

# Healthy+

Courtesy of Southwestern Vermont Medical Center | Summer-Fall 2025 | vol 4 no 1

## Is weight-loss surgery for you?

What you need to know about this long-term weight loss option



### Annual Medicare Wellness Exams

Your best bet for getting ahead of health issues



### Gluten-free picnic recipes

Make use of nature's bounty



Dartmouth  
Health

Southwestern Vermont  
Medical Center



Matthew J. Alef, MD



Philip P. Goodney, MD

# Vascular care just got closer.

At Southwestern Vermont Medical Center (SVMC), providing exceptional health care, close to home, is not only convenient, it's an essential part of your patient experience and outcome.

That's why SVMC's new collaboration with the Heart and Vascular Center at Dartmouth Hitchcock Medical Center (DHMC) is so important. Patients now have the option to receive vascular care through SVMC Cardiology in Bennington, staying closer to home for appointments, testing, procedures, and follow-up care with DHMC vascular surgeons Matthew J. Alef, MD; and Philip P. Goodney, MD.

As Dr. Goodney explains, "Patients with vascular disease often have difficulty traveling, and expanding the services we can provide locally is an important next step. We are pleased to now offer vein care, dialysis access, treatment for leg and carotid artery blockages, and abdominal aortic aneurysms, on-site at SVMC."

**Exceptional care, close to home, is not only our specialty, it's our mission.**

**[svmc.org](http://svmc.org)**



Southwestern Vermont  
Medical Center

**SVMC Cardiology**  
(802) 442-0800  
Bennington, VT

## Hello,



Pamela M. Duchene, PhD, APRN

As residents of our region know, the warm days of summer and early fall go by much too fast. The call to the great outdoors shouldn't be ignored! There's no shortage of places to go and things to do—from swimming, biking, and gardening to fishing, picnicking, and hiking (my personal favorite), but it's up to you to make the most of it.

The key to enjoying any activity is being in the best health possible. In this issue of *Healthy+*, we look at common health issues that may be life-limiting and offer tips for dealing with them.

For example, if you're like millions of Americans whose weight prevents them from doing things they love, be sure to read what SVMC's bariatric experts have to say about weight-loss surgery (p. 6). You may be surprised to learn that you don't need to be morbidly obese or even below a certain age to be a candidate for this life-changing procedure.

Another life-changing decision being embraced by many is the choice to cut back on drinking. There's no need to wait for Dry January or Sober October to discover how drinking less can improve your physical and mental well-being. See p. 10 for tips and resources for exploring life with less alcohol. And, if you're a smoker, you'll also find some encouraging facts about the short- and long-term benefits of quitting on p. 9.

Finally, I want to encourage Medicare-age readers to check out two specific stories. The first is about annual Medicare wellness visits (p. 16). Free to people on Medicare or the Medicare Replacement Plan, these simple visits can identify health issues and risks and put you on the path to better health. The second story is about creating advance directives. Serious health issues can strike at any time and may leave you unable to communicate what care you do or don't wish to receive. Creating advance directives while you're healthy is the best way to make your preferences known to one and all.

As always, I'm grateful to you for picking up *Healthy+*. I hope the content inspires you to make choices and changes that can improve your health and life overall.

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*

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# Contents Summer-Fall 2025

## 4 Life in the Age of Adult Bullying

Tips for recognizing and responding to toxic behaviors

## 6 Weighing your Weight-Loss Options

What SVMC's bariatric experts want you to know

## 9 A Dozen Good Reasons to be a Quitter

It's never too late—or early—to quit smoking

## 10 Sober Curious

Is it time to rethink how much you drink?

## 12 Taking Control of your Future

Why now is the time to create an advance directive

## 15 Tick Check Cheat Sheet

5 minutes can keep you safe and tick-free

## 16 Zero Cost, Maximum Care

Why your annual Medicare wellness visit matters

## 18 Under Pressure

What to do when it all becomes too much

## 20 Advanced Practice Providers

How they improve the healthcare experience

## 22 Picnic Perfect: Hold the Gluten

Ideas for a safe and delicious gluten-free feast

## 24 Berkshire Nursing Families

Nurturing healthy babies and families

## 26 Community Health Resources

## 32 SVHC Resources Directory





## Breaking the booze habit

**49%** of Americans 21 and over are trying to drink less alcohol in 2025.

Source: Source: NCSolutions

**See p. 10 for  
resources  
and support  
for going  
sober.**



## The anxiety epidemic

Roughly **1 in 5**  
of U.S. adults  
experienced  
anxiety last year.

Source: National Institute of Mental Health

**See p. 18 for tips on taking control of your anxiety.**



\$500

That's how much patients who receive an Annual Medicare Wellness Visit can reduce their annual care expenditure.

Source: The American Journal of Managed Care

**See p. 16 to learn other ways you may benefit from an Annual Medicare Wellness Visit.**



## In short

## Worth the wait

According to the American Society for Bariatric and Metabolic Surgery, bariatric patients may lose as much as **60%** of excess weight six months after surgery, and **77%** of excess weight as early as 12 months after surgery.

**See p. 6 to learn if bariatric surgery may be right for you.**



# What are you waiting for?

Nearly **2 in 5** adults 50–80 years old have not had conversations about their healthcare preferences if they experience a serious illness, and less than half have an advance directive document in place.

Source: National Poll on Healthy Aging

**See p. 12  
for tips and  
information  
on preparing  
advance  
directives.**

## LIVING WILL (ADVANCE DIRECTIVE)

This document contains two parts. Both parts are for use when you can no longer communicate your health care wishes to your doctors. You may choose to sign one or the other or both.

The first form is called a Health Care Directive, also known as a living will. The Health Care Directive allows you to tell your health care providers your preferences for end of life treatment.

The second form is called a Health Care Power of Attorney. This Health Care Power of Attorney allows you to appoint another person to make health care decisions on your behalf taking into account your wishes.

This form was completed and signed on \_\_\_\_\_ day of \_\_\_\_\_, 20\_\_\_\_.

I, HEALTH CARE DIRECTIVE (LIVING) (L) designate a health care agent, \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Country \_\_\_\_\_

\_\_\_\_\_ of \_\_\_\_\_ County \_\_\_\_\_ State \_\_\_\_\_

\_\_\_\_\_ with \_\_\_\_\_ number \_\_\_\_\_

\_\_\_\_\_ desire to \_\_\_\_\_ event I \_\_\_\_\_

(SSN) being xxx-xx-xxxx advise my doctors and medical staff not able to communicate my \_\_\_\_\_

### A. LIFE SUPPORT

I desire that my doctor make a life using then available treatment becomes unacceptable as \_\_\_\_\_ in my condition will not improve life be withdrawn.

An acceptable quality of life is \_\_\_\_\_

# Life in the Age of Adult Bullying

## Tips for recognizing and responding to toxic behaviors

**W**hile it might not surprise you to learn that roughly 20 percent of school-aged kids report being bullied, you might be surprised by the findings of a recent study that revealed the problem doesn't magically go away upon graduation.

### Recognizing bullying behavior

According to Wendy Sergeant, DNP, PMHNP, a psychiatric mental health nurse practitioner with United Counseling Services in Bennington, bullying is no longer restricted to the schoolyard.

"Adult bullying is rampant," says Sergeant. "From online insults and road rage to physical intimidation and personal insults—including in the workplace—it's becoming all too common and, sadly, accepted."

Defined by the American Psychological Association as "a form of aggressive behavior in which someone intentionally and repeatedly causes another person injury or discomfort," bullying has very real physical and emotional consequences.

"Over time, bullying can lead to feelings of shame, humiliation, and powerlessness. And because many adults don't think of other adults as bullies, it can go on for quite a while without being fully recognized for what it is," says Sergeant.

Just like childhood bullying on the playground, adult bullying can take many forms:

- Using status or position to dominate or control another
- Negative criticism, judgment, gossip, mocking, or sarcasm
- Intentionally ignoring boundaries set by another person
- Not respecting personal space
- Ignoring or isolating others
- Engaging in online harassment
- Condescending facial or physical gestures, including eye-rolling
- Deliberately sabotaging someone's happiness and/or success

**31% of  
American adults  
report being  
bullied.**



“Adult bullying is rampant. From online insults and road rage to physical intimidation and personal insults—including in the workplace—it’s becoming all too common and, sadly, accepted.”

–Wendy Sergeant

Psychiatric mental health nurse practitioner, United Counseling Services



Wendy Sergeant, DNP, PMHNP  
Psychiatric mental health nurse practitioner, United Counseling Services

Adult bullies often use language to justify their behavior and to exert control. Red-flag phrases include:

“You can’t take a joke.”

“You’re too sensitive.”

“Don’t take it personally.”

“You’re making a big deal out of nothing.”

“You’re being ridiculous.”

“Pay attention when you hear these phrases,” says Sergeant. “They can help you recognize bullying behavior and take steps to protect and preserve your self-worth.”

## Responding to bullying behavior

The most important—and often difficult—thing to keep in mind when responding to a bully of any age is that it’s never appropriate to be bullied.

“With that understanding, you need to assess your circumstances,” says Sergeant. “If you think you’re in physical danger, remove yourself from the situation. That may mean leaving the room, the workplace, or in the case of road rage, not engaging and driving straight to a police station.”

If you don’t feel physically threatened, you can attempt to defuse the bully by asserting yourself.

“Bullies are looking for a response; getting upset is fuel for their fire,” explains Sergeant. “You can defuse things by pretending you didn’t hear them, responding to sarcasm with a ‘thank you,’ laughing at their mockery, or minimizing whatever they’re bringing up with ‘Oh, I don’t worry about that anymore.’ The key is to not give them the response they’re seeking.”

Sergeant notes that for bullying in the workplace, it may benefit you to talk to a trusted colleague about what they’re observing. “We have to be accountable for our actions. You may be unintentionally aggravating someone. If you can change a routine or behavior in a manner that doesn’t impact your performance or well-being, you may

want to consider it. But if that’s not the case, you should take your issue to your manager or human resources for resolution. For the quickest results, document instances of bullying, including who, if anyone, was present, and how the behavior is impacting your performance and is contributing to a ‘hostile work environment.’”

Sergeant adds that individuals who have been subjected to long-term bullying may benefit from talking to a mental health professional. ■



## The health impact of bullying

Victims of bullying reported significant negative impacts on their health, including:

- 71% suffer from stress
- 70% experience anxiety/depression
- 55% report a loss of confidence
- 39% suffer from sleep loss
- 26% have headaches
- 22% experience muscle tension or pain
- 19% reported a mental breakdown
- 17% noted an inability to function day-to-day, i.e., calling in sick frequently

Source: Harris Poll on behalf of the American Osteopathic Association



# Weighing your Weight-Loss Options

Here's what SVMC's bariatric experts want you to know

**S**hortly after GLP-1 agonist drugs such as Wegovy and Zepbound hit the market in 2022, the number of calls coming in to the offices of Drs. Terence Clarke and Matthew McDonald took a noticeable jump.

The doctors, who have a combined 40 years of experience, provide surgical and medical weight loss care through Capital Bariatrics, a practice of SVMC's Twin Rivers Medical, P.C. They say interest in the medications remains high. But, they caution patients to think "bigger picture" about their weight-loss journey.

## Comparing your options

According to McDonald, "When you consider a 'magic' weight-loss pill versus surgery, it's understandable why patients come in asking for it. However, when you compare the long-term results, bariatric surgery is consistently a more effective option for long-term weight loss and improved health."

Citing numbers from the American Society for Metabolic and Bariatric Surgery, McDonald says most patients who undergo bariatric surgery lose 50 percent of excess body weight while those using medication tend to lose only 15 percent to 20 percent of excess body weight.

But, as both doctors note, the bigger issue is long-term results. Studies show the long-term success rate of bariatric surgery runs between 68 percent and 74 percent with some patients maintaining weight loss for up to 20 years.

With drugs, Dr. Clarke says, many patients experience weight regain once they stop taking it. "It's like any medication you take for a chronic condition," he says. "Your cholesterol medication may get your numbers where you want but if you stop taking it, your numbers return to problematic levels. It's the same with weight."

While there are long-term medication options, Clarke notes they come with challenges, including cost (between \$1,000 and \$2,000 per month, not typically covered by insurance), and potential long-term side effects, including digestive issues, vitamin deficiencies, and even damage to blood vessels in the eyes.

## Bringing attention and understanding to bariatric surgery

Even though weight-loss drugs aren't the answer for everyone, McDonald is happy for the attention they've brought to the subject of managing weight and obesity.

"The good news about the medication hype is that it got more people to come in to discuss their weight struggles," he says. "Many of them were under the misperception that weight-loss surgery is only for those who are hundreds of pounds overweight. Others thought at 60 or 70 they were simply too old. But that's not the case."

While the average patient age is in the mid-40s, patients can be as young as 18 or as old as 80—or older—depending on individual circumstances.

"The surgery is the easy part of the weight-loss journey," says McDonald. "It's minimally invasive, with most procedures taking one to three hours. Most patients require an overnight stay, but some go home a few hours after surgery."

## Taking a mind-and-body approach to weight loss

One thing Clarke and McDonald find themselves emphasizing to potential patients about bariatric surgery is that, like the medication option, it's not a quick fix. Nor is life post-surgery always easy.

"You can't lose sight of the fact that it's taken your entire lifetime thus far to develop the habits and lifestyle that got you to your current weight," says Clarke. "It's going to take time to learn new behaviors and to un-learn ones that don't



“...most patients who undergo bariatric surgery lose 50 percent of excess body weight while those using medication tend to lose only 15 percent to 20 percent...”

-Dr. Matthew McDonald  
Capital Bariatrics (SVMC affiliate)



serve you. If you don't make the effort to course-correct and change, you're not going to get the full benefit of the surgery.”

McDonald adds, “We spend a lot of time consulting with patients, and ideally their families, pre-surgery about what to expect in the days, weeks, and months after the procedure. If they live with others, the post-surgical dietary needs will likely require adjustments by all.”

Changes to diet include:

- An initial liquid diet with the gradual introduction to soft foods and regular foods in 6-8 weeks
- Eating a balanced diet in 5-6 small portions a day.

*Note:* Immediately after surgery, you may only be able to tolerate one to two tablespoons of food at a time.

- Eating slowly and taking small bites to avoid ingesting air, which can be painful
- Switching to a diet high in protein and vegetables and low in carbohydrates
- Avoiding sugary foods and beverages, including fruit juices
- Drinking 64 ounces of water daily

“When we review these dietary needs pre-surgery, a lot of patients ask, ‘When do I get to eat normally again?’” says Clarke. “I tell them you can never go back to the way

*(continued)*

The long-term success rate of bariatric surgery runs between **68** and **74 percent** with some patients maintaining weight loss for up to **20 years.**



you were eating previously and expect to lose weight. But, if you're committed to losing weight and improving your health, you can start eating regular, healthy meals in six to eight weeks."

Another post-surgical requirement for bariatric patients is exercise. McDonald says, "Exercise is critical to achieving and maintaining your weight and health. It helps preserve lean muscle, burns calories, and strengthens your bones. The great thing about the surgery is that once you drop some weight, different forms of exercise people may have never considered due to their size suddenly become possible. The more you engage, the more pounds you drop."

### Benefits beyond the scale

While it's easy to fixate on the numbers on the scale, both Clarke and McDonald encourage patients to keep the other benefits of bariatric surgery in mind:

- Increased energy levels and improved mood are common positive outcomes
- Reduced risk of type 2 diabetes, heart disease, stroke, high blood pressure, acid reflux, and sleep apnea
- Reduced need for some medications
- Decreased risk of certain types of cancer
- Improved joint pain and mobility
- Improved mood and quality of life

- Enhanced self-esteem
- Increased life expectancy

### Making your health and well-being a priority

"Bariatric surgery can be a life-changing procedure for individuals struggling with obesity," says McDonald. "If your weight is taking a toll on your physical and mental health, consider surgery. You only get one life; bariatric surgery can help make sure you make the most of it." ■

### Are you a candidate for bariatric surgery?

The American Society for Metabolic and Bariatric Surgery recently updated its guidelines to expand patient eligibility for weight-loss surgery. The new guidelines recommend eligibility if you:

- Are at least 18 years old
- Have tried other nonsurgical weight-loss methods
- Have a BMI of 35 or higher\*
- Have a BMI of 30 or higher in addition to a weight-related condition such as severe diabetes, hypertension, heart disease, or sleep apnea
- Are psychologically competent and understand the procedure and postoperative plan

*Find the contact information for Capital Bariatrics in the directory on page 32.*

*\*BMI (body mass index) is a measure of body weight relative to height.*





# A dozen good reasons to be a quitter

It's never too late—or early—to quit smoking.

Quitting smoking before the age of 40 reduces the risk of dying from smoking-related diseases by about 90 percent. But quitting at any age can give you back years and quality of life that would be lost by continuing to smoke.

Here's how your body begins to recover when you choose to quit:

**20 minutes:** Your heart rate and blood pressure drop.

**12 hours:** The carbon monoxide level in your blood drops to normal.

**48 hours:** Your sense of smell and taste improve.

**2 weeks to 3 months:** Your circulation improves, and your lung function increases. Your risk of heart attack starts to decrease.

**1-9 months:** Coughing and shortness of breath decrease.

**1 year:** Your risk of heart disease is cut in half.

**2-5 years after quitting:** Your risk of mouth, throat, esophagus, and bladder cancers is cut in half. Your stroke risk drops to that of a person who doesn't smoke.

**10 years after quitting:** You are half as likely to die from lung cancer than a person who is still smoking. Your risk of cancer of the pancreas and kidney decreases.

**15 years after quitting:** Your risk of coronary heart disease is the same as someone who doesn't smoke.



# Sober Curious

## Is it time to rethink how much you drink?

**F**or years, the notion of “moderate drinking” has been widely accepted as a harmless, or even beneficial, practice. While some research points to potential benefits, the majority of evidence identifies significant risks associated with alcohol use even at moderate levels.

### Unsafe at any volume

According to Todd Salvesvold, RN, the Bennington Blueprint Program manager at SVMC, “There’s no getting around it; drinking alcohol carries health risks. The more you drink, the higher your risks. But the thing is, most people don’t have a sense of what a ‘moderate amount’ of alcohol is. You go out with friends, and you keep up. But before you know it, you’re regularly surpassing moderate drinking amounts, and you don’t even realize it.”

### Rethinking your drinking

If you think you might be drinking more than you should, you’re in luck.

“Never has the culture been more supportive of drinking less or not at all,” says Salvesvold. “In addition to an abundance of mocktails, and nonalcoholic beers, wines, and even champagnes on the market, there are also medications that make drinking less appealing, and even apps to support you as you embark on being alcohol-free. And it’s not all about going sober for life.”

As events such as Dry January and Sober October (month-long periods in which people abstain from drinking alcohol) demonstrate, many people choose to abstain from drinking for specific stretches of time.

“Taking a break lets you appreciate how alcohol may be negatively impacting your life in a way that you can’t while drinking,” says Salvesvold.

25%  
of Americans  
21 and over  
successfully  
participated in  
Dry January  
in 2024.

Source:  
CivicScience.com

It also helps you identify patterns related to drinking and provides the opportunity to adjust your habits and your relationship with alcohol.

Salvesvold acknowledges that drinking can be a tough habit to break on your own.

“Apps (see box on p. 11) are great for people who want a little support, tips, and motivation to stay alcohol-free.”

For individuals experiencing physical cravings or withdrawal symptoms, medication may be an option. Available by prescription, both naltrexone and acamprosate reduce the desire for alcohol.

### Defining Moderate Drinking

In the United States, moderate drinking for healthy adults is defined as:

One drink or less per day for women

Two drinks or less per day for men



Examples of one drink include:

- 12 ounces of beer with 5% alcohol
- 8 ounces of malt liquor with 7% alcohol
- 5 ounces of wine with 12% alcohol
- 1 ½ ounces of hard liquor or distilled spirits, 80 proof

Source: U.S. Centers for Disease Control and Prevention







“Never has the culture been more supportive of drinking less or not at all,” says Salvesvold. “In addition to an abundance of mocktails, and non-alcoholic beers, wines, and even champagnes on the market, there are also medications that make drinking less appealing, and even apps to support you as you embark on being alcohol-free.”

– Todd Salvesvold, RN  
Bennington Blueprint Program manager at SVMC

Your primary care provider can advise you on appropriate medication options and other support options.

### Give it up for giving it up

Again, rethinking your drinking doesn't have to mean complete abstinence. Instead, says Salvesvold, “It's about being more aware of how much you're drinking and what your habits and triggers are. From there, it's up to you to make decisions about drinking that align with your health goals and lifestyle needs.”

### Ready to self-assess?

If you're curious about what your drinking habits might mean for your future, visit [AUDITscreen.org/check-your-drinking](https://AUDITscreen.org/check-your-drinking) to take a quick 10-question self-assessment. The personalized results will reveal your risk level and offer guidance for staying the course, cutting down, or stopping drinking. ■

### Apps for Cutting Back

Whether you want to quit drinking for a month, a year, or forever, these apps can help.

- Sunnyside
- Reframe
- Try Dry
- Less
- I am Sober

*All apps available from the Apple App Store. Cost ranges from \$0–.99/month.*

### Beyond headaches and hangovers

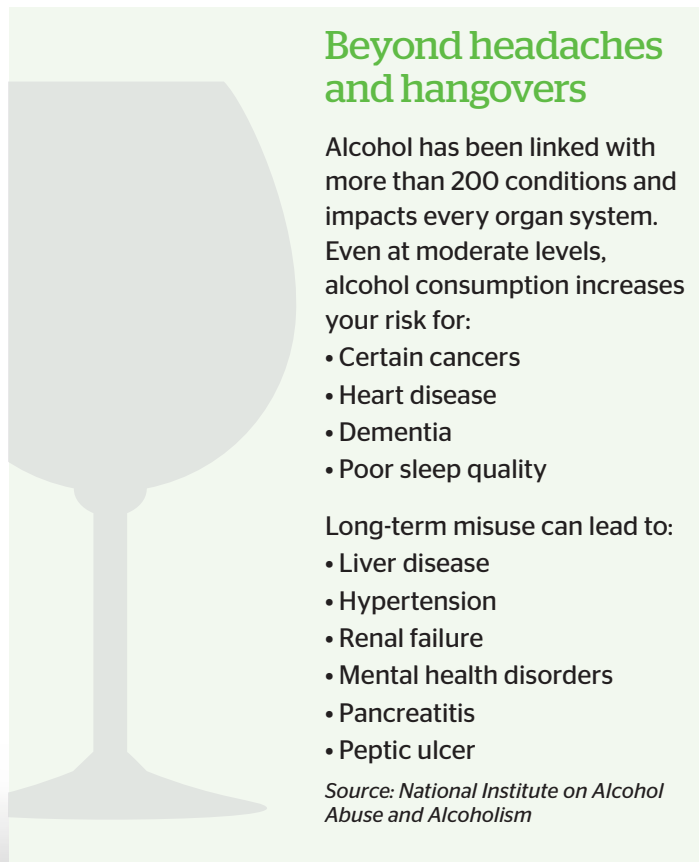
Alcohol has been linked with more than 200 conditions and impacts every organ system. Even at moderate levels, alcohol consumption increases your risk for:

- Certain cancers
- Heart disease
- Dementia
- Poor sleep quality

Long-term misuse can lead to:

- Liver disease
- Hypertension
- Renal failure
- Mental health disorders
- Pancreatitis
- Peptic ulcer

*Source: National Institute on Alcohol Abuse and Alcoholism*



# Taking Control of your Future

## Why **now** is the time to create an advance directive

**T**here's nothing like a medical crisis to make you feel like you're not in control. According to Pam Duchene, PhD, APRN, vice president of patient care services and chief nursing and quality officer at Southwestern Vermont Medical Center (SVMC), "That's precisely why you should prepare your advance directive today."

### What is an advance directive?

In the simplest of terms, an advance directive (AD) is a collection of legal documents that allow you to control your medical care, even if you can't communicate.

"An AD serves as your voice and ensures your preferences related to care are communicated to your healthcare providers and others," says Duchene. "From what medical interventions you do or don't want to whether you want to donate your organs, an AD makes your wishes clear."

"In addition to making it easier for your healthcare providers to proceed with confidence regarding treatment, ADs provide invaluable peace of mind to family members at a difficult time and help eliminate the risk of confusion and conflict."

### Creating an advance directive

Preparing an AD begins with thinking about what you want for your end-of-life care.

"Mortality is not something we like to dwell on, but the reality is that end-of-life is a part of life," says Duchene. "It serves us to be as thoughtful about it as we are about other parts of our lives."

Things to consider as you craft your advance directives include:

- **Life-sustaining treatments:** *Do you want machines such as ventilators or feeding tubes used to keep you alive?*
- **Do Not Resuscitate:** *Do you want CPR attempted if your heart stops beating or your breathing stops?*

### Leave nothing to chance

In one study, nearly 1 in 3 people guessed wrong when asked to predict which end-of-life decisions their loved one would make.

*Source: JAMA Internal Medicine, The Accuracy of Surrogate Decision Makers*



- **Organ donation:** *Do you want to donate your organs after death?*
- **Quality vs. quantity of life:** *Which is more important to you: preserving your quality of life, even if it means a shorter lifespan, or extending your life as long as possible?*
- **Religious or cultural beliefs:** *Do you have any personal beliefs that could impact your healthcare decisions and the care you receive?*
- **Healthcare proxy or agent:** *Whom do you trust to make medical decisions on your behalf if you are unable to communicate?*

Duchene notes, "Naturally, coming to definitive answers on some of

these topics can be difficult, which is why it's important to discuss your preferences and lingering questions with your healthcare provider, the individual you wish to serve as your healthcare proxy, family, loved ones, or a spiritual leader."

The next step is to document and share your wishes.

"AD laws are different in each state," says Duchene.

"You can get a state-specific form from your state's attorney general's office, your local Area Agency on Aging, or online from organizations including





“In addition to making it easier for your healthcare providers to proceed with confidence regarding treatment, Advance directives provide invaluable peace of mind to family members at a difficult time and help eliminate the risk of confusion and conflict.”

–Pam Duchene, PhD, APRN

SVMC vice president of patient care services and chief nursing officer, and chief quality officer at SVMC

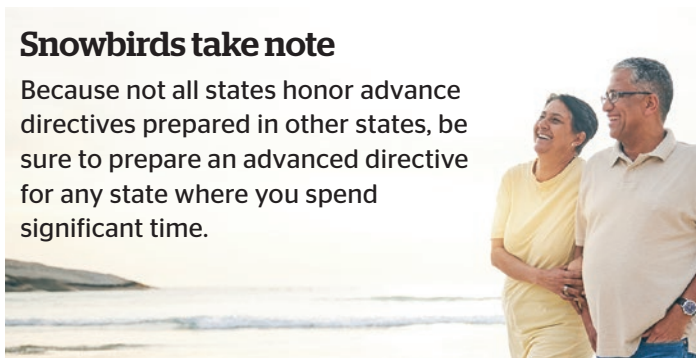
AARP, National Hospice and Palliative Care Organization, and the Five Wishes Program. If you have a lawyer, they can also provide a form, but you don't need a lawyer to implement an AD.”

Once completed, the form should be signed in front of two witnesses or a notary public if your state requires it. Copies of the form, digital or printed, should be saved so that family and loved ones can access them and shared them with your healthcare proxy and healthcare providers.

*(continued)*

### **Snowbirds take note**

Because not all states honor advance directives prepared in other states, be sure to prepare an advanced directive for any state where you spend significant time.



“It’s important to note that ADs do not expire, but you can change them whenever you like. You do not have to complete an entirely new AD to make changes. Any new AD you create invalidates the previous one,” says Duchene. “You should review your AD periodically to ensure it still reflects your wishes. This is especially important if you experience any major changes to your health that might impact the kind of care you may need.” ■

“Naturally, coming to definitive answers on some of these topics can be difficult, which is why it’s important to discuss your preferences and lingering questions with your healthcare provider, the individual you wish to serve as your healthcare proxy, family, loved ones, or a spiritual leader.”

- Pam Duchene, PhD, APRN

### What’s in an advanced directive?

The two most common advance directives for health care are the living will and the durable power of attorney for health care.

A **living will** tells doctors how you want to be treated if you cannot make decisions about emergency treatment. It includes common medical treatments or care you would want, which ones you want to avoid, and under what conditions your choices apply.

A **durable power of attorney for health care** names your healthcare proxy, a person—typically a trusted family member or loved one—who can make healthcare decisions for you when you cannot. This individual should understand your values and wishes regarding the range of care you want and be comfortable making decisions on your behalf. It’s important to review your living will with this individual and, as your health changes, have ongoing conversations about your choices.

If you are overwhelmed or unable to prepare these documents, consider digital or video directives. The following websites offer digital and video advance directives. The scope of offerings and associated fees vary.

- CaringAdvocates.org
- MideoHealth.com
- MyDirectives.com
- VitalDecisions.net
- PREPAREforYourCare.org
- Vimty.com
- Fivewishes.org

In addition, you can make a video on your smartphone. Store it in front of your locked screen so it can be seen and accessed without having to unlock your phone. Then send it to your healthcare proxy and anyone else you would like to have access to it.

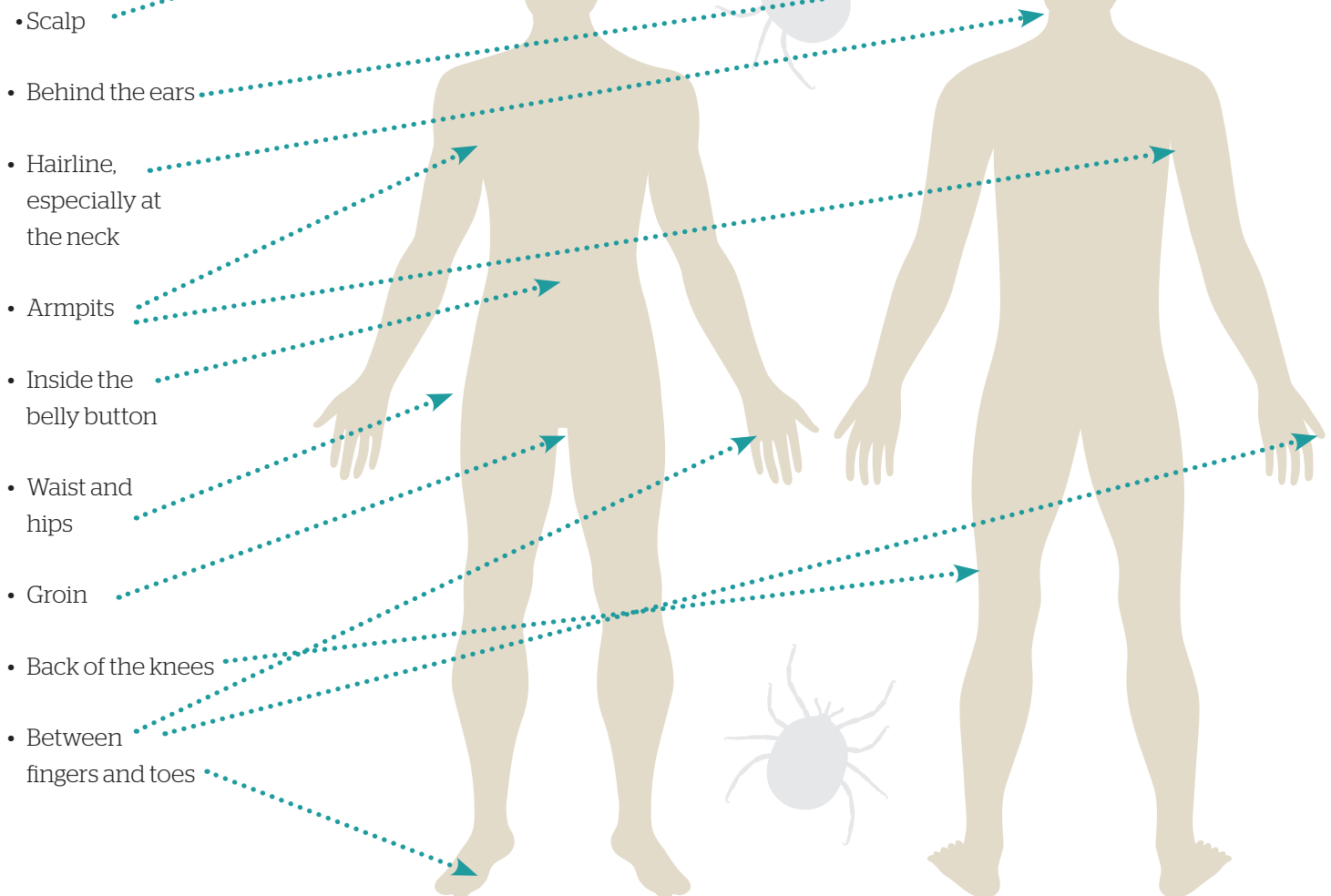


# Tick Check Cheat Sheet

5 minutes can keep you safe and tick-free

**A**s warmer weather calls us to enjoy the great outdoors, it's also a signal to resume old habits—wearing sunglasses and donning a helmet as needed—and to take up an important new one: tick checks. While tick exposure can happen any time of the year, your chance of getting bit by a tick is highest between April and November. The key to avoiding bites and preventing tick-borne illnesses is finding and removing ticks from your clothes and body before they attach.

## Common areas for tick bites:



Scan your clothing and body for ticks as soon as you come in from the outdoors. The longer a tick stays attached, the greater the risk of contracting a tick-borne illness.

If you're alone, use a mirror to help check difficult-to-see areas. Taking a shower can also help wash off unattached ticks.

If you're worried about ticks on your clothes or gear, put them in the dryer on high heat for at least 10 minutes. ■

# Zero Cost, Maximum Care

## Why your Medicare Annual Wellness Visit matters

**F**or people insured through Medicare or a Medicare Replacement Plan, one of the biggest—and often overlooked—benefits is qualifying for a free Annual Wellness Visit (AWV).

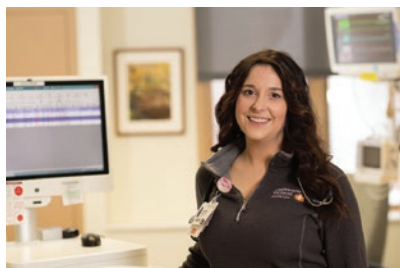
According to Amanda Shakar, BSN, RN, CCRN one of the two SVMC nurses who conduct wellness visits throughout the primary care network, “Unlike most of the visits to your doctor, which typically address acute issues and chronic care management, AWVs focus on screenings, health risks, and preventative planning.” These visits provide time to review factors influencing your long-term health and lead to the creation of a personalized prevention plan.

### Focused attention on every aspect of you

As the name suggests, AWVs differ from routine checkups.

The first part of an AWV involves filling out a health risk assessment form. You'll review this form and any information related to allergies, current medications, and your family, surgical, and personal health history with your wellness nurse. You'll also be screened for depression, anxiety, cognition, fall risk, and social determinants (non-medical factors that impact health), such as housing, food security, and home safety. Your wellness nurse will also review your vaccination record and advise which vaccines you should consider receiving.





“Annual Medicare Wellness visits provide time to review factors influencing your long-term health and lead to the creation of a personalized prevention plan.”

– Amanda Shakar, BSN, RN, CCRN  
Medicare Annual Wellness nurse

Shakar says, “An AWW takes a big-picture view of your health. We provide your usual primary care clinician with a complete picture of your health and you with a preventative care plan that outlines recommended tests, screenings, and preventative services. The aim is to improve your health today and prevent future disease.”

### Looking beyond physical factors

Because there's more to good health than physical well-being, AWWs also assess social and mental health aspects of a patient's life.

“Stress, depression, anxiety, chronic pain, and isolation can have a huge impact on quality of life and increase the risk for developing chronic conditions,” says Shakar. “We use our time with patients to assess if they have the needed support and resources, and if they might benefit from referrals to our case managers, diabetic educators, or social workers.”

Shakar recognizes advance directives as another vital aspect of the AWW. “An important document everyone should have, an advance directive is one way patients can take control of the healthcare choices they want near the end of their life.” As a nurse who has spent the last decade working with acute and critically ill patients, Shakar reports she has seen the detrimental effects that lack of planning creates for patients and their loved ones. “During these visits, we educate individuals on how they can start this process and can provide helpful referrals.” (See p. 12 for more information on creating an advance directive.)

### Understanding eligibility, costs, and scheduling

Anyone with Medicare Part B who has not had an AWW or an initial “Welcome to Medicare” visit in the past 12 months is eligible. There is no out-of-pocket cost for the

visit. However, any recommended or required tests or screenings resulting from your visit may incur a co-payment or a deductible expense.

Shakar recommends that Medicare beneficiaries contact their provider's office to schedule an appointment for an AWW. “Our goal is to help bridge the gaps in care,” says Shakar. “We focus on keeping patients well and giving them the tools to stay that way.”



Amanda Shakar, RN and Lisa Loomis, RN are Medicare Annual Wellness nurses at SVMC's primary care practices.

### One hour to a healthier you

Beyond the fact that they're free, there are other compelling reasons to schedule an AWW. “An annual wellness visit can help identify common—often serious—health issues, including cancer, diabetes, and cardiovascular disease,” says Shakar. “The AWW has the potential to improve health outcomes, reduce gaps in care, and decrease healthcare expenditures.” ■



# Under Pressure

## What to do when it all becomes too much

**W**hat's more American than baseball, hot dogs, and apple pie? According to recent statistics, the answer could be anxiety.

A 2024 study by the American Psychiatric Association found a record number of American adults—146-plus million—reported feeling more anxious than ever. That's a whopping 37 percent jump over 2023's nationwide findings.

According to Jill Maynard, MSN, RN, director of nursing for the Kendall Emergency Department at Southwestern Vermont Medical Center (SVMC), "Those figures are very much in line with what we're seeing at SVMC. But I would add that we're seeing an increase in the number of teens and even children as young as 5 suffering from anxiety."

### When worry becomes overwhelming

Often described as an intolerance of uncertainty, Maynard says, "Anxiety stems from worry that's become uncontrollable or is out of proportion to the actual situation. It could be worries about money, health, politics, housing, work, relationships, climate change ... you can even spin out over things that haven't even happened. Sometimes, it becomes a vicious cycle of worrying about your worrying. That's a ride that's hard to get off and can lead to serious physical symptoms."

Common signs and symptoms of anxiety include:

- Rapid breathing
- Increased heart rate
- Nausea or stomach pain
- Difficulty concentrating or holding a thought

- Feelings of restlessness or being on edge
- Irritability
- Muscle tension
- Difficulty falling or staying asleep

Over time, chronic anxiety can lead to depression and suicidal thoughts.

### Anxiety: widespread and worrisome

**40%** of adults in the United States are affected by an anxiety disorder.

Roughly **8%** of U.S. children and teens have an anxiety disorder.

Generalized anxiety disorders are the most common cause of workplace disability.

*Source: National Alliance on Mental Illness, 2024*

### Taking control of what feels uncontrollable

Because triggers for anxiety vary dramatically from person to person, there's no one "right" way to treat it.

Maynard notes that, as with many chronic conditions, the best approach is to be proactive. "As simplistic as it sounds, healthy habits such as eating well, exercising, and getting enough sleep, can help you get ahead of anxiety before it takes over," she says. "It's also important to find sources of joy and to spend more time engaged in or pursuing those activities."

Joyful activities could include:

- Spending time outdoors
- Getting together with friends
- Making time to be alone
- Exercising
- Praying
- Reading
- Meditating
- Volunteering
- Using your creative muscles (art, journaling, cooking, playing music, etc.)



Maynard is also a big proponent of limiting screen time, especially among children and teens. She explains, “Far too many young people are basing their self-worth on what they see on social media. The comparison game is a losing proposition no matter your status, looks, or abilities. It’s far better to get offline and connect with others in person.”

She adds that limiting screen time can also benefit adults. “While you can’t ignore the news of global and local turmoil entirely, you can minimize your exposure. Use the “found” time to take care of yourself.” ■

## Don’t go it alone

If feelings of anxiety are keeping you from participating in daily activities and/or impacting your physical health, contact your doctor or any of the following local resources for support:

**VERMONT**  
**United Counseling Services**  
802-442-5491  
UCSVT.org

**NEW YORK**  
**Rensselaer County Department of Mental Health**  
518-686-0694  
rensco.com/239/Mental-Health

**MASSACHUSETTS**  
**NAMI Berkshire County**  
1-800-273-8255  
NAMIbc.org

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

**988 Suicide & Crisis Hotline**  
Dial or text: 988  
Visit: 988lifeline.org

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

**Lifeline Crisis Chat**  
chat.988lifeline.org.

# Advanced Practice Providers

## How they improve the healthcare experience

**M**any people instinctively believe that seeing a physician is the gold standard in health care. However, advanced practice providers (APPs), such as physician assistants (PAs), advanced practice registered nurses (APRNs), nurse practitioners (NPs), and certified nurse-midwives (CNMs), are increasingly becoming the go-to providers for many patients—and for a good reason.

### Improving access to care

According to Crystal Labbe-Hasty, a PA at Southwestern Vermont Medical Center (SVMC)'s *ExpressCare*, APPs bring a unique blend of skills, accessibility, and patient-centered care that make them an excellent choice for routine and not-so-routine medical appointments. With their advanced training and ability to perform many of the same tasks as physicians, APPs help reduce wait times and improve access to timely medical attention.

### Advanced Practice Providers (APPs) Do That!

APPs are trained to provide most of the common medical services that doctors do, including:

- Perform physical exams
- Order tests
- Interpret lab results
- Perform minor procedures
- Assist with major surgeries
- Diagnose and manage diseases and illnesses
- Prescribe medication
- Monitor and manage patients in the hospital







“At a time when physician shortages are plaguing healthcare systems across the country, SVMC has been able to adapt its approach to care delivery by incorporating APPs into all our primary care practices. Their training, presence, and approach are essential to our ability to maintain a high-quality patient experience.”

—Tina Gallant, CMPE  
SVMC director of primary care medical practices

“SVMC has over 50 APPs working in primary care and specialty practices, the hospital, the emergency department, and *ExpressCare*, the latter is fully staffed with APPs,” she explains. “Thanks to their training (see sidebar), APPs perform many of the same tasks as a physician. This means more patients can be seen and cared for daily. APPs offer expert and personalized patient care. APPs also use a collaborative approach to care. In complex cases, APPs can consult with a physician to determine the best care plan.”

### **Bridging the care gap to the benefit of all**

As the director of primary care medical practices for SVMC, Tina Gallant, CMPE has a front-row seat to the differences APPs make in the healthcare experience.

“At a time when physician shortages are plaguing healthcare systems across the country,” she says, “SVMC has been able to adapt its approach to care delivery by incorporating APPs into all our primary care practices. Their training, presence, and approach are essential to our ability to maintain a high-quality patient experience.”

Citing patient comments, Gallant says APPs have earned a reputation for being excellent listeners, exercising empathy, and spending the time necessary to build rapport and strong relationships.

“As someone who sees an APP more often than not when receiving care,” notes Gallant, “I appreciate the spirit of collaboration they bring to care. They don’t hesitate to consult other APPs and physicians. As a result, you benefit from the experience and perspective of several providers.

“I encourage all our patients to connect with APPs whenever it’s an option,” she adds. “The future of health care is stronger and brighter because of them. Building trust and a strong connection with an APP now will serve you well in the future.” ■

### **APPs and MD/DOs: What’s the difference?**

Advanced practice providers (APPs), like physicians, provide high-quality care. The biggest differences between APPs and MD/DOs are the time they spend in school and the fact that APPs transition to practice in a collaborative model with oversight from a physician.

That said, both MD/DOs and APPs undergo extensive training in anatomy, body functions, diseases, and treatment and spend many hours doing clinical hands-on training with patients.





# Picnic Perfect: Hold the Gluten

Ideas for a safe and delicious  
gluten-free feast

**W**hether in the backyard, at the beach, or at a neighborhood park, picnics are one of summer's simple pleasures. But for those who are gluten-intolerant, even the nicest spread can be a bit of a minefield as they navigate foods to determine what's safe to eat while also trying to avoid cross-contamination.

If gluten is an issue, consider making and taking one of these gluten-free recipes. Be sure to label your dish as a courtesy to others and, if possible, establish an area for gluten-free foods with dedicated utensils to avoid cross-contamination (see box).

## Caprese Skewers with Balsamic Drizzle

### Ingredients

Cherry tomatoes  
Fresh basil leaves  
Mini mozzarella balls  
Gluten-free balsamic glaze

### Directions

1. Skewer the tomatoes, basil, and mozzarella on toothpicks.
2. Drizzle with balsamic glaze before serving.



## Grilled Corn and Black Bean Salsa

### Ingredients

2 ears grilled corn, kernels removed from cobs  
2 cups canned black beans, rinsed and drained  
1 large tomato, diced  
1 medium red onion, diced  
1-2 tablespoons lime juice  
Fresh cilantro, chopped to taste

### Directions

1. Mix all ingredients in a bowl. Adjust lime and cilantro to your taste.
2. Serve with gluten-free tortilla chips.



## Chicken and Apple Lettuce Wraps

### Ingredients

3 cups grilled chicken, cut into strips or shredded  
2 medium sweet apples such as Honey Crisp or Gala, cored and thinly sliced  
½ cup shaved carrots  
Romaine or butter lettuce separated into a dozen or so loose leaves  
Gluten-free Dijon mustard

### Directions

1. Fill lettuce leaves with the prepared chicken and apples.
2. Top with a dollop of mustard to taste. If you find the mustard too strong, you can thin it with mayonnaise or Greek yogurt to taste. Finish with shaved carrot.

## The Dangers of Double-Dipping

Condiments and dips are a common source of cross-contamination at picnics and other gatherings. Often there's only one knife to spread condiments on gluten-free and non-gluten-free breads, and people may dip non-gluten-free chips or breads into dips.

To be safe, bring condiments in squeeze bottles and create labels for dips indicating they're to be enjoyed exclusively with gluten-free chips, bread, and the utensils provided.





# Berkshire Nursing Families

## Nurturing healthy babies and families

**W**hether it's your first child or your fourth, each parenting journey comes with its own unique challenges. From figuring out feeding routines to tracking developmental milestones, there's a lot to think about and manage.

### Support That Goes Beyond the Breast and Bottle

According to Julia Keosaian, MPH, the executive director of Berkshire Nursing Families (BNF), and a former BNF client, "Our goal is to support growing families wherever, whenever, and however they need us."

For many BNF clients, that support begins even before the baby arrives. "It's not uncommon for expectant parents to feel anxious during pregnancy," she explains. "We support families in building confidence by guiding them through important feeding decisions for their babies. Whether it's creating a personalized feeding plan, connecting them with helpful resources, or attending doctor's appointments, we're here to offer nonjudgmental guidance every step of the way."

### Making a difference every day

Parenting is a 24/7 job. Berkshire Nursing Families aims to support to new parents and families in Berkshire County and beyond at all hours and in all the ways needed and at no cost. Here's how that caring took shape in 2024.

- 885 families served
- 12,011 phone calls and texts with clients at all hours of the day and night
- 1,1617 lactation consultations in-home and online
- 718 individuals attended support groups and classes
- 32,000+ miles traveled to conduct in-home visits

Keosaian knows firsthand how valuable BNF's support can be. When she gave birth to her daughter at Southwestern Vermont Medical Center (SVMC), the OB team referred her to BNF right away. "The day after discharge, they were there at my pediatrician appointment making sure feeding was going smoothly," she recalls. "Having that immediate support made all the difference."

### The only program of its kind in the nation

Staffed with certified lactation counselors, a Spanish medical interpreter, and three perinatal mental health-certified staff members, BNF stands out in many ways.

Most notably, as Keosaian points out, "We have the only completely free lactation program of its kind in the country. Our services are open to all families in Berkshire County, with no income-based eligibility requirements. If you need support, we're here."

BNF also brings care directly to families, making it easier for parents to access help. "We reach out within 24 hours of hospital discharge and are often the first visitors to a home after a new baby arrives," says Keosaian. "We answer questions, provide reassurance, and do whatever we can to set families on a healthy path."

For Katelynn, a mother from North Adams, MA, this timely support was invaluable. "[BNF] met me at our first doctor's appointment and helped us get [my daughter] latched, and we realized she had a tongue tie. My nipples were a mess from me trying at home, and I was in a lot of pain." BNF helped her navigate feeding challenges and, ultimately, reach her long-term goals. "[They] helped me get her to relatch after the appointment and basically learn to breastfeed again. Then I was able to nurse her for three years after that."



Importantly, BNF's support doesn't end when a home visit does.

"Babies don't follow a schedule," says Keosaian. "That's why our hotline is available 24/7. Whether it's 2 a.m. and your baby won't latch or 7 p.m. and they're suddenly rejecting a bottle, we can help. No concern is too small or too silly—if it matters to you, it matters to us. We're here for your baby's health and well-being, and for you as a parent."

### Supporting Families Beyond Feeding

While BNF is known for its lactation services, the organization is equally committed to supporting maternal mental health.

"Parenting can be overwhelming, and maternal mental health is a top priority for us," says Keosaian. "That's why we have three perinatal mental health-certified staff members and offer three perinatal mental health support groups each month, including one on Zoom for accessibility."

BNF also recognizes the importance of community connection and movement-based support. The organization offers playgroups, dance groups, and a variety of other programs designed to bring families together.

Tricia, another client, emphasizes the impact of this community-building. "Just as importantly, their work in bringing together new parents was pivotal as we navigated the isolation that early parenthood can bring. It was through one of their weekend events that we met another queer family like ours—essential in creating a community in which our son is known and seen. We remain friends with the families we've met and are grateful for the ability to come together with other families in the Berkshires."

Additionally, through dedicated funding, BNF provides free feeding-related supplies to all clients. "Every family

deserves the tools they need to feed their baby in the way that works best for them," Keosaian explains. "If a family needs bottles, nipple shields, breast pumps, or other feeding-related supplies, we make sure they have them—at no cost."

BNF continues working with families for as long as needed.

"Every baby is different, and so is every family," says Keosaian. "Some parents want regular weight checks for six months, and we're happy to provide them. Others need help with weaning, introducing solids, or figuring out daycare feeding plans. Whatever it takes to help families thrive, we're here." ■

### About BNF

Berkshire Nursing Families  
BerkshireNursingFamilies.org  
413-344-2800

#### Services and Programs

- 24/7 support line: 413-344-2800
- Prenatal visits and planning
- Pre- and postnatal mental health support
- Three perinatal mental health support groups per month (including one via Zoom)
- In-home and telehealth visits
- Lactation consulting
- Playgroups and dance groups
- Peer support groups
- Pediatric visit support
- Free feeding-related supplies

To learn more, visit [BerkshireNursingFamilies.org](https://BerkshireNursingFamilies.org) or call 413-344-2800.

**bnf** NURTURING FAMILIES,  
NOURISHING BABIES

# 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](http://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](http://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/](http://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](http://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 to disabled adults under 60.

802-442-8012

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

PO Box 275, Brattleboro, VT

#### Vermont Center for Independent Living

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

802-254-6851

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

28 Vermont St., Suite 436, Brattleboro, VT

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

79 102nd St., Troy, NY

#### Hoosick Falls Senior Services Center

518-686-7561

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

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

21299 Route 22, Hoosick Falls, NY

#### Independent Living Center of the Hudson Valley

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

518-274-0701

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

15-17 Third St., Troy, NY

#### NYS Office of Temporary and Disability Assistance

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

518-473-1090

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

40 North Pearl St., Albany, NY

#### Rensselaer County Department of Aging

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

518-270-2730

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

1600 Seventh Avenue, Fourth Floor, Troy, NY

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

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

#### North Adams Council on Aging

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

413-662-3125

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

10 Main St., North Adams, MA



# 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 (BROC)

A food shelf with necessary staples to keep families fed.

802-775-0878

broc.org/food-shelf-bennington-county  
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

GBICSBennington.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

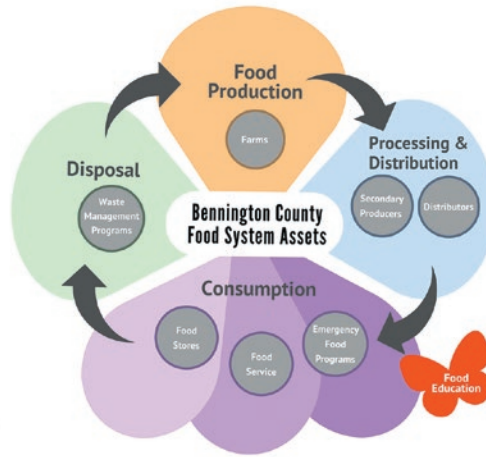
#### Sacred Heart Saint Francis de Sales Church—HIS Pantry

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

#### HACA Food Pantry

HACA is dedicated to serving those in need in the community, including the operation of a food pantry.

518-686-5163

HoosickHACA.org

26 John Street, Hoosick Falls, NY

## Community Health Resources *(continued)*

### Hope 7 Food Pantry

A food pantry serving local families.  
518-272-1547  
hopeseven.com/food-pantry  
520 Pawling Ave., Troy, NY

## MASSACUSETTS

### 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



Windham and Windsor Housing Trust

www.vt.org  
136 North St., Bennington, VT

##### Shires Housing

Nonprofit providing good-quality, affordable housing in southwestern Vermont including apartments and family homes.  
802-442-8139  
shireshousing.org  
307 North St., Bennington, VT

#### WINDHAM 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



Berkshire Family YMCA

### Unity House of Troy

A Rensselaer County-based human service agency providing a wide range of services, including housing support, to meet the otherwise unmet needs of people in our community who are hurting and struggling. 518-274-2607  
unityhouseny.org  
2431 Sixth 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  
sunriseppcc.com  
244 Union St., Bennington, VT

##### 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



Sunrise Family Resource Center

### Big Brothers Big Sisters

Providing youth with one-to-one mentoring.  
802-689-0092  
bbbsvt.org

### Harvest Teen Center

Teen center for local youth.  
802-447-0869  
Harvest Teen Center on Facebook  
200 School St., Bennington, VT

### Bennington Early Intervention

Services and supports available to infants and children with developmental delays and disabilities and their families.  
802-447-2768  
339 Main St., Suite 200, Bennington, VT

## WINDHAM COUNTY

### Early Education Services of Windham County

The region's Head Start, Early Head Start, and Parent Child Center.  
802-254-3742  
earlyeducationservices.org  
130 Birge St., Brattleboro, VT



### Youth Services

Providing transformative prevention, intervention, and development programs for young people and families in Windham County communities.  
802-257-0361  
youthservicesinc.org/who-we-are  
32 Walnut St, Brattleboro, VT 2

### Boys & Girls Club of Brattleboro

Promotes and enhances the development of children by instilling a sense of competence, usefulness, belonging, and influence.  
bgcbrattleboro.org/mission  
17 Flat St., Brattleboro, VT

### Windham County Safe Place

Supports victims and their non-offending family members through the process of investigation of child sexual abuse.  
802-579-1358  
safeplacecac.net  
62 Black Mountain Rd., Brattleboro, VT



## Community Health Resources *(continued)*

### 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](http://parenttoparentnys.org)

500 Balltown Rd., Schenectady, NY

##### Northeast Parent and Child Society

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

518-426-2600

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

##### LEAP Head Start

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

518-746-2390

[leapservices.org](http://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](http://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](http://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](http://adoptivefamiliesny.org)

P.O. Box 603, Glenmont, NY

##### Southern Rensselaer County Family Resource Center

518-694-9915

[ceoempowers.org](http://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](http://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/](http://rensco.com/departments/department-for-youth/)

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

##### Colonie Youth Center

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

518-438-9596

[colonieryouthcenter.org](http://colonieryouthcenter.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](http://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](http://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](http://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](http://kidsplaceonline.org)

63 Wendell Ave., Pittsfield, MA

##### Berkshire Family YMCA

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

413-663-6529

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

22 Brickyard Court, North Adams, MA

##### Berkshire Nursing Families

Providing families throughout Berkshire County with the tools, skills, and education to make the best choice when offering nutrition to babies, for free.

413-344-2800

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

##### 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](http://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](http://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](http://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](http://bcrj.org)

439 Main St., Suite 2, Bennington, VT

##### The Collaborative

Community-based substance abuse prevention coalition.

802-824-4200

[thecollaborative.us](http://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

### **Bariatrics**

Capital Bariatrics  
7 Southwoods Boulevard  
Albany, NY 12211  
518-641-6580

### **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

### **Interventional Pain Management**

SVMC  
100 Hospital Dr. Suite 108  
Bennington, VT 05201  
802-440-4002

### **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**

(December–March)  
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

### **Vascular**

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

### **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](https://svmc.org)



Southwestern Vermont  
Medical Center

100 Hospital Drive  
Bennington, VT  
802-442-6361  
[svmc.org](https://svmc.org)