

Healthy+

Courtesy of Southwestern Vermont Medical Center | 2026-27 | vol 5 no 1

The Scroll Effect

The anxious cost of connection



Adaptive Tools
Making everyday life easier



**Save Money on your
Prescription Drugs**
Tips from the experts



Dartmouth
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Medical Center



Getting to Know Southwestern Vermont Medical Center's CEO Estevan Garcia, MD, DrPH, MPA, FAAP

At the start of 2026, Estevan Garcia, MD, DrPH, MPA, FAAP, joined Southwestern Vermont Medical Center (SVMC) as its new president and CEO. Garcia, a physician in pediatric emergency medicine, was previously chief health and wellness officer at Dartmouth College and the chief medical officer for the Massachusetts Department of Health. Since joining the SVMC community, he's been getting to know the community and planning for the future of providing exceptional care and comfort to patients.

"Southwestern Vermont Medical Center really is a shining star out here on this side of the state."

– Estevan Garcia, MD, DrPH, MPA, FAAP
CEO, SVMC

What goals are you prioritizing for SVMC as you get started?

We have sites in Vermont, but also in New York and in Massachusetts. I had the opportunity to listen to our teams and to understand what their needs are.

The stability of the organization is really important for me as well. The previous CEO, Tom Dee, had been here for 16 years. There's been a lot of change, and we wanted to make sure the organization and community understood that we have the same mission, we have the same vision, we have the same goals. It's just a new leader.

What makes SVMC unique?

One of the things that really makes SVMC unique is the longevity of its employees. Everybody tells me that Southwestern Vermont Medical Center is a family, but we're actually a family. There are husbands and wives who both work here, partners work here, mothers and daughters or mothers and sons work here, and it's really a community-based organization.

The other thing is we are one of only 32 hospitals in the world that are a six-time Magnet-recognized hospital, and that really speaks to the nursing culture here. The commitment of the nurses, their communication and collaboration with our physicians, and the leadership support of the nurses in making sure they have what they need to succeed is important.

Anything else you'd like to share with the community?

Southwestern Vermont Medical Center really is a shining star out here on this side of the state. We are grateful for our community partnerships and collaborations. When it comes to innovation or addressing challenges, we can always do it better together.

Portions of this Q&A were reprinted with the permission of Dartmouth Health's Connections Magazine.



Southwestern Vermont
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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.

Healthy+ has transitioned to an annual publication—so this volume covers a full year of good health recommendations. Vermont is a healthy place to live year-round, whether when the ground is covered with snow, or in the midst of summer. To make sure you stay healthy, check out the article on the new cardiac CT technology now available locally at Southwestern Vermont Medical Center (page 4). This technology enhances the diagnostic information provided to Brion Winston, MD and provides a clearer picture of what is happening with the heart. This is of benefit in determining cardiac risk factors and the potential need for something more invasive, rather than assuming that a cardiac catheterization is always the answer.

As seen on the cover of this issue, constant attention to technology sometimes leads to increased anxiety. Check out page 6 for concerns created by the constant review of messages and emails, which may lead to heightened anxiety and stress. As Alya Reeve, MD, MPH notes, it is important to set mindful boundaries and protect your mental health. She provides some helpful tips in coping with the scroll effect. Wendy Sergeant, DNP, PMHNP, also of UCS, provides some thoughts on mental health for men (page 10), and how to find help for depression. Jaime Wiley, MSN, RN, CMSRN provides insights (page 8) on promoting comfort and compassion during the end of life. She reviews thoughts on finding peace in those moments.

Ways to save money on medications is featured in this issue (page 12). Checking out generic medications and assuring that your supply remains sufficient are two ways of preventing last-minute stressors. Pharmacist Michael Leake gives some helpful insights. The occupational therapists at SVMC provide some tips for devices that promote independence (page 20), and safe ways of eliminating alcohol are covered (page 18).

Two areas that are particularly problematic are featured in this issue, including how to get help after sexual assault (page 14), and access to nephrologists for individuals with end-stage renal disease (page 16). Finally, there is no need to give up mac and cheese—after all, this is Vermont, and it is a staple for many of us. Check out the recipe for a healthy version (page 22).

Profiled on pages 24-25 is an article on Green Mountain Home Health & Hospice. The organization is local to Bennington and provides a way to bring hope into the home. Information on community health resources follows with contact information included for each.

Enjoy the ever-changing weather that is Vermont. Stay outside when possible, and promote your own health through reducing stress and increasing activity!

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 2026

4 Seeing Heart Health Differently

New cardiac CT imaging transforms early detection and personalized heart care

6 The Scroll Effect

How constant online connection fuels modern-day anxiety

8 How to Manage When a Loved One Is Dying

Compassionate care eases the final stages for patients and loved ones

10 Breaking the Stigma for Men

Depression looks different in men, but help and healing are within reach

12 Saving Money on Medications

Tips for cutting costs at the pharmacy

14 Getting Help after Sexual Assault

Learn your options and find the support you need

16 Bringing Kidney Care to the Bedside

TeleNephrology keeps patients closer to home and trusted providers

18 When Going Cold Turkey Turns Risky

Why quitting alcohol safely matters for your health and recovery success

20 Tools That Make Life Easier

SMVC OTs share small devices that offer big independence

22 Mac and Cheese Made Healthy (Really)

A smarter spin on everyone's favorite comfort food

24 VNA & Hospice of the Southwest Region

Bringing healing, help, and hope into every home

26 Community Health Resources

32 SVMC Resources Directory

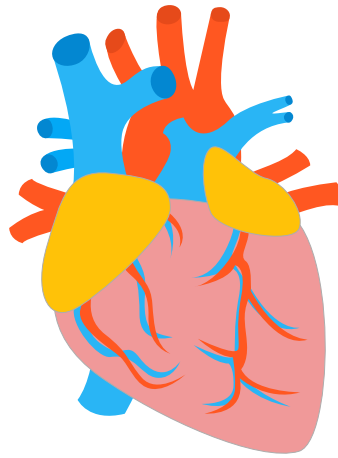
Helpful
Therapy
Tools
See p.20

6 million and counting

That's how many Americans are living with undiagnosed heart disease.

Source: American Heart Association

See p. 4 to learn about SVMC's latest technology for detecting and treating heart disease and conditions.



Sorrow takes a toll

Grief is associated with an increased risk of stroke, heart attack, disrupted sleep, negative immune system changes, and blood clots.

Source: American Heart Association

See p. 8 for tips on managing grief and loss.



Every 74 seconds

In the United States, someone is sexually assaulted every **74** seconds. Every **9** minutes, that someone is a child.

Source: Department of Justice, National Crime Victimization Survey

See p. 14 to learn where to find confidential support from a trained support specialist.

Suffering in silence

According to the National Institute of Mental Health, men are less likely to seek therapy but more likely to die by suicide.

See p. 10 to learn how to recognize signs of depression in men.

Tough pill to swallow

About **3** in **10** adults report not taking their medicines as prescribed at some point in the past year due to the cost.

Source: Kaiser Family Foundation Health Tracking Poll

See p. 12 for tips on saving money on medications.



A Clearer Picture of Heart Health, Close to Home

Advanced cardiac CT technology brings peace of mind and quicker answers about cardiovascular risk

When it comes to heart health, timing matters—and so does access. That's why the addition of a Cardiac Computed Tomography (CT) scanner at Southwestern Vermont Medical Center (SVMC) is a game-changer.

As Brion Winston, MD, a cardiovascular diseases and interventional cardiology specialist at SVMC, explains, "Advanced imaging is key to spotting potential problems early and guiding patients toward the right treatment. In the past, cardiac patients at SVMC had to travel either to Dartmouth Health or to Albany for imaging services. But with the addition of this new technology at SVMC, patients can get the necessary imaging done right here."

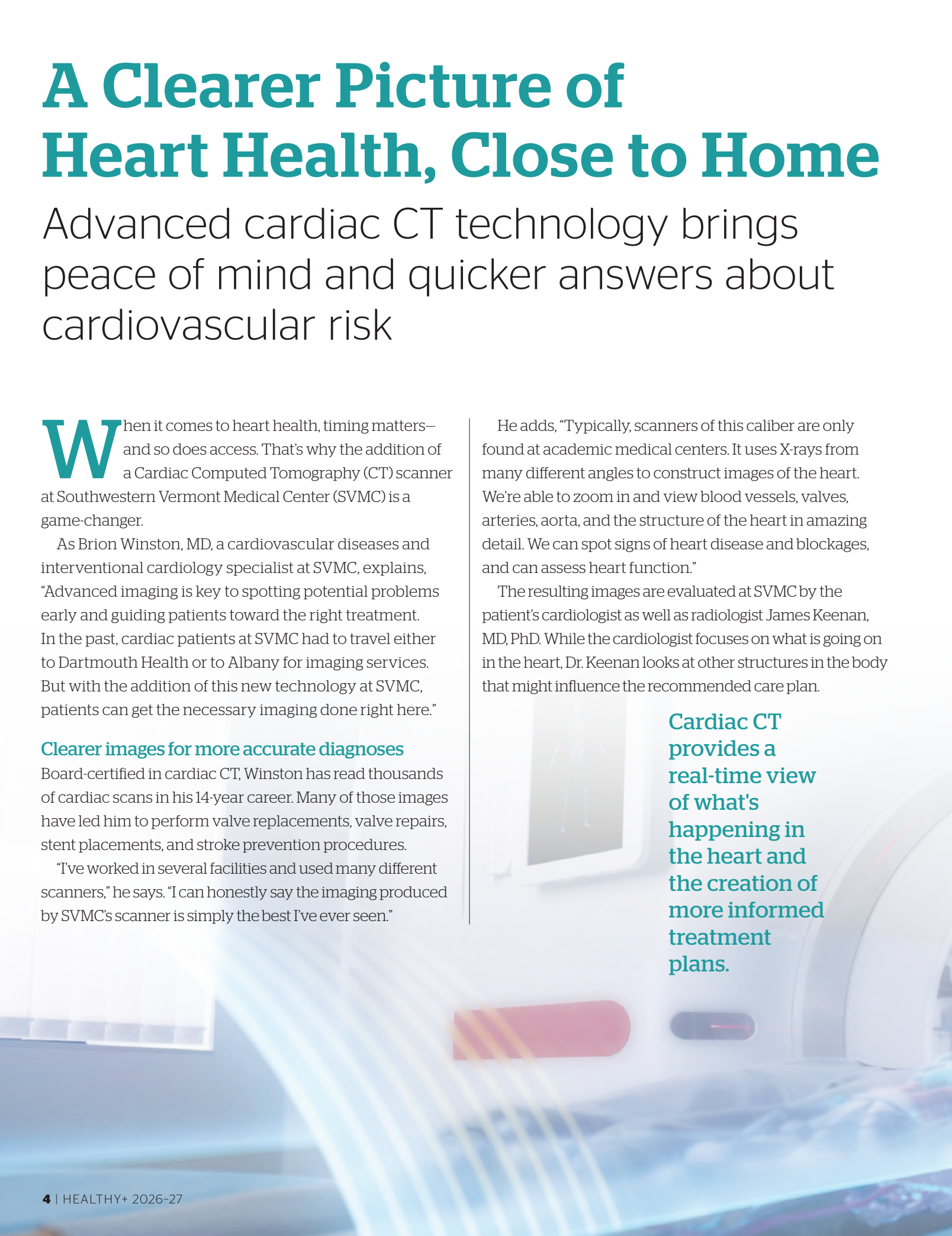
Clearer images for more accurate diagnoses

Board-certified in cardiac CT, Winston has read thousands of cardiac scans in his 14-year career. Many of those images have led him to perform valve replacements, valve repairs, stent placements, and stroke prevention procedures.

"I've worked in several facilities and used many different scanners," he says. "I can honestly say the imaging produced by SVMC's scanner is simply the best I've ever seen."

He adds, "Typically, scanners of this caliber are only found at academic medical centers. It uses X-rays from many different angles to construct images of the heart. We're able to zoom in and view blood vessels, valves, arteries, aorta, and the structure of the heart in amazing detail. We can spot signs of heart disease and blockages, and can assess heart function."

The resulting images are evaluated at SVMC by the patient's cardiologist as well as radiologist James Keenan, MD, PhD. While the cardiologist focuses on what is going on in the heart, Dr. Keenan looks at other structures in the body that might influence the recommended care plan.



Cardiac CT provides a real-time view of what's happening in the heart and the creation of more informed treatment plans.

"I can honestly say the imaging produced by SVMC's scanner is simply the best I've ever seen.... Typically, scanners of this caliber are only found at academic medical centers. It uses X-rays from many different angles to construct images of the heart. We're able to zoom in and view blood vessels, valves, arteries, aorta, and the structure of the heart in amazing detail. We can spot signs of heart disease and blockages, and assess heart function."

- Brion Winston, MD
cardiovascular diseases and interventional
cardiology specialist



Brion Winston, MD
cardiovascular diseases and
interventional cardiology specialist

A win-win for patients and providers

In addition to cutting-edge imaging, the onsite technology streamlines the diagnostic process for patients and provides a much-appreciated consistency of care.

According to Winston, "Patients and providers benefit when diagnostics are performed onsite. Patients aren't burdened with having to travel to an unfamiliar facility and dealing with a different team of doctors and nurses. As providers, we benefit from immediate access to the imaging, which allows us to provide prompt diagnoses, which, in turn, can lead to patients getting necessary procedures faster." ■

Heart health without the guesswork

One of the first people to benefit from SVMC's cardiac CT technology was Gloria Torhan, LNA, SVMC's very own utilization management coordinator.



Under the care of SVMC Cardiology, Torhan had a cardiac CT as part of her follow-up care for a previous heart issue.

"I was thrilled to learn that the type of imaging I needed was available right here," says Torhan. "Dr. Keenan and his colleagues in radiology took amazing care of me and made sure I understood what was happening at every step. The procedure was painless and took just over an hour from my arrival to completion. Thankfully, the scan revealed I have a healthy heart. I'm grateful to the radiology and cardiology teams for all they do and for the simple fact that this quality of care is available here to everyone."

SVMC is now one of the few hospitals in Vermont to offer cardiac CT, giving patients a noninvasive option for spotting potential cardiac problems.

Modern Anxiety

The role of technology and social media

In a world where our phones rarely leave our hands, it's no surprise that anxiety levels are rising. Alya Reeve, MD, MPH, says, "While social media is great for providing connection and entertainment, it can also blur boundaries, heighten social comparison, and overstimulate the brain. This often leads to a cycle of stress and anxiety that can be hard to stop."

The double-edged sword of social media

Scrolling through Facebook or Instagram can seem harmless, but research says otherwise. A 2023 *Journal of Adolescent Health* study found that social media use of more than three hours per day was linked to significantly higher rates of anxiety and depressive symptoms. Similarly, research from the American Psychological Association highlights how

digital interactions can distort self-image and create unrealistic expectations.

Reeve notes, "When you compare your everyday lives to carefully curated highlight reels, it's easy to feel inadequate or experience fear of missing out (FOMO)."

On the flip side, Reeve says even getting positive feedback can become harmful. "Every 'like' triggers a hit of dopamine—the brain's pleasure chemical—which encourages more screen time and keeps us caught in a perpetual feedback loop. Layer that on top of constant notifications and, of course, memes, and our brains become overloaded. Our attention span

and even sleep patterns suffer, both of which contribute to increased anxiety."

Anxiety on the rise

According to the American Psychiatric Association, in 2024, 43% of U.S. adults reported feeling more anxious than in 2023 (37%) and 2022 (32%). Children (3-17) aren't faring much better, with anxiety levels increasing 18% between 2020 and 2023.



“Technology itself isn’t the enemy; it’s how we use it. By setting mindful boundaries, you can protect your mental health while still enjoying the positive benefits, like connection and creativity, of a digital world.”

—Alya Reeve, MD, MPH



Cutting anxiety by cutting back screen time

Cutting back on screen time doesn’t mean giving up technology; it’s about reclaiming balance. Even small strategies can make a big difference. Here’s where to start:

- Turn off nonessential notifications to stop the constant ping of alerts.
- Try setting app limits or using “Do Not Disturb” during meals or bedtime.
- Block out 30 minutes of screen-free time to calm your mind and help you recharge. Schedule one daily “digital detox” moment—a walk without your phone, reading, or connecting with others.
- Make your bedroom a screen-free space and aim to log off at least 30 minutes before turning in.
- Make sure your online time is uplifting. Follow accounts that inspire rather than compare and unfollow ones that spark negativity or pressure.

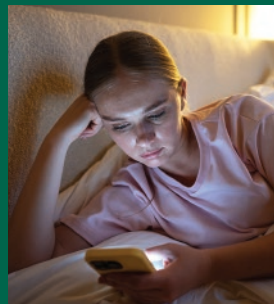
Reeve adds, “Technology itself isn’t the enemy; it’s how we use it. By setting mindful boundaries, you can protect your mental health while still enjoying the positive benefits, like connection and creativity, of a digital world.” ■

Over scrolling? There’s an app for that

Built into both Android and Apple phones, app timers and digital well-being track your phone usage and let you set daily time limits for social media, games, streaming, and more. When you reach your limit, you get a friendly reminder it’s time to take a break.

Digital well-being settings (also built into your phone) give you insight into your screen time, daily habits, and usage patterns. By seeing how much time

you spend online and where, you can make small adjustments to reduce stress and anxiety, improve focus, and foster stronger real-world connections.



Grief and Loss?

Finding peace in end-of-life moments

There are few experiences more tender, or more difficult, than being with someone you love at the end of their life. Jaime Wiley, BSN, RN, CMSRN, a member of SVMC's Medical-Surgical team, has extensive experience helping individuals prepare for and navigate the passing of a loved one. She says, "These moments can feel fragile and surreal. They're often filled with love, uncertainty, and disbelief. While there's no single way to prepare for them, there are ways to bring comfort—to yourself and to the person you love."

Creating comfort, preserving dignity

Comfort care, sometimes called end-of-life care, is a specialized approach that focuses on providing relief from pain and managing distressing symptoms when medical treatments are no longer aimed at curing an illness. Wiley

says, "Instead of extending life at any cost, the goal is to enhance comfort, dignity, and quality of life for people in their final days or weeks. We address not only physical symptoms but also support emotional, social, and spiritual needs for both patients and their loved ones."

At SVMC, comfort care ensures every individual is free from as much suffering as possible, while paying close attention to what brings them peace and familiarity.

In addition to providing pain management, comfort care at SVMC aims to create an environment that honors the individual's wishes. "That could include anything from ensuring their spiritual leader is present and playing their favorite music, to facilitating visits from friends, family, and even pets, to decorating their room to reflect environments that bring them comfort."





“These moments can feel fragile and surreal. They’re often filled with love, uncertainty, and disbelief. While there’s no single way to prepare for them, there are ways to bring comfort—to yourself and to the person you love.”

–Jaime Wiley, BSN, RN, CMSRN
SVMC Medical-Surgical Unit

Preparing for and managing the most difficult days

While the patient’s comfort and care are always the primary focus, Wiley and her colleagues also tend to those close to the individual. This often includes education.

“As death nears, the body changes,” she explains. “It’s often hard for caregivers to understand that not eating or consuming water is natural, as the body shuts down. A person may also be drowsier than usual and become detached from the world as they go inward. It’s not uncommon for loved ones to get upset, as they want the individual to be alert and present until the end. But, again, these changes are a normal, natural part of the end-of-life journey.”

Understanding that it can be difficult for people to simply observe the process of dying, Wiley and other members of

At SVMC, comfort care ensures every individual is free from as much suffering as possible, while paying close attention to what brings them peace and familiarity.



Scan here to connect
with good-grief.org.

the comfort care team encourage them to focus on what they can do to comfort the patient. This includes:

- **Communicate:** Research on the brain activity of the dying indicates they often can hear. “Even if they can’t respond, the value of verbal interactions is measurable and positive,” says Wiley. “We encourage people to share stories from happy times they shared, read aloud from a favorite book or poem, play music, or even sing songs that have meaning.”
- **Use touch:** Hold their hand, offer gentle massages, or use warm or cool pads for aching areas.
- **Give permission and grace:** The process of letting go is hard for both the dying and the living. Your loved one may be seeking reassurance that you’ll be okay. Offering a few words of comfort—such as “You can rest now,” or “I love you, and I will miss you every day if you go. But we all die someday, and if this is your time, it will be okay.” Wiley adds, “If faith is important to them, you can also read prayers or passages that offer assurance of God’s presence.”
- **Be present:** While sitting at a bedside may not feel like much, Wiley reminds loved ones that the choice to be there is a difficult one that deserves to be recognized and valued. As she says, “There is power in presence.”

Healing after a loved one’s passing

For those who live on, the world often feels strangely quiet when loss finally comes. Grief comes and goes in waves, with no hard stop. Allow yourself to feel, remember, and heal at your own pace.

If you need help managing grief or need support for difficult milestones—birthdays, holidays, anniversaries—use the QR code at left or go to good-grief.org to find tips and resources from Good Grief, a nonprofit devoted to supporting people navigating grief. ■

Mental health in men

Suffering in silence is not the answer

According to the Anxiety & Depression Association of America (ADAA), 1 in 10 men in America—that's roughly 6 million—are affected by depression every year. Far too often, it goes unrecognized, contributing a disproportionate number of suicides.

Wendy Sergeant, DNP, PMHNP, a psychiatric mental health nurse practitioner with United Counseling (UCS), notes, "While men make up 50 percent of the U.S. population, they account for nearly 80 percent of all suicides—a rate nearly 4 times higher than women."

Understanding men's mental health challenges

Sergeant says one key to reversing this trend is helping men overcome their reluctance to talk about their mental health and resist the urge to downplay their symptoms. In addition, friends, family members, and coworkers need to understand that how men experience depression often differs from what women experience.

She notes, "Recognizing the unique warning signs in men is also crucial. Early intervention and treatment can save lives and improve outcomes."

Four common signs of depression in men include:

- Irritability
- Physical discomfort
- Social withdrawal
- Coping behaviors (for example, alcohol, drugs, video games, gambling, and so on.)

Other signs include:

Physical	Mental and Emotional
Loss of energy	Angry outbursts
Loss of sex drive	Need for control
Headaches or chronic pain	Loneliness
Changes in appetite and digestive issues	Sense of guilt
Racing heart	Feeling "on edge"
Tightness in the chest	Thoughts of suicide
Restlessness	Unnecessary risk-taking

Nearly
1 in 10 men
experience some
form of depression or
anxiety, but less than
half seek treatment.

Source: ADAA



“In the same way you shouldn’t wait until back pain has you stranded on the floor to get help, you should pay attention to symptoms of depression and address them early. Finding the courage to seek support is an important first step in turning things around.”

—Wendy Sergeant, DNP, PMHNP
UCS psychiatric mental health nurse practitioner

Finding the courage to find help

One of the biggest challenges with depression in men is the reluctance of men to seek help.

“Men have this idea that seeking help for mental health issues is different from seeking help for physical issues,” says Sergeant. “But they’re really not that different. For example, chronic back pain may stem from changes in the alignment of your spine. Depression, on the other hand, is the result of chemical changes in the chemistry of the brain. Millions of people get treated for back pain every year. We need to normalize treating mental health issues, so men don’t suffer in silence.”

Sergeant adds, “In the same way you shouldn’t wait until back pain has you stranded on the floor to get help, you should pay attention to symptoms of depression and address them early. Finding the courage to seek support is an important first step in turning things around.”

Finding support when you’re ready

If you think you might have depression, contact your doctor. They can review your medical history and run blood or DNA tests to rule out physical causes. They may refer you to a therapist who can provide a safe space to explore thoughts and feelings, identify and change negative thinking patterns, and offer coping skills and strategies.

If your need for support is urgent:

- Call or text 988 or chat at 988lifeline.org
- Text “HOME” or “HOLA” to 741741 to reach the Crisis Text Line
- Call 1-800-985-5990, or text “TalkWithUs” to 66746 at the SAMHSA Disaster Distress Helpline.

All contact and conversations are confidential.

If you’re concerned someone else is in crisis, dial 988 for the 988 Suicide & Crisis Lifeline at any hour of any day for help and guidance. ■

How to talk to someone going through a hard time

If a friend or loved one’s behavior seems out of character, it may be a sign that they’re struggling. It’s also your sign to check in with them.



Here are some tips for starting a conversation:

Ask: In a friendly, non-confrontational way, ask how they’re doing or what’s going on in their life. Mention specific things—such as not being as chatty or social as usual—that prompted you to ask.

Listen: Give them time to put their thoughts into words and don’t interrupt. Show you’re listening by repeating back what you’re hearing. If appropriate, ask them to share how long they’ve been feeling a certain way or how a situation makes them feel. Acknowledge that things are difficult, but don’t judge.

Encourage action: Ask if they’ve been in this position before and what they did to improve things. Ask what you can do to be supportive, or, if you’ve been in a similar position, share what worked for you. If they’ve been feeling low for more than two weeks, encourage them to talk to their doctor. You can even offer to help make a connection for them. Be positive about the role a medical professional can play in improving their situation.

Check back: Be sure to loop back and see how they’re doing. Let them know they’ve been on your mind and you’re curious what they’ve found as a way to improve things. If they haven’t done anything, don’t judge. But do listen and continue to express concern and support, and stay in touch.

Get the meds you need without breaking the bank

A pharmacist's tips for saving on prescription costs

Prescription drugs can make a big difference in your health, but paying for them can be stressful. But, as Michael Leake, RPh, an inpatient pharmacist at Southwestern Vermont Medical Center (SVMC), notes, "Many people don't realize how much they could save by doing some research and asking the right questions."

While Leake and his colleagues provide medication for SVMC inpatients and medical practices, they are familiar with how consumers can save at retail pharmacies, as many have previous experience working in that setting.

3 easy ways to save on medication

Whether you take medicine every day or only occasionally, a few small changes can add up to big savings.

"Coupons and discount cards can provide meaningful savings on prescription drugs," says Leake. "This is true whether you have insurance or not. But, honestly, the easiest way to discover savings is to ask your pharmacy team."

1. Ask your pharmacy about better pricing

Leake says you should always ask your pharmacist what your prescription will cost if you pay for it without insurance. He explains:

"As counterintuitive as it sounds, many times it's cheaper to pay without using your insurance. This is especially true for generic drugs. How much you can save depends on the specific medication, whether a generic is available, and your insurance benefits."

Other things he encourages people to ask about include:

Generics or equally effective, lower-cost alternatives: Leake says, "In some cases, your physician may only allow for the brand-name medication, but when they okay an alternative, it can often save you money."

Volume pricing: For maintenance medications, larger quantities, such as 90-day supplies, often cost less per day. "It may take a little communication with your doctor, health plan, or insurance, but your pharmacist will work with you to explore a volume option for your regular prescriptions. You may pay more up front, but, in the end, it ends up costing you less per day."

Manufacturer programs: Your pharmacist may also be familiar with manufacturer-specific patient assistance programs that can reduce the cost.

Going somewhere?

Plan ahead to ensure you don't run out of meds on the road

Whether you're heading out of town for a quick holiday or taking an extended getaway, planning for medications on vacation requires preparation and coordination with your doctor, pharmacist, and insurance provider.

To ensure smooth travels, follow these tips:

- **Check supply:** Count your meds and make sure you have enough to last your entire trip, plus a few extra days in case of travel delays.
- **Request early refills:** If you don't have enough medication to cover your trip, contact your pharmacy and doctor at least one to two weeks before your departure. They can work with your insurance provider for a "vacation override" to authorize an early refill if needed. Note: Some insurance plans limit the number of times you can use a vacation override. If needed, ask your pharmacist about increasing the amount of medication on your prescription to work around override limits.
- **Discuss medication safety:** If you're taking an extended trip and/or crossing time zones, talk to your pharmacist about proper storage requirements (for example, refrigeration, exposure to sunlight, managing liquids and the TSA) and how to adjust your medication schedule when crossing time zones.



“If there’s a way we can help manage drug costs, we’ll make sure you know about it. But you have to ask.”

—Michael Leake, RPh

2. Take advantage of prescription discount programs

There are many digital platforms and apps, such as GoodRx, SingleCare, and WellRx, that let you compare cash prices at pharmacies in your area.

Leake notes, “These platforms are not a form of insurance, but rather free-to-use websites and apps that provide discount cards and coupons. Very often, the card alone will give you a lower price, sometimes even lower than insurance co-pays. Coupons can often lead to even greater savings, but you have to be smart about them.”

3. Use coupons wisely

Available through online platforms, such as those described above, and directly from manufacturers, coupons can save you up to 80 percent off the normal price of many generic and brand-name drugs at participating pharmacies. Coupons can be printed or shown to your pharmacist on your phone, and most work for individuals with and without insurance. However, manufacturer-provided coupons often require insurance.

“For the most part,” says Leake, “coupons do provide savings. But there are instances when the out-of-pocket price with a coupon is higher than the price of the same drug with insurance. Plus, using a coupon means the

money spent doesn’t count toward your insurance deductible, and some even have expiration dates or an annual maximum, meaning you’ll have to pay full price down the road.”

How to help your pharmacist help you

Leake advises everyone planning to use coupons or platform discounts to let pharmacy staff know you have a card or coupon—either printed or on your phone—so they can apply the discount.

“Unfortunately, drug programs and coupons don’t work the same way a grocery store coupon does,” he says. “We must enter and verify a lot of information among different parties. It often takes a few minutes, but that patience can lead to some meaningful savings for you.”

He again encourages people to ask about any potential sources of savings before completing a transaction. “What we don’t want is the cost of medication leading people to try and stretch their medication, maybe only taking it every other day instead of every day. When that happens, the medication won’t work to help you get better. If there’s a way we can help manage drug costs, we’ll make sure you know about it. But you have to ask.” ■



Sexual Assault: Never Okay

You're not alone, and it's not your fault

An estimated 40,000* Vermonters –of all ages, races, and orientations–experience sexual harm every year.

At Southwestern Vermont Medical Center (SVMC), members of a team of eight Sexual Assault Nurse Examiners (SANEs) are often the first to provide support and care to victims. While every case is unique, there's one message SANEs communicate to all:

*Sexual assault is never okay. Not when someone is drunk. Not when it's between partners. Not when silence is mistaken for consent. Every act of sexual violence is a violation that leaves lasting emotional, physical, and psychological wounds. No excuse, situation, or relationship **ever** makes sexual assault acceptable.*

What victims of sexual assault and abuse need to understand

While SVMC's SANE coordinator, Laurie Darby, BSN, RN, CEN, SANE, and her colleagues regularly treat victims of sexual assault and abuse, she feels confident that many others don't seek help due to fear or basic misunderstandings about what seeking care requires.

"Many people think that if you seek care at the emergency department or *ExpressCare* after an assault, the police will automatically be involved," she says. "That's simply not the case. Every decision about your care, what exams you want, and whether you want to pursue legal action or not, is completely up to you."

Other key points about seeking care for sexual assault and abuse include:

- **No one deserves or "asks" to be abused:** The notion that the way you dress, act, or even what kind of sexual activity you consent to is an invitation to be violated is wrong. If you didn't give consent (see box, far right), you are a victim, and you will be treated with the respect you deserve.

What's the role of a SANE?

Sexual Assault Nurse Examiners [SANEs] are specialized forensic nurses who provide trauma-sensitive medical care—including STI testing and pregnancy prevention, and forensic examinations for individuals who have experienced sexual violence. SANEs are trained to collect evidence, document physical injuries, offer emotional support, refer survivors to other services, and guide them through medical and legal pathways, as desired.

- **There's no time limit on when to seek help:** Being assaulted or abused is traumatic. It can take time to process and come to terms with what happened. But it's never too late to seek help.
Another SVMC SANE, Olivia Marko, BSN, RN, CEN, SANE, says, "Some people come in immediately, some wait a few days, and some wait weeks or months. There's no wrong way to do it. That said, when an individual comes in within five days of the incident—even if they've showered—there's a strong chance we can collect DNA. But even after that window, we can assess injuries and provide emotional support and resources."
- **You are not required to undergo a full exam:** "When people come to us, they're very vulnerable," says Katharine Doucette, BSN, RN, CEN, SANE. "They often feel the power they have over choices related to their bodies has been stripped. Part of our role as SANEs is to help restore that power. If you don't want to do a full exam, or maybe don't do one part of it, you do not have to. You will not be pressured. Whether you say yes or no to the exam, we can still provide testing for STIs and, if appropriate, pregnancy prevention, if you want it."

**Source: The Vermont Network*



“Many people think that if you seek care at the emergency department or *ExpressCare* after an assault, the police will automatically be involved. That’s simply not the case. Every decision about your care, what exams you want, and whether you want to pursue legal action or not, is completely up to you.”

–Laurie Darby, BSN, RN, CEN, SANE
SVMC SANE coordinator

In addition, no one, regardless of age, can be forced to have an examination or testing they do not wish to have. “This includes children and teens. We all have the right to make choices about our bodies,” says Darby. “Saying no to examinations and testing is part of that right.”

- **You have up to 10 years to report a crime:** Consenting to a full or partial exam doesn’t mean you have to report a crime immediately. In Vermont, any evidence collected is held for 10 years. Victims can choose to report a crime at any time within that period. Delaying reporting a crime will not impact the outcome of any investigation.
- **Healing takes time:** It can take a long time to process trauma from assault or abuse. SVMC SANEs can connect victims to local resources and services to help. And don’t let the fear of going into debt keep you from seeking help. The Center for Crime Victims Services covers many expenses not fully covered by insurance, as well as many costs incurred by the uninsured.

Help is here

Darby emphasizes that, no matter the circumstances, victims of sexual assault or abuse are always heard, respected, and believed. “Our focus is you and getting you the physical and emotional care you need. You are in control of every decision related to that care. We’re here to support those choices.” ■

Understanding Consent: The Line Between Choice and Violation

Consent isn’t just a legal term—it’s a human right and the foundation of safe, respectful relationships. Here’s what that means in practice:

- **Consent is about choice.** Everyone has the right to decide what happens to their body, without guilt or pressure. It’s given through clear words or actions, not silence or the absence of a “no.”
- **Consent is mutual.** It’s not assumed—it’s communicated and acknowledged by everyone involved.
- **Consent must be freely given.** If someone is threatened, intoxicated, or uncertain, true consent isn’t possible.
- **Consent is specific.** Saying yes to one act doesn’t mean saying yes to everything.
- **Consent can change.** Anyone can stop or withdraw consent at any time, and that decision must be respected immediately. Consent given yesterday doesn’t mean a yes today.
- **Consent shows respect.** Listening, asking, and honoring boundaries are signs of care, not rejection.

When we make consent a priority, we stand up for safety, equality, and dignity—because every person deserves to feel in control of their own body.



Dialysis support at the bedside

SVMC's new TeleNephrology program keeps hospitalized patients in need of dialysis close to home

For people living with kidney disease, care often means more than medicine—it means access, connection, and consistency. When patients on dialysis are admitted to the hospital for any reason, their needs become even more critical.

A new program combines comfort and care close to home

According to Donna Gunther, BSN, RN, CNN, of Southwestern Vermont Medical Center's (SVMC) dialysis center, "For years, when one of our patients needed to be admitted to the hospital for, say, a broken leg or pneumonia, we had no choice but to send them to another hospital that offered inpatient dialysis. The experience was a hardship, to say the least. In addition to being far from their community and support network, they didn't have a relationship with the nurses and providers. And because the dialysis team elsewhere wasn't familiar with the nuances of each patient, the dialysis wasn't always consistent with the established routine."

A new program combines comfort and care close to home

Thanks to its integration with Dartmouth Health, SVMC was able to launch Vermont's first TeleNephrology program in March 2025.

Simply put, TeleNephrology is kidney care delivered remotely, using video and other digital tools so patients and local care teams can talk with a nephrologist without being in the same place.

In the case of SVMC's program, the renal team consults in real-time with the Nephrology and Hypertension team at Dartmouth Hitchcock Medical Center, led by Thomas M. Kaneko, MD, associate chief of clinical operations.

"Dr. Kaneko can view the patient live in their room, access all the same information we can, and make recommendations related to their kidney care," says Gunther.

In the first six months of operation, SVMC's TeleNephrology allowed 18 patients to receive inpatient care at the hospital. While many patients are well enough to dialyze in the renal department, portable dialysis machines can be brought to the emergency department, ICU, or the patient's room as needed.

Gunther adds, "Our patients are so thrilled with the program. The renal nurses can check on them in their rooms, collaborate with the nurses in the different units, and make sure they're getting their medication, following an appropriate diet, as well as ensure any dietary restrictions are all being followed. Honestly, it's as much a relief for our team as it is for the patients.

"As long as the non-renal needs of the patient can be met by providers at SVMC, there's no need for them to go anywhere else for care."

TeleNephrology is kidney care delivered remotely, using video and other digital tools so patients and local care teams can talk with a nephrologist without being in the same place.

“Our patients are so thrilled with the program.... As long as the non-renal needs of the patient can be met by providers at SVMC, there’s no need for them to go anywhere else for care.”

-Donna Gunther, BSN, RN, CNN
SVMC Dialysis Center

A grateful patient recounts her “night and day” experience

SVMC Renal patient Phoebe has been receiving dialysis three days a week since March 2021.

“I always knew the care team here was really special, but I REALLY knew it when I had to be taken to another hospital for care,” she says. “Between the challenging and expensive ambulance ride and the fact that no one there knew me, it was not great. Honestly, the difference in care is like night and day.”

Phoebe required another hospital stay after the TeleNephrology program launched in March. Only this time, she was able to stay at SVMC.

“I am so grateful for this program. It was comforting to see familiar faces and know they understood the details of my dialysis needs. Coming down from my room by wheelchair was like coming home.” ■

Dear Nurse Administrator,

I am a dialysis patient of several years and have always been sent to a different hospital when I needed to be admitted for anything.

What gratitude I felt on July 6th! I was admitted on July 6th at SVMC on dialysis!! What relief to know I wasn't being shipped to another facility but could stay in Bennington for my Endstage Renal Dialysis treatment.

Sincerely,
Phoebe

P.S. Thank you for inpatient dialysis!!!
For all of us who need it!!

Saying goodbye to alcohol, safely

How to detox without putting your life on the line

Alcohol is one of the few commonly used substances where withdrawal can be fatal. According to Ralph Bennett, the director of recovery housing and corrections at Turning Point Recovery Center in Bennington, “Going cold turkey from heavy alcohol use carries a higher risk of death than withdrawal from many other widely misused substances. This is especially true outside of a medical setting.”

More than a test of willpower

Simply put, unsupervised alcohol withdrawal is a true medical emergency (see box).

“It’s not uncommon for people—men in particular—to try and go it alone, as if it were a display of strength,” says Bennett. “But beyond the very real health risks, unsupervised withdrawal is simply less successful. Research shows that medically assisted detox increases the likelihood of successful long-term recovery by up to 40 percent.”

First Steps

Medically supervised programs, such as First Steps offered at Southwestern Vermont Medical (SVMC) in partnership with Turning Point Recovery Center, provide services, including:

- 24/7 monitoring and care from medical professionals and addiction specialists to ensure safety
- FDA-approved medications to minimize withdrawal symptoms
- On-site counseling and therapy to address psychological addiction aspects
- Easy transition options to in-state addiction treatment facilities post-detox

The risks of going cold turkey alone

Because alcohol is so readily available and ingrained in our culture, many people underestimate the complications of withdrawal. Common symptoms include:

Sweating	Racing heart
Dehydration	Heart palpitations
Headache	High blood pressure
Insomnia	Nausea and vomiting
Hallucinations	Anxiety
Agitation	Stroke
Seizures	Tremors

Heavy- or moderate use- drinkers may also experience delirium tremens (DTs).

Most often occurring

48 hours after one’s last drink, DTs have a

15-20% risk of death

when withdrawal is

performed without

medical supervision.

That risk drops to 1-4%

with supervision. DTs

can include:

- Profound confusion
- Vivid hallucinations
- Heavy sweating
- Dangerously high blood pressure, which can lead to a heart attack or other fatal cardiac events

Because of the severity of potential symptoms, it’s best to get professional help rather than trying to detox alone and at home.





“Beyond the very real health risks, unsupervised withdrawal is simply less successful. Research shows that medically assisted detox increases the likelihood of successful long-term recovery by up to 40 percent.”

—Ralph Bennett
Turning Point Recovery Center in Bennington

Bennett notes, “A program like this allows us to stabilize someone’s physical state while minimizing withdrawal symptoms. A better physical and mental state enables them to engage in therapy and counseling more successfully. This is usually the first step for patients in the curriculum of care that we’re establishing in the Bennington area.

We’re able to seamlessly support them from the moment they decide to become sober all the way through to learning how to live life without alcohol.”

The safe support you deserve is here

If you’re ready to transition to an alcohol-free life, help is close by. Contact either the First Steps program at SVMC (802-440-4234) or Turning Point Recovery Center (802-442-9700) for a referral. They can answer any questions related to your alcohol use or that of a loved one.

If you or someone you know needs immediate assistance, go to the Kendall Emergency Department at SVMC. The care team will work to stabilize the individual and discuss next steps, such as First Steps. ■

If you’re ready to transition to an alcohol-free life, help is close by. Contact either the First Steps program at SVMC (802-440-4234) or Turning Point Recovery Center (802-442-9700) for a referral.

0%

Assisted Devices

SVMC OTs share tools to improve daily living

From buttoning shirts to opening jars, the little frustrations of daily life can pile up—especially when pain, injury, or limited mobility get in the way. That's where assistive devices come in. These simple, effective tools make everyday tasks easier and restore independence, comfort, and confidence at home.

Below, Southwestern Vermont Medical Center's occupational therapists (OTs) share the devices they've found useful in helping people maintain independence and preserve their quality of life.

Michaelia St. Jacques MSOT, OTR/L, CHT: Electronic Calendars

"I love electronic calendars because they're helpful to everyone, including medically fragile patients and their caregivers.

You can share calendars among a group of people, so that everyone is aware of when appointments are scheduled. You can even set alarms and reminders for appointments and events and color-code them. A color might indicate which family member is responsible for

transportation or what type of appointment is scheduled.

Best of all, most cell phones have a built-in calendar app. Calendars can also be accessed through electronic tablet devices, digital wall calendars, and cars that have ApplePlay."

Electronic calendars make it easy to share important information, and keep everyone on the same page.



Michaelia St. Jacques, MSOT, OTR/L, CHT



They're a tremendous help when you have multiple people actively engaged in caring for a loved one, as everyone has access to the same information and a shared means to connect."

Lauren Conigliaro OTD, OTR/L: Adaptive Utensils

"Adaptive utensils are specially designed forks, spoons, knives, and other eating tools that make it easier for people with limited hand strength, coordination, or range of motion to feed themselves more independently.

They work by adapting the tool to the person's natural movement, instead of expecting the person to move as they would with standard silverware. Common features include larger or textured handles, added weight, angled or bendable necks, or swivel mechanisms that help keep food on the utensil and reduce the effort required to grip and move it.

They're great for people of all ages with motor impairments or conditions such as arthritis, cerebral palsy, tremors, Parkinson's disease, stroke, or general weakness.

Adaptive utensils support dignity and independence by making self-feeding easier and less tiring, and simply allowing for participation in meals with others."



Lauren Conigliaro OTD, OTR/L



Adaptive utensils, such as this spoon, foster dining independence and retain dignity.

“From weighted pencils and ergonomic grips to slant boards and stay-put mats, these simple tools reduce hand fatigue, improve grip strength, and support better control of fine motor movements.”

—Colleen Thorpe, MSOT, OTR/L
occupational therapist



Adaptive writing tools provide enhanced grip and control.

Gabrielle Loomis, MSOT, OTR/L: Sock Aids

“These adaptive dressing tools are designed to help those who have difficulty bending, reaching, or twisting pull on their socks or stockings.

The sock aid has a U-shaped frame with long straps or handles. You start by inserting the frame into the sock, with the heel toward the ground. You then place the device on the floor and slip your toes into the opening and slowly pull the handles or straps to extend the sock over your foot and ankle.

In addition to people with limited mobility due to injury or surgery, sock aids are useful to those with conditions such as arthritis and Parkinson's.”



Gabrielle Loomis, MSOT, OTR/L

Colleen Thorpe, MSOT, OTR/L: Adaptive Handwriting Tools

“Adaptive handwriting tools can make writing more comfortable and efficient, while improving legibility and promoting independence. From weighted pencils and ergonomic grips to slant boards and stay-put mats, these simple tools reduce hand fatigue, improve grip strength, and support better control of fine motor movements.

We often use them with children learning to write, as well as adults recovering from injury, or living with conditions such as arthritis or tremors. Over time, these tools can also contribute to improved posture, coordination, and endurance—skills that translate to many other daily activities.” ■



Colleen Thorpe MSOT, OTR/L

“In addition to people with limited mobility due to injury or surgery, sock aids are useful to those with conditions such as arthritis and Parkinson's.”

—Gabrielle Loomis, MSOT, OTR/L,
occupational therapist,

Sock aids are ideal for people who struggle with bending or gripping.

Healthy Mac and Cheese

Made Easy

Comfort without the compromise

A staple on picnic tables or part of a cozy winter meal, mac and cheese is always a crowd-pleaser. What's particularly pleasing about this recipe is that it's lower in fat and calories than traditional recipes, and it's ready in less than 15 minutes in just one pot.

A creation from the kitchen of Russell Carrier, Southwestern Vermont Medical Center's nutrition and dining kitchen manager, this recipe omits the flour and relies on less cheese than traditional mac-and-cheese recipes. The final creamy, rich finish and full flavor is all you need to know that sometimes less really is more.

Healthy Mac and Cheese

Ingredients

3 cups low-sodium vegetable or chicken broth
1 cup whole milk
2 tablespoons butter
¼ teaspoon garlic powder
¼ teaspoon Dijon mustard or a dash to ⅛ teaspoon of ground mustard
¾ teaspoon salt
Freshly ground black pepper, to taste
3 cups uncooked elbow macaroni or pasta of your choice
1 cup Vermont cheddar cheese, shredded
¼ cup Parmesan cheese, shredded

Directions

1. In a medium pot, combine broth, milk, butter, garlic powder, mustard, salt, and pepper, and bring to a boil.
2. Add pasta and cook for 8 to 10 minutes, stirring every 2 minutes. If you prefer a softer noodle, add more milk or broth and continue to cook until the desired texture is reached.
3. Remove from the heat and add cheddar and Parmesan cheeses by the handful, stirring after each addition until fully melted. Repeat until all cheese is added and melted. Serve immediately.





“The final creamy, rich finish and full flavor is all you need to know that sometimes less really is more.”

-Russell Carrier

SVMC nutrition and dining kitchen manager

Upgrade Your Mac and Cheese

Healthy Add-ins to Boost Nutrition and Flavor

Veggie add-ins

Diced tomatoes

Roasted red peppers

Roasted or steamed broccoli florets or
chopped cauliflower

Spinach or other
leafy greens

Sautéed mushrooms

Roasted Brussels
sprouts or
chopped asparagus



Protein boosters

Cottage cheese or Greek yogurt (stirred
into the sauce during prep)

Grilled or baked chicken breast, shredded
or chopped

Ground turkey or lean ground beef, browned
and drained

Beans, including black beans, chickpeas,
edamame, kidney beans, or white beans,
pureed and added to the sauce

Crumbled turkey or meatless sausage, browned

Fiber and healthy fat upgrades

Whole wheat or
legume-based pasta

Toasted whole wheat
breadcrumbs sprinkled on top

Ground or chopped nuts and seeds (almonds,
pecans, pepitas, sunflower seeds, or walnuts)
used for topping or in combination with whole
wheat breadcrumbs



Flavor upgrades

Cayenne

Everything bagel
seasoning

Honey

Hot sauce

Montreal
steak seasoning

Paprika

Salsa

Truffle oil



VNA & Hospice of Southwest Region

Soon to be Green Mountain Home Health & Hospice

For the more than 260 employees of VNA & Hospice of the Southwest Region (VNAHSR) who coordinate, manage, and provide care across Bennington, Rutland, and Franklin counties, no two days are ever the same.

The organization's Chief Executive Officer, Jessica Boutin, says, "As an organization that provides care for the entire spectrum of life, our days are diverse and filled with moments that range from celebrating new milestones to gently supporting families through life's most difficult challenges and tender goodbyes.

"On any given day, our team members might conduct well-baby visits and support new parents. Skilled home health nurses may administer in-home IVs or provide wound care. Homemakers could be doing laundry or organizing kitchen space for someone just home from the hospital. Occupational therapists might assist with setting up a safe bathroom setting. Nurses and social workers may provide palliative or hospice care or lend caregiver support. We're truly there to assist people at every stage of life to manage a wide range of physical and emotional care needs."



Melissa, OT

Skilled, compassionate care when and where you need it

Regardless of the tasks VNAHSR employees face each day, their purpose is shared: *to enhance the quality of life of those they serve through comprehensive home and community health services.*

Caring that counts

Here's a look at how Green Mountain Home Health & Hospice cared for the community in 2025:

- **248** staff
- **1,293,423** miles driven
- **4,056** patients visited
 - **410** clients ages 0 to 4
 - **80** clients ages 5 to 18
 - **177** clients ages 19 to 44
 - **675** clients ages 45 to 65
 - **769** clients ages 66 to 74
 - **1,040** clients ages 75 to 84
 - **885** clients ages 85 to 99
 - **20** clients over 100 years old
- **93,864** homes visited
- **35,867** skilled nursing visits
- **22,451** home care aide visits
- **25,952** rehabilitation therapy sessions
- **5,108** respite/homemaker care visits
- **4,486** other services
- **29,778** days of provided hospice care
- **\$1,759,502** charitable care



Karyn, MSW, Hospice Care

SOON TO BE



Boutin says, “Ultimately, we want our clients to enjoy the best possible level of health and well-being at home. For many, that means providing essential follow-up care when they leave the hospital to ensure a full recovery. In addition to looking for changes in health status, our RNs ensure post-discharge needs, ranging from intravenous feeding needs to taking medications as prescribed, are being met.

Seamless Referrals, No Surprises

Despite providing services to the region for 80 years, many people are unaware of all the ways Green Mountain Home Health & Hospice can help.

“Fortunately,” says Boutin, “We’re extremely well connected with the hospitals, medical providers, and other service agencies in the area. Many clients come to us through physician referrals after a procedure or a need is identified. We typically reach out to clients within 24 hours of the referral and schedule a home visit. We’ve been described as a ‘welcome surprise’ by those who’ve benefitted from our services and for the fact that we accept all payors and, in some cases, provide care at no cost.”

New Name, Same Trusted Care

For more than 80 years, VNAHSR has been honored to care for Vermont families. The name is evolving to reflect what it is today: Green Mountain Home Health & Hospice.

While the name and look are new, what matters most remains the unchanged—care provided by skilled nurses, therapists, and aides who know you by name; and our deep local roots; and compassionate high-quality care you trust. The new name reflects the full scope of what it offers today: comprehensive home-based services that support families across Vermont, from pregnancy through end-of-life-care, and everything in between. ■

About VNA & Hospice of the Southwest Region

A nonprofit, Medicare-certified home health and hospice agency

VNA & Hospice of the Southwest Region
 45 Franklin Lane
 Bennington, VT 05201
 802-775-0568

Services and Programs

Home Health
 Post-surgical care
 Wound care
 Chronic disease care
 Skilled nursing
 Rehabilitation therapies
 Remote patient telemonitoring
 Social worker support
 Private duty nursing
 Palliative care
 Children’s and Family Services
 Pediatric rehabilitation
 Pediatric therapies (occupational, speech, physical)
 Hospice
 Hospice care
 Pain management
 Grief and bereavement support
 Spiritual support



Margaret, LPN

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 to disabled adults under 60.

802-442-8012

mowbennington.org

124 Pleasant St., Bennington, VT



Meals on Wheels
of Bennington County

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

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

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

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 (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

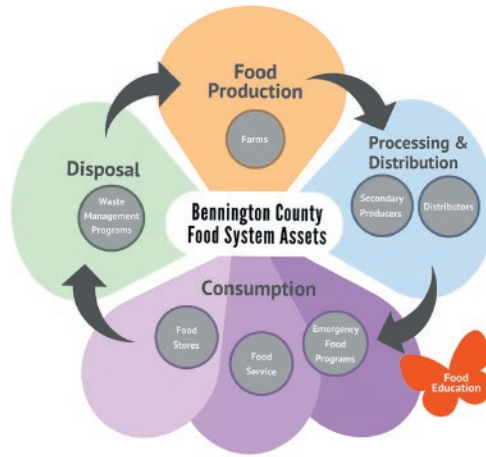
Sacred Heart Saint Francis de Sales Church—HIS Pantry

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

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
nwvvt.org
136 North St., Bennington, VT



Windham and Windsor Housing Trust

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

Open Door Mission

Serving individuals who are homeless and have a low income, the 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 nonjudgmental 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
500 Balltown Rd., Schenectady, NY

Northeast Parent and Child Society

Provides coordinated, innovative, comprehensive, and responsible delivery of human services.
518-426-2600
neparentchild.org

LEAP Head Start

Aids individuals and families in defining and reaching their goals economically and educationally, and administers Head Start programming.
518-746-2390
leapservices.org
383 Broadway, Fort Edward, NY

Washington County Youth Bureau

Provides training and opportunities for youth to grow up healthy, caring, and responsible.
518-746-2330
washingtoncountyny.gov/165/Youth-Bureau
383 Broadway, Building B, Room 17,
Fort Edward, NY

Big Brothers Big Sisters of the Southern Adirondacks

Matching children with caring adults to guide them on a path to success.
bbbssadk.org
1 Lawrence St., Suite 1B, Glens Falls, NY

RENSSELAER COUNTY

Adoptive Families of the Capital Region

Adoption support group for adoptive families and individuals hoping to build their family by adoption.
518-763-8019
adoptivefamiliesny.org
P.O. Box 603, Glenmont, NY

Southern Rensselaer County Family Resource Center

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

Boys & Girls Club of Southern Rensselaer County

Inspires and enables youth from all walks of life to reach their full potential as productive, caring, and responsible citizens.
518-465-3403
bgcsorensco.org
544 Broadway, Rensselaer, NY

Department for Youth

Providing youth with opportunities, through positive leisure activities and social intervention, to mature into responsible, productive adults.
518-270-2860
rensco.com/departments/department-for-youth/
547 River St., 2nd Floor, Troy, NY

Colonie Youth Center

Provides a variety of child care, 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

Berkshire Family YMCA

Programming to build healthy spirits, minds, and bodies for all.
413-663-6529
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

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 Recovery 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.
cosvt.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
24 Century Hill Drive, Suite 001
Latham, NY 12110
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

120 Hospital Dr.
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

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

Northshire Campus

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

Pownal Campus

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

SVMC Internal Medicine

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

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

Exceptional Care Close to Home

Southwestern Vermont Health Care (SVHC) is a comprehensive health care system servicing Bennington and Windham counties in Vermont, eastern Rensselaer and Washington counties in New York, and northern Berkshire County in Massachusetts.

Mission

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

Vision

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

Values

Quality | Empathy | Safety | Teamwork | Stewardship



Thank you to our Corporate Partner





Six Magnet® Designations. One Community of Excellence.

For the sixth time, Southwestern Vermont Medical Center (SVMC), a member of Dartmouth Health, has earned the prestigious Magnet® Recognition for Nursing Excellence from the American Nurses Credentialing Center's (ANCC) Magnet Recognition Program—a distinction achieved by fewer than 1percent of hospitals worldwide.

For our patients, this means highly skilled nurses in your exam room and at your bedside, safer care and better outcomes, compassionate, patient-centered support, and strong collaboration between nurses, physicians, and all members of your care team.

The designation also represents a commitment to continuous improvement and quality.

Congratulations and thank you to the more than 300 nurses across SVMC's main campus and practice sites.

Six-time Magnet. One promise: exceptional care for every patient.



Southwestern Vermont
Medical Center

svmc.org