



Choosing Health

Northeastern Vermont Regional Hospital

September–December 2021

# HealthyChoices

Public Wellness Programs brought to you by Northeastern Vermont Regional Hospital | [www.nvrh.org](http://www.nvrh.org)



**W**elcome to HealthyChoices, a publication from Northeastern Vermont Regional Hospital. HealthyChoices can help you, your family, and your friends find local, affordable resources to improve health and stay well in body, mind, and spirit.

HealthyChoices was created as a resource to help you find the class, program, group, or venue that works best for you and your health and wellness needs.

### Babysitter Training

**\$30 | ONE DAY WORKSHOP**  
**SATURDAY, OCTOBER 2, 9 AM–2:30 PM**  
 For all individuals ages 11–15. This basic childcare training, adapted from the Red Cross, is designed to provide safety skills and the confidence needed to be a great babysitter.  
*To register, please call NVRH Community Connections at 802-748-7526.*  
*Registration fee includes snacks, lunch, and a certificate of completion.*  
*Space is limited to 15 participants.*



### Wellness Recovery Action Plan (WRAP)

**FREE | WRAP** is a self-designed prevention and wellness process that anyone can use to get well, stay well, and make their life the way they want it to be.  
*To register, please call Jen at 802-748-9405 ext. 1026.*

### PreventT2 Program



**FREE | MEETS WEEKLY FOR 16 WEEKS THEN EVERY OTHER WEEK FOR 5 MONTHS.**  
 You can prevent Type 2 Diabetes! T2 is part of the National Diabetes Prevention Program.

Please Note: This group is for adults age 18 or older, who have not been diagnosed with diabetes.  
*For more information or to register, please call Jen at 802-748-9405 ext. 1026.*

### ↑ Cardiac Rehabilitation

**COVERED BY MOST INSURANCES**  
**3 DAYS A WEEK FOR 12 WEEKS:**  
**MONDAY, WEDNESDAY, FRIDAY**  
 An exercise and education program for people with recent (within the last 12 months) qualifying cardiac events. Provider referral required.  
*For more information, please call Cardiac Rehabilitation at 802-748-7401.*

### Cardiac Rehabilitation Maintenance Program

**WEEKLY MAINTENANCE PROGRAM:**  
**TUESDAYS AND THURSDAYS**  
**SELF-PAY: NOT COVERED BY INSURANCE BUT SCHOLARSHIPS ARE AVAILABLE.**  
 The Cardiac Rehabilitation Maintenance Program requires commitment and regular attendance. It is for those individuals who have had a cardiac event prior to the last 12 months or are at high risk for an event.  
*For more information, please call Cardiac Rehabilitation at 802-748-7401.*

### Health Coaching for Hypertension Control

**FREE | Health Coaching for Hypertension Control (HCHC)** is an 8-week evidence-based, small group hypertension management program to help you monitor and lower your blood pressure. Blood pressure cuffs available to all participants.  
*For more information or to register, please call Jen at 802-748-9405 ext. 1026.*



## NVRH SPONSORED CLASSES

### Freedom From Smoking

**FREE |** If you are using tobacco products and want to quit, join the hundreds of thousands that are now tobacco-free through the American Lung Association's Freedom From Smoking® class. Over the course of eight weeks, you will work with other people who are quitting along with a trained facilitator to set a quit date, build a quit plan and work through your first few months tobacco-free.  
*For more information or to register, please call Jen at 802-748-9405 ext. 1026.*

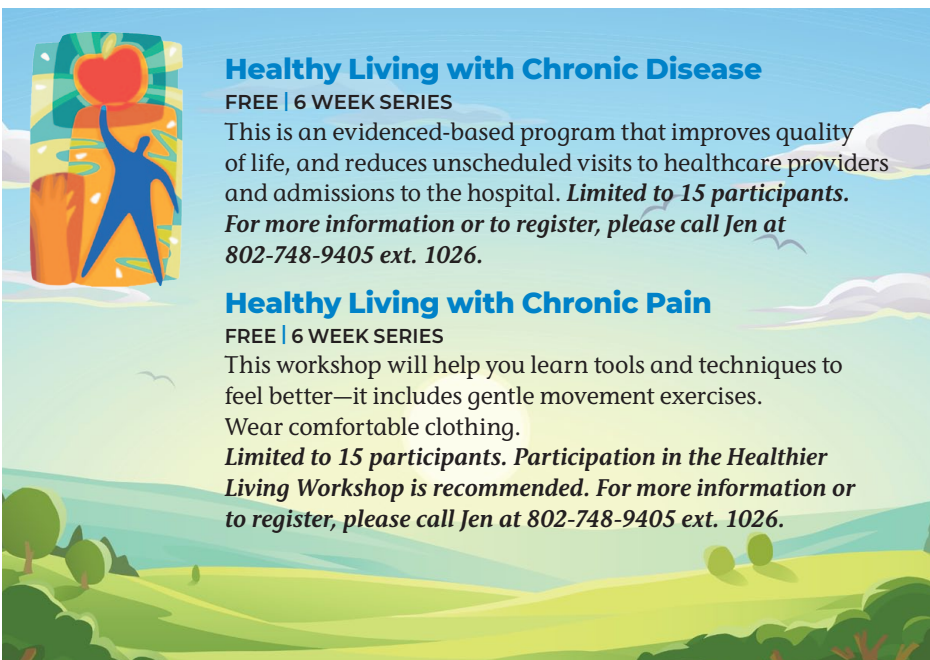


### Healthy Living with Chronic Disease

**FREE | 6 WEEK SERIES**  
 This is an evidenced-based program that improves quality of life, and reduces unscheduled visits to healthcare providers and admissions to the hospital. **Limited to 15 participants.**  
*For more information or to register, please call Jen at 802-748-9405 ext. 1026.*

### Healthy Living with Chronic Pain

**FREE | 6 WEEK SERIES**  
 This workshop will help you learn tools and techniques to feel better—it includes gentle movement exercises. Wear comfortable clothing.  
**Limited to 15 participants. Participation in the Healthier Living Workshop is recommended.** *For more information or to register, please call Jen at 802-748-9405 ext. 1026.*



Do you need help finding a healthcare provider?

Connecting with services or support groups?

Not even sure what services you qualify for or how to access them?

**NVRH's Community Connections program can help!**



**Did you know** that Community Connections has trained Community Health Workers available at no-cost to help you access the services you need?

Call 802-748-7526 between 8 a.m.–4:30 p.m. Monday through Friday to speak with the helpful staff.



Places to be active in our region. Check out these venues for walking, hiking, and biking. Many of these venues offer a variety of activities, both guided and self-guided, for people of all ages. Contact the venue for directions, information about hours of operation, fees, and services and amenities.

**Burke Mountain Resort\***  
Seasonal recreation opportunities.  
[skiburke.com](http://skiburke.com)

**Caledonia Trail Collaborative**  
Park at the trailhead, 500' west of 450 Clark Rd., Danville.  
NVRH Trails for hiking and snowshoeing on the NVRH campus.  
[caledoniatrailcollaborative.org](http://caledoniatrailcollaborative.org)

**Dog Mountain**  
Dogs and their humans welcome!  
[dogmt.com](http://dogmt.com)

**Green Mountain Hiking Club, NEK Chapter**  
Year-round hiking and trail work opportunities. [greenmountainclub.org/northeast-kingdom/](http://greenmountainclub.org/northeast-kingdom/)

\*Fees may apply

**Kingdom Trails Association\***  
4 seasons of biking and hiking trails.  
[kingdomtrails.org](http://kingdomtrails.org)



↑ **Lamoille Valley Rail Trail**  
St. Johnsbury to West Danville,  
Download map at [nvrh.org](http://nvrh.org) or [lvrt.org](http://lvrt.org)

**Lyndon Outing Club\***  
Seasonal recreation opportunities.  
[skilyndon.com](http://skilyndon.com)

**Lyndon State Forest**  
New Boston Rd., Lyndonville  
[fpr.vermont.gov/lyndon-state-forest](http://fpr.vermont.gov/lyndon-state-forest)



**Paths Around Lyndon**  
Includes the Stevens Loop.  
Parking at the VT 122 & VT 122A Park & Ride, 9 Center St., Lyndonville



**St. Johnsbury Parks & Recreation includes the Town Forest Trail Network**  
[stjvt.com/st-johnsbury-vt-parks-and-recreation](http://stjvt.com/st-johnsbury-vt-parks-and-recreation)

**Walking and Biking Trails**

Year-round accessibility. Download maps at [nvrh.org/local-walking-maps/](http://nvrh.org/local-walking-maps/)

**Vermont State Parks**  
Hiking, biking, swimming, bird watching.  
[vtstateparks.com](http://vtstateparks.com)



**Al-Anon**  
SATURDAYS, 10AM  
United Community Church,  
1325 Main St., St. Johnsbury

**Alcoholics Anonymous**  
WEDNESDAY, NOON FOR WOMEN  
Kingdom Recovery Center,  
297 Summer St., St. Johnsbury,  
802-751-8520

**Caregivers Support Group**  
LAST MONDAY, MONTHLY, 6-7:30PM  
*NEK Council on Aging,*  
481 Summer St., St. Johnsbury.  
For more information,  
call 802-751-0427

**Bariatric Surgery Support at NVRH**  
For more information, call  
802-748-7431.

**Bereavement Support**  
1ST & 3RD MONDAY, MONTHLY, 6PM  
Sponsored by Caledonia Home Health & Hospice, St. Johnsbury,  
Call 802-748-8116

**Better Breathers Club at NVRH**  
For location or more information,  
call Heather Nelson at 802-473-7606.

**Crisis Hotlines (24/7)**  
1-800-273-8255  
National Suicide Prevention Lifeline  
2-1-1  
VT Resource Connection Line

**Diabetes Support**  
EVERY TUESDAY, 5-6PM  
MEETS VIRTUALLY  
To register or for more information,  
please call 802-748-9405 ext.1227  
or email [CDCES@nchcvt.org](mailto:CDCES@nchcvt.org).



↑ **Kingdom Recovery Center**  
297 Summer St., St. Johnsbury,  
802-751-8520

**Kinship Care**  
1ST MONDAY, MONTHLY, 5:30-7PM  
NEK Council on Aging, 481 Summer St., St. Johnsbury, 802-751-0435

**NAMI Vermont Family Support**  
4TH WEDNESDAY MONTHLY, 5:30-7PM  
By telephone or virtual. For individuals living with mental illness.  
For more information, call  
800-639-6480 or visit [namivt.org](http://namivt.org).

**Narcotics Anonymous**  
SATURDAYS, 10-11AM  
Kingdom Recovery Center,  
297 Summer St., St. Johnsbury  
802-751-8520

**Overeaters Anonymous**  
WEDNESDAYS, 6-7PM OVER ZOOM  
Go to [www.oavermont.org](http://www.oavermont.org) - then Meeting List (local meetings)  
Look for St. Johnsbury and then connect with Link/Meeting ID and Password

**Parkinson Support Group**  
For more information,  
call 802-748-8074 or  
email [bhadash@sover.net](mailto:bhadash@sover.net).

**Support for Youth**  
Mentor Volunteers are always needed for area youth of all ages  
For more information,  
contact *NEK Youth Services/ Restorative Justice Services* at [nekys@nekys.org](mailto:nekys@nekys.org), [www.nekys.org](http://www.nekys.org) or 802-748-8732.

**Survivors of Abuse**  
Supporting individuals who have experienced intimate partner violence or sexual violence. Umbrella, Inc.  
802-748-8645

**VT Association for the Blind and Visually Impaired: Lyndon PALS Group**  
For more information, call Jerry Doody at 802-505-4006 ext. 333, or email [jdoody@vabvi.org](mailto:jdoody@vabvi.org).

## NORRIS COTTON CANCER CENTER VIRTUAL SUPPORT

Please sign up by contacting Patient and Family Support Services at [cancersupport@hitchcock.org](mailto:cancersupport@hitchcock.org) or call 603-650-7751 and they will send you a link. For additional classes and support services go to: <https://cancer.dartmouth.edu/patients-families/support-services>.

**Caring for Someone with Serious Illness**  
1ST TUESDAY, MONTHLY, 4-5:30PM  
For all loved ones caring for someone with any type of serious illness.

**Melanoma Support**  
1ST TUESDAY, MONTHLY, 5:45-7PM  
For patients with any stage of melanoma.

**Leukemia, Lymphoma & Myeloma Support**  
2ND WEDNESDAY, MONTHLY, 3:30-4:30PM  
For patients with any type of blood cancer at any stage and their supporters.

**Metastatic Breast Cancer Support**  
1ST WEDNESDAY, MONTHLY, 2:30-4:30PM  
Support and education for patients with Stage IV breast cancer.

**Thriving After Breast Cancer Support**  
3RD WEDNESDAY, MONTHLY, 5-6PM  
For women beyond their initial treatment for breast cancer.

**Living with Cancer Support**  
2ND & 4TH THURSDAY, MONTHLY, 4:30-6PM  
For patients with any type of cancer in treatment and beyond and their supporters.

# HealthyChoices



## community partners

Our region has a variety of fitness centers offering exercise options, including personal training, cardio and strength training, and group exercise classes. Water options are also available, including swimming, aquatic classes, and swimming lessons. Additional recreation options include tennis and racquet sports. Contact the centers for information on dates, times, and fees.

### FITNESS CENTERS & MORE

#### Artemis Yoga Studio

RECFIT, THURSDAYS, 5:30PM  
AND PRIVATE STUDIO  
[sunnykapp78@gmail.com](mailto:sunnykapp78@gmail.com)  
802-424-1038, St. Johnsbury

#### Atlas Training Systems

[atlastrainingsystems.net](http://atlastrainingsystems.net)  
802-272-8091, St. Johnsbury

#### Core Fitness Vermont

[corefitnessvt.com](http://corefitnessvt.com)  
802-535-9645, Lyndonville

#### Fitness Jungle

[fitness-jungle-llc.com](http://fitness-jungle-llc.com)  
860-705-9180, St. Johnsbury

#### Fitness Unbound

[fitnessunbound.com](http://fitnessunbound.com)  
802-274-3277, St. Johnsbury

#### Heart Space Yoga

[heartspaceyogacenter.com](http://heartspaceyogacenter.com)  
802-626-3398, St. Johnsbury

#### Kilos Performance & Fitness

[kilosperformanceandfitness.com](http://kilosperformanceandfitness.com)  
802-427-3007, Lyndonville

#### NEK Cycling Studio

[nekcyclingstudio.com](http://nekcyclingstudio.com)  
802-249-7005, Lyndonville

#### NEK Yoga

[www.yogatrail.com/studio/nek-yoga-240904](http://www.yogatrail.com/studio/nek-yoga-240904)  
Find us on Facebook, 802-274-1067,  
Craftsbury

#### Pilates by Heidi

Find us on Facebook  
802-535-8505, St. Johnsbury

#### RecFit

[stjacademy.org/recfit](http://stjacademy.org/recfit)  
802-751-2305. Follow them on Facebook.  
St. Johnsbury



#### ↑ St. Johnsbury Academy Field House Pool

POOL HOURS: MON-FRI, 6AM-2PM  
SAT, 8AM-NOON, CLOSED SUN  
802-748-8683, St. Johnsbury

#### The St. Johnsbury Center for Well Being

[vermont-counseling-yoga.com](http://vermont-counseling-yoga.com)  
802-748-1516, St. Johnsbury

#### Stadium Fitness

[stadiumfitness.com](http://stadiumfitness.com)  
802-745-8773, Danville

#### Trail2Wellness

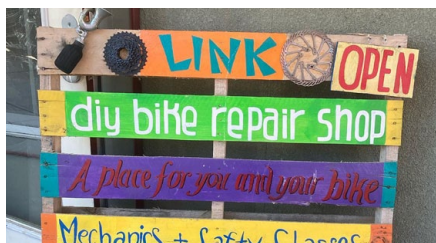
[trail2wellness.com](http://trail2wellness.com)  
802-793-0838, East Burke



#### ↑ Rock Steady Boxing NEK

\$55 MONTH | 101 MAIN ST, LYNDONVILLE  
TUESDAY & THURSDAY, 9:30 & 11:30AM,  
SATURDAY, 9:30-11AM

Giving people with Parkinson's disease hope by improving their quality of life through a non-contact boxing-based fitness curriculum. These classes can reverse, reduce and even delay the symptoms of Parkinson's Disease. *For information, call 802-535-4520 or visit [nek.rsbaaffiliate.com](http://nek.rsbaaffiliate.com)*



#### ↑ Link VT

FREE | 397 RAILROAD ST, ST. JOHNSBURY  
Do-It-Yourself bike space that seeks to engage the community through learning about biking and bike repair for all ages.

*Learn more about Link VT activities this fall and beyond at [www.linkvt.org](http://www.linkvt.org) or Facebook*

### DANCE & GYMNASTICS

Options for adults and children to dance your way to health!



#### Country Corner Square Dancing

802-748-4580, St. Johnsbury Center

#### Dance Express

802-748-1101, St. Johnsbury

#### Dance Workshop

[danceworkshopvt.com](http://danceworkshopvt.com)  
802-535-8484, Lyndonville

#### Kingdom Gymnastics

[kingdomvtgymnastics.com](http://kingdomvtgymnastics.com)  
802-748-7898, St. Johnsbury

#### St. Johnsbury Ballet

802-684-3240, St. Johnsbury

#### St. Johnsbury Social Dance and Lessons

For all ages. Find us on Facebook  
802-748-9558, St. Johnsbury

### SOMETHING FOR KIDS & FAMILIES

#### All Things Lyndon

All Things Lyndon (ATL) is a community initiative developed through the Lyndon Promise Community. The key goal of ATL is strengthening all Lyndon families by providing opportunities to ensure all children are ready to enter school and be a part of their community. To help families in Lyndon thrive, we aim to provide opportunities for families to feel connected, supported, and empowered in their community. [allthingslyndon.com](http://allthingslyndon.com)

#### Catamount Arts

Offering a variety of classes and special opportunities throughout the year. Visit [catamountarts.org/education/classes-and-workshops](http://catamountarts.org/education/classes-and-workshops), or call 802-748-2600 x109.

#### The Family Place at the St. Johnsbury School

FREE | A place for expectant parents and parents of children ages birth to six to meet other parents, find parenting resources, play groups, and more. Call 802-745-2741 x2022 or visit [stjbsd.org](http://stjbsd.org)

#### RecFit & St. Johnsbury Recreation

RecFit is affiliated with St. Johnsbury Academy and the home of the St. Johnsbury Recreation Department, offering numerous recreational activities and events for residents of all ages throughout the year.

*For more information, please call 802-751-2305 or visit [stjacademy.org/recfit](http://stjacademy.org/recfit) for a full schedule.*



### SOMETHING FOR OLDER ADULTS



#### NEK Council on Aging

Programs to help people age with dignity and independence. Classes include:

- Fall Prevention
- Tai Chi
- The Arthritis Foundation Exercise Program
- A Matter of Balance,
- and many more.

*For more information visit [nekCouncil.org](http://nekCouncil.org) or call 1-800-642-5119.*

#### Good Living Senior Center

1207 MAIN ST, ST. JOHNSBURY (ST. JOHNSBURY HOUSE)  
A senior activities center for adults 50+.

*Visit [stjgoodliving.org](http://stjgoodliving.org) to view the website and a monthly calendar of events. Call 802-748-8470 for more information.*



Choosing Health

Northeastern Vermont Regional Hospital



## MIND & SPIRIT

### Certified Health Coach

Clarify your goals, find motivation to change, and break big changes into small, manageable steps.

**By appointment. Call Annika McCann, RN at 802-424-1116 or visit [annikamccann.com](http://annikamccann.com).**



### ↑ Medicine Wheel Wellbeing

Providing foot and structural reflexology, massage therapy, and positional therapy to support the body's natural ability to heal itself.

**By appointment.**

**Call Diane Willson at 802-535-6194 or visit [medicinewheelwellbeing.com](http://medicinewheelwellbeing.com).**

### PUMA Counseling & Coaching

"I can help you access your wisdom to tackle your challenges." Alice E. Kitchel, PhD, Certified Professional Coach.

**By appointment. For information, call Alice at 802-684-3412 or email [alice.s.kitchel@gmail.com](mailto:alice.s.kitchel@gmail.com).**

### Gentle Chair Yoga Class

FREE | 12 WEEK SESSION  
MONDAYS, SEPTEMBER 13-  
NOVEMBER 29, 1-2 PM

OFFERED VIRTUALLY BY THE NORRIS  
COTTON CANCER CENTER

These gentle and fun classes will teach controlled breathing and simple movements. Patients, survivors and caregiver welcome.

**Registration required. For information or to register, call 603-650-7751.**

### Massage in the Northeast Kingdom

LYNDONVILLE

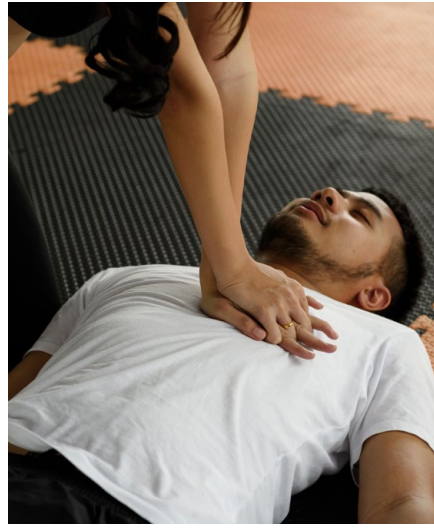
Marybeth Anderson. **For more information, call 802-424-6629 or visit [www.marybethanderson.massagetherapy.com](http://www.marybethanderson.massagetherapy.com).**



### ↑ Essentially Vermont Massage

ST. JOHNSBURY

Tracy Gilman. **For more information, call 802-473-8906 or email [tgilman66@gmail.com](mailto:tgilman66@gmail.com)**



## CPR & FIRST AID

### Calex CPR and First Aid

ONLINE CLASSES

Go to [calexambulance.org](http://calexambulance.org) and click on the CPR & First Aid tab. Scroll down that page to select the desired online course.

When the online class is complete, please call 802-748-7542 to schedule a one-on-one Skills Session with an AHA Instructor.

**Call 802-748-7542, email [cpr@calexambulance.org](mailto:cpr@calexambulance.org), or visit [calexambulance.org](http://calexambulance.org).**

### Lyndon Rescue, Inc. CPR

**\$45** | American Heart Association classes designed for healthcare teams and community members. Includes Automated External Defibrillator training.

**For more information on upcoming classes, call 802-626-1101 or email [jillian@lyndonrescue.net](mailto:jillian@lyndonrescue.net).**

### Lyndon Rescue, Inc. First Aid

**\$45** | American Heart Association First Aid certification for community members. Learn how to help in various medical emergencies.

**Call 802-626-1101 or email [jillian@lyndonrescue.net](mailto:jillian@lyndonrescue.net) for more information on upcoming classes.**



### ↑ Car Seat Safety

FREE | A child seat fitting station is a free and convenient way to have your child's safety seat inspected by a Nationally Certified CPS Technician. Receive personal instructions on the selection, harnessing, installation and use of car seats.

**By appointment at Lyndon Rescue. Call 802-626-1101.**



## AREA FOOD RESOURCES

### FOOD SHELVES/PANTRIES

#### Faith in Action:

#### Lyndonville Food Pantry

TUESDAYS, 10AM-2PM &  
THURSDAYS, 12-5PM  
101 Main Street, Lyndonville  
802-626-1212

#### H.O.P.E. Backpack Program

136 Church Street, Lyndonville. Call for dates and times, 802-626-3228

#### Kingdom Community Food Shelf

TUESDAY & THURSDAY,  
NOON-3:45PM  
36 Steeple Place, St. Johnsbury  
802-751-8581

#### Lyndon Area Food Shelf

WEDNESDAYS, 10AM-2PM  
(NORTH OF ST. J.)  
St. Peter's Parish Hall, 51 Elm Street,  
Lyndonville, 802-626-5705

#### NEK Neighbors Helping Neighbors Food Shelf at Mtn View Apartments

4TH THURSDAY, MONTHLY,  
4:30-5:30PM  
Community Room,  
125 Mtn View Drive, St. Johnsbury

#### NEKCA

MONDAY-FRIDAY, 8AM-4:30PM  
115 Lincoln Street, St. Johnsbury  
802-748-6040

#### Sid's Pantry

3RD SATURDAY, MONTHLY  
10AM-NOON  
173 School Street, Concord  
802-695-2512, ext. 2010

#### The Open Door

MONDAY, WEDNESDAY & FRIDAY,  
10AM-1PM  
29 Hill Street, Danville  
802-684-2515

#### VeggieVanGo

3RD THURSDAY, MONTHLY, 10-11 AM  
NVRH, 1315 Hospital Drive  
St. Johnsbury

### FREE MEALS-LUNCH

#### Grace Methodist Church

MONDAYS, 11AM-12:15PM  
36 Central Street, St. Johnsbury

#### Mustard Seed Soup Kitchen

TUESDAYS & THURSDAYS, 11AM-1PM  
178 Eastern Ave, St. Johnsbury

#### Universalist Unitarian Church

SATURDAYS, 11AM-12:15PM  
Community Take-out lunch/pick-up  
47 Cherry Street, St. Johnsbury

### FREE MEALS

#### Danville

#### Congregational Church

3RD MONDAY, MONTHLY  
87 Hill Street, Danville, 802-684-1151

### SENIOR MEAL SITES

#### Darling Inn

MONDAY-FRIDAY  
Call ahead to order meals for pick-up  
76 Depot St., Lyndonville  
802-626-8700

#### Danville Senior Action Center

TUESDAY & THURSDAY LUNCH,  
NOON (CAN ORDER TAKE-OUT  
BY 9:30AM/PICK-UP BY 11AM)  
OVER 60 \$4.00 DONATION  
UNDER 60 \$5.00 DONATION  
Methodist Church, Danville  
802-684-3389

#### St. John the Evangelist Catholic Church

NEXT TO LAST TUESDAY,  
MONTHLY, 5-6PM  
1375 Main Street, St. Johnsbury

#### St. Johnsbury Meals on Wheels and Meal Site

MONDAY-FRIDAY, NOON  
1207 Main Street, St. Johnsbury  
802-748-5467

#### West Barnet Meal Site

WEDNESDAY & FRIDAY  
Presbyterian Church, West Main  
Street, Barnet, 802-633-4068

#### West Burke Community Center

MONDAY, WEDNESDAY  
& FRIDAY, NOON  
212 School Street (around the  
back of the building), West Burke  
802-467-3423

### FOOD RESOURCES AND INFORMATION

#### 3SquaresVT (food stamps)

**Apply online** at [dcf.vermont.gov/mybenefits](http://dcf.vermont.gov/mybenefits) or call 1-800-479-6151 for a paper application.

**Apply in person** at Economic Services Office, 1016 US Rt 5, St. Johnsbury

#### Community Connections

55 Sherman Drive, St. Johnsbury  
802-748-7526

#### WIC Supplemental Food

For income eligible new mothers, infants, and children. 802-748-5151 or 1-800-952-2936

Vermont Department of Health,  
107 Eastern Ave., St. Johnsbury



### Caledonia and Southern Essex Accountable Health Community

NVRH is a member of NEK Prosper!, a collaborative of community partners working to improve health and prosperity in the region. Learn more and check out the calendar of community events at [nekprosper.org](http://nekprosper.org).