

Healthy

Courtesy of Southwestern Vermont Health Care | Winter-Spring 2023 | vol 1 no 3

Suicide on the Rise

Find the help
and hope
you need



Hearty and
Healthy
Cold weather
recipes

Warming up to winter workouts

No-cost ways to stay fit in the cold



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Hello,



Pamela M. Duchene, PhD, APRN

As I write this letter, the campus of Southwestern Vermont Healthcare is abuzz with activity and the sounds of construction, as it has been for many months. Over the past year, buildings have come down, new entrances have been created, and the framework for the largest renovation in the hospital's 100+ year history is taking shape.

What's driving this project is our commitment to providing the best possible care to the people we serve. When completed in July of 2024, the result will be a state-of-the-art emergency department designed to accommodate the volume of patients seen, integrate the latest technology, and provide dedicated space for the most pressing services.

At the top of the list of emergency services needing more space and attention is mental health. As you'll read in the article on page 4, there's a mental health crisis gripping our community and nation. We are keenly aware of the drivers of these issues and are working hard to care for individuals in need of help and to connect them with the proper services.

Falling under the umbrella of mental health is the ongoing problem of substance use disorders (SUDs). On page 6, we've included a story on interventions featuring helpful insights from our community partners at The Turning Point. It's our hope that by sharing this information and the resources available in our community to help individuals and those who care for them, we can help head off SUDs and other issues before they escalate to the level of needing emergency services.

I invite you to read the stories that follow and to share them with friends and family who may benefit from the information.

Yours in good health,

Pamela M. Duchene, PhD, APRN

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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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Winter Exercise

See p. 18 for tips for staying active during the cold winter months.



More than a grain of salt

The average American's sodium intake comes from:

- 70%+ processed and restaurant foods
- 11% added while cooking and eating
- 14% occurs naturally

Source: American Heart Association

See p. 12 for information on reducing salt in your diet.



Ladies, the risk is real.

About 85% of breast cancers occur in women who have no family history of breast cancer.

Source: BreastCancer.org

See p. 10 to find out where you can get a screening.

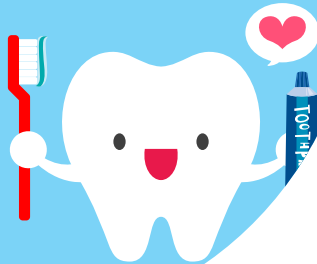
Big mouth problems for little ones

Tooth decay is the single most common chronic childhood ailment and is:

- 5X more common than asthma
- 7X more common than hay fever

Source: The Surgeon General's Report on Oral Health

See p. 16 for tips on preventing cavities in kids and teens.

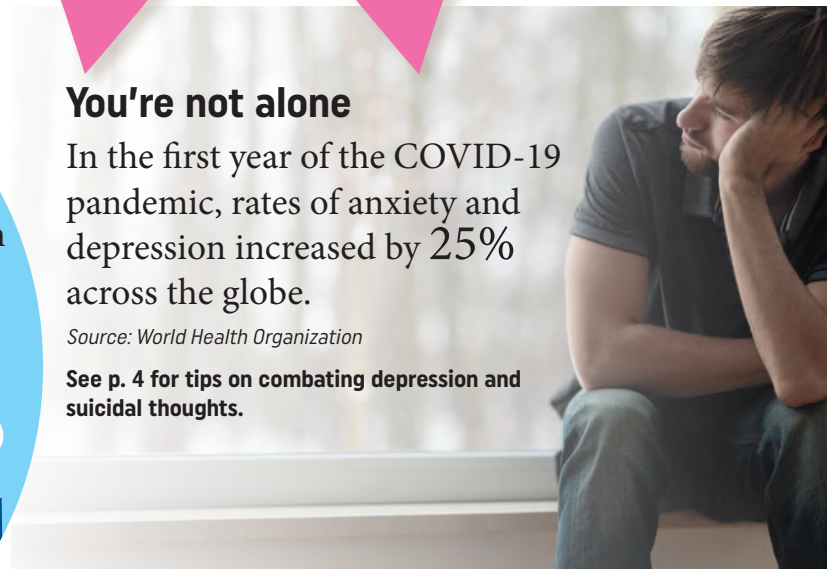


You're not alone

In the first year of the COVID-19 pandemic, rates of anxiety and depression increased by 25% across the globe.

Source: World Health Organization

See p. 4 for tips on combating depression and suicidal thoughts.



Trouble at hand

1 in 27 teens reports abusing cough medicine to get high.

Source: National Institute on Drug Abuse at the National Institutes of Health

See p. 9 for more on commonly misused over-the-counter medicines.



Turn the table on diabetes

About 9 in 10 cases of type 2 diabetes in the U.S. can be avoided by making lifestyle changes.

Source: Harvard T.H. Chan School of Public Health

See p. 20 to learn how to reduce your risk.



EXTRA:

The average American gains 1 to 2 pounds in the winter months.

Source: National Institutes of Health

See p. 18 for ideas on how to stay active and keep pounds at bay.



A person is sitting on a ledge, looking out at the world. They are wearing a dark jacket and jeans, and their legs are crossed. The background is a bright, hazy sky.

You v. the World

Reclaiming control of your life through connection

Find your people

If you have specific challenges, connecting with others dealing with similar circumstances can be extremely helpful. Here are just a few organizations that offer opportunities to engage with others in a safe and supportive environment:

AIDS Crisis Line | 1-800-221-7044

Al-Anon | Al-anon.org

Co-Dependents Anonymous | coda.org

LGBT National Hotline | lgbthotline.org

National Alliance on Mental Illness | Nami.org

National Domestic Violence Hotline | thehotline.org

National Eating Disorders Hotline | nationaleatingdisorders.org/help-support/contact-helpline

Queer Connect | queerconnectbennington.com

TransLifeline | translifeline.org

For additional resources and support near you, see p. 32.

Suicide has long been a growing concern in the US. According to the Center for Disease Control and Prevention, suicide rates have increased 31% over the past 20 years. Closer to home, the number is even more concerning as the rate of completed suicides in the state of Vermont is 30% higher than the rest of the country.

According to Katie Barody, a licensed clinical mental health counselor based in Arlington, VT, “While people complete suicide for a variety of reasons, there’s often a common theme to their decision: an unrelenting sense of powerlessness and hopelessness.”

Breaking points years in the making

While a suicide may often appear to be triggered by a single event—loss of employment, a breakup, trauma,

“COVID alone didn’t cause a mental health crisis; rather, it simply added fuel to an already very well-burning fire.”

– Katie Baroody, LCMHC, NCC



or a financial crisis—it’s more likely the result of an ongoing issue or even lifelong circumstance.

Baroody says, “There are a tremendous number of social and economic factors that impact the quality and trajectory of an individual’s life. Things like a lack of equitable access to education, affordable healthcare, and childcare along with concerns about physical safety and financial security. Add to that the impact of mental health diagnoses, racism, homophobia, abuse, and other traumas. This all negatively contributes to the sense of not being in control. That then leads to feelings of hopelessness for a positive, happy future.”

COVID’s compounding influence

According to the World Health Organization, the global prevalence of anxiety and depression increased by a massive 25% in the first year of the pandemic. But, as Baroody notes, “COVID alone didn’t cause a mental health crisis; rather, it simply added fuel to an already very well-burning fire.”

For those who already lived with a sense of a loss of control, the feelings only grew. And, most importantly, the loss of meaningful connections, which we all experienced, compounded the sense of isolation.

“COVID was very much a trauma which robbed us of the normal connections that provide some relief from stress and anxiety” says Baroody. “Now that it’s largely behind us, we need to reforge the connections that offer opportunities for hope.”

Finding hope through connection

Baroody says the best preventive measure for depression is connection with others.

“Forging connections with others can dramatically reduce feelings of loneliness, anxiety and depression,” she says. “It doesn’t have to be

a big deal. You can find groups on Facebook or Instagram with people with whom you share an interest—maybe a sports team or a musical artist—or maybe you just live in the same community. You can even use online forums to find people to meet with in person for a weekly walk or to share books at the library. Whatever it is and whatever the form, the goal is to genuinely engage with others. You’ll not only feel less alone, but you’ll also begin to feel valued, which can help to boost your overall mental health.”

If you or someone you love is experiencing suicidal thoughts, reach out to these free resources for help.

988 Suicide & Crisis Hotline

Available 24/7 via phone, text, and chat, 988 is a free and confidential service that connects individuals to trained crisis counselors who can help with suicidal thoughts, substance use, mental health crisis, and any other kind of emotional distress. Counselors can also help people worried about a loved one who may need crisis support. Dial or text: 988 | Visit: 988lifeline.org

Crisis Text Line | Text “DESERVE” to 741-741

Lifeline Crisis Chat

Live online messaging: suicidepreventionlifeline.org/chat/

National Hopeline Network

1-800-SUICIDE (800-784-2433)

Self-Harm Hotline

1-800-DONT CUT (1-800-366-8288)

Veterans Crisis Line

24/7, confidential crisis support for Veterans and their loved ones. You don’t have to be enrolled in VA benefits or health care to connect. Dial: 988 and press 1 | Text: 838255

Regional Crisis Lines

MA Emergency Services Program/Mobile Crisis

Intervention | Dial: 1-877-382-1609 and enter your zip code after the prompt.

NYS Crisis Text Line | Text: “Got5” to 741-741

VT Crisis Text Line | Text “VT” to 741741

United Counseling Services | 802-442-5491

INTERVENTION

Lived experience changes lives

You
are not
alone.

If someone you love is struggling with a substance use disorder (SUD), the first thing you should know is you are not alone. An estimated 20 million Americans have a SUD. Which means there are many millions more family, friends and even employers who are contending with the same emotions you may be feeling.

“Anxiety, fear, concern, a sense of being helpless or even lost ... this is how people often describe their feelings surrounding loving someone with a SUD,” says Ralph Bennett, Emergency Department Supervisor and Recovery House Project Coordinator at the Turning Point Center in Bennington. “By the time a family member or friend reaches out to us, their sense of frustration is often overwhelming. One of the first things I do is share the three Cs of Al-Anon, a support group for the loved ones of alcoholics, which really applies to all SUDs: I didn’t cause it, I can’t control it, and I can’t cure it. Then we talk about what can be done.”

Understanding intervention

While the ideal path to recovery begins with an individual recognizing they have a problem and seeking help, that’s rarely how SUD treatment unfolds. A more likely scenario, says Bennett, is an intervention.

A structured conversation between loved ones and an individual struggling with a SUD, an intervention can take place between the individual and one person or, more commonly, a group of concerned family members and friends who come together to openly and honestly to express their

concerns about the SUD and its impact. The aim is to help the individual with the SUD to recognize how their actions are impacting their life and relationships, the lives of others, and to offer a way out. But as Bennett emphasizes, “There’s a lot more to an intervention than coming together to talk.”

Planning for success

To be successful, an intervention must be backed up with some considered planning.

“The goal of an intervention is to get the person help,” says Bennett. “But you need to understand what’s involved in that undertaking. You can’t just drop them off at the doorstep of a rehab on a Tuesday night.”

The first step in readying someone for treatment is getting a medical clearance. This can be accomplished at the Emergency Department. Depending upon the individual’s condition, they may need to be hospitalized for a few days to see them through withdrawals or to improve their overall health. Alternatively, they may be prescribed “comfort drugs” to help them manage withdrawal while waiting for an opening at a treatment facility.

“It really falls to the family or friends conducting the intervention to do the necessary prep work, including figuring out where the individual will go for treatment,” says Bennett. “You also need to be clear about all the details including who is going to drive them to the ER, with whom will they stay with if they can’t get into a facility immediately, and so on. The last thing you want is to get

“The goal of an intervention is to get the person help. But you need to understand what’s involved...you can’t just drop them off at the doorstep of a rehab on a Tuesday night.”



–Ralph Bennett, Emergency Department Supervisor and Recovery House Project Coordinator, Turning Point Center

someone to agree to get help and then have people arguing about who is doing what. That’s not conducive to moving things forward.”

Choosing your words wisely

When advising individuals preparing for an intervention, Bennett emphasizes the need to be controlled and positive with your words. “It’s important to not be confrontive or accusatory. You want to be assertive, but you also want it to be clear that you’re speaking from the heart. It’s helpful to have specific examples of behaviors or actions that have caused harm. This may include their history of not showing up to work on Mondays, missed events, an accounting of money borrowed and not repaid, or even photos of damage they’ve caused. The purpose of this sharing is not to place blame but to illustrate how their choices are negatively impacting their relationships and quality of life overall.”

Bennett also cautions families and loved ones hosting the intervention to be prepared for resistance. “It’s not uncommon for the individual with the SUD to respond to an intervention with anger. You need to brace yourself for that. But don’t let their accusations or comments derail your effort,” he says. “It helps to anticipate their objections or reasons they won’t take responsibility for their behavior or actions. As best you can, come prepared with calm, rational response.

(continued)

Know the signs

Signs that someone is struggling with an SUD often include:

- **Secretive behavior**
- **Avoiding contact with family or friends**
- **Borrowing or stealing money**
- **Aggressive behavior**
- **Deterioration of physical appearance**
- **Lack of energy or motivation**
- **Problems at work or school**
- **Health issues**
- **Moodiness, irritability, nervousness, or giddiness**

The help you need to help a loved one

The following organizations can offer guidance for staging an intervention and other ways to help a loved one with an SUD.

MA:

North Adams:

Northern Berkshire Community Coalition

413-663-7588

nbccoalition.org

Williamstown:

The Brien Center

413-458-9050

briencenter.org

VT:

Bennington:

Turning Point Center, Bennington

802-442-9700

tpcbennington.org

SaVida Health

802-448-5105

svidahealth.org

United Counseling Services

802-442-5491

ucsvt.org

Londonderry:

The Collaborative

802-824-4200

thecollaborative.us

Manchester:

United Counseling Services

802-362-3950

ucsvt.org

Help for friends and family

Al-Anon Family Group (AFG), offers help and hope to anyone who is affected by an SUD in family members or a friend. AFG meetings are available seven days a week through a variety of electronic platforms and in-person as scheduled.

al-anon.org

Don't engage in arguments; stay the course and give everyone there who has chosen to speak their time to do so."

Making the ask, setting boundaries

The goal of an intervention is to ask a loved one to seek help immediately. As Bennett notes, this point must be non-negotiable.

"If he or she initially refuses help, do not make deals with them of any sort. 'If I do this will you



Medicaid makes treatment possible

Medicaid addiction treatment coverage is now accepted at many substance abuse treatment facilities across the country. Medicaid may or may not pay your full rehab treatment costs, but it can make treatment more affordable.

Coverage may include:

- Detox
- Addiction intervention
- Screenings
- Inpatient and outpatient care
- Mental health services

In most instances, there is no co-pay for drug and alcohol treatment. However, some states do require a co-pay. There will be a maximum co-pay that cannot be exceeded.

What if I'm not on Medicaid and don't have insurance?

It is possible for uninsured individuals who are not on Medicaid to receive Medicaid benefits for SUD treatment. Contact a financial counselor at SVMC for assistance (802-440-4083).

do this' type of conversation is just the individual trying to manipulate the plan. Stay consistent with your boundaries. In time they may reach out to you and accept the plan." He adds, "Remember, you can still go forward with family counseling or coaching and go to Al Anon. Your recovery can start regardless of your loved one's acceptance to do the same."

Don't wait for rock bottom

There is no right or wrong time to stage an intervention. Many people think interventions are only for people who've hit "rock bottom." But interventions are appropriate whenever someone begins to show signs of an SUD. It's rare that people worry without good reason. Stepping in sooner than later has the potential to change someone's choices and behavior, and positively impact their life.

"It's not uncommon for the individual with a SUD to respond to an intervention with anger. You need to brace yourself for that. But don't let their accusations or comments derail your effort. It helps to anticipate their objections or reasons they won't take responsibility for their behavior or actions. Come prepared with calm, rational response. Don't engage in arguments; stay the course and give everyone there who has chosen to speak their time to do so."

—Ralph Bennett, Turning Point Center

Over-the-counter doesn't always mean safe

There's more to America's substance abuse problem than just street drugs and prescription medications. Increasingly, over-the-counter (OTC) medications are being misused and abused with dangerous, and sometimes deadly, results.

Here's some of the most commonly misused OTCs:

- Cough Medicine
- Anti-diarrheal medication
- Sleep aids
- Allergy medication
- Pain relievers

Many people—especially teens—assume that OTC medicines are safer than street drugs because they're legal. However, misuse of OTCs can result in dangerous side effects, interactions with other substances or medications, and even physical dependence.

You can head off problems by getting rid of the drugs you don't need and keeping track of the ones you do.

If you notice signs of abuse, including taking medication when not unwell, taking more than recommended, behavioral changes or missing medications, reach out for advice on how to help. (See p. 30 for a list of local organizations that can help.)





It's about time

Early diagnosis is essential—schedule a mammogram

Whatever challenge stands between you and getting a mammogram—transportation, childcare, concerns about insurance—SVMC's Breast Health Nurse Navigator may be able to help.

One in eight women in the United States will develop breast cancer in her lifetime. While some breast cancer is found after symptoms appear, some women with breast cancer have no symptoms. Which is why getting a regular breast cancer screening is so important.

Time is of the essence

According to Seline Skoug, the Breast Health Nurse Navigator at SVMC, "Breast cancer that's found early is easier to treat. Regular screenings are key to finding breast cancer early, before symptoms develop."

Skoug notes that mammography is the most effective breast cancer screening tool today. "Mammograms are quick and non-invasive. I

“I encourage all patients to perform self-exams regularly and immediately reach out if they notice a change.”

—Jama Peacock, MD, SVMC Twin Rivers Medical Campus



can't overemphasize the ease and importance of mammograms. For most women, an annual screening is all that's needed." Another advantage of annual screenings Skoug notes is the fact that they allow doctors to compare pictures from year to year and catch potentially concerning tumors earlier.

A "no excuses" approach to mammography

Whatever challenge stands between you and getting a mammogram—transportation, childcare, or concerns about insurance—SVMC's Breast Health Nurse Navigator may be able to help.

"A big part of my job is working with women from Vermont, New York, and Massachusetts and doing whatever's necessary to make it possible for them to get a mammogram," says Skoug, "and, if necessary, any follow-up care. Screenings are too important to let solvable problems stand in the way. All you have to do is reach out.

Free breast cancer screening options

MA:

Free breast screenings are available for eligible, uninsured Massachusetts residents through the **Department of Public Health Care Coordination Program**.

877-414-4447

NY:

The NYS Cancer Services Program offers free breast cancer screening and diagnostic services for uninsured, eligible New Yorkers.

1-866-442-CANCER (2262)

VT:

You First Covers the cost of breast screenings and diagnostic follow-up for eligible Vermonters.

800-508-2222

Signs and symptoms of breast cancer

- A new lump or mass in the breast
- Swelling of all or part of a breast
- Skin dimpling (often described as looking like orange peel)
- Breast or nipple pain
- Nipple retraction (turning inward)
- Nipple or breast skin that is red, dry, flaking, or thickened
- Nipple discharge (other than breast milk)
- Swollen lymph nodes under the arm or near the collar bone

If you experience any of these symptoms, contact your healthcare provider.

The benefits of self-exams

Dr. Jama Peacock of SVMC Twin Rivers Medical Campus in Hoosick Falls, NY, notes that while mammograms provide the best view of what's actually going on within the breast, self-exams also have their role in detecting cancer early.

"Because women know their body best, it's not uncommon for patients to notice something is different when doing a self-exam," she says. "I encourage all patients to perform self-exams regularly and immediately reach out if they notice a change. It may be something you feel or it may be a change in appearance, say, a dimpling of the skin. An easy way to pick up on the latter is to lean over in the shower and look at your breasts. This method is particularly helpful for women with large breasts.

"Regardless of the change or how it's detected," says Peacock, "You should contact your doctor at once for follow-up."

Shake the **Salt** Habit

Tips for heart-healthy eating

According to the American Heart Association, about one in three Americans has high blood pressure, and a high-sodium diet may be to blame. Given that most people consume about 3,400 milligrams of sodium a day—more than twice the recommended sodium intake—it’s really no wonder.

The hidden dangers and sources of salt

SVMC registered dietitian Kristin Irace notes that, “Consuming too much salt, or sodium, causes the body to retain water which increases blood

pressure and puts an added strain on blood vessels and the heart. In addition to increasing your risk of heart disease, excessive sodium can contribute to stroke, heart failure, osteoporosis, stomach cancer, and kidney disease.”

Irace adds that while cutting salt sounds simple on the surface, it’s a lot trickier than you might think. “There’s a lot of hidden salt in food. Some of the surprising sources are bread, chicken breast, salad dressing, and even hot chocolate,” she says. “The key for anyone trying to limit their salt intake is to read labels—specifically the ‘% Daily Value’ information for sodium. You want to aim for products with no more than 15-20% per serving.”

Tips for holding the salt in your diet

There’s no question that salt is tasty which is why Irace advises against going “cold turkey.”

“Our tastebuds get used to a certain level of salt,” she says, “If you try to cut salt out completely, it’s likely you won’t enjoy the experience much. It’s better to go at it gradually. I suggest you start with a one-food-item-per-week approach. When you go to the store, make a choice to, say, choose a lower-sodium salad dressing this week. Then next week, look for a lower-sodium chicken breast. And so on, and so on. This gradual approach essentially helps retrain your tastebuds and increases your odds of sticking to a reduced-sodium diet.”

Other tips for lowering your salt intake include:

- Eat fresh, not processed food. About 75% of the salt in most people’s diet comes from processed food. When possible, look for fresh options. Frozen vegetables (without added sauces) are also a budget-friendly choice.

Surprising sources of sodium

Breads and rolls
Pizza
Sandwiches
Deli meat
Canned vegetables
Canned soup
Vegetable juice
Instant pudding
Chicken
Processed cheese
Pickles
Eggs and omelets
Salad dressing
Ketchup
Baked and black beans
Breakfast cereals
Hot dogs
Tomato sauce
Macaroni and cheese
Frozen meals
Packaged meal helpers
Shrimp

Nutrition Facts			
Serving Size 3 oz. (85g)			
Serving Per Container 2			
Amount Per Serving			
Calories	200	Calories from Fat 120	
% Daily Value*			
Total Fat	15g		20 %
Saturated Fat	5g		28 %
Trans Fat	3g		
Cholesterol	30mg		10 %
Sodium	650mg		28 %
Total Carbohydrate	30g		10 %
Dietary Fiber	0g		0 %
Sugars	5g		
Protein 5g			
Vitamin A	5%	●	Vitamin C 2%
Calcium	15%	●	Iron 5%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300mg	375mg
Dietary Fiber		25g	30g

Aim for products with no more than 15-20% of sodium daily value per serving.



Use herbs and spices instead of salt when cooking. Try using garlic, black pepper, lemon zest, rosemary, oregano, basil, cayenne pepper, paprika, ginger, and chili powder to add flavor to your food.

- Rinse all canned beans and vegetables under cold water before cooking with them. There are also many no salt added versions as well.
- Use herbs and spices instead of salt when cooking. Try using garlic, black pepper, lemon zest, rosemary, oregano, basil, cayenne pepper, paprika, ginger, and chili powder to add flavor to your food.
- Use citrus juice and vinegars in place of salt in sauces and marinades.
- Buy unsalted butter. +

Track your salt intake

There are a number of salt-intake tracking apps available for both Apple and Android devices. All offer an easy way to calculate daily consumption while others allow you to look up the salt content of specific products to ensure you make the healthiest choices possible. Here are just a few to consider:

myDashDiet
MyFitnessPal
Sodium – How Much Salt
Smart Salt
Wholesome



Be a flu fighter

How to protect yourself—and others

Another winter and another flu season are upon us. But, if medical experts are right, this flu season could be a doozy.

Donna Barron, RN, and infection preventionist at SVMC explains, “There are really two factors at work here and both are tied to COVID-19.

“First, people are relaxing their use of masks. We didn’t have a big outbreak of flu last year largely because people wore masks. Without them, we’re likely to see a lot more cases of the flu this season.

“The second thing is that people are so focused on COVID-19 that they don’t even think about getting a vaccine for the flu and other diseases. This is, in part, why we’re seeing diseases like measles popping up again.”

How can I protect myself from getting the flu?

“The best way to prevent flu or serious complications from the flu,” says Barron, “is the flu vaccine.”

The CDC recommends everyone six months and older, with a few exceptions (see box below), get

an annual flu vaccine. A single shot reduces the risk of severe infection, hospitalization and, in extreme cases, death.

Barron adds, “As tired as we all are of masks and handwashing, these simple practices go a long way in reducing your risk of catching and spreading the flu.” She advises masks be worn in any crowded setting indoors or out. “As annoying as mask wearing may be, it’s far less of an inconvenience than being laid up for seven to ten days.”

Can I get the flu vaccine at the same time as my COVID-19 booster?

Yes, you can get both shots at the same time, provided you’re eligible for the booster (i.e., you received at least a primary series of the vaccine, do not currently have COVID-19, and it has been two months since your last COVID-19 shot).

“There are no additional side effects from getting both shots at the same time,” says Barron, noting the most common side effect is soreness at the site of the injection.

People who SHOULD NOT get a flu shot include:

- Children younger than 6 months of age
- People with severe, life-threatening allergies to any ingredient in a flu vaccine (other than egg proteins) should not get that vaccine. This might include gelatin, antibiotics, or other ingredients. Those with egg allergies can receive an egg-free version.
- People who have had a severe allergic reaction to a flu vaccine should not get that flu vaccine again and might not be able to receive other influenza vaccines. If you have had a severe allergic reaction to an influenza vaccine in the past, talk with your healthcare provider to determine whether vaccination is right for you.

How do I know if I have the flu?

Because both the flu and COVID-19 are respiratory viruses, their symptoms can be quite similar. “Common symptoms include fever, cough, sore throat, fatigue, runny nose, body aches, and sometimes gastrointestinal distress, including vomiting,” says Barron. “The only way to know which virus you have is to get tested. Call your doctor’s office for guidance. Testing will confirm what you have and enable your doctor to prescribe the right antiviral medication and help you feel better faster.” +



Take your shot

Flu vaccines are widely available in our region. To find a location near you, visit [vaccines.gov](https://www.vaccines.gov) and click on “Find flu vaccine” to see the options in your zip code.

Vaccines are also available at the following Southwestern Vermont Health Care locations:

SVMC Deerfield Valley Campus

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

SVMC Northshire Campus

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

SVMC Pownal Campus

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

SVMC Internal Medicine

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

SVMC Twin Rivers Campus

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



Keeping your child's teeth **healthy**

A lifetime of smiles begins sooner than you think

Dental disease is the most common chronic illness for children in the United States. Left untreated, it can lead to pain, infection, difficulty eating and speaking, and reduced self-esteem. In fact, children who have poor dental health often miss more school and receive lower grades than children who don't.

The good news is that dental disease is preventable. The key is establishing healthy dental habits early and encouraging those habits throughout their teens.

Good habits start at home

Dr. Mark Pullano, DMD, has been treating children as part of his family practice in Williamstown, MA, for 30 years. He says one of the most important things

The cost of care

Under the Medicaid program, all states are mandated to provide children with basic dental care packages. Children's basic dental care services under Medicaid include:

- treatment of tooth infections
- restoration of teeth with cavities
- periodic cleaning and sealants

The specific services covered are based on where you live. It is best to check with your state to find out the exact Medicaid coverage available.

It's important to note that not all dentists accept Medicaid. Be sure to ask when scheduling your child's appointment.

To find dentists near you that accept Medicaid visit: insurekidsnow.gov/find-a-dentist/index.html

Tooth truths

- 20% of children aged 5 to 11 years have at least one untreated cavity
- 13% of adolescents aged 12 to 19 years have at least one untreated cavity
- Nearly 100% of tooth decay is preventable

Source: Center for Disease Control

“[Bedtime] bottles are the number one cause of demise of juvenile teeth.”

—Dr. Mark Pullano, DMD



parents can do to keep kids' teeth healthy for life doesn't even have to do with brushing.

“It's about bedtime bottles,” he explains. “Bottles are the number one cause of demise for juvenile teeth. Milk, formula, and juice coat developing teeth and cause them to basically slowly rot over a series of nights. Anything but water at bedtime is like gas on a fire for tooth decay.”

While it's common to think that baby teeth aren't all that important, Pullano says that, in many ways, they're just as important as adult teeth.

“In addition to helping children chew, speak and smile,” he says, “baby teeth hold space in the jaw for the permanent teeth that are growing under the gums. If baby teeth are lost prematurely, it can lead to all kinds of problems as other baby teeth can drift in the open space. They can then block emerging adult teeth and cause crowding or impaction. Those are not easy or fun problems to fix.”

In addition, he notes, adult teeth develop very close to the roots of the baby teeth. Untreated cavities in the baby teeth can lead to an infection or abscess, which can damage the adult tooth developing below it.

Brushing basics

Because decay can occur as soon as teeth appear (usually around six months of age), it's important to begin a brushing routine early.

Here's are some brushing basics to guide you:

Infant to age 3: Start brushing their teeth as soon as they begin to come in. Use a child-size toothbrush and a small amount (think: size of a grain of rice) fluoride toothpaste each morning

and night. Pullano emphasizes the importance of using the appropriate amount of toothpaste as consuming too much fluoride can be harmful to young children.

Children 3 to 6 years old: Continue brushing twice a day (morning and night), using a pea-sized amount of fluoride toothpaste. Pullano says to go ahead and let children have the experience of brushing their own teeth but don't trust they've done a thorough job. “You need to be present to watch them and then go in there and really do the job once their ‘work’ is done.” In addition, as soon as they have two teeth that touch, flossing should be introduced as part of the brushing routine.

Children over 6: You should continue to supervise your children's brushing twice a day until you're sure they can do a good job.

When to see a dentist

The American Dental Association recommends that children see a dentist by their first birthday. Pullano says these visits serve two purposes: “First, they allow us to spot any problems early, including cavities or issues with spacing. Second,” he adds, “It gets them used to visiting the dentist so that, hopefully, they'll have less fear about it as they get older.”

While pediatric dentists are trained to handle the wide range of issues associated specifically with children's dental health, they're also hard to come by. If you're unable to schedule an appointment with a pediatric dentist for routine needs, don't delay care. Instead, look for a family dentist that accepts children as patients.

Winter Workouts

Free—not freezing—ideas for winter fitness

Snow and bitter temperatures can make exercising outdoors unpleasant or even impossible. But before you decide to take a few months off, consider what physical therapist and performance specialist Robin Dufour has to say.

A body in motion is healthier and happier

The owner of the beFIT Company in Williamstown, MA, Dufour says, “Physical inactivity negatively impacts not just your physical health but also your emotional health. Exercise is the magic pill—it’s low risk and high reward. There is nothing else that reduces the risk of chronic conditions like heart disease, diabetes, anxiety, and depression while building strength, better balance, and posture.”

Dufour appreciates that finding time and ways to exercise can be a challenge, especially during the winter months, but she emphasizes, “There are ways to incorporate movement into your daily routine that don’t require joining a gym or, in some cases, even leaving your home.”

Three free winter workout options

1. 10 in 10

Recognizing that not everyone has hour-long stretches of time to dedicate to exercise, Dufour developed a series of free, online videos called “10 in 10.”



Robin Dufour

“These are quick 10-minute workouts featuring 10 movements each,” she explains. “They cover different muscle groups and goals like your core, shoulders, posture, and balance. They don’t require any special equipment and can be done indoors. The idea is you squeeze one in wherever you are when you have ten minutes. Once you’ve done one, it becomes a little easier to find time for a second or even a third.”

To access 30+ different video options, visit befitcompany.com, and click on FREE RESOURCES tab. Or look for her channel, Robin Dufour, on *YouTube*.

2. Walking

Dufour notes that walking is one of the most beneficial things you can do for your body. “For the biggest benefit, mix up your walking a bit. Take 10 long strides, then resume normal pace. Reach overhead for 10-20 paces or speed up your pace for 10-20 paces. This variation will get your heart rate up, stretch things out, and help strengthen your core.” She adds, “If it’s safe to walk outside, do it. Your body will adapt to the cold rather quickly. Layer up to help keep heat in—a synthetic underlayer to wick away moisture, a warm midlayer like fleece or wool, and a light outershell

“Exercise is the magic pill—it’s low risk and high reward. There is nothing else that reduces the risk of chronic conditions like heart disease, diabetes, anxiety, and depression while building strength, better balance, and posture.”

– Robin Dufour, owner of beFIT Company, Williamstown

to protect from wind and precipitation.” But if conditions don’t permit going outdoors, consider one of the indoor venues available locally (*see box at right*).

3. Snowshoeing

We live here so why not make the most of it? Snowshoeing is an excellent low-impact aerobic exercise that can be enjoyed alone or in the company of others. Plus, numerous locations in our area offer free snowshoe loans (*see box below*).

Whether you choose to exercise indoors or outside, the most important thing is to stay active. Your entire body will benefit from it. +

Where to borrow snowshoes

VT:

Bennington

Bennington Free Library
802-442-9051

John G. McCullough Free Library
802-447-7121

Wilmington

Pettee Memorial Library
802-464-8557

MA:

Williamstown

Clark Art Institute
413-458-2303

Where to walk inside

MA:

Williamstown

Towne Field House
24 Latham Street
413-597-2366

NY:

Cambridge

Cambridge Central School
24 Park Street
518-677-2653 x1010

Hoosick Falls

Hoosick Armory
80 Church Street
info@hoosickarmory.com

Hoosick Falls Central School

21187 NY 22
518-686-1500

VT:

Bennington

Bennington Sports Center
230 School St.
802-442-1053



Diabetes prevention

Tips for taking control

Diabetes is a rapidly growing health crisis in America. According to the American Diabetes Association (ADA), nearly one in ten American adults—that's 37.3 million individuals—now has diabetes. Perhaps more disturbing is the fact that 80% of those individuals don't even know they have it.

In the U.S., diabetes is:

- the leading cause of blindness
- the seventh leading cause of death
- a contributing factor to heart disease, stroke, kidney failure, nerve damage to the feet that may necessitate amputation, and an increased risk of Alzheimer's disease.

Understanding diabetes

Diabetes is a chronic disease that affects how your body turns food into energy. Diabetes results in too much glucose (a type of sugar) in the blood which, over time, can damage the body's organs.

While there are three main types of diabetes: type 1, type 2, and gestational diabetes (diabetes while pregnant), type 2 is the most common.

A family nurse practitioner at SVMC, Carolyn Goodwin explains, "In order to use glucose as energy, your body needs insulin. But with type 2 diabetes, your body doesn't make enough insulin

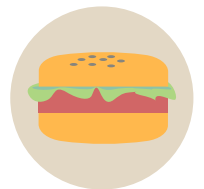
or doesn't use it well. As a result, glucose builds up in your blood leading to problems ranging from increased thirst and blurred vision to fatigue and headaches. Left untreated, problems can escalate to heart disease, impaired or lost vision, organ failure and death."

While there is no cure for type 2 diabetes, there are ways to prevent it.

Know the signs

The early warning signs of Type 2 diabetes are not always obvious. They may develop slowly over time, and may include:

- Peeing a lot, often at night
- Heavy thirst or dry mouth
- Losing weight without trying
- Increased hunger
- Blurry vision
- Numbness or tingling in the hands or feet
- Feeling tired
- Dry or itchy skin
- Slow healing cuts, bruises or wounds
- Frequent infections



"In order to use glucose as energy, your body needs insulin. But with type 2 diabetes, your body doesn't make enough insulin or doesn't use it well ... Left untreated, problems can escalate to heart disease, impaired or lost vision, organ failure and death."

– Carolyn Goodwin, NP, Southwestern Vermont Medical Center

Free diabetes prevention education

Looking to better understand diabetes, reduce your risks, and enjoy the highest level of wellness possible? SVMC's Diabetes Education program can help. Staffed by three Certified Diabetes Educators who offer one-on-one consultations at the hospital and many of SVMC's regional primary care offices, the program is available at no cost and covers:

- Understanding diabetes
- The importance and impact of nutrition
- Healthy lifestyle choices
- How to monitor your blood glucose level

To learn more, call 802-440-4025 or email paula.haytko@svhealthcare.org



Additional information and assistance is available from My Healthy Vermont, which hosts free online Diabetes Prevention Workshops to help you make small lifestyle changes and cut your risk of type 2 diabetes by more than half.

MyHealthyVT.org

If you're experiencing any of these symptoms, schedule an appointment with your health care provider.

Diabetes prevention

Type 2 diabetes is caused by a combination of genetics and lifestyle factors. Goodwin notes, "While prevention may not be possible in every case there are steps you can take to delay or slow its progress."

Some of the most helpful steps you can take include:

1. Eat a healthy diet. A diet rich with fruits, veggies and low-fat dairy products but low in meats, sweets, sugar-heavy drinks (soda and juice) and refined grains (white bread) can help keep blood sugar levels in check.

Are you at risk?

You're at risk for type 2 diabetes if you:

- Are overweight
- Are 45 years or older
- Have a parent, brother, or sister with type 2 diabetes
- Are physically active less than three times a week
- Have ever had gestational diabetes (diabetes during pregnancy) or given birth to a baby who weighed over 9 pounds
- Are an African American, Hispanic or Latino, American Indian, or Alaska Native person. Some Pacific Islanders and Asian American people are also at higher risk.

If you have any risk factors for diabetes, ask your health care provider about a blood sugar screening.

2. Maintain a healthy weight. If you are overweight, losing 5-10 percent of your body weight can significantly reduce your risk of developing diabetes. If you need motivation, consider programs like NOOM or WeightWatchers. In addition, ask your doctor about arranging a free consult with a Certified Diabetes Educator who can help you with meal planning and even discuss weight-loss medication options.

3. Get moving. Just 30 minutes of physical activity a day will lower your risk. Activities like walking, gardening, and dancing are all great ways to get you minutes at no cost.

4. Quit smoking. If you smoke, quit. Ask your provider for advice on how to quit. You are much more likely to succeed if you have help and get medication to help you quit.

Hearty—not hard— winter recipes

Even though the ground may be coated in snow, you can still enjoy the earth's bounty with these easy-to-make and easy-to-love recipes.

Vermont Winter Ratatouille

This clever winter-inspired ratatouille leans on readily available and affordable seasonal root vegetables, including squash, rutabaga, pumpkin, and onion to deliver great flavor. This vegetarian version is hearty enough to serve as a main entree but also makes a tasty side to roast chicken, pork, or even steak.

Consider serving over spaghetti squash or with a loaf of crusty whole grain bread to sop up the great flavors.

Serves 10

Ingredients

- ¼ cup olive oil
- 1 tablespoon garlic, minced
- 1 cup onion, diced
- 1 cup carrots, any color, diced
- 2 cups acorn squash, peeled and diced
- 1 cup red pepper, diced
- 1 cup mushrooms, sliced
- 1 cup rutabaga, peeled and diced
- 1 tablespoon Dash original seasoning blend
- 1 cup low-sodium vegetable stock
- 2 tablespoons tomato puree
- 1 cup tomatoes, diced
- 1 cup pumpkin puree
- ½ cup Vermont maple syrup

Directions

1. Sauté garlic in olive oil until just fragrant.
2. Add onions, carrots, squash, pepper, mushrooms, rutabaga, seasoning, stock, tomatoes (diced and puree) and pumpkin.
3. Simmer on low for 20-30 minutes until vegetables are tender.
4. Right before serving, stir in Vermont maple syrup.



Meat-Lover's Option

For an easy one-pot meal, add two pounds of ground turkey at the start of step two. Break meat up with a fork as much as possible before adding remaining ingredients.



Apple-Cranberry Stuffed Squash

This savory recipe is a treat for the eyes and stomach. Easy to find and affordable throughout the winter months, acorn squash are the star—and serving dish—for this 9-ingredient dish. If you have access to fresh cranberries, they add a slightly brighter taste to the dish but be sure to up the quantity to 2 cups for the full effect.

Serves 8

Ingredients

4 acorn squash
1 cup shallots or mild onion, diced
4 cups apples, chopped
1½ cups dried cranberries
1 cup pecans, chopped
2 ½ teaspoons vegetable oil
1 teaspoon ground sage
½ teaspoon salt
Ground black pepper to taste

Directions

1. Preheat oven to 375 degrees F.
2. Cut squash in half, stem to tip, and remove seeds.
3. Use ½ teaspoon of vegetable oil to lightly coat a rimmed baking sheet.
4. Place the squash cut side down on baking sheet and roast for 35–45 minutes or until squash begins to soften and is lightly brown around the edges.
5. While the squash is roasting, heat remaining oil in a large skillet over medium-high heat.
6. Sauté the shallots or onions for 3–4 minutes or until softened. Do not brown.
7. Add the apples, cranberries, sage, salt, and pepper and sauté for up to 5 minutes or until apples and cranberries start to soften.
8. Remove pan from heat and stir in the pecans.
9. Once softened, remove squash from oven and stuff with the apple-cranberry mixture.
10. Return the stuffed squash to the oven and cook for another 20–30 minutes or until the filling is heated through and stuffing is slightly brown on the edges.

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

■ Turning Point Center of Bennington

Helping people help themselves

“A judgment-free zone for those considering recovery.” Those are the words Margae Diamond uses to describe the Turning Point Center (TPC) of Bennington.

As TPC’s Executive Director, she’s keenly aware of the broad spectrum of individuals the organization serves and the range of challenges each of those individuals face.

“We really see it all,” Diamond says, referring to the over 400 people who turn to TPC each year for help. “From teens and college professors to individuals without housing and successful business executives, no one is immune to substance use disorders (SUD). And the disorders themselves run the gamut from alcohol and prescription medication to a range of street drugs.

Turning Point Center’s annual lantern release in honor and memory of those who struggle with SUDs

Meeting people where they’re at

Much of what TPC provides is built on a peer recovery model, which relies on people who have been successful in the recovery process to help others experiencing similar situations.

That model enables Diamond and her TPC colleagues—all of whom are in recovery or have been intimately impacted by SUDs—to appreciate that the most important thing they can do is to be ready to help individuals when they are ready to accept help.

“It’s not our place to tell people what to do,” she explains. “But what we can do is ask questions about what they’re struggling with and how they got to be in this place. We often reflect back what we’re hearing and offer suggestions for what they might do next or direct them to resources. We find the best recovery plans are those that the individual helps create and owns.

“The opposite of addiction is connection.”
—Johann Hari

If you see an overdose, don't run. Call 911.

The Good Samaritan Law protects you

If you're with someone who has overdosed, you can call for help without fear of being arrested. Good Samaritan laws provide the caller, and the person who overdosed, protection from arrest and prosecution for drug possession.

If you suspect a drug overdose, call 911 right away. When you call, be sure to explain exactly what is happening and what substance you think the individual may have taken. Resources will be sent based on the anticipated need. Stay on the line and answer any questions honestly. **Again, Good Samaritan laws protect you from criminal prosecution for any drug possession.**



COMMUNITY PARTNER PROFILE

“We really work to get to know and connect with each individual and learn what makes them tick. If someone indicates God is important to them, we might suggest they try attending a Christian-based recovery group meeting. If they express interest in meditation, we might point them to an online Dharma Recovery group or to meet with a TPC Wellness Coach who can guide them. The goal is to meet the person where they're at in the recovery process and on a compassionate personal level.” She adds, “The reality is that some people who come in aren't ready for or interested in recovery. And that's okay. Again, it's their choice. Should they change their mind, or even just want to talk again with no plan to seek treatment, we're here for them.”

“The opposite of addiction is connection.”

One of the biggest challenges facing people struggling with SUDs is the feeling of being alone.

“Connection is a key part of SUDs and recovery,” says Diamond. Quoting author Johann Hari, she notes that “The opposite of addiction is connection.”

“A lack of connectedness is often what drives an SUD,” she says, “And connectedness can be instrumental in recovery.”

Towards that end, TPC has dedicated recovery coaches who serve as allies and mentors to people considering making life changes. Coaching is provided at no cost to the individual. Coaches work one-on-one with people and help them explore their feelings and consider different paths.

They are there to provide encouragement, and to simply be a steady and calm presence in their life no matter what.

In addition, TPC works with dozens of organizations in the region to ensure there are opportunities to connect for anyone who so desires.

The TPC website calendar (tpcbennington.org/calendar-1) lists at least six events per day, seven days a week where people can come together with other individuals in person or online. “Not every meeting is right for everyone,” says Diamond. “The key is to keep trying and to find the place where you're comfortable and connecting with others who understand and respect what you're going through.”

A place for family and friends

Because SUDs impact more than just the individuals struggling with them, TPC offers support to family and friends.

“Loving someone with an SUD can be incredibly hard and frustrating,” says Diamond, “especially for individuals who have never struggled with one. We work to help people understand how SUDs work and offer ideas on how to support their loved one in a way that's meaningful and constructive for all.”

TURNING POINT

RECOVERY CENTER of BENNINGTON, VT

160 Benmont Ave Suite C481, Bennington
802-442-9700 | TPCBennington.org

Community Health Resources

AGING AND DISABILITY RESOURCES

BENNINGTON COUNTY

Bennington Senior Center

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

802-442-1052

benningtonvt.org/departments/senior-center/
124 Pleasant St., Bennington, VT

Department of Disabilities, Aging, and Independent Living

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

802-241-2401

dail.vermont.gov

HC 2 South, 280 State Drive, Waterbury, VT

Meals on Wheels of Bennington County

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

802-442-8012

mowbennington.org

124 Pleasant St.,
Bennington, VT

Senior Solutions: Council on Aging for SE VT

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

866-673-8376

seniorsolutionsvt.org/services

38 Pleasant St., Springfield, VT

Southwestern Vermont Council on Aging

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

802-442-5436

svcoa.org

160 Benmont Ave. Suite #90, Bennington, VT

Support and Services at Home (SASH)

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

802-442-9920

sashvt.org/Bennington-county/

814 Gage St., Bennington, VT



Vermont Center for Independent Living

Vermont Center for Independent Living

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

802-447-0574

vcil.org

601 Main St., Bennington, VT

WINDHAM COUNTY

Senior Solutions: Council on Aging for Southeastern Vermont

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

866-673-8376

seniorsolutionsvt.org/services

38 Pleasant St., Springfield, VT

Support and Services at Home (SASH)

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

802-246-1538

sashvt.org/windham-county

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

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

800-848-3303

washingtoncountyny.gov/148/Office-for-Aging

383 Broadway Building B, Fort Edward, NY

RENSSELAER 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.shtml

69 Church St., Hoosick Falls, NY 12090

Independent Living Center of the Hudson Valley

A disability rights organization that is led by and inspires people with disabilities to achieve self-determination and advocate 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

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

Administrates 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

nwwvt.org

136 North St., Bennington, VT

Shires Housing

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

802-442-8139

shireshousing.org

307 North St., Bennington, VT



Windham and Windsor Housing Trust

WINDHAM COUNTY

Brattleboro Housing Partnerships

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

802-254-6071

brattleborohousing.org

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 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

RENSSELAER 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

unityhousesny.org

2431 Sixth Avenue, Troy, NY

BERKSHIRE COUNTY

Berkshire Community Action Council

Provides weatherization support and fuel assistance

413-663-3014

bcacinc.org

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

Berkshire County Regional Housing Authority

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

413-443-7138

bcrha.com

1 Fenn St., Pittsfield, MA

Louison House

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

413-663-6323

louisonhouse.org

149 Church St., North Adams, MA

ServiceNet

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

413-585-1300

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

21 Olander Dr. Northampton, MA

PARENT, YOUTH, AND FAMILY SERVICES

BENNINGTON COUNTY

Berkshire Family YMCA/Bennington Recreation Center

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

bfymca.org

802-442-1053

655 Gage St., Bennington, VT

Sunrise Family Resource Center

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

802-442-6934

sunrisepcc.com

244 Union St., Bennington, VT



Sunrise Family Resource Center



Berkshire Family YMCA

Project Against Violent Encounters (PAVE)

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

802-442-2370

pavebennington.org

102 Dewey St., Bennington, VT

United Counseling Service of Bennington County

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

802-442-5491 (Bennington)

802-362-3950 (Manchester)

ucsvt.org

100 Ledge Hill Dr., Bennington, VT

5312 Main St., Manchester, VT

Vermont Permanency Initiative (VPI) Bennington

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

802-447-1557 ext 100

vermontpermanencyinitiative.org

192 Fairview St., Bennington, VT

Catamount Connections

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

802-442-8700

Catamount Connections on Facebook

504 Main St. Unit 1, Bennington, VT

Big Brothers Big Sisters

Providing youth with one-one mentoring.

802-689-0092

bbsvt.org

Harvest Teen Center

Teen center for local youth.

802-447-0869

Harvest Teen Center on Facebook

200 School St., Bennington, VT

Bennington Early Intervention

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

802-447-2768

339 Main St., Suite 200, Bennington, VT

WINDHAM COUNTY

Early Education Services of Windham County

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

802-254-3742

earlyeducationservices.org

130 Birge St., Brattleboro, VT

Youth Services

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

802-257-0361

youthservicesinc.org/who-we-are

32 Walnut St, Brattleboro, VT 2



Big Brothers Big Sisters

Boys and Girls Club of Brattleboro

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

bgbcrattleboro.org/mission

17 Flat St., Brattleboro, VT

Windham County Safe Place

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

802-579-1358

safeplacecac.net

62 Black Mountain Rd., Brattleboro, VT

Community Health Resources *(continued)*

WASHINGTON COUNTY

Parent to Parent of NYS Inc.

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

518-381-4350

parenttoparentnys.org

500 Balltown Rd., Schenectady, NY

Northeast Parent and Child Society

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

518-426-2600

neparentchild.org

LEAP Head Start

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

518-746-2390

leapservices.org

383 Broadway, Fort Edward, NY

Washington County Youth Bureau

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

518-746-2330

washingtoncountyny.gov/165/Youth-Bureau

383 Broadway, Building B, Room 17,
Fort Edward, NY

Big Brothers Big Sisters of the Southern Adirondacks

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

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

colonieyouthcenter.org

15 Avis Drive, Latham, NY

Equinox Youth Outreach Center

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

518-462-5528

equinoxinc.org

21 Delaware Ave., Albany NY

BERKSHIRE COUNTY

18 Degrees: Family Services for Western Massachusetts

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

413-448-8281

18degreesma.org

480 West St., Pittsfield, MA

Child Care of the Berkshires

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

413-663-6593

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

bcrj.org

439 Main St., Suite 2, Bennington, VT

The Collaborative

Community based substance abuse prevention coalition.

802-824-4200

thecollaborative.us

91 VT-11, Londonderry, VT

Spoke Services

Information regarding treatment resources in the Bennington region.

802-440-4234

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

100 Hospital Drive, Bennington VT

Turning Point Center of Bennington

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

RENSSELAER COUNTY

Conifer Park

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

Rensselaer County Recovery Helpline

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

St. Peter's Addiction Recovery Center Program

Services for those with alcohol or drug addiction.
1-877-525-2227
sphpm.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
nbcoalition.org/about-us/history
61 Main St., Suite 218, North Adams, MA

SaVida

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

Southwestern Vermont Medical Center

Resources Directory

BREAST CARE

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

CANCER CARE

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

CARDIOLOGY

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

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

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.

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

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

Quality | Empathy | Safety | Teamwork | Stewardship



SOUTHWESTERN VERMONT MEDICAL CENTER ORTHOPEDICS



David R. Veltre, MD; Hand and
Upper Extremity Surgeon

For a consultation, call 802-442-6314

Our hands give us so much: our livelihoods, our independence, our creativity. Losing hand function can be debilitating. Fortunately, you don't have to face hand pain alone.

Dr. David Veltre, a fellowship-trained hand surgeon at SVMC Orthopedics, specializes in the diagnosis and treatment of hand pain. Together, you can get the problem well in hand.

Expert clinical evaluation, diagnosis, and treatments for:

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

Two convenient office locations:

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

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

svhealthcare.org/ortho

Southwestern
Vermont
MEDICAL CENTER



Dartmouth
Health

PARTNERSHIP IS POWERFUL MEDICINE™