide them through treatment. Plus, they work with different agencies



“I was a big drinker for years. But there came a point when I realized that what I thought was helping me through my problems was actually contributing to them.”

–Ralph Bennet  
Emergency Dept. Supervisor,  
Bennington Turning Point  
Center

and organizations in the community to resolve issues related to everything from food and housing to medication and childcare, and so on,” say Larsen. “Our aim is to reduce the number of hurdles of daily living so that the person can put their energy towards recovery. We work with them every day on every step, as long as needed, to get them where they want to be.”



Genetic factors account for  
**50%** of the underlying  
reasons for  
alcohol use  
disorder.

Source: National  
Institute on  
Alcohol Abuse and  
Alcoholism

“MATs (medication assisted treatments), like naltrexone, diminish cravings and blunt the high from alcohol. The lack of cravings makes the withdrawal experience a bit more bearable and reduces the risk of relapse.”

–Todd Salvesvold, RN, MA  
Vermont Blueprint for Health

### Treatment that works for the individual

In the same way that a lot of different factors can drive an alcohol use disorder, there are a lot of different ways to treat it.

According to Todd Salvesvold, RN, MA, with the Vermont Blueprint for Health, which designs community-led strategies for improving health and well-being, “Most people think there’s one way to treat alcohol abuse: detox, followed by rehab, and then a support program like AA. While that approach still works for many, there are other options.”

One of the most effective options Salvesvold has seen is medication assisted treatment (MAT) and therapy. Offered locally through SaVida Health, he says, “MATs, like naltrexone, diminish cravings and blunt the high from alcohol. The lack of cravings makes the withdrawal experience a bit more bearable and reduces the risk of relapse. Plus, MAT doesn’t require admission to an inpatient program.”

Salvesvold acknowledges that, depending on the scale of the disorder, some individuals may require medically observed detox or even rehab. “Fortunately, there are local options for that level of care, and MAT can be a part of the continued care plan.”

As Salvesvold notes, “There are a lot of paths to long-term sobriety, but the first step to all of them is recognizing you’re ready to try and raising your hand for help.”+



### Help is Here

If you or a loved one is ready to take the first step toward healthier living, the following organizations can help.

#### VT:

##### Bennington:

The Turning Point Center  
802-442-9700 | tpcbennington.org  
SaVida Health  
802-448-5105 | savidahealth.org  
United Counseling Services  
802-442-5491 | ucsvt.org

##### Manchester:

United Counseling Services  
802-362-3950 | ucsvt.org

#### MA:

##### Williamstown:

The Brien Center  
413-458-9050 | briencenter.org

# Milestones matter

## Trusting your instincts and finding help for your child

**W**atching your baby grow and learn to do new things is an exciting time. It also provides the chance to make sure your child's development is on track.

While most babies reach developmental milestones around certain ages (see box, right), some may take longer. In many instances, the delay is simply that: a delay. But in other cases, the delay may signal a bigger issue.

“The important thing for parents to realize is that most developmental delays aren't permanent,” says Jennie Moon, program coordinator of Children's Integrated Services (CIS) Early Intervention in Bennington. “Many children just need a little extra attention and effort to help them catch up with fine motor skills, speech, or other things. The important thing is to get the support they need as early as possible. Intervention is most effective when it's done early and during the most critical time of development.”

### Getting the help your child needs in a way that works for you

In a typical day, Moon and her colleagues meet with 35 families, either in their homes, at the CIS offices in downtown Bennington, or even at local coffee shops. “Wherever works best for the family,” says Moon.

“We currently work with about 180 children ranging from birth to age 3,” says Moon. “Sometimes a worried

mom or dad will call or we might get a call from a family doctor asking us to assess how a child is doing. As specialists in childhood development, we look at how a child is doing in all aspects of development. We do an initial hour-or-so long assessment that covers speech, visual engagement, play skills, hearing, and even lactation. From that assessment, we make recommendations on what kind of intervention might help the child progress. The great news is that many of the services we recommend are available at no cost to the family.”

### Caring that works for the whole family

Even in the best of circumstances, parenting is hard work. “Which is why,” says Moon, “we do everything we can to make it easy for parents to access the services their



“The great news is that many of the services we recommend are available at no cost to the family.”

–Jennie Moon



### Milestones to watch for between 0-3 years of age

**3 months:** Turn their head towards bright color and lights, move both eyes in the same direction together, recognize bottle or breast, react to sudden sounds and voices, make cooing sounds, make fists with both hands, grasps toys or hair, wiggle and kick arms and legs, lift head and chest when on stomach, smile

**6 months:** turn toward the source of normal sound, reach for objects and pick them up, switch toys from one hand to the other, play with their toes, help hold bottle during feeding, recognize familiar faces, babble

**12 months:** sit without support, pull to standing position, crawl, drink from a cup, play peek-a-boo and patty cake, wave bye-bye, hold out arms and legs while being dressed, put objects in a container, stack two blocks, use three or more words consistently

**18 months:** like to push, pull, and dump things; follow simple directions; pull off socks, shoes and mittens; like to look at pictures; feed themselves; make marks on paper with crayons; walk without help; consistently uses seven or more true single words

**By 2 years:** use 2–3-word sentences, say names of toys, recognize familiar pictures, carry something while walking, feed themselves with spoon, play independently, turn 2–3 pages at a time, imitate their parents, identify body parts (hair, nose, ears, eyes) by pointing, stack four blocks, show affection

**By 3 years:** use 3–5-word sentences, put on shoes, walk upstairs alternating feet, ride a tricycle, open doors, turn one page at a time, play with other children for a few minutes, repeat common rhymes, name at least one color correctly, are toilet trained

child might need. We fill out paperwork, coordinate rides, assist with contacting local resources for safety gates, cabinet locks, and even a spare tire if needed! The goal is to give every child the best start possible so that they can reach their full potential.”

Moon adds, “If you have questions about your child's development, trust your instincts; you know your child best. Talk to your pediatrician or reach out to CIS. Getting the help your child needs is easier than you realize and can make a world of difference for the rest of their life.” +

### Assessments & Support

Contact CIS Intake Coordinator Kelly Belville at **Sunrise Family Resource Center** to learn more about services including developmental screenings, specialized childcare, early intervention, nursing, early childhood mental health, and family support.

Towns serviced include Arlington, Bennington, Bondville, Dorset, Landgrove, Manchester, North Bennington, Peru, Pownal, Readsboro, Rupert, Sandgate, Searsburg, Shaftsbury, Stamford, Sunderland, Winhall, and Woodford.

802-442-6934; sunriseppcc.com



# Think **F.A.S.T.**

## How to spot a stroke— and potentially save a life

**S**troke is the leading cause of disability and the fifth cause of death in the United States today. The most serious consequences can be prevented with prompt treatment.

A stroke comes without warning and can happen to anyone of any age or gender. During a stroke, every second matters. Fast treatment can lessen the damage to the brain. Treatments work best when the stroke is recognized and diagnosed within 3 hours of the first symptoms.

Learning to recognize the signs and calling 911 immediately can help prevent the damaging, or even fatal, effects of a stroke.

### Know the signs

To check for the most common symptoms of a stroke in yourself or others, think F.A.S.T.

**F=FACE** Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?

**A=ARMS** Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

**S=SPEECH** Is speech slurred? Ask the person to repeat a simple phrase to check for slurred speech.

**T=TIME TO CALL 911** If the answer to ANY of these questions is "yes," call 911 immediately and write down the time when symptoms first started.

It's important to not waste time calling a doctor or driving the person to the ER. The ambulance workers can assess the care needed and determine best place for care.

## Stroke Stats

Nearly **25%** of strokes occur under the age of 65.

The risk of stroke **more than doubles** each decade after the age of 55.

Around **25%** of people who recover from their first stroke will have another within 5 years.

**80%** of strokes are preventable.

## Stroke Prevention is Possible

According to the Centers for Disease Control, 80% of strokes can be prevented through the following actions:

- Keep your blood pressure in check
- Exercise five times a week
- Quit smoking
- If you have diabetes or atrial fibrillation, work with your doctor to keep it under control
- Maintain a healthy weight
- Limit alcohol

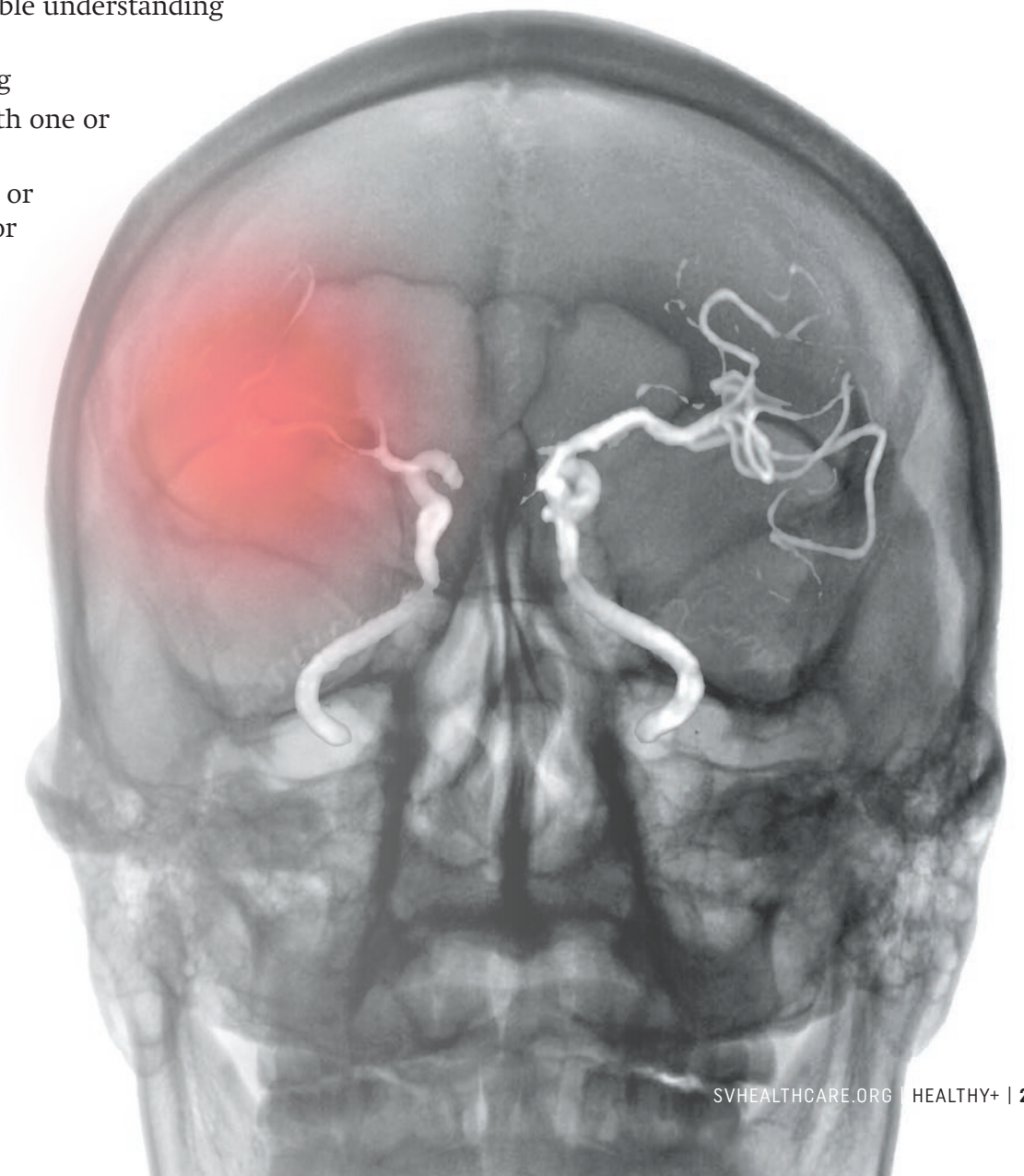
### Other symptoms worth noting

While the face, arm and speech symptoms noted above are the most common indicators of a stroke, other sudden changes that could indicate a stroke include:

- Numbness or weakness in your face, arm, or leg, especially on one side
- Confusion or trouble understanding other people
- Difficulty speaking
- Trouble seeing with one or both eyes
- Problems walking or staying balanced or coordinated
- Dizziness
- Severe and sudden headache

If your symptoms go away after a few minutes, you may have had a transient ischemic attack (TIA), or "mini stroke." While TIAs may pass quickly, they can be a sign of a serious condition that will not go away without medical help. If you or someone else experiences these sudden symptoms, call 911. +

Learning to recognize the signs and calling 911 immediately can help prevent the damaging, or even fatal, effects of a stroke.



# Delicious meets healthy

Next time you're trying to think of an easy healthy side dish or soup to warm you on a winter's night, think **orange**.

**I**nexpensive and readily available all year round, there's more to carrots than their crunch. Packed with vitamins and minerals and a natural immune booster, this versatile veggie is the perfect food choice during flu season.

The two recipes that follow offer a simple and delicious way to make the most of the flavor and nutritional value of carrots. And who knows, they might just make veggie lovers out of even your pickiest eaters. +

## Honey Glazed Roasted Carrots

Serves 4

### Ingredients

- 8 carrots, peeled
- 2 tablespoons butter, melted
- 2 tablespoons honey
- Salt
- Pepper
- Oil, butter, or cooking spray (for baking sheet)
- Handful of parsley, chopped (optional)

### Directions

1. Preheat oven to 425°F.
2. Line a baking sheet with aluminum foil and spray with cooking spray or drizzled oil. Set aside.
3. Slice washed carrots into thirds and slice again vertically so that they are all the same size.
4. In a small pan, melt butter and honey. Simmer 2 minutes or until smooth. Pour over carrots. Season with salt and pepper. Sprinkle with chopped parsley if desired.
5. Place on baking sheet and roast for 15-20 minutes or until carrots are tender.
6. Sprinkle with parsley and serve warm.



## Regional Food Banks and Resources

### VT:

#### Arlington:

Arlington Food Shelf | 802-375-6328

#### Bennington:

Beth El | 802-442-9645

Bible Baptist Church | 802-447-3618

BROC Food Shelf | 802-447-7515

Commodity Supplemental Food Program | 802-214-4648

GBCS Kitchen Cupboard | 802-447-3700

Green Mountain Christian Center | 802-447-7224

Harvest House Soup Kitchen | 802-447-4739

Meals on Wheels of Bennington | 802-440-5436

Sacred Heart Saint Francis de Sales, HIS Pantry | 802-442-1720

Second Congregational Church | 802-442-2559

Shires Housing/SASH | 802-442-8139

Southern Baptist Disaster Relief | 603-504-4955

Southwestern Vermont Council on Aging | 802-786-5990

#### Deerfield:

Deerfield Valley Food Pantry | 802-464-0148

#### Manchester:

Community Food Cupboard | 802-362-0057

#### North Bennington:

St. John the Baptist Church | 802-447-7504

North Bennington Baptist Church | 802-442-2711

#### Pownal:

Pownal Food Pantry | 802-440-0217

#### Shaftsbury:

Shaftsbury United Methodist, The Carpenter's Shop | 802-442-5893

#### MA:

#### North Adams:

Berkshire Food Project | 413-664-7378

#### NY:

#### Hoosick Falls:

HACA Food Pantry | 518-686-5163  
hoosickhaca.org



## Vegetarian Carrot Ginger Soup

Serves 4

### Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 cup chopped yellow onions
- 2 garlic cloves, smashed
- 2 heaping cups chopped carrots
- 1½ teaspoons grated fresh ginger
- 3 to 4 cups vegetable broth
- 1 tablespoon seasoning salt
- 1 teaspoon maple syrup or to taste (optional)

### Directions

1. Heat the olive oil in a large pot over medium heat. Add the onions and seasoning. Cook until softened. Add the smashed garlic cloves (they'll get blended later) and carrots to the pot and cook about 8 minutes more, stirring occasionally.
2. Stir in the ginger and broth. Reduce to a simmer and cook until the carrots are soft, about 30 minutes.
3. Let cool slightly and transfer to a blender. Blend until smooth. Taste and adjust seasonings. Add maple syrup, if desired.

# GBCS

## Where community members' needs are met

Depending on the day, depending on the individual, Greater Bennington Community Services (GBCS), is a lot of things to a lot of people. Some days it's a food bank offering everything from fresh produce, pasta, meat, and dairy, while other days it's a free health clinic providing flu shots and preventive screenings. But no matter the day or the need, it's always a place where individuals struggling to meet their basic needs can turn to find support and resources provided in a respectful and compassionate manner.

### The right resources, right when you need them

"Even in the best of circumstances, life is a challenge," says GBCS director Natalie Basil. "But for people living in or near poverty, the challenges are compounded. Our goal is to help minimize some of the challenges so that people can put their energy and efforts into finding ways to improve their situation and create a brighter future for themselves and their families."

## COMMUNITY PARTNER PROFILE

PHOTOS BY LORIANNA WEATHERS PHOTOGRAPHY

Toward that end, GBCS provides a number of resources at no cost to individuals in need. They include:

### The Kitchen Cupboard

The Kitchen Cupboard provides free food to individuals and families without restriction. Guests are welcome to visit once a week and make their own shopping choices (within the limits of availability).

#### The Kitchen Cupboard

121 Depot Street  
Bennington  
open:  
Tues 5:30–7:30 p.m.  
Thurs 10:00 a.m.–noon  
Sat 10:00 a.m.–noon

### The Dr. G. Richard Dundas Free Clinic (formerly the Bennington Free Clinic)

Providing care to uninsured adults 18 and over, who cannot otherwise afford health care, The Dr. G. Richard Dundas Free Clinic offers primary medical care, care coordination, prescriptions, and referrals. Staffed with volunteer doctors and nurses, the clinic also provides preventive screenings for conditions and



The Kitchen Cupboard provides free food to individuals and families without restriction.



diseases including breast and cervical cancer, diabetes, and heart disease, as well as smoking cessation programs.

Note: Space is limited, and appointments are required. You can make an appointment by calling us at (802) 447-3700 x1 or emailing [info@gbicsbennington.org](mailto:info@gbicsbennington.org).

#### The Dr. G. Richard Dundas Free Clinic

121 Depot Street  
Bennington  
open:  
Tues 6–9 p.m.  
Thurs 10 a.m.–noon  
Sat 10 a.m.–noon

### Emergency Needs Fund

The Emergency Needs Fund is intended to help low-income families in southern Vermont experiencing a financial crisis bridge the gap until they are on their feet again. Funds may be used to pay for shelter (including rent or mortgage payments), heating oil, utilities, and household expenses. The Fund is available to residents of the following communities:

Bennington | North Bennington | Glaxtonbury Pownal | Readsboro | Searsburg  
Shaftsbury | Stamford | Woodford  
Applications are available at the GBCS office at 121 Depot Street, Bennington.

### Molly Stark Oral Health Clinic

In conjunction with the Bennington Oral Health Coalition, GBCS provides free dental treatments for children between the ages of 3-11 who attend Molly Stark Elementary School. Operating out of an office at the school, a local dentist and hygienist provide services including dental exams, X-rays, cleanings, fluoride varnishes, and dental sealants. +

#### Molly Stark Oral Health Clinic

181 Orchard Road  
Bennington  
for hours, email  
[info@gbicsbennington.org](mailto:info@gbicsbennington.org)





**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 01201

**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  
413-669-7378  
134 Main St., North Adams, MA 01247

**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 05201

**Bennington Housing Authority**

Administrates Section 8 and provides affordable rental properties.  
802-442-8000  
benningtonhousingauthority.org  
22 Willowbrook Dr., Bennington, VT 05201



**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 05201

**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  
136 North St., Bennington, VT 05201

**Shires Housing**

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

802-442-8139  
shireshousing.org  
307 North St., Bennington, VT 05201

**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  
224 Melrose St., Brattleboro, VT 05301

**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 05302

**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 05301



Windham and Windsor Housing Trust

**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  
226 Warren St., Glens Falls, NY 12801

**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 12866

**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 12801

**RENSSELAER COUNTY**

**City Mission of Schenectady**

Provides shelter to homeless men, women, and children.

518-346-2275  
citymission.com  
311 Clinton St., Schenectady, NY 12305

**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 12208

**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 12210

**Joseph's House and Shelter**

Provides non-judgmental services to end homelessness.

518-272-2544  
josephshousectroy.org  
74 Ferry St., Troy, NY 12180

**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  
unityhouse.ny.org  
2431 Sixth Avenue, Troy, NY 12180

**BERKSHIRE COUNTY**

**Berkshire Community Action Council**

Provides weatherization support and fuel assistance

413-663-3014  
bcacinc.org  
85 Main St., 2<sup>nd</sup> Floor, North Adams, MA 01247

**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 01201

**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 01247

**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



Berkshire Family YMCA

**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 05201

**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 05201



Sunrise Family Resource Center

**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 05201



**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 05201  
5312 Main St., Manchester, VT 05255

**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 05201

**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 05201



Big Brothers Big Sisters

**Big Brothers Big Sisters**

Providing youth with 1-1 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 05201

**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 05201



**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 05302

**Boys and 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 05301

**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 05301

**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 12304

**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 12828

**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 12828

**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 12801

**RENSELAER 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 12077

**Southern Rensselaer County Family Resource Center**

518-694-9915  
ceoempowers.org  
1641 Third St., Rensselaer, NY 12144

**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 12144

**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., 2<sup>nd</sup> floor, Troy, NY 12180

**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 12110

**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 12210



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

CHILD CARE OF THE BERKSHIRES



Berkshire Family YMCA

**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 01201

**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 01247

**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 01201

**Berkshire Family YMCA**

Programming to build healthy spirits, minds, and bodies for all.  
403-663-6529  
bfymca.org  
22 Brickyard Court, North Adams, MA 01247

**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 01201

**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 05201

**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  
bcjrj.org  
439 Main St., Suite 2, Bennington, VT 05201



The Collaborative's Refuse to Use program

**The Collaborative**

Community based substance abuse prevention coalition.  
802-824-4200  
thecollaborative.us  
91 VT-11, Londonderry, VT 05148

**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 05201

**Turning Point Center of Bennington**

Recovery center in Bennington County  
802-442-9700  
tpcbennington.org  
465 Main St., Bennington, VT 05201

**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 05201  
5312 Main St., Manchester, VT 05255

**WINDHAM COUNTY**

**Brattleboro Retreat**

Psychiatric and addiction hospital serving children, adolescents, and adults.  
802-257-7785  
brattlebororetreat.org  
1 Anna Marsh Ln, Brattleboro, VT 05302

**Turning Point of Windham County**

Peer-run recovery center  
802-257-5600  
turningpointwc.org  
39 Elm St., Brattleboro, VT 05301

**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 05301

**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 12893

**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 12839

**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 12839



**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 12302

**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 12208

**BERKSHIRE COUNTY**

**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 01201

**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 01247

# 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 health care system that provides exceptional, convenient, safe, and affordable care.

## VALUES

Quality | Empathy | Safety | Teamwork | Stewardship



The care you need, when you need it.



*SVMC ExpressCare* is open seven days a week without an appointment. They offer care for people of all ages with minor illnesses or injuries. That means that 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