



Choosing Health

Northeastern Vermont
Regional Hospital

January–March 2025

HealthyChoices

Public Wellness Programs brought to you by Northeastern Vermont Regional Hospital | www.nvrh.org

Welcome 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.

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Want to access this
HealthyChoices
newsletter online?
Scan the QR code!

NVRH sponsored programs

Cardiac Rehabilitation

3 DAYS A WEEK FOR 12 WEEKS: MONDAY, WEDNESDAY, FRIDAY

COVERED BY MOST INSURANCES

An exercise and education program for people with recent (within the last 12 months) qualifying cardiac events. Provider referral required.

For more info, 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 info, call Cardiac Rehabilitation at 802-748-7401.*



Diabetes Prevention Program

FREE | 12-MONTH PROGRAM

You can prevent type 2 diabetes! The DPP 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 info or to register, call Caitlin Moroney at 802-859-5913. ✓

Diabetes Management Program

FREE | 6 WEEKS

The Diabetes Management Program is a 6-week evidence-based, small group program to help you monitor and manage your diabetes. Please note: This group is for adults age 18 or older who have been diagnosed with type 2 diabetes.

For more info or to register, call Caitlin Moroney at 802-859-5913. ✓

Health Coaching for Hypertension Control

FREE | Health Coaching for Hypertension Control (HCHC) is a 9-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 info or to register, call Caitlin Moroney at 802-859-5913. ✓



Heat Squad and NVRH

We are supporting affordable home energy audits for qualified households in the NEK.

For more info, call 802-438-2303 or visit heatsquad.org.

The Northeast Prevention Coalition

3RD TUESDAY, MONTHLY, 3-4PM
KINGDOM RECOVERY CENTER,
297 SUMMER ST., ST. JOHNSBURY

Coming together to support prevention and education for youth, as well as all ages, concerning substance use, misuse and abuse. Actively recruiting for new members, including youth!

To join our next coalition meeting, call Susanne Lesnik-Emas at 802-748-7356, email s.lesnik@nvrh.org or check out our website npcvt.org.



Quit Smoking Workshop

FREE | If you are using tobacco products and want to quit, we can guide and support you. Over the course of four 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 find ways to manage your stress and cravings.

For more info or to register, call Caitlin Moroney at 802-859-5913. ✓

Chronic Disease Management Workshop

FREE | 6 WEEK SERIES

This is an evidence-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 info or to register, call Caitlin Moroney at 802-859-5913. ✓



Chronic Pain Management Workshop

FREE | 6 WEEK SERIES

If you're living with chronic pain—from an injury, surgery, or health condition like arthritis, multiple sclerosis, or fibromyalgia — this workshop will help you learn tools and techniques to feel better. It also includes gentle movement exercises. Wear comfortable clothing.

Limited to 15 participants. Participation in the Chronic Disease Management Workshop is recommended. For more info or to register, call Caitlin Moroney at 802-859-5913. ✓

MY HEALTHY
VERMONT
MyHealthyVT.org

✓ These programs are offered in conjunction with My Healthy Vermont



Volunteers needed

Volunteering at NVRH is good for your health! Just a few hours of time helps you:

- Stay social
- Give back
- Get exercise
- Meet people
- Form new friendships



Scan here to learn more about volunteering or call 802-748-7310.

NVRH's Community Connections

We Can Help You...

Connect with services, resources, transportation, and other supports

Access healthcare and health information

Understand and complete forms and applications for services

Learn healthy habits with our health coaches

... And more!



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 am–4:30 pm Monday–Friday to speak with the helpful staff.

community partners

Featured Programs

Caregiver Support from the NEK Council on Aging

The NEKCOA offers support that helps caregivers care for loved ones at home. Services include one-on-one personal support, monthly support groups, respite vouchers, dementia care and support, and Trualta, a 24/7 e-learning platform. *For more info, call Karen Desrochers, Director of Client and Caregiver Support at 802-751-0427 or visit nekcoa.trualta.com.*



Free Overdose Response Training

Help protect your community and learn how to save a life with naloxone.

Free online training program and get Narcan by mail, use QR code to visit webpage! This research was approved by the URI Institutional Review Board in collaboration with UVM Extension. *For info, call 802-656-7637 or email Sarah.Kleinman@uvm.edu.*



Caledonia and Southern Essex Accountable Health Community

NVRH is a member of NEK Prosper!, which "leverages relationships and collaborative action to build community health equity." *Learn more and check out the calendar of community events at nekprosper.org.*



Rock Steady Boxing NEK

\$55 MONTH | 101 MAIN ST, LYNDONVILLE
TUESDAY & THURSDAY, 9:30-11AM,
11AM-12:30PM, 12:30-2PM.
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.*

St. Johnsbury Academy Adult Education

Hop into our spring classes: Introduction to Woodworking; Electrical Code Update; Pottery; and Licensed Nursing Assistant. *Register at stjacademy.org/adult-education or for more information call 802-751-2314.*

Something for Kids & Families

Catamount Arts

Offering a variety of classes and special opportunities for children and adults throughout the year. *For more info, visit catamountarts.org/education/classes-and-workshops, or call 802-748-2600 x109.*



NEKCA Head Start & Early Head Start Programs

OPEN ENROLLMENT FOR CALEDONIA, ORLEANS, & ESSEX COUNTIES

Head Start: Join the center-based, 5 star programs. Children ages 3-5 who meet eligibility requirements may attend. Focus is on early learning and development, health, and overall family well-being.

Early Head Start: Join the home-based, home visiting program. Expectant mothers and children birth-3 who meet eligibility can join. Focus is on child development, the parent-child relationship and

overall family-well being. Two playgroups a month.

New: Childcare openings for ages 6 weeks-3 years at the New Family Resource Center at Lyndon Institute.

For more info, email fce@nekcavt.org or fill out the online pre-app at myheadstart.com/pre-app?globalid=5841

RecFit STJ

RecFit is a community-driven full-service racquet & fitness center. We are operated by St. Johnsbury Academy. We have on-staff personal training, free weight and Nautilus equipment, cardio equipment, group fitness classes, a sauna, an indoor tennis court, four pickleball courts, and one racquetball court, as well as a newly expanded lounge area with pool tables, air hockey, and ping pong. *For more info, call 802-751-2305 or visit stjacademy.org/recfit for a full schedule.*

Something for Older Adults

Associates for Training and Development - A4TD

A4TD offers paid employability skills experiences to 55+, low income, unemployed individuals. A4TD places mature workers in non-profit community-based programs for training for 20 hours weekly.

For more info, call 802-370-6161 or visit A4TD.org.



GetSetUp

FREE | VIRTUAL

GetSetUp is an e-learning community offering hundreds of free online classes created by and led by older adults. Learn about cooking, travel, wellness, technology, and so much more.

Visit Vermont Association of Area Agencies on Aging

GetSetUp at www.getsetup.io/partner/vermont to register.

NEK Council on Aging

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

- Line Dancing
- Tai Chi
- Quahog Dance Theater
- Chair Yoga
- The Arthritis Foundation Exercise Program
- And many more!

For more info, visit 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 to view the website and a monthly calendar of events. For more info, call 802-748-8470 or email goodliving@vtlink.net.

CPR & First aid



Calex CPR and First Aid

ONLINE CLASSES | Go to 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 802-748-7598 to schedule a one-on-one Skills Session with an AHA Instructor. **Call 802-748-7598, email cpr@calexambulance.org, or visit calexambulance.org.**

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. **To make an appointment, call Lyndon Rescue at 802-626-1101.**

Lyndon Rescue, Inc. CPR & First Aid Courses

\$45 EACH CLASS | American Heart Association classes designed for health-care teams and community members. CPR includes Automated External Defibrillator training. The First Aid course/certification is for community members. Learn how to help in various medical emergencies. **For more info on upcoming classes, call 802-626-1101 or email jillian@lyndonrescue.net.**



St. Johnsbury Community HUB

The HUB offers a safe, welcoming, fun and diverse engagement opportunities for meeting new neighbors, expanding community networks and increasing access to support. **For more info and a calendar of events, call 802-424-1134, email stjcommunityhub@gmail.com, or visit stjcommunityhub.org. #COMMUNITYSTARTSHERE**

Fitness, Dance, Yoga & More

Artemis Yoga Studio

ARTEMIS, TUESDAYS, 10AM & SUNDAYS, 3:30PM
REC FIT, THURSDAYS, 5:30PM
sunnykapp78@gmail.com
802-424-1038, St. Johnsbury

Atlas Training Systems

atlastrainingsystems@gmail.com
802-272-8091, St. Johnsbury

Dance Express

802-748-1101, St. Johnsbury

Dance Workshop

danceworkshopvt.com
802-535-8484, Lyndonville

Fitness Jungle

fitness-jungle-llc.com
802-745-9256, St. Johnsbury

Fitness Unbound

fitnessunbound.com
802-274-3277, St. Johnsbury

Heart Space Yoga Studio

heartspaceyogacenter.com
802-626-3398, St. Johnsbury

Kilos Performance & Fitness

Kilos.Fitness
802-427-3007, KilosVT@gmail.com
Lyndonville

Kingdom Gymnastics

kingdomvtgymnastics.com
802-748-7898, St. Johnsbury

NEK Cycling Studio

nekcyclingstudio.com
802-279-7756, Lyndonville

Pilates by Heidi

Find us on Facebook or email HCDoodle@yahoo.com
802-535-8505, St. Johnsbury

RecFit STJ

stjacademy.org/recfit 802-751-2305.
Follow them on Facebook at RecFitStj,
St. Johnsbury

SHiNE Dance Fitness™

creativehealingandfitness.com
802-626-4202, Lyndonville

Stadium Fitness

stadiumfitness.com
802-745-8773, Danville

Trail2Wellness

trail2wellness.com
802-793-0838, Lyndonville

Mind, Body & Spirit



Centerpoint Pilates

Is an accessible space for people of all ages to build strength and confidence. Start moving through your life without pain or fear today! **For more info call Kristine at 802-684-0081 or visit centerpointpilatesnek.com.**

Counselor & Functional Medicine Health Coach

Gain insight into your ability to heal and reset your Body, Mind and Spirit. Learn how to talk with your doctors to get the best results. **For more info, call Janet Heartson 802-633-3810 or visit <https://heartsons.com/wp/>**

Creative Healing & Fitness

LYNDONVILLE
Offering group classes in dance, aerobic fitness, Tai Chi, and yoga. Recurring holistic workshops. Individual massage appointments. **For more info visit creativehealingandfitness.com.**

Essentially Vermont Wellness Spa

LYNDONVILLE
Orthopedic massage for injury, alignment and pain reduction. **Find them on Facebook. For more info, call Tracy Gilman at 802-473-8906, or email tgilman66@gmail.com.**



Gentle Chair Yoga Class

FREE 10-WEEK SESSION
Fun chair-based yoga! These gentle classes will teach controlled breathing and simple movements. Dartmouth Cancer Center patients, survivors and caregiver(s) welcome. Offered virtually by the Complementary Care Program.



Registration required. For info or to register email cancersupport@hitchcock.org or call 603-650-7751.

Heart Space Healing Arts Collective

ST. JOHNSBURY
A collective of holistic health practitioners to support wellness on every level, mind, body and spirit. **For more info, call Andrea at 802-424-0039 or visit heartspacehc.com.**

HeArt's Path Studio Journey

ST. JOHNSBURY
Let your art be the guide on a transformative journey to find healing, support, direction & connection. **For more info, email or text Tina Gorman at kgorman@rootstorenewal.org or 802-333-0306.**

Swimming for Everyone!

Call before you swim!

Vermont State University - Lyndon

\$10 ADULT
\$5 CHILDREN (15 & UNDER)
\$5 SENIORS (65+)
bit.ly/3YTD6nB 802-626-6769
(Always: Call before you swim hotline!), Lyndonville

Comfort Inn

\$20PP | 5AM-8PM, DAILY
802-748-1500, St. Johnsbury

Evergreen Sports Center

\$15 ADULT | \$10 CHILDREN (12 & UNDER) | CHECK WEBSITE BELOW FOR HOURS.
evergreensportscenter.com/pool-info
603-838-6511, Lisbon, NH

flood resources

Holistic Heart Nurse

"I empower you to reclaim your health and wellness, heal from the inside out and become the best version of yourself." Karri Willy, RN, Board Certified Nurse Coach. **For more info, email Karri Willy at karri@holisticheartnurse.com or visit www.holisticheartnurse.com.**

Life InSight Coaching & Consulting

Any kind of dilemma or problem, I help you find your own best solutions. Try a free ½ hour session to see how coaching works. **For more info, call Alice Kitchel, ACC, PhD, at 802-684-3412 or email alice@lifeinsightcoachvt.com.**

Master Her Health

I help women de-stress, focus, and have lasting energy. Free Guide to Reclaim Your Energy: bit.ly/reclaimyourenergynow **For more info, email Stephanie Smith at stephanie@masterherhealth.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. For more info, call Diane Willson at 802-535-6194 or visit medicinewheelwellbeing.com.**

Meditation Practice

FREE | BARNET | OPEN TO THE PUBLIC
Join Karmê Chöling Retreat Center for meditation practice. **For more info visit karmecholing.org/meditation/meditation-calendar or email info@karmecholing.org**

Sweetwater Studios

EAST BURKE
Yoga, wellness classes, and workshops offered year round. **For more info, call Karen Kennedy 802-535-5876 or email 135.sweetwater@gmail.com or visit sweetwaterstudiosyoga.com.**

The St. Johnsbury Center for Well Being

ST. JOHNSBURY
vermont-counseling-yoga.com
802-748-1516

Starting Over Strong Vermont (SOS-VT)

FREE | ANONYMOUS

This program is a disaster recovery program designed to support flood survivors through community outreach and access to mental health resources. SOS-VT is a program that helps people recover and rebuild their lives after a disaster.

For more info, call 211 today! In the NEK VT contact 802-424-5368, email community_support@nkhs.net or visit mentalhealth.vermont.gov/sosvt

Kingdom United Resilience and Recovery Effort (KURRVE)

KURRVE is a collaboration of neighbor-to-neighbor networks, faith and business communities and local nonprofits to provide services to individuals and families affected by the flooding in Caledonia, Essex, and Orleans counties.

For more info, visit <https://nekprosper.org/get-involved/flood-recovery-resources>.

Vermont Department of Health

Learn what to do before, during, and after a flood, and order well test kits. **Visit healthvermont.gov/emergency/public-health-preparedness/stay-safe-flood**

Northeastern Vermont Development Association (NVDA)

NVDA serves the 55 municipalities in the NEK and assists with regional and municipal land use and transportation planning. It also

encourages sustainable economic growth as the Regional Economic Development Corporation in Caledonia, Essex, and Orleans counties.

For NVDA's 2024 Flood Recovery Assistance, visit nvda.net/flood.php

State of Vermont & Vermont Emergency Management

The State of Vermont offers flood and other emergency resources. **Visit vermont.gov and vem.vermont.gov to learn more.**

Flood Recovery Grant – Vermont Main Street Flood Recovery Fund

Donate or Apply! The VMSFRF provides grants to Vermont's small business owners impacted by the July 2024 flooding. **More info available at vtrecovery2023.com.**

Mental Health Resources

988 Suicide & Crisis Lifeline

FREE | ANONYMOUS

Get immediate emotional support and local resources from trained crisis counselor.

Call or Text 988 or Chat at chat.988lifeline.org.

Vermont Mobile Crisis

FREE | ANONYMOUS

Vermont mobile crisis teams provide in-person support and crisis intervention.

To reach your local community mental health centers, dial 988.



PHOTO: BRIAN WILSON

Pathways Vermont Support Line

FREE | ANONYMOUS

Confidential, non-judgmental peer support for Vermonters 18+. Available 24/7.

Call or text 833-888-2557.

The SAMHSA Disaster Distress Helpline

FREE | ANONYMOUS

Confidential crisis counseling. Available 24/7.

Call or text 1-800-985-5990.

Northeast Kingdom Human Services (NKHS)

FREE | ANONYMOUS

Provides mental health care in your local community as well as Front Porch, Mental Health Urgent Care, 235 Lakemont Road, Newport City, VT. Open 7 days a week, 7 a.m. – 11 p.m. for adults and families experiencing mental health situations and seeking immediate care - just walk in. **More info at nkhs.org, 802-748-3181, and nkhs.org/front-porch-mental-health-urgent-care**



"Are you worried about falling?"

Northern Physical Therapy Manager Lindsay O'Steen

Did you miss your free balance assessment during fall prevention month?

Do you have 15 minutes to spare? If so, call Northern Physical Therapy and ask for a free balance assessment. We will provide you with a quick screen and give you some information to discuss with your doctor.

Northern Physical Therapy believes there is more to patients than their injury. They celebrate accomplishments as well as encourage healthy lifestyles. **More info at nvrh.org/northern-physical-therapy or call to schedule a balance assessment at 802-626-4224.**



support groups

Al-Anon

SATURDAYS, 10AM

United Community Church,
1325 Main St., St. Johnsbury

Alcoholics Anonymous

ST. JOHNSBURY

SATURDAYS, 10AM,

MONDAYS & WEDNESDAYS, 5:30PM,

FRIDAYS, 7PM

Kingdom Recovery Center,
297 Summer St.

MONDAY THROUGH FRIDAY, NOON

United Community Church,
1325 Main St.

For more info, 802-334-1213 or
visit AAVT.org

Alzheimer's Caregiver Support Group

2ND MONDAY, MONTHLY, 2-3:30PM

NEK Council on Aging,

481 Summer St., St. Johnsbury

For more info, call 802-751-0427.

Bereavement Support

1ST & 3RD MONDAYS, 6-7:30PM

For spouses and partners. Sponsored
by Caledonia Home Health &
Hospice. St. Johnsbury
802-748-8116

Cancer Support Group

1ST THURSDAY, MONTHLY, 3:30-4:30PM,
IN PERSON

This is for patients with a cancer
diagnosis who are currently in
treatment or who have previously
received treatment. Dartmouth
Cancer Center-St. Johnsbury, 1080
Hospital Dr., St. Johnsbury.

For more info contact,
Linda Ruede at 802-473-4100 or
linda.l.ruede@hitchcock.org

Diabetes Support

EVERY TUESDAY, 5-6PM,
MEETS VIRTUALLY

To register or for more info,
call or text 802-274-8901 or email
CDCES@nchcvt.org.

Kingdom Recovery Center

OPEN MONDAY-FRIDAY 8AM-4PM | FREE
PEER RECOVERY SUPPORT SERVICES

(ALL): TUESDAYS & THURSDAYS, 10-11AM

SEEKING SAFETY: WEDNESDAYS
11AM-12PM.

297 Summer St., St. Johnsbury
802-751-8520

Mental Health Crisis Hotlines (24/7)

National Suicide Prevention Lifeline

Call or Text 988 or Chat at

chat.988lifeline.org

Or call 1-800-273-TALK or "741741."

VT Resource Connection Line: 2-1-1

www.facingsthecrisisvt.com.

NAMI Vermont Connection Peer Support Group

WEDNESDAYS, 5:30-7PM

IN PERSON, UU MEETING HOUSE,

47 CHERRY ST, ST. JOHNSBURY.

For individuals living with a mental
health condition. For more info, visit
namivt.org/csg or call 800-639-6480.

NAMI Vermont Family Support Group

3RD WEDNESDAYS, MONTHLY, 5:30-7PM

By telephone or virtual. For family
members of individuals living with
a mental health condition.

For more info and additional times,
call 800-639-6480 or visit
namivt.org/fsq.

Narcotics Anonymous

ST. JOHNSBURY

SUNDAYS, 10-11AM, THURSDAYS, 7-8PM

Kingdom Recovery Center,
297 Summer St. For more info,
866-580-8718 or visit NA.org

Northeast Kingdom Youth Services



63 EASTERN AVE, ST. JOHNSBURY

Serving youth and young adults
12-24 who are struggling with
community, school, health, and
family challenges or are in need of
added support as they transition to
adulthood. For info 802-748-8732
or visit nekys.org.

Overeaters Anonymous

WEDNESDAYS, 6:30PM BY ZOOM

SATURDAYS, 9AM IN PERSON OR
BY PHONE

NVRH Conf. Rm. 126-Main Entrance.
Go to www.oavermont.org - then
Meeting List (local meetings) Look
for St. Johnsbury and then connect
with Link/Meeting ID and Password.

988 Suicide & Crisis Lifeline

FREE and ANONYMOUS

Get immediate emotional support and local
resources from trained crisis counselor.

Call or Text 988 or Chat chat.988lifeline.org



Parents in Recovery Program

FRIDAYS, 1PM

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

Parkinson Support Group

3RD FRIDAY, MONTHLY, 10:30AM

NVRH Conf. Rm.126,

St. Johnsbury, Use Main Entrance.

For more info, call Dan and Mary
Swainbank at 802-535-0031 or
email swainbank@danvillevt.net.

Seeking Safety

TUESDAYS, 12-1PM

Umbrella, 1330 Main Street,
St. Johnsbury.

For more info, call Chantelle at
802-748-1992 ext.312 or email
Chantelle@umbrellaneck.org

Survivors of Suicide Loss

3RD WEDNESDAY,

MONTHLY 6-7PM, ZOOM

If you have recently lost a loved one
to suicide, there is help from others
who, like you, have experienced this
tragedy. For more info and the
Zoom link, contact Jane Paine at
802-888-4651 or jpaine@lhha.org.

TOPS (Take Off Pounds Sensibly)

THURSDAYS, 5:30 PM

Weight loss support group to provide
encouragement and motivation on
the path to a healthy lifestyle. St.
Johnsbury House Dining Room
For more info go to tops.org or visit
a meeting for free.

Umbrella 24-Hour Hotline

Hotline supporting individuals
who are experiencing domestic
or sexual violence. Umbrella, Inc.
802-748-8645.

VT Assoc. for the Blind and Visually Impaired: NEK PALS

1ST & 3RD MONDAY ALL VISUALLY
IMPAIRED WELCOME

For more info, call Ferne Loomis at
802-695-8149.

Village of Mothers Pregnancy & Postpartum Support Group

1ST WEDNESDAYS, 5-6PM: UMBRELLA,

1330 MAIN ST, ST. JOHNSBURY

2ND MONDAYS, 10-11AM: ONLINE

3RD THURSDAYS, 5-6PM: UMBRELLA, 79

COVENTRY ST. STE 3, NEWPORT

This group is for mothers to foster
connections while providing edu-
cation and wellness during their
motherhood journey. Dinner and
childcare included. RSVP to villageofmothersvermont@gmail.com.

Walking in Hope

UNION BAPTIST CHURCH,
932 US RT. 5, WATERFORD

Faith-based group offering support,
encouragement, hope and renewal
to women who have been or may be
in an abusive relationship.

For more info, call Helen at
802-745-8923 or confidential email
betrayalandbeyond@ubcstj.org.

For other programs visit ubcstj.org

Warm Line, The Spark



10AM-10PM, EVERY DAY OF THE YEAR
802-613-0375, thesparkvt.org

An anonymous and confidential
resource available to anyone work-
ing towards safety in relationships.
Have you caused harm? Need help
to change? Call The Spark, where
healing and change ignite.

area food resources



Dartmouth Cancer Center Virtual Support

Please sign up by contacting Complementary Care Program at cancersupport@hitchcock.org or call 603-650-7751 and they will send you a link.

For additional classes and support services go to: cancer.dartmouth.edu/patients-families/complementary-care-program.

Caring for Someone with a Serious Illness

1ST WEDNESDAY, MONTHLY, 5-6PM

For all loved ones caring for someone with any type of serious illness.

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.

Living with Cancer Support

2ND & 4TH THURSDAY, MONTHLY, 5:30-6:45PM

For patients with any type of cancer in treatment and beyond.

Metastatic Breast Cancer Support

1ST WEDNESDAY, MONTHLY, 2:30-4:30PM

Support and education for patients with stage IV breast cancer.

Prostate Cancer Support Group

4TH MONDAY, MONTHLY, 6-7PM

Support and education for men and their partners at any stage of prostate cancer.

Thriving After Breast Cancer Support

3RD WEDNESDAY, MONTHLY, 5-6PM

For individuals beyond their initial treatment for breast cancer.

FOOD SHELVES/ FOOD PANTRIES

Community Fridge at St. Andrew's

St. Andrew's Episcopal Church
Parking Lot 24/7
1265 Main Street, St. Johnsbury

Gilman Senior Center Food Pantry

4TH SATURDAY, MONTHLY, 10AM-NOON
19 Parrish Street, Gilman, VT

H.O.P.E.

TUESDAYS-FRIDAYS, 10AM-5PM
CLOSED SAT, SUN & MON

136 Church Street, Lyndonville
802-626-3228

Kingdom Community Services Food Shelf

TUESDAYS & THURSDAYS, 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 Mission, 51 Elm Street,
Lyndonville, 802-626-5705 or
802-626-5586

Neighbors in Action

2ND & 4TH FRIDAYS, 10:30AM-12:30PM

Free Food Share Box-Drive Up
101 Main Street, Lyndonville
802-626-1212

NEK Neighbors Helping Neighbors

4TH THURSDAY, MONTHLY, 1-5PM

Mountain View Apartments,
Community Room
125 Mt. View Drive, St. Johnsbury

NEKCA Marketplace & Boutique

MONDAYS, TUESDAYS, THURSDAYS
& FRIDAYS, 10AM-4PM

115 Lincoln Street, St. Johnsbury
855-663-5224

SHARES Corporation

TUESDAYS & THURSDAYS 1-4PM
FRIDAY 9AM-1PM

45 Depot Street, Lyndonville
802-427-3392

Sid's Pantry

2ND SATURDAY, MONTHLY, 10AM-NOON
Concord Health Center
201 East Main Street, Concord

The Open Door Food Shelf & Thrift Shop

MONDAYS, WEDNESDAYS & FRIDAYS,
10AM-1PM

Danville Ecumenical Community
Center, 29 Hill Street, Danville
802-684-2515

VeggieVanGo

3RD THURSDAY, MONTHLY, 10-11 AM
Vermont State University - Lyndon
1143 McGoff Hill, Lyndonville
nvrh.org/veggie-van-go

FREE MEALS-LUNCH

Grace United Methodist Church

MONDAYS, 11AM-12:15PM
36 Central Street, St. Johnsbury,
802-748-2895

Mustard Seed Soup Kitchen

TUESDAYS & THURSDAYS, 11AM-1PM
178 Eastern Avenue, St. Johnsbury,
802-748-9870

United Community Church

WEDNESDAYS & FRIDAYS, 11AM-12:15PM
1325 Main Street, St. Johnsbury
802-748-2603

Universalist Unitarian Meeting House

SATURDAYS, 11AM-12:15PM
Community eat in or take-out
47 Cherry Street, St. Johnsbury,
802-748-2442

FREE MEALS

Danville

Congregational Church

3RD MONDAY, MONTHLY, 6PM
87 Hill Street, Danville 802-684-1151

SENIOR MEAL SITES

Darling Inn

MONDAY-THURSDAY, 11AM-12:30PM

Call ahead to order meals for
pick-up and home delivery available.
Congregate open. 76 Depot Street,
Lyndonville, 802-626-8700

Gilman Senior Center Senior Meal Site

TUESDAY - FRIDAY, 11:30AM-1PM
Congregate, Pick-up/take-out meals
19 Parrish Street, Gilman, VT

St. John the Evangelist Catholic Church

NEXT TO LAST TUESDAY,
MONTHLY, 5-6PM

49 Winter Street, St. Johnsbury,
802-467-3019

St. Johnsbury Meals on Wheels and Meal Site

MONDAY-FRIDAY, 10AM-NOON

Congregate, home delivery, and
pick-up/take-out meals.

St. Johnsbury House, 1207 Main
Street, St. Johnsbury 802-748-5467

West Barnet Meal Site

WEDNESDAYS & FRIDAYS,
11:30AM-12:30PM

Presbyterian Church,
279 West Main Street, West Barnet,
802-633-4068 (day of) or
603-638-4002 (any other time).

West Burke

Community Center

MONDAYS, WEDNESDAYS &
FRIDAYS, NOON

212 School Street (around the back of
the building),
West Burke 802-467-3423

FOOD RESOURCES & INFORMATION

3SquaresVT (food stamps)

Looking to boost your food budget?
3SquaresVT is a program that helps
you buy the foods you love, when
you want. Many people are eligible
and don't realize it. Learn more from
our friendly team of VT Foodbank
specialists.

Email 3SVT@vtfoodbank.org,
call our helpline at 855-855-6181,
or text VFBSNAP to 85511.

Community Connections

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

WIC Supplemental Food

For income eligible new
mothers, infants, and children.
Vermont Department of Health,
107 Eastern Ave., Suite 9,
St. Johnsbury, 802-748-5151 or
1-800-952-2936

[healthvermont.gov/local/
st-johnsbury](http://healthvermont.gov/local/st-johnsbury)

Looking for more information
on food access? Visit nekcv.org



get outdoors

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

Caledonia Trail Collaborative

Hiking, biking, walking, cross-country skiing, and snowshoeing.
Rankin Trails: 560 Clark Rd, Danville
NVRH Trails: 1315 Hospital Drive.
caledoniatrailcollaborative.org

Dog Mountain

Open year round. Dogs and their humans welcome! 150 acres of open access land for walking with your dog. No leash required but suggested. Dog Chapel and Stephen Huneck Gallery on-site. Dogmt.com

Fenton W. Chester Ice Arena*

The Kingdom's community ice rink & recreation center. Open and offering Public Skate, Stick & Puck, Skating Lessons, Girl's Hockey and much more!

For more info, call 802-626-9361, email FentonChester2016@gmail.com or visit chesterarena.org

Green Mountain Hiking Club, NEK Chapter

Year-round hiking and trail work opportunities. greenmountainclub.org/northeast-kingdom/

Kingdom Trails Association*

4 seasons of biking and hiking trails. kingdomtrails.org



↑ Lamoille Valley Rail Trail

St. Johnsbury to Swanton, Four season multi use trail.
railtrails.vermont.gov

Lyndon Outing Club*

Seasonal recreation opportunities.
skilyndon.com

Lyndon State Forest

New Boston Rd., Lyndonville. *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.
bit.ly/LyndonvilleMap

*Fees may apply



St. Johnsbury Parks & Recreation includes the Town Forest Trail Network

<https://rb.gy/kze79>

Walking and Biking Trails

Year-round accessibility. Download maps at nvrh.org/local-walking-maps/

Vermont State Parks

Hiking, biking, swimming, bird watching and much more.
vtstateparks.com



GEAR LENDING LIBRARY




The Gear Lending Library offers **FREE** gear rentals, including adult, youth, and toddler snowshoes, microspikes and trekking poles in the winter and youth and adult bicycles and helmets in the warmer months.

Visit bit.ly/nekprosperlending for more information and to reserve gear.

PHOTOS BY CRAIG HARRISON, COURTESY DISCOVER ST. JOHNSBURY

West Wing Project


HERE WE GROW!



In coming months you'll notice impacts to:

- P **Parking** **Walkways**
- **Entrances** **Drop-offs**

Headed to the hospital and want more details? Visit nvrh.org/westwing, scan the QR code, or call 802-748-8141 for up-to-date information.



EXPANDED

Emergency Department | Laboratory

HAVE YOU HEARD THE NEWS?

Northeastern Vermont Regional Hospital is growing to better meet the needs of our community.

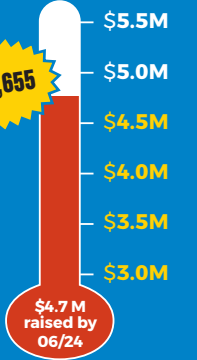
This \$24M project will greatly expand the Emergency Department and Laboratory to better assist our area for the future. Construction is expected to be ongoing through 2027.

YOUR support is vital!

While the majority of the cost for this expansion comes from Federal grants and USDA loans, \$5.5M needs to come from community fundraising. The good news is that we've already raised more than \$4.7M!

We're almost there. Won't you consider investing in your community hospital for now and the future?

Visit nvrh.org/westwing



\$4.7M raised by 06/24