

Healthy+

Courtesy of Southwestern Vermont Medical Center | Winter-Spring 2025 | vol 3 no 2

Lonely?

How to connect
with others

Happy Baby

Feeding options
for your little one



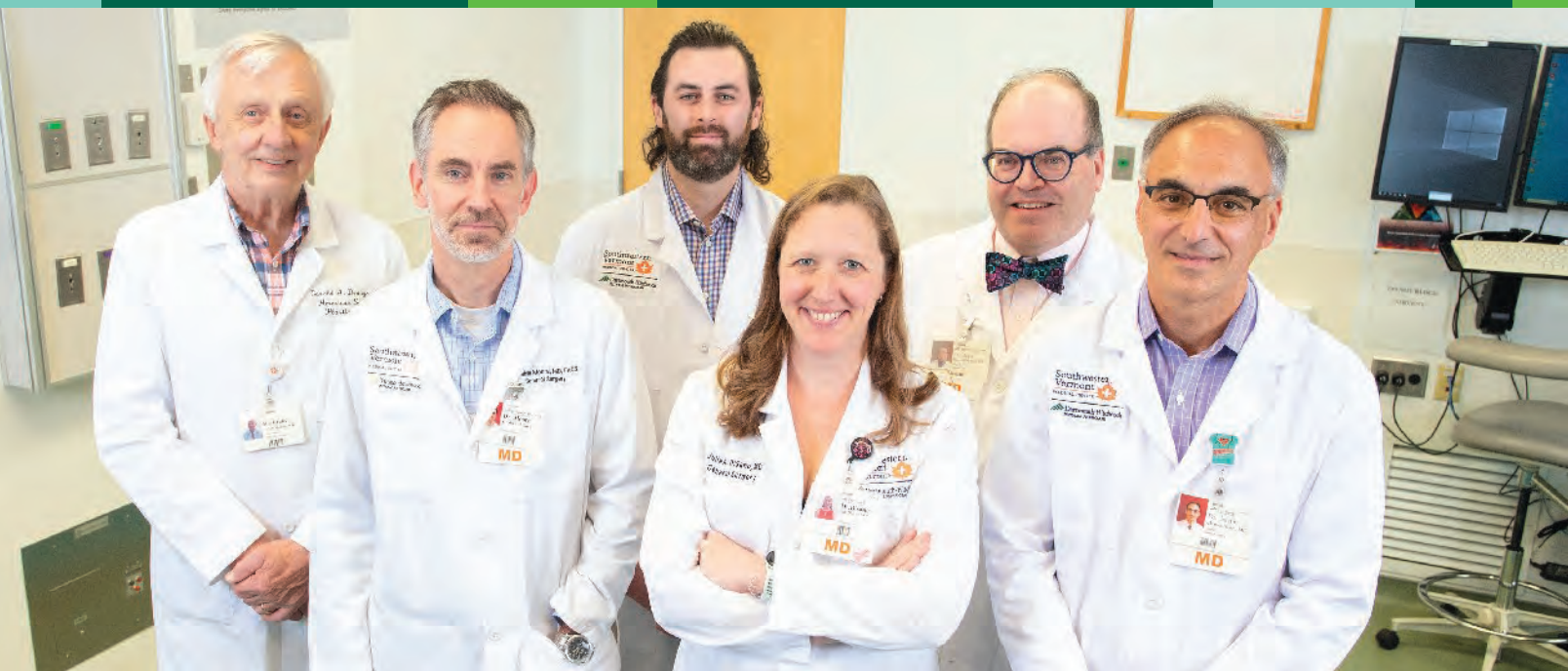
Recovery Houses

Helping with re-entry



Dartmouth
Health

Southwestern Vermont
Medical Center



Gerald A. Drabyn, MD, FACS, Graham Moore, MD, FACS, James MacGregor, MD, Julie A. DiSano, MD, Simon P. Drew, MD, FACS, and Charles H. Salem, MD, FACS

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At SVMC, exceptional care is not just our specialty, it's our mission.

svmc.org/surgery

Hello,



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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.

As the last of the leaves tumble from the trees, we know that winter is not far behind. In addition to breaking out the woollies and ridding sand for the driveway, it's important to make sure our minds and bodies are ready to handle the darker, colder days ahead.

Toward that end, this issue of *Healthy+* includes tips and strategies for making the most of the winter months.

For those of us who relish the chance to get out in the cold, it's important to take steps to protect our most important layer—our skin. Southwestern Vermont Medical Center (SVMC) dermatologist Dr. Lixia Ellis shares the ways sun in winter can be more harmful than other times of the year and offers tips for preventing skin damage.

If winter play leads to injury, it's always good to know the best place to turn for help. On page 9 you'll find a handy chart that compares the services found at SVMC's emergency department and *ExpressCare*. While both are located on our main campus, choosing the right option can often lead to faster, more convenient care.

Of course, if the issue is your heart, never hesitate to head straight to the emergency department. And because the signs of a serious heart issue for women frequently differ from those men may experience, you may want to familiarize yourself with the symptoms that should never be ignored (p. 4).

We're also excited to share the many resources our community has to offer individuals of all ages and in all stages of life and transitions. From the new recovery residences for both men and women leaving substance abuse treatment programs (p. 16) and older adults looking to connect with others and keep their minds and bodies busy (p. 24), to new parents looking for guidance and tips on feeding their newborn (p. 10) as well as not-so-new parents and caregivers striving to connect and communicate with their teen (p. 6), ours is a caring community that is rich in resources and support.

We hope this issue of *Healthy+* provides the insight you need to navigate the changing months in good health and to be your best self when the greens of spring return.

Until then, I remain yours in good health,

Pamela M. Duchene, PhD, APRN

Vice President of Patient Care Services

Chief Nursing Officer and Chief Quality Officer

Southwestern Vermont Medical Center

Contents Winter-Spring 2025

- | | | | |
|-----------|--|-----------|---|
| 4 | Heart Attacks:
How They Differ for Women
Recognizing the signs can save your life | 16 | Recovery Residences
Supportive places and important steps
on the path to sobriety |
| 6 | Talking to Teens
A parent's guide for talking to teens | 19 | Loneliness
Understanding the health risks of loneliness |
| 9 | <i>ExpressCare</i> or the ER?
Tips for determining where to go
when you need medical help | 22 | Diabetes-Friendly Holiday Foods
Recipe ideas that don't sideline the celebration
or flavor |
| 10 | Feeding Options for Every Baby
Resources and support for ensuring
your baby thrives | 24 | Bennington Project Independence
Where connection and companionship
foster lives worth living |
| 12 | Living with Knee Pain
Treatment options including state-of-the-art
replacement technology | 26 | Community Health Resources |
| 14 | Winter Sun Safety
Just because the temperature drops,
your risk of skin cancer doesn't | 32 | SVHC Resources Directory |

Talking to Tweens and Teens

The transition from childhood to adulthood isn't easy for kids—or those who care for them.

See p. 6 for ideas on strengthening communication and connection.



In short



Feed your children well

Infants who are breastfed have reduced risks of asthma, ear infections, SIDS, and more.

Source: Centers for Disease Control and Prevention

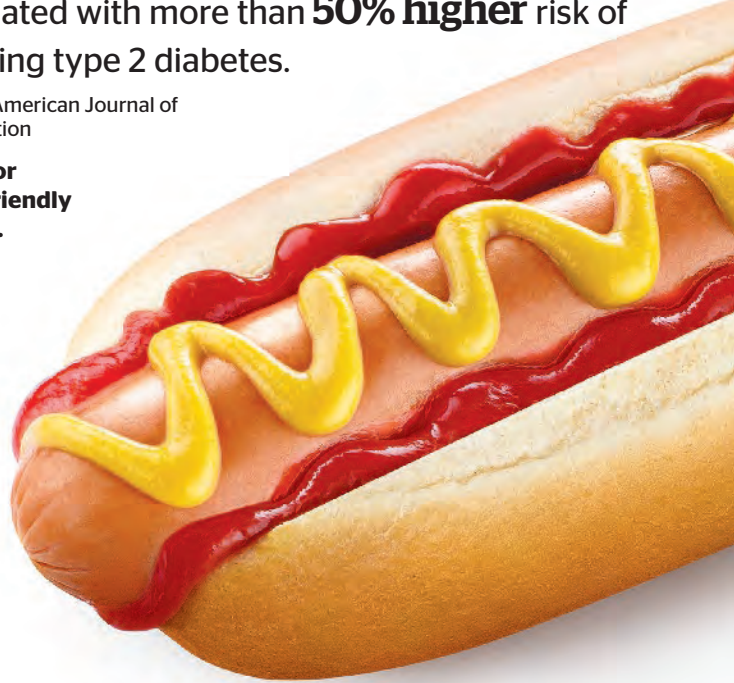
See p. 10 for more on feeding options for infants.

Bad dog

One daily serving of processed red meat (one hot dog, two slices of bacon, or two slices of deli meat) is associated with more than **50% higher** risk of developing type 2 diabetes.

Source: The American Journal of Clinical Nutrition

See p. 22 for diabetes-friendly meal ideas.



Lonely? You're not alone.

1 in 3 Americans feels lonely every week while **1 in 10** feels lonely every day.

Source: American Psychiatric Association

See p. 19 to learn the physical and mental impacts of loneliness and how to avoid them.

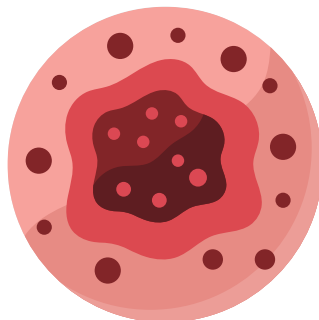


Small but deadly

Melanoma accounts for only about **1%** of skin cancers but causes a large majority of skin cancer deaths.

Source: American Cancer Society

See p. 14 for tips on reducing your risk of melanoma and other skin cancers.



The rewards of recovery housing

Research shows recovery residences enhance a variety of recovery outcomes including decreased substance use, reduced likelihood of return to use, lower rates of incarceration, higher income, increased employment, and improved family relationships.

Source: The Substance Abuse and Mental Health Service Administration

See p. 16 to learn more about local recovery housing options.



The Ways of a Woman's Heart

The signs of heart trouble in women are subtle—here's what you need to know

Hearth disease is the number one cause of death for women in the United States, accounting for about one in five women's deaths in 2021. That's 310,661 mothers, daughters, sisters, aunts, nieces, and friends lost to a disease that's largely preventable.

A number that large may leave you wondering why heart disease is so fatal. The answer lies, in part, in the fact that only 56% of women recognize that heart disease is their number one killer.

Add in the fact that many of the symptoms women experience before and during a heart attack are different than the "classic" symptoms (chest pain; shortness of breath; nausea and vomiting; neck, jaw, or back pain), causing them often to be dismissed or overlooked, and the path to 310,661 deaths becomes a bit clearer.

There's No Winning the Waiting Game

One study found that 72 percent of women who had a heart attack waited more than 90 minutes to go to a hospital or call 911, compared to 54 percent of men.

Slightly more than half of the women called a relative or a friend before dialing 911 or going to a hospital, compared to 36 percent of the men.

Delayed care can lead to permanent disability, diminished quality of life, and even death.

Source: Therapeutics and Clinical Risk Management, 2022

Signs of a Heart Attack: How They Differ for Women

Multiple studies have shown that when it comes to heart attacks, women are misdiagnosed more than men. Symptoms that are often missed or misattributed to other conditions include:

- Fainting
- Dizziness
- Indigestion or heartburn
- Extreme fatigue
- Sweating
- Pain or pressure in the lower chest or upper abdomen
- A general sense that something is wrong





Scott Rogge, MD, FACC
medical director, SVMC Cardiology

“Because some of the symptoms of a heart attack in women—say, indigestion or feeling dizzy—don’t equate to a heart attack in many people’s minds, women often delay seeking care. That delay can lead to increased damage to the heart and even death.”

—Scott Rogge, MD, FACC, medical director, SVMC Cardiology

Don’t ignore the signs

According to Scott Rogge, MD, FACC, medical director of Southwestern Vermont Medical Center (SVMC) Cardiology, “Because the some of the symptoms of a heart attack in women—say, indigestion or feeling dizzy—don’t equate to a heart attack in many people’s minds, women often delay seeking care. That delay can lead to increased damage to the heart and even death.”

He explains, “During a heart attack, blood flow to the heart muscle is blocked, which causes cell damage. The earlier flow is restored by medication or stenting the less damage occurs. In addition to protecting muscle, seeking immediate care allows us to administer medications that can break up clots and help restore blood flow. But, for the best result, these must be given as quickly as possible once symptoms start.”

Rogge also notes that other treatment options, such as stents and angioplasty, work best when performed within hours of the onset of a heart event. “The sooner we can get the heart pumping and restoring blood flow, the better the potential outcome.” ■

Know your risk, improve your odds

The average woman’s odds of a heart attack are one in five. But certain chronic health conditions and lifestyle habits can push your odds even higher—especially if you have more than one of them. Conditions and habits of concern include:

- High blood pressure
- Diabetes
- High cholesterol
- Stress
- Unhealthy weight and/or diet
- Lack of regular exercise
- Smoking
- Poor sleep habits
- Excessive alcohol intake

If you have questions or concerns about your risks, speak to your doctor who may be able to direct you to free programming and other resources from SVMC.



The kids are not alright

The unique challenges raising teens today

At no time in history has it ever been easy to be a teenager. Or to raise one for that matter. That said, the teens and parents of teens today have it a bit harder than most in the wake of the pandemic. From the fear the historic event instilled to the imposed isolation, the pandemic stirred up lots of big emotions and contributed to mental health issues.

In fact, a study from the National Institute of Mental Health found that adolescents who lived through the pandemic reported more symptoms of general anxiety, social anxiety, and depression than pre-pandemic adolescents.

According to Ryan Lane, MA, the director of Children, Youth, and Family Services at United Counseling Services (UCS) in Bennington, “The pandemic just further complicated an already complicated time for kids in a critical stage of emotional development and transition. The natural challenges they already faced were compounded in ways that no one then, and to some extent now, was prepared to deal with. You’ve got

kids navigating physical and hormonal changes who are also developing a new level of social awareness and having to wrap their heads around big issues like COVID, environmental issues, and economic and employment woes. It’s a lot.”

Creating connections and space for conversation

Lane says as tweens and teens move into adolescence, they look to build their own sense of identity and self. “Up until this point in their lives, most children look to their parents for guidance, information, and insight into how to view and deal with the world. But as they work to forge their own identity, they turn to their peers for the support and insight parents once provided. Depending upon who they connect with, this can be good or bad.”

While parents can’t control their children’s friend group or even what activities they participate in, Lane says there are things you can do to make your relationship less adversarial.

According to Ryan Lane, MA, the director of Children, Youth, and Family Services at United Counseling Services (UCS) in Bennington, “You’ve got kids navigating physical and hormonal changes who are also developing a new level of social awareness and having to wrap their heads around big issues like COVID, environmental issues, and economic and employment woes. It’s a lot.”

Resources for Teens

The following organizations offer teens the chance to explore new areas of interest and self-expression in a safe and supportive space.

VERMONT

Teens for Change (T4C)

802-442-5491

facebook.com/Teens4ChangeVT

A peer-led group that gives youth opportunities to interact with each other and to make friends, build community connections, learn social-emotional and leadership skills, and do good in their community.

MASSACHUSETTS

ROOTS Teen Center

413-663-0250

Based in North Adams, the ROOTS Teen Center is a place where youth ages 13-19 are heard, encouraged, and empowered. Programs and classes include RPG and arcade gaming, art, cooking, movies, gardening, open mic nights, X-box, hiking, and more.

Williamstown Youth Center (WYC)

413-458-5925

With programs in arts, athletics, and theater, the WYC aims to nurture the recreational, social, and emotional needs of kids grades 1-12.

NEW YORK

Cambridge Youth Commission

518-677-2622

Through programs for children from kindergarten to age 13, the CYC encourages youth to find their strengths, develop leadership skills, and become responsible, active citizens in the community.

Town of Hoosick Community Center (THCC)

518-205-5631

A supervised indoor recreation space for the youth of Hoosick, the THCC offers a basketball program and gathering space for teens (7th grade and up) Monday through Friday 6:30-8 p.m., Thursdays 7-8:30 p.m., Saturdays 7-9 p.m., and Sundays 6-8 p.m.



“It’s important to not always be asking your teen a ton of questions or to be passing judgment on their thoughts and choices,” says Lane. “Both of those things will only add to their anxiety and are less likely to make them want to spend time with you. Instead, leave space to just be together without probing their life. If your child does share something that happened that made them frustrated or angry, your first response shouldn’t be to solve the issue or drill down to root causes. It’s likely that’s not even what they want. Instead, just acknowledge the very real emotion they’re expressing. Try something like, ‘That’s such a bummer’ or ‘No wonder you’re so upset.’”

(continued)

Parents: You’re not alone

If you’re struggling to connect with your teen or have concerns about their choices or mental health, reach out to the counselor at their school for support. In addition, the following organizations can help.

Parent Stress Line

1-800-632-8188

Free, confidential, and anonymous, the Parent Stress Line offers a safe place for parents and caregivers to talk about the challenges of raising children and to receive kindness, understanding, and the non-judgmental support needed to help prevent a situation from escalating into a crisis. Available 24 hours a day, 7 days a week.

VERMONT

United Counseling Services (UCS)

Bennington

802-442-5491

contactus@ucsvt.org

Northshire

(802) 362-3950

Manchester, VT 05255

contactus@ucsvt.org

Offered through UCS, Children, Youth, and Family Services provides services and counseling for youth and families to build positive family dynamics, personal self-esteem, and vital social skills.

MASSACHUSETTS

The Family Resource Center

413-663-7588

CCBerkshire.org

The Family Resource Center serves families with children 0-18 in northern Berkshire County. Programs, support groups, workshops, and even 1:1 support session for parents and youth all work to improve communication and relationship skills and to create happy, connected families. All services are free. No insurance required.

The Parenting Partnership Program

413-664-4725

NBCCoalition.org

The Parenting Partnership Program provides coaching on how to become a more effective parent, support, positive parenting techniques, connections to resources in the community, and more.

He adds, "In the same way that your teen is transitioning from childhood to adulthood, you're also transitioning from the role of soother and problem-solver to being a supportive and reassuring force in their life when their world is so uncertain on so many levels."

Of course, Lane acknowledges, navigating that transition can be hard for parents, especially those who relish the role of being very hands-on.

Some pointers he suggests for making things go more smoothly include:

- **Give them space:** "Instead of perceiving a closed door as an effort to shut you out, try to respect it as a very valid need for alone time."
- **Let them make mistakes:** "Just like when they learned to walk, you need to let them fall. Failing is an important part of every learning process. Give them the chance to learn on their own terms."
- **Erase "I told you so" from your vocabulary:** "It serves no purpose and does nothing to improve your chance of being asked for advice or listened to in the future."
- **Turn disagreements into discussions:** "If your ideas don't align, seize the opportunity to get to know this new version of your child. Ask what's behind their thinking and really listen to their response."
- **Make an ongoing effort to hear about what interests them:** "Whether it's sports, reptiles, books, or gaming, create opportunities for them to share what they're into."

They may not be forthcoming initially but showing an interest is really the point."

- **Let go of the question "How do I get them to do (blank)?"**: "Very often teens will show or express an interest in something—maybe trying out for a team, or painting, or music. It's natural for parents to want to jump on that interest and guide them down the path to doing 'the thing.' But here's where you have to tap the brakes. They need to find the motivation within themselves and do it for themselves. Pushing them will not make it happen and could ultimately backfire. Instead, you've got to take a back seat and be prepared for them to not follow through. You can help them determine what interests them but whether or not they're ready or willing to pursue it is out of your hands. It's important to keep whatever you're feeling about it—be it pain or frustration—to yourself and trust that they'll either learn from their mistakes or ask for help."

Even though your teen's attitude or behavior might sometimes suggest your input and presence isn't wanted, your guidance and encouragement—in the right doses and at the right moments—are essential to helping them feel capable and confident in making their own decisions. Stay present, stay connected, and celebrate their journey into young adulthood. ■



URGENCY or EMERGENCY: Do you know where to go?

Knowing where to go is key to getting the help you need as quickly as possible.

The biggest differences between SVMC's *ExpressCare* and the Kendall Emergency Department is the severity of the health issues they treat and the hours they're open.

Here's what you need to know when making a choice about where to go for care.

When to visit *ExpressCare* or the Emergency Department

ExpressCare

Open daily 8 a.m. to 6 p.m.

Closed Thanksgiving and Christmas

No appointment necessary

A great choice for issues you would normally feel comfortable addressing with your primary care doctor, including:

Rash or skin infection

Earache

Cold and flu-like symptoms

Minor injury (broken bones, strains, and sprains)

Low-grade fever (fever without confusion or seizures)

Back pain

UTI

Insect bites

Eye irritation

STIs (sexually transmitted infections)

Minor cuts requiring stitches

Diarrhea

Mild asthma attacks



The Kendall Emergency Department

Open 24/7

No appointment necessary

The choice for life- or limb-threatening conditions and other issues requiring immediate medical attention, including:

Heart condition or heart attack symptoms (chest pain or pressure)

Stroke symptoms (sudden change in vision, strength, speech, or difficulty walking)

Confusion

Stomach pain/vomiting

Internal bleeding

Difficulty breathing

Dehydration

Dizziness/passing out

Serious injuries/trauma

Mental health crisis

Seizures





Your baby, your choice

Feeding options to help your baby thrive

As any parent can attest, the run up to the arrival of a little one is filled with LOTS of decisions. From strollers and cribs to car seats and changing tables, every decision matters. But there's one decision that matters more than most: how do you plan to feed your baby?

A certified lactation consultant at Southwestern Vermont Medical Center (SVMC), Kimberleigh Weiss-Lewit, MA, IBCLC, PMH-C says, "How a family chooses to feed their child is a personal choice that deserves to be respected and supported. The most important thing is ensuring the child is getting adequate nourishment. That may come in the form of breast milk, donor milk, formula, or a combination of the three. Every parent should learn about and carefully consider their options and make the choice that works best for them."

Finding support for feeding decisions

With more than 30 years of experience advising families on feeding options and practices, certified lactation consultant Bridget Bromirski, C-PNP, IBCLC in SVMC's Women's and Children's Services Department encourages all parents-to-be to make full use of any and all resources available related to the care and feeding of their baby.

"There's an expression 'you don't know what you don't know.' I think that applies particularly well to having a baby," says Bromirski. "Throughout a pregnancy, parents should make an effort to learn about all the resources available to them and learning all they can; this includes feeding options.

In the same way you want to be comfortable and confident in the choices you make related to delivery, you want to go home with the same sense of confidence about how you'll feed your baby as well as knowing where to turn when you have questions."

She notes that SVMC offers the following pre- and post-natal resources related to feeding a newborn:

- **Childbirth education:** during the final trimester, covers feeding options and other topics related to delivery and caring for a newborn
- **Prenatal lactation class:** offered every other month to all expectant parents to learn more about lactation, breastfeeding, and feeding their baby human milk
- **Postpartum lactation support:** consultation with a board-certified lactation consultant immediately after birth and throughout a new family's stay at the hospital
- **Ongoing lactation support:** SVMC's lactation consultants are available 24/7 to support and assist in the days, weeks, and months after birth
- **The Baby Café:** Based out of the Bennington Community Market at 239 Main St., Bennington every Wednesday from 11 to 12:30 p.m., the Baby Café is a free and friendly resource for new and expectant parents—no matter how you are or plan to feed your child. Staffed with International Board-Certified Lactation Consultants and/or RNs, the Café provides breastfeeding support in an informal, drop-in group setting with lunch provided. ■



“How a family chooses to feed their child is a personal choice that deserves to be respected and supported. The most important thing is ensuring the child is getting adequate nourishment. That may come in the form of breast milk, donor milk, formula, or a combination of the three. Every parent should learn about and carefully consider their options and make the choice that works best for them.”

—Kimberleigh Weiss-Lewit, MA, IBCLC, PMH-C
SVMC certified lactation consultant

Breastfeeding Q and A's

Why do some mothers choose to breastfeed?

The reasons mothers choose to breastfeed range from the desire to have the intimate skin-on-skin bonding experience with their child to feeling breastfeeding is more convenient (especially in the middle of the night). While those decisions are based on personal preference, there is a considerable amount of scientific evidence to support the physical benefits of breastfeeding for both baby and mother. These include:

- The earliest breastmilk produced, called colostrum, provides all the nutrients and fluid that your newborn needs in the early days.
- The nutrients in breastmilk are better absorbed and used by your baby than those found in formula.
- Breastmilk has the nutrients that best support a baby's brain growth and nervous system development.
- Breastfed babies have a lower risk for SIDS (sudden infant death syndrome), asthma, and skin problems related to allergies and have far fewer digestive, lung, and ear infections.
- Breastmilk has disease-fighting factors that help prevent mild to severe infections and hospitalization. In babies who get an infection when breastfeeding, the infection is likely to be less severe.
- Babies born early (premature) who are breastfed are also less likely to get a serious infection of the intestines called NEC (necrotizing enterocolitis).
- Women who breastfeed have a lower risk for post-partum depression, high blood pressure, arthritis, heart disease, and type 2 diabetes.
- Breastfeeding helps the uterus recover and return to pre-pregnancy size faster.



Is it okay if I don't breastfeed?

There are lots of reasons families choose to not breastfeed. From the need to return to work to medical issues, breastfeeding may not be the best option for everyone. If you're concerned about these issues or, perhaps, not producing enough milk and/or physical discomfort related to breastfeeding, contact an SVMC lactation consultant for advice and information. 802-447-5160

What if my baby needs more milk than my body is producing?

First, don't panic.

Second, contact an SVMC lactation consultant to work with you to maximize your own milk supply. 802-447-5160

SVMC is proud to partner with Mother's Milk Bank Northeast to offer pasteurized human donor milk to newborns at the hospital and for use after discharge while building your own supply.

Is knee replacement surgery right for you?

What you need to know

If you've been living with chronic knee pain, you've likely wondered if knee replacement surgery might be the answer. As with so many medical questions, the answer is "it depends." Joanna Callis, director of perioperative services at Southwestern Vermont Medical Center (SVMC), regularly sees patients living with chronic knee pain. She says, "Chronic knee pain alone is not enough to suggest surgery is the best solution. Depending upon the cause of the pain, non-surgical options are very effective at relieving discomfort."

Finding relief without surgery

Some common treatment options for knee pain include: **Rest, ice, compression, and elevation.** Commonly referred to as RICE, this four-part approach often provides the time and conditions necessary to allow a simple knee injury to heal.

Physical therapy. Sometimes referred to as rehabilitation, physical therapy combines exercise, education, and hands-on care to strengthen surrounding and supporting muscles. A physical therapist will develop a treatment plan specific to your needs and goals and guide you through exercises that you can repeat at home. They'll also teach you how to avoid motions or activities that might aggravate your injury and slow down healing.

Corticosteroid injections. Ideal for reducing inflammation and alleviating pain from swelling, corticosteroid injections typically take 3 to 7 days to achieve their full effect but can provide relief for as much as 3 to 6 months. However, over the course of repeated injections, the period of relief often shrinks to just weeks.

Hyaluronic acid (HA) injections. A natural lubricant produced by your body, HA injections boost your natural supply and may reduce knee pain while protecting your knee from further injury.

Not your parent's knee surgery

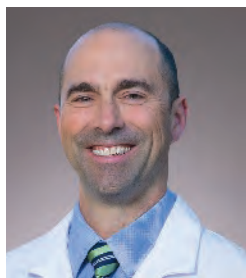
More Americans than ever—roughly 790,000—are getting total knee replacements every year. Thanks to more durable joint implants and robotic-assisted orthopedic surgery, the procedure can be performed in less time with more accuracy than manual knee replacement. Orthopedist Matt Nofziger, MD, at SVMC Orthopedics notes that, "In the past, replacement devices were done using cutting guides and jigs and it was up to the surgeon to use their judgment to determine the best position for the device. But now, using robotic-assisted technology, we're now able to gather data about a patient's anatomy at the beginning of surgery. This allows us to virtually see how the joint will function and to change the positions of the new parts to maximize mobility and stability of the joint before removing any bone. Once we are happy with the plan, the robot also acts as a second set of eyes during surgery. It helps us to remove the damaged bone with accuracy, and if anything related to the positioning changes, even slightly, we can adjust accordingly." In addition to the robotic-assisted technology, SVMC orthopedic surgeons also depend on an implant called the ATTUNE Knee. "The advantage of this device," says Nofziger, "is that it can help increase stability and reduce pain, providing better range of

motion and preventing the unstable feeling some patients experience during everyday activities, such as bending and walking up and down stairs."

To learn if you might benefit from this technology, call SVMC Orthopedics at 802-442-6314 to schedule a consultation with a provider.



The VELYS™ Robotic-Assisted Solution is now used for orthopedic surgeries at SVMC. It equips surgeons with the information needed to preserve the soft tissue envelope, predict joint stability, and work toward returning knee function.



“A good candidate for knee replacement is someone who has exhausted all nonsurgical options, is finding their life limited by their pain, is in good overall health, and is willing to commit to the recommended physical therapy post-surgery, which can last several months and require 2 to 3 weekly visits.”

—Matthew Nofziger, MD
SVMC Orthopedics

What to do when you're out of options

If you reach a point where non-surgical options no longer provide the needed relief, it may be time to consider total knee replacement surgery. However, given the involved nature of the surgery and the requirements for a successful recovery, being cleared for surgery is not just a matter of saying “sign me up!”

Dr. Matthew Nofziger, an orthopedic surgeon at SVMC, explains what makes someone a good, and not-so-good candidate for the procedure: “A good candidate is someone who has exhausted all non-surgical options, is finding their life limited by their pain, is in good overall health, and is willing to commit to the recommended physical therapy post-surgery, which can last several months and require 2 to 3 weekly visits.”

As for not-so-good candidates, he points to chronic conditions as often being an obstacle to surgery. “Any chronic conditions, including diabetes, heart disease, or infections, all need to be well controlled to reduce the risk of complications during surgery and infection post-surgery.

In addition, excessive body weight—specifically a body mass index over 30—can work against having a total knee replacement, as the device may not be able to support the individual.”

Nofziger also notes that because smoking delays healing, smokers may be ruled out as candidates unless they can refrain from smoking for 6 to 8 weeks prior to surgery.

He adds, “Recovering from total knee replacement is serious business. While we will get you up and walking the day of surgery in most cases, you must be prepared for a recovery period that lasts several months. You must prepare your home so you can navigate it initially with a walker followed by a cane. That may mean relocating your sleeping space to your couch or setting up a home office near where you're recovering. You'll also want to enlist the help of others for basic daily tasks like cooking and laundry. Yes, it can be challenging and long but, in time, you'll be able to move your knee without pain and return to activities you enjoy.” ■



Be skin smart in every season

Tips for preventing skin cancer year-round

When it comes to skin cancer prevention, one of the most common misconceptions dermatologist Lixia Ellis, MD, of Southwestern Vermont Medical Center (SVMC) has to correct is the notion that UV rays are only a problem during summer.

“People tend to equate sunscreen with summer,” she says, “and put it away once the weather turns cool. And while it’s true that UVB rays are strongest in the summer, they can cause sunburn and lead to damage any season of the year. Winter is of particular concern in our region as snow reflects up to 80 percent of UV rays, meaning you’re getting nearly a double dose of damaging rays on sunny days.”

Here are some facts about skin cancer to keep in mind as well as tips you can use to prevent it all year long.

Measure once, apply twice (at least)

Sunscreen only works if you apply the correct amount and repeat application for extended stays outside. For your face, ears, and neck, use approximately $\frac{1}{2}$ teaspoon to $\frac{1}{2}$ teaspoon of sunscreen. For the full body, bump the amount up to 1 to 2 ounces (enough to fill a shot glass). Be sure to reapply every two hours and after swimming or heavy sweating.

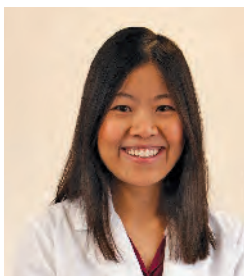
Skin cancer is number one—but not in a good way

More than 5 million skin cancers are diagnosed each year in the United States, making it the most common of all cancer types. An estimated 9,500 Americans are diagnosed with skin cancer every day.

Bad news on the rise

Of the three major types of skin cancer, melanoma is the deadliest. Between 2013 and 2023, the number of new invasive melanoma cases diagnosed annually increased by 27 percent. One person dies of melanoma every hour, every day.





“While it’s true that UVB rays are strongest in summer, they can cause sunburn and lead to damage any season of the year. Winter is of particular concern in our region as snow reflects up to 80 percent of UV rays, meaning you’re getting nearly a double dose of damaging rays on sunny days.”

-Lixia Ellis, MD
SVMC Dermatology

Elevation matters

Snowsport lovers have a higher chance of skin damage during the winter months as UV levels rise 4 to 5 percent with every 1,000 feet of elevation above sea level gained.

Every day is a sunscreen day

Regardless of the temperature or cloud cover, applying a broad-spectrum sunscreen with an SPF of 30 or higher to exposed skin should be part of your daily routine. For best results, apply sunscreen at least 30 minutes before heading outdoors.

The lips don't lie

With very little melanin, the pigment that helps protect against sunburn, the lips are one of the most vulnerable parts of the body and the most prone to painful sunburn. Because they are always exposed, it's important to always apply a lip balm with sunscreen of 30 SPF or higher to your lips when venturing out. Be sure to reapply frequently, especially if eating, drinking, or swimming.

Not safe at any age

Using tanning beds before age 20 can increase your chances of developing melanoma by 47 percent, and the risk increases with each use. Indoor tanning can increase the risk of developing skin cancer by up to 58 percent. ■



You missed a spot

Parts of the body commonly missed when applying sunscreen include:

- Tops of the ears
- Back of the hands
- Tops of the feet
- Lips
- Sides of the neck
- Behind the knees
- Eyelids
- Scalp
- Upper chest

Recovery Residences

An important step in the transition to sober living

As anyone who lives with addiction or loves someone with an addiction can attest, the road to recovery is difficult and, frankly, never-ending.

“A common misconception about recovery is that rehab is the magic solution,” says Ralph Bennett, CRC, the operations manager at Turning Point Center (TPC) in Bennington. “But rehab is just one step on the path to leading a sober life. And some might tell you it’s not even the hardest.”

Life after rehab: where the rubber meets the road

As someone who has been through recovery, Bennett knows that rehab treatments, while physically and emotionally challenging, aren’t the real test of one’s commitment to sober living. “Rehab is a very controlled environment,” he explains. “While you’re there, all you have to concern yourself with is your addiction. From detox and drilling down to what drives it to identifying triggers and setting goals, it’s important work but it takes place inside a bubble. Once you’re done with the program, you have to leave the safety of rehab to undertake the work that comes next in a world that’s not always supportive.”

For many people, the days, weeks, and months after rehab are prime for relapses. Research has found that 40 to 60 percent of individuals relapse within 30 days of leaving an inpatient drug and alcohol treatment center, and up to 85 percent relapse within the first year.

“Once you leave rehab, you have to put what you’ve learned through treatment into action and continue working through whatever emotional or traumatic issues you’re facing—including some you may have only just recognized. That alone is a lot, but in addition to doing

that,” says Bennett, “you also have to re-engage with the world. Not everyone has a supportive or stable home or network to return to that will enable that without a heightened risk of relapse. And that’s where recovery houses come into play.”

Recovery housing: a safe, shared living space for sustained recovery

Often called a sober living residence or a sober home, recovery housing is a safe, supportive, and substance-free living environment specifically for individuals transitioning from a treatment program to independent living.

The first-ever sober living home in Bennington County—and the first in southwestern Vermont—began accepting guests in September 2024.

Located on North Street, the Squire House is managed by Vermont Foundation for Recovery (VFOR), which operates eight recovery homes across the state. The residence offers private rooms for up to nine women—including rooms specifically designed for women with children—along with shared kitchen, dining, living, porch, and bath areas.

VFOR’s Director of Community Relations Candace Gale notes, “The Squire House is the organization’s second recovery home dedicated to supporting women with children. This initiative is a significant step forward in breaking down one of the biggest barriers to substance use recovery for women—finding a safe and supportive environment where they can heal without being separated from their children. VFOR believes that family unity is essential to the recovery process, and the Squire House embodies this commitment.”

Research
has found that 40 to
60 percent of individuals
relapse within 30 days of
leaving an inpatient drug and
alcohol treatment center, and
up to 85 percent relapse
within the first year.

Good for people, good for communities

More than 50 scientific studies have found that recovery residences do not impact property values, neighborhood turnover, or public safety. Certified homes are required to implement good neighbor practices and are subject to an independent review of community concerns.

In November, TPC of Bennington opened a male residence on Gage Street. Bennett says, the house accommodates up to eight male guests (18 and older) and embraces the model and best practices required for certification by Vermont Alliance for Recovery Residences.

“The new residence provides a stable and supportive environment for them to focus on recovery while living in a homelike environment, says Bennett. “Research shows that recovery housing offers many benefits to guests, including decreased substance use, reduced probability of relapse, lower rates of incarceration, increased employment, and improved family functioning.

“Ultimately, it’s a place where people in recovery can develop healthy habits and engage with others who are facing the same challenges of adjusting to a sober lifestyle.”

A place to begin again: structure, support, skills, and connection

While recovery housing can take different forms and offer different services, the goal is always the same: providing a foundation for sober living.

Bennington’s Turning Point Recovery House offers private single rooms and shared bath and kitchen space and on-site laundry. Guests must abide by some basic house rules, including a curfew and checking in with the house manager when coming and going.



The Squire House in Bennington provides private rooms for up to nine women in recovery.

Recovery residences demonstrate a greater chance of achieving:

- decreased substance use
- reduced probability of relapse
- lower rates of incarceration
- increased employment
- improved family functioning

All guests are required to participate in house meetings with the house manager when requested. Guests will also have recovery coaches assigned and work with them at TPC. Individuals on medication-assisted treatment programs with SaVida and/or United Counseling Service must follow the requirements of those programs and may be subject to drug screens.

(continued)

Recovery Residences *(continued)*

Bennett notes, “Coaches work to help guests get the mental health support they need and guide them on next steps for navigating a safe and sober re-entry into the community. We help them look for work and maintain a healthy lifestyle. TPC also offers activities to help them appreciate that life without substance can be rewarding, fulfilling, and fun.”

He adds, “The process of learning to live without using takes time. Being surrounded by others who are on the same path and people who have differing lengths of sobriety is extremely helpful in demonstrating that the work is worth it.”

Because the path to recovery is individual, guests’ stay can last anywhere from 90 days to a year. As individuals establish the necessary foundation for living sober, the TPC staff works with them to establish next steps for truly independent living and helps them evaluate their options to ensure the best chance for long-term sobriety.

Bennett says, “We’re here to help them in all areas of life where they might need support. That may mean helping them secure housing or managing medical needs. But it may also mean helping them establish simple daily routines that they may not have maintained while in the

Are you ready for sober living?

If you or a loved one is interested in learning more about The Recovery House for men, contact Ralph Bennett at Turning Point Recovery Center to schedule an evaluation.

802-442-9700 office

802-753-6285 cell

r.bennett@tpcbennington.org

For information on the Squire House for women, contact Candace Gale, Vermont Foundation for Recovery director of community relations.

802-735-4340 office

201-788-3508 cell

info@vfor.org

throes of their disease. From getting up at a consistent time in the morning and taking a shower to keeping their rooms clean and preparing healthy meals ... they’re embarking on a new way of life and, as people who’ve been through it, the TPC team is able to share what worked for us and provide moral support they need to push forward.” ■





Are you taking loneliness to heart (and other places)?

The health risks of loneliness and what to do about it

Feeling lonely? Turns out you're not alone. According to a survey by the American Psychiatric Association, in early in 2024, 30 percent of adults say they have experienced feelings of loneliness at least once a week during the past year, while 10 percent say they are lonely every day.

While it's true that the level of loneliness in the United States has dropped from the 47 percent level reported during the pandemic, it very much remains a serious social and health crisis across the country.

Defining loneliness

Alya Reeve, MD, MPH, medical director at United Counseling Service and consultant psychiatrist at SVMC says, "At its core, loneliness is the feeling of being disconnected from others while desiring social connection. Being alone is not the same as being lonely. You can be surrounded by people and activities and feel lonely when you don't feel connected to those around you. Loneliness is what results from that feeling of disconnection and the lack of reciprocal emotionally meaningful connection with others."

(continued)

Loneliness *(continued)*

Because social connection is a basic human need essential to our overall health and well-being, some researchers suggest feelings of loneliness may be a signal generated by our bodies. In the same way your stomach rumbles to signal hunger or you feel thirst when you need hydration, loneliness may be the body's way of motivating us to establish or rekindle connections.

Far more than a bad feeling

While loneliness is a feeling, over prolonged time it can lead to increased physical and emotional health risks, including:

- 29% increased risk of heart disease
- 32% increased risk of stroke
- 50% increased risk of dementia
- Type 2 diabetes
- Cognitive impairment and decline
- Alzheimer's disease
- Substance misuse
- Sleep issues
- Depression
- Anxiety
- Suicide
- Early mortality

It's a fact:

Loneliness can be as damaging
as smoking 15 cigarettes
per day

Source: The Science Journal



Dealing with loneliness

If you're feeling lonely, take heart. You're not broken. You just need connection. The good news is that making connections may be easier and less demanding than you might think. You don't have to be instant best friends with every person you meet. It is not a matter of being a social butterfly or the center of the party. Even just smiling at others as you pass by can serve as an important first bit of connection that lifts your spirits. There is a biological basis for humans to make eye contact with others; neurotransmitters in our brains equilibrate to reflect a state of safety and well-being. This is reflected in our expressions of "being seen" and "being heard."

Additional suggestions for consciously creating and rekindling connections with others include:

- **Stay close to safe friends and family:** reach out by phone, email, text, or by mail to at least one person every day.
- **Be a joiner:** sign up for classes and programs that interest you and put you in the company of others who share those interests.
- **Be a good neighbor:** learn who your neighbors are; note if they need a hand, or simply appreciate the effects of the latest storm together.
- **Volunteer:** helping others is one of the most effective ways to help yourself and shake feelings of loneliness. *See p. 21 for a list of local organizations in need of volunteers.*
- **Seek professional help:** if you're feeling lonely more days than not, schedule an appointment with your healthcare provider to explore other options.

Reeve notes that, "Relationships that are valuable take time to develop; loneliness will ease as you develop meaningful relationships. Sometimes, the biggest challenge is to be willing to take a small risk to try something new, to greet someone you haven't met, to accept someone else's greeting. The act of recognizing another person be the catalyst that person needs to move out of their state of feeling disconnected."

"However," she adds, "the need for connection doesn't always have to be met by people. For some, bonding with animals fits the bill. The point is, there are many things you can do to change how you feel and help others—human or otherwise—feel better at the same time." ■

Make connections while making a difference

If you're looking for a volunteer opportunity to build connection and that makes a meaningful difference in your own life and that of others, look no further than SVMC.

SVMC's volunteer services is looking for caring, reliable individuals to serve as Lobby Ambassadors. The first point of contact for patients and visitors, lobby ambassadors escort them to their destination while providing reassuring guidance and tips for making their visit as pleasant and stress-free as possible.

To learn more, contact Catherine Hagadorn, CPXP, care experience specialist/Volunteer Services at 802-447-5600 or via email at Catherine.Hagadorn@svhealthcare.org.

Other vital community organizations that may benefit from your help include houses of worship, emergency services organizations, animal rescue, and volunteer fire departments.

For additional opportunities, consider the following near you:

VERMONT

Bennington

Bennington Community Market
BenningtonMarket.com

Bennington County Coalition for the Homeless
CCHVT.org

Bennington Museum
BenningtonMuseum.org

United Counseling Service
UCSVT.org

Manchester

Community Food Cupboard
CommunityFoodCupboard.org

Grateful Hearts
GratefulHeartsManchester.org

Hildene
Hildene.org

Southern Vermont Arts Center
SVAC.org

GBCS
GBICSBennington.org

Meals on Wheels
MOWBennington.org

Southwestern Vermont Chamber of Commerce
Bennington.com

MASSACHUSETTS

North Adams

MASS MoCA
MASSMoCA.org

ROOTS Teen Center
RootsTeenCenter.org

Williamstown

Williamstown Historical Museum
WilliamstownHistoricalMuseum.org

Williamstown Rural Lands
RuralLands.org

NEW YORK

Cambridge

Cambridge Community Garden
garden@hubbardhall.org

Cambridge CommunityForest
AGStewardship.org

Cambridge Food Pantry
CambridgeFoodPantry.com

Hubbard Hall
HubbardHall.org

Hoosick Falls

Cheney Library
CheneyLibrary.org

HACA Food Pantry
HoosickHACA.org

Louis Miller Museum
staff@HoosickHistory.com

Vermont: Lovely but lonely

According to a study conducted by move.org, Vermont ranks as the second-loneliest state in the United States behind Maine. Neighboring New York garnered 6th in the "least lonely" category while Massachusetts came in 9th.



Diabetes-friendly foods for the holidays

Eating healthy during the holiday season doesn't mean skipping out on flavor

Diabetes doesn't have to put a damper on your enjoyment of the holiday season. Whether you're headed to a potluck or hosting family and friends for dinner, these diabetes-friendly recipes let you be part of the celebration while keeping your blood sugar levels in range.

Stuffed Mini Peppers

Ingredients

1 pound mini bell peppers
1 cup low-fat ricotta cheese
¼ cup finely chopped fresh basil
¼ cup finely chopped fresh parsley
1 clove garlic, minced
Salt and pepper to taste
1 tablespoon olive oil

Directions

1. Preheat the oven to 375°F (190°C).
2. Cut the tops off the mini peppers and remove the seeds.
3. In a bowl, mix ricotta cheese, basil, parsley, garlic, salt, and pepper.
4. Stuff each pepper with the ricotta mixture.
5. Place the stuffed peppers on a baking sheet, drizzle with oil, and bake for 15 to 20 minutes until the peppers are tender.

Baked Salmon with Herb Crust

Ingredients

4 salmon fillets (skin on or off)
2 tablespoons Dijon mustard
½ cup whole-wheat breadcrumbs
¼ cup chopped fresh parsley
2 tablespoons chopped fresh dill
2 cloves garlic, minced
2 tablespoons lemon juice
Salt and pepper to taste
1 tablespoon olive oil

Directions

1. Preheat your oven to 400°F (200°C).
2. Line a baking sheet with parchment paper and place fillets on it (flesh-side up if using fillets with skin).
3. Spread Dijon mustard evenly over the top of each fillet.
4. In a bowl, combine breadcrumbs, parsley, dill, garlic, lemon juice, salt, and pepper.
5. Press the breadcrumb mixture onto the mustard-coated salmon.
6. Drizzle with oil and bake for 15 to 20 minutes until the salmon is cooked through and the topping is golden brown.



Roasted Brussels Sprouts with Balsamic Glaze

Ingredients

1 pound Brussels sprouts, trimmed and halved
2 tablespoons olive oil
Salt and pepper to taste
¼ cup balsamic vinegar
1 tablespoon honey

Directions

1. Preheat your oven to 400°F (200°C).
2. Toss Brussels sprouts with oil, salt, and pepper, and spread them on a baking sheet.
3. Roast for 20 to 25 minutes until tender and slightly crispy.
4. While the Brussels sprouts are roasting, simmer vinegar and honey in a small saucepan over medium heat until it thickens into a glaze.
5. Drizzle the balsamic glaze over the roasted Brussels sprouts before serving.



Bennington Project Independence

Where connection and companionship foster lives worth living

Two years ago, Don, an 85-year-old lifelong Vermonter, visited Bennington Project Independence (BPI) at the recommendation of a counselor at the Bennington VA. He admits his initial impression wasn't great. He says, "I thought to myself *This isn't for me. I'm not old like these people.*" That same visit, he reconsidered his position after accidentally dumping a glass of milk all over his lunch.

Fast-forward two years to today when Don now looks forward to his twice weekly visits to BPI so he can spend time talking with friends and participating in programs he chooses. "Except for summers," he adds proudly. "Then I only go once a week so I can get extra time in my garden."

A place for connection and companionship

A fixture in Bennington for more than 45 years, BPI regularly welcomes 40-plus members through its doors from 7 a.m. to 6 p.m. "Once they're here," says Executive Director Linda Wichlac, "they're free to choose how they spend their time and with whom."

On any given day, the many rooms in the homey setting on Harwood Hill are abuzz with members participating in activities ranging from a morning coffee club, a stretching class, and Scrabble to cooking, art, and cuddling with visiting service dogs or the BPI bunny, Gryffin. Trips to local shopping destinations and even AAA baseball games are also among the busy members' options.

Caring for individuals and families

While many BPI members are seniors, Wichlac notes anyone over 18 is eligible. "Our members range in ages, abilities, and interests," she says. "Many are seniors looking to connect with others a few days a week, while some have physical challenges, such as post-stroke limitations, that necessitate extra hands to help with essential daily

tasks or activities. We also have members with cognitive impairments including dementia, traumatic brain injury, and various stages of Alzheimer's."

BPI's staff includes an RN, LPNs, LNAs, an activities coordinator, a social worker, a membership coordinator, and a team of drivers who make sure members who want to be at BPI on a given day can get there and home again.

"Our goal is to meet members where they're at," says Wichlac. "That might mean providing haircuts and showers or it might mean helping someone decipher their insurance or line up services and appointments with doctors or other resources and agencies."

Recognizing that members' needs don't end when they leave, BPI also hosts a free, monthly caregiver support group called Families Together.

Led by BPI social worker Melissa Stemp, the group aims to reduce the social isolation caregivers often experience and to provide psychosocial support. "There's lots of sharing among participants," she says, "including practical advice about juggling priorities, tips for navigating the health system, and sharing resources."

More than just another place to go

The list of ways that BPI differs from traditional options for seniors is lengthy.

"To begin with," says Wichlac, "we're not a residential institution. We're a place where people can come for the day and then return to the comfort of their home. Some people choose to come every day while others pop in once a week for an activity or to catch up with others. Those same people might spend other days at the senior center."

"In addition, not all our members have health challenges or limitations. Those who do can receive support and access to care including oxygen therapy, physical therapy, ostomy management, diabetic monitoring, medication



COMMUNITY PARTNER PROFILE

Guests at BPI benefit from on-site medical services, engaging activities and celebrations, and reliable transportation to and from the facility.

administration, swallowing therapy, and more. Plus, the facility is designed to accommodate every kind of mobility device. In fact, many members can do more here, in terms of using a kitchen or bathroom, than they can at home.”

Wichlac re-emphasizes the importance of meeting people where they’re at. “There’s nothing cookie-cutter about our approach. We recognize that, just like the rest of us, our members have good days and bad days. Some are motivated to participate in everything, and some are happiest quietly observing or reading a book in a corner. Every day we assess where each individual is emotionally and physically and look for ways to enrich their experience and enjoyment of their time here. We recently had a member who wasn’t loving some of the group games but shared with a staff member that he liked Scrabble. A few days later that same staff member presented him with a list of other members who liked to play Scrabble. It wasn’t a big thing, but it made a big difference to that member who knew that someone went out of their way to make sure he enjoyed his time here.”

“...the best thing that could have happened for me.”

After spending decades navigating the seas as a yacht captain, 74-year-old Carlos found himself in the depths of despair and in poor physical health. “Between my wife’s failing health and my own challenges, life was really difficult,” he recalls. “I spent months being withdrawn, constantly tired, not living or feeling anything.”

When someone recommended he spend a day at BPI, he says he definitely felt something. “It was fear. It had been a while since I really connected with anyone. I didn’t know what that was going to be like.”

A one-day visit led Carlos to become a regular three-day member. “At first it was overwhelming but now, it’s like I

found my new family. Between the other members and the staff, I’m a part of something much bigger. We’re all looked after by the amazing staff, but we also look after each other. I’m doing things, like art, that I’ve never done before. With every passing day, my mood and health got better.”

Carlos wasn’t the only one who noticed an improvement in his physical and emotional well-being. “Prior to coming to BPI, I was seeing various doctors for memory issues,” he says. “They can’t believe how much my cognitive abilities improved in a few months. And the only difference was reconnecting with other people. It’s like waking up in a new chapter of my life when I thought my story was basically over. It’s the best thing that could have happened for me.” ■

About BPI

Bennington Project
Independence
614 Harwood
Hill - Route 7A
Bennington, VT 05201
802-442-8136



Accepting members 18 and older from Vermont,
New York, and Massachusetts

Services & Programs

Health services	Daily lunch and snacks
Activity programs	Nutrition services
Social work	Transportation services (VT only)
Family support	

*To schedule a visit at BPI for yourself or a family member,
call 802-442-8136.*

Community Health Resources

Aging and Disability Resources

VERMONT

Department of Disabilities, Aging, and Independent Living

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

802-241-2401

dail.vermont.gov

HC 2 South, 280 State Dr., Waterbury, VT

Senior Solutions: Council on Aging for Southeastern Vermont

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

866-673-8376

seniorsolutionsvt.org/services

38 Pleasant St., Springfield, VT

BENNINGTON COUNTY

Bennington Senior Center

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

802-442-1052

benningtonvt.org/departments/senior-center/

124 Pleasant St., Bennington, VT

Bennington Project Independence (BPI)

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

802-442-8136

bpiads.org

614 Harwood Hill Rd., Bennington, VT

Meals on Wheels of Bennington County

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

802-442-8012

mowbennington.org

124 Pleasant St., Bennington, VT



Southwestern Vermont Council on Aging

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

802-442-5436

svcoa.org

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



Vermont Center for Independent Living

Support and Services at Home (SASH)

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

802-442-9920

sashvt.org/Bennington-county/

814 Gage St., Bennington, VT

Vermont Center for Independent Living

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

802-447-0574

vcil.org

601 Main St., Bennington, VT

WINDHAM COUNTY

Support and Services at Home (SASH)

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

802-246-1538

sashvt.org/windham-county

PO Box 275, Brattleboro, VT

Vermont Center for Independent Living

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

802-254-6851

vcil.org

28 Vermont St., Suite 436, Brattleboro, VT

NEW YORK

WASHINGTON COUNTY

Washington County Office for Aging and Disabilities Resource Center

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

800-848-3303

washingtoncountyny.gov/148/Office-for-Aging

383 Broadway Building B, Fort Edward, NY

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.php

21299 Route 22, Hoosick Falls, NY 12090

Independent Living Center of the Hudson Valley

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

518-274-0701

ilchv.org

15-17 Third St., Troy, NY

NYS Office of Temporary and Disability Assistance

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

518-473-1090

otda.ny.gov/

40 North Pearl St., Albany, NY

Rensselaer County Department of Aging

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

518-270-2730

rensco.com/departments/department-of-aging

1600 Seventh Avenue, Fourth Floor, Troy, NY

MASSACHUSETTS

BERKSHIRE COUNTY

Elder Services of Berkshire County

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

413-499-0524

esbci.org

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

North Adams Council on Aging

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

413-662-3125

northadams-ma.gov/government/boards_and_commissions/council_on_aging/index.php

10 Main St., North Adams, MA

Food Security

VERMONT

BENNINGTON COUNTY

Arlington Food Shelf

A food pantry serving those in the Arlington region.

802-375-6328

Arlington Food Shelf on Facebook
165 Old Mill Rd., Arlington, VT

Bennington County Regional Commission

Maintains a Bennington County Food System Assets map, providing comprehensive information about programs in place to address food insecurity in Bennington County.

802-442-0713

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

210 South St., Suite 6, Bennington, VT

Bennington-Rutland Opportunity Council

A food shelf with necessary staples to keep families fed.

802-447-7515

broc.org

332 Orchard Rd., Bennington, VT

Community Food Cupboard

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

802-362-0057

communityfoodcupboard.org

40 Jeff Williams Way, Manchester Center, VT

Greater Bennington Community Services, Inc.

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

802-447-3700

gbcsbennington.org

121 Depot St., Bennington, VT

Harvest House Soup Kitchen

Soup kitchen offering free meals and fellowship.

802-447-4739

Harvest House Soup Kitchen on Facebook
101 River St., Bennington, VT

Meals on Wheels of Bennington County

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

802-442-8012

mowbennington.org

124 Pleasant St., Bennington, VT

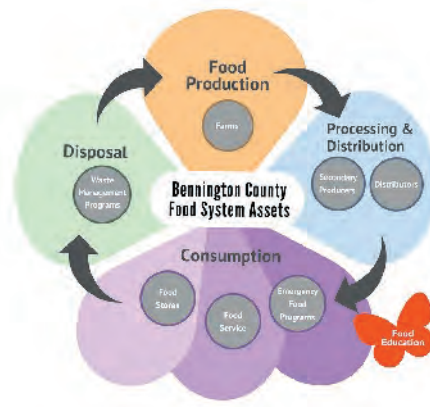
Sacred Heart Saint Francis de Sales Church—HIS Pantry

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

802-442-3141

sacredheartsaintfrancis.org

238 Main St., Bennington, VT



Women, Infants, and Children (WIC) Program

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

802-447-6408

healthvermont.gov/local/Bennington/wic

324 Main St., Suite 2, Bennington, VT

WINDHAM COUNTY

Deerfield Valley Food Pantry

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

802-464-0148

deerfieldvalleyfoodpantry.org

7 Church St., Wilmington, VT

Food Connects

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

802-451-0538

foodconnects.org

22 Browne Court, Unit 110, Brattleboro, VT

Groundworks—Foodworks Food Shelf

A program providing supplemental food to individuals in need.

802-490-2412

groundworksvt.org

141 Canal St., Brattleboro, VT

St. Brigid's Kitchen and Pantry

Volunteer organization dedicated to feeding the hungry.

802-254-6800

stbrigidskitchenandpantry.org

38 Walnut St., Brattleboro, VT

Townshend Community Food Shelf

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

802-365-4348

46 Common Rd., Townsend, VT

Women, Infants, and Children (WIC) Program

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

802-257-2882

healthvermont.gov/local/Brattleboro/wic

232 Main St., Suite 3, Brattleboro, VT

NEW YORK

WASHINGTON COUNTY

Cambridge Food Pantry and Christian Outreach Center

Food pantry serving the Cambridge region.

518-677-7172

Cambridge Food Pantry & Christian Outreach Center on Facebook.

59 S. Park St., Cambridge, NY

St. James Food Pantry

Food pantry serving those in the Albany region.

518-247-6433

50 Summit Ave., Albany, NY

Washington County EOC Food Pantry

518-746-2390

foodbankofhudsonvalley.org

383 Broadway, Fort Edward, NY

Women, Infants, and Children (WIC) Program

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

518-746-2460

washingtoncountyny.gov/179/WIC-Program

411 Lower Main St., Hudson Falls, NY

RENSSELAER COUNTY

Commission on Economic Opportunity (CEO) Family Resource Center

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

518-272-6012

ceoempowers.org

2331 Fifth Ave., Troy, NY

Food Pantries for the Capital District

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

518-458-1167

thefoodpantries.org

32 Essex St., Albany, NY

Hope 7 Food Pantry

A food pantry serving local families.

518-272-1547

hopeseven.com/food-pantry

520 Pawling Ave., Troy, NY

Community Health Resources *(continued)*

MASSACHUSETTS

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

VERMONT

BENNINGTON COUNTY

Bennington County Coalition for the Homeless

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

802-442-2424

bcchvt.org

966 Main St., Bennington, VT

Bennington Housing Authority

Administers Section 8 and provides affordable rental properties.

802-442-8000

benningtonhousingauthority.org

22 Willowbrook Dr., Bennington, VT

Bennington-Rutland Opportunity Council (BROC)

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

802-447-7515

broc.org

332 Orchard Rd., Bennington VT

NeighborWorks of Western Vermont:

Bennington office

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

802-438-2303

nwwwvt.org

136 North St., Bennington, VT

Shires Housing

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

802-442-8139

shireshousing.org

307 North St., Bennington, VT



Windham and Windsor Housing Trust

WINDHAM COUNTY

Brattleboro Housing Partnerships

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

802-254-6071

brattleborohousing.org

224 Melrose St., Brattleboro, VT

Groundworks Collaborative

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

802-257-0066

groundworksvt.org

81 Royal Rd., Brattleboro, VT

Windham and Windsor Housing Trust

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

802-254-4604

homemattershere.org

68 Birge St., Brattleboro, VT

NEW YORK

WASHINGTON COUNTY

The Open Door Mission

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

518-792-5900

opendoor-ny.org/about-us

226 Warren St., Glens Falls, NY

Shelters of Saratoga, Inc.

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

518-581-1097

sheltersofsaratoga.org

14 Walworth St., Saratoga Springs, NY

WAIT House

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

518-798-2077

hycwaithouse.org

10 Wait St., Glens Falls, NY

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 Ave., 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

unityhousenry.org

2431 Sixth Ave., Troy, NY

MASSACHUSETTS

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

VERMONT

BENNINGTON COUNTY

Berkshire Family YMCA/Bennington Recreation Center

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

bfymca.org

802-442-1053

655 Gage St., Bennington, VT

Sunrise Family Resource Center

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

802-442-6934

sunrisepcc.com

244 Union St., Bennington, VT



Sunrise Family Resource Center



Berkshire Family YMCA

Project Against Violent Encounters (PAVE)

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

802-442-2370

pavebennington.org

102 Dewey St., Bennington, VT

United Counseling Service of Bennington County

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

802-442-5491 (Bennington)

802-362-3950 (Manchester)

ucsvt.org

100 Ledge Hill Dr., Bennington, VT

5312 Main St., Manchester, VT

Vermont Permanency Initiative (VPI) Bennington

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

802-447-1557 ext 100

vermontpermanencyinitiative.org

192 Fairview St., Bennington, VT

Catamount Connections

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

802-442-8700

Catamount Connections on Facebook

504 Main St., Unit 1, Bennington, VT

Big Brothers Big Sisters

Providing youth with one-to-one mentoring.

802-689-0092

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



Boys & Girls Club of Brattleboro

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

bgbbrattleboro.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)*

NEW YORK STATE

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 of 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 Dr., Latham, NY

Equinox Youth Outreach Center

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

518-462-5528

equinoxinc.org

21 Delaware Ave., Albany NY

MASSACHUSETTS

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 Ave., 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

bformca.org

22 Brickyard Court, North Adams, MA

Boys & 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

VERMONT

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 St., 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 Dr., Bennington VT

Turning Point Center of Bennington

Recovery center in Bennington County.
802-442-9700
tpcbennington.org
160 Benmont Ave., Suite C481
Bennington, VT

United Counseling Service of Bennington County

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

WINDHAM COUNTY**Brattleboro Retreat**

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

Turning Point of Windham County

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

Windham County Consortium on Substance Use

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

Voices of Hope

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

NEW YORK**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
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

MASSACHUSETTS**BERKSHIRE COUNTY****Berkshire Harm Reduction**

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

**Berkshire Harm Reduction Mobile Unit**

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

Berkshire Opioid Abuse Prevention Collaborative

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

Brien Center for Mental Health and Substance Abuse Services

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

Northern Berkshire Community Coalition

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

SaVida

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

Southwestern Vermont Medical Center

Resources Directory

Breast Care

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

Cancer Care

Dartmouth Health Cancer Center at
Southwestern Vermont Medical Center
140 Hospital Dr.
Bennington, VT 05201
802-447-1836

Cardiology

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

Dermatology

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

Diabetes Education

802-440-4025

Emergency Department

100 Hospital Dr.
Bennington, VT 05201
802-442-6361

Endocrinology

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

ExpressCare

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

Gastroenterology

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

General Surgery

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

Imaging

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

Infectious Disease

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

Internal Medicine

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

Neurology

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

OB/GYN

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

Occupational Health

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

Orthopedics

SVMC Orthopedics

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

Northern Berkshire Orthopedics

375 Main St.
Williamstown, MA 01267
413-398-1000

Palliative & Supportive Care Services

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

Pediatrics

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

Primary Care

Deerfield Valley Campus

30 Route 100 South
Wilmington, VT 05363
802-464-5311

Mountain Medical Services

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

Northshire Campus

5957 Main St.
Manchester Ctr., VT 05255
802-464-9300

Pownal Campus

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

Twin Rivers Medical PC

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

Plastic Surgery

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

Pulmonology

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

Rehabilitation

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

Rheumatology

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

Sleep Disorders

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

Sports Medicine

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

Travel Clinic

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

Urgent Care

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

Urology

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

Women's and Children's

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

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





The nursing team at the Kendall Emergency Department at Southwestern Vermont Medical Center

Exceptional care is our specialty.

When the unexpected happens, you can rely on Southwestern Vermont Medical Center (SVMC) to provide exceptional care and comfort, with a team that is nationally recognized for excellence in emergency nursing.

The Kendall Emergency Department (ED) at SVMC was recently selected as a recipient of the **Emergency Nurses Association's 2024 Lantern Award®** for demonstrating excellence in leadership, practice, education, advocacy, and research performance. SVMC's ED was **one of 94 departments nationwide** to be recognized, and the **first in Vermont**.



The Lantern Award showcases ED accomplishments in incorporating evidence-based practice and innovation into emergency care. Congratulations to our skilled and compassionate team for achieving this prestigious honor.

At SVMC, exceptional care is not only our specialty, it's our mission.

svmc.org



Southwestern Vermont
Medical Center

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