



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



↑ Blood Pressure Management

FREE | 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. myhealthyvt@vermont.gov* ✓



↑ Cardiac Rehabilitation

3 DAYS A WEEK FOR 12 WEEKS: MONDAY, WEDNESDAY, FRIDAY COVERED BY MOST INSURANCE
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. myhealthyvt@vermont.gov* ✓

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. myhealthyvt@vermont.gov* ✓

The Northeast Prevention Coalition

MONTHLY MEETING, 3-4:30PM, IN-PERSON 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 visit 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. myhealthyvt@vermont.gov* ✓



Chronic Disease Management Workshop

FREE | 7 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. A Caregiver is welcome to participate. **Limited to 15 participants.** *For more info or to register, call Caitlin Moroney at 802-859-5913. myhealthyvt@vermont.gov* ✓



Chronic Pain Management Workshop

FREE | 7 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. A caregiver is welcome to participate. **Limited to 15 participants.** *For more info or to register, call Caitlin Moroney at 802-859-5913. myhealthyvt@vermont.gov* ✓



St. Johnsbury Walk & Talk Group

FREE | MONDAYS 6PM

Walking is a great way to meet new people and add activity into your day. Walk & Talk provides encouragement, camaraderie, and a social support system by hosting pre-planned, regularly scheduled, group walks for all ages. Hosted by NEK Prosper! Meet at the park at Main Street/Winter Street. *For more info call Jen Grant at 802-751-0183 ext. 1026. The walking group runs through October 31st.*



✓ **These programs are offered in conjunction with My Healthy Vermont**

NVRH's COMMUNITY CONNECTIONS

Did you know that NVRH's Community Connections has Community Health Workers (CHWs) available at no cost to help you with issues like access to health care and insurance options, transportation, completing forms and applications for services, and much more?

Stop by our office at 55 Sherman Drive in St. J or call 802-748-7526 Monday-Friday between 8:30am and 4pm to speak with a CHW.



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 Vermont-Caregivers.com.*

Community Restorative Justice Center

We offer Reentry/Navigation services to formerly incarcerated individuals, Mediation, Reparative Panels and Victim Outreach services. *For more info, call 802-748-2977 or visit Communityrjc.org*

Heat Squad

Heat Squad, a Cornerstone Housing Partner program, provides affordable home energy audits, contractor referrals, project coordination, access to rebates and in-house financing for all households in the NEK. *For more info, call 802-438-2303 or visit bit.ly/4sy1zGH.*

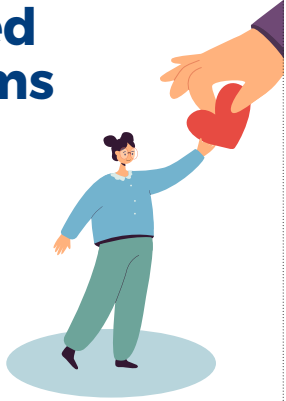
Kids Need YOU!



Provide opportunities for you to be amazing! Share your time, interests and home.

Become a FOSTER PARENT. Provide RESPITE CARE.

Vermont Department for Children & Family Services Division
For info contact FosterCare.vt.gov or call 802-748-8374.



Northeast Kingdom Learning Services

NEKLS is the adult basic education provider for the NEK. Earn your diploma at any age for free, study for your GED, or join a training program for work credentials!

Visit the website at neklsvt.org for all locations and contact information.

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: Fall into Learning

We're offering Introduction to Woodworking for Women; Year One Electrical Apprenticeship; and the Nursing Pathway Collaborative LNA Program. *Register at StJAcademy.org/adult-education or for more information call 802-751-2314.*

Something for Older Adults



Good Living Senior Ctr.

1207 MAIN ST., ST. JOHNSBURY (ST. JOHNSBURY HOUSE)

A senior activities center for adults 50+. *To see a monthly calendar of events, visit StJGoodLiving.org. For more information, call 802-748-8470 or email goodliving@vtlink.net.*



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

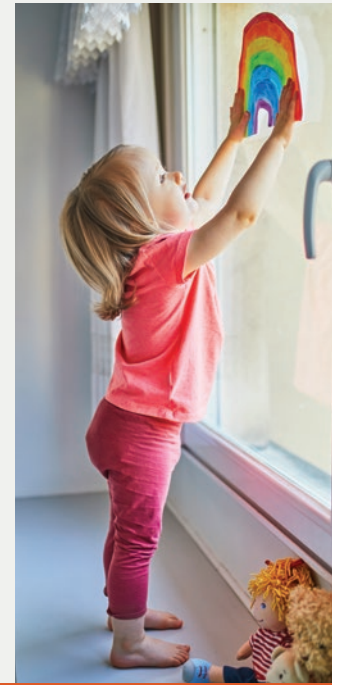
OPEN ENROLLMENT FOR CALEDONIA, ORLEANS, AND ESSEX COUNTIES

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@nekcv.org or fill out the online pre-application form at bit.ly/4sGUBPK



NEK Council on Aging

Stay active, build strength, and reduce your risk of falls. We offer evidence-based fall prevention programs like:

- Falls Prevention Tai Chi
- Arthritis Foundation Exercise Program

As well as other classes around the NEK:

- Golden Ball Tai Chi
- Line Dancing
- Chair Yoga
- And more!

For more information or if interested in becoming a volunteer leader please call 1-800-642-5119, or visit nekccouncil.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.*



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 802-748-7542 to schedule a one-on-one Skills Session with an AHA Instructor. **Call 802-748-7542, 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.**

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

Gilman Senior Center

Exercise class is Tuesdays and Thursdays from 10-11am
19 Parrish Street, Gilman, VT

KILOS Performance & Fitness

Kilos.Fitness 802-535-7692,
KilosVT@gmail.com Lyndonville

Kingdom Gymnastics

Find us on Facebook at
Kingdom Gymnastics
802-748-7898, St. Johnsbury

Learn To Square Dance

Wednesdays, 7pm
Country Corners Square, Square Dancing Club. To learn to calls, new dancers need to start in September! Riverside School, Lyndonville. **Call 802-582-1149 or find us on Facebook.**

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

RecFit is a community-driven full-service racquet & fitness center, 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.**

SHiNE Dance Fitness™

creativehealingandfitness.com
802-626-4202, Lyndonville

Stadium Fitness

stadiumfitness.com
802-745-8773, Danville & Littleton

Trail2Wellness

trail2wellness.com
802-793-0838, Lyndonville

For 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, email janetheartson913@gmail.com, or visit <https://heartsons.com/wp/>**

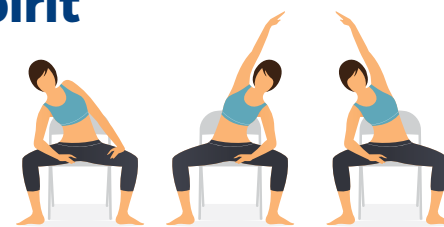
Creative Healing & Fitness

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



heArt's Path Journey

ST. JOHNSBURY
Explore your path with intention, expression & heart — discover who you are & where you're headed through the transformative power of art. Individual and community sessions offered. **For more info, visit heArt-space.com, email Tina Gorman at heartspath2@gmail.com, or text 802-333-0306.**



↑ Gentle Chair Yoga Class

8-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.**

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, PCC, PhD, at 802-684-3412 or email alice@lifeinsightcoachvt.com.**



↑ Meditate

FREE | BARNET

Join us for community meditation. Open to the Public. **For more info visit karmecholing.org/meditation/ meditation-calendar or email info@karmecholing.org**

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
Call or check online for pool hours, 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.
<https://www.evergreensportscenter.com/aquatics> 603-838-6511, Lisbon, NH

Medicine Wheel Wellbeing

Providing foot and structural reflexology, and positional therapy to support the body's natural ability to heal itself. *By appointment. For more info, call Diane Willson at 802-535-6149*

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



Flu Vaccines

Prevent winter illness from taking hold!

Call your primary care provider to schedule a time that works for you. Or, stop by an area flu-shot clinic, or your local pharmacy.

If you don't have a health care provider, call 2-1-1 to be connected to care, or contact the nearest federally qualified health center or one of Vermont's Free & Referral Clinics.



St. Johnsbury Community HUB

The HUB offers 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*



Caledonia & 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.*

Stay Connected with NVRH!

Follow Us on Social Media!



Follow us and tag us at [NVRHvt](#)



Follow us and tag us at [nvrh_vt](#)



Search for us on [LinkedIn](#)

Mental Health Resources

NAMI Vermont

FREE | CONFIDENTIAL

Provides a variety of volunteer-led educational classes, presentations, and support groups. Many programs are available virtually. *For more info, call 802-876-7949 or visit [namivt.org](#).*

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, Vermont. Open 24 hours, 7 days a week, for adults, youth 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](#)*

Pathways Vermont Support Line

FREE | ANONYMOUS

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

Call or text 833-888-2557.

SAMHSA Disaster Distress Helpline

FREE | ANONYMOUS

Confidential crisis counseling. Available 24/7.

Call or text 1-800-985-5990.

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.

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](#)

Walk-in care for all – 3 locations!

NORTHERN Express Care



Northern Express Care is open to everyone to treat routine medical needs.

No appointment needed!

- Sprains & strains
- Bumps & bruises
- Minor cuts
- Cold & flu
- Stomach issues
- Urinary tract infection
- Mild fever
- Sore throat
- Minor skin irritation/rash
- Ear infection
- Pink eye

LYNDONVILLE

At Corner Medical, 195 Industrial Pkwy

NEWPORT

Downtown at 137 Main Street

ST. JOHNSBURY

Downtown at 457 Railroad Street

Northern Express Care is brought to you by



[NorthernExpressCare.org](#)

support groups

Al-Anon

SATURDAYS, 10AM
United Community Church,
1325 Main St., St. Johnsbury

Alcoholics Anonymous

ST. JOHNSBURY
SATURDAYS, 10AM, SUNDAYS, 8AM
MONDAYS & WEDNESDAYS, 5:30PM,
TUESDAYS, 7AM, 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

3RD TUESDAY, MONTHLY 2-3:30PM
Pope Memorial Library
121 Park St., Danville
For more info, email Barb at
NEKCarePartners@gmail.com or
text or VM Janet at 802-274-9651.

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
802-748-9405, ext. 1146

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



Kingdom Recovery Center

OPEN MONDAY-FRIDAY
8AM-4PM | FREE
ALL RECOVERY SUPPORT SERVICES
TUESDAYS & THURSDAYS, 10 - 11AM
WOMEN SEEKING SAFETY:
WEDNESDAYS, 11AM -12:30PM
SMART RECOVERY: MONDAYS, 10AM
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.facingssuicidevt.com.

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 802-876-7949 or visit
namivt.org/fsg.

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

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.

Parents in Recovery Program

WEDNESDAYS, 1PM
Kingdom Recovery Center
297 Summer St., St. Johnsbury
802-751-8520.

Parkinson's 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@umbrellanek.org



The Spark, Warmline

CALL 802-613-0375, 10AM-10PM, DAILY
An anonymous, confidential, free
resource for people who want to
stop hurting the people they love.
Ready to heal and learn skills for
being a safer partner?
Call today or learn more online
at TheSparkVT.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 Frederic Gluck
at 802-888-5026 or
Frederic.gluck@gmail.com.

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. Office of Dufresne
Group, Summer Street School,
St. Johnsbury.
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, umbrellanek.org



Village of Mothers Pregnancy & Postpartum Gathering

1ST WEDNESDAYS, 5-6:30PM
2ND MONDAYS, 12-1PM
IN-PERSON AND ONLINE
UMBRELLA, 1330 MAIN ST,
ST. JOHNSBURY

This group is for mothers to foster
connections while providing
education and wellness during
their motherhood journey.
Refreshments and childcare
included.

For more info, contact
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.

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.

Blood Cancer Support

3RD THURSDAY,
MONTHLY 5-6:30PM

For patients with any type of blood cancer at any stage and their supporters.

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.

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.

area food resources



FOOD SHELVES AND FOOD PANTRIES

Gilman Senior Center Food Pantry

3RD WEEK OF THE MONTH
WEDNESDAY AND THURSDAY, 10AM-2PM
SATURDAY 10-NOON.

Essex County residents & 1 visit per family per month.
19 Parrish Street, Gilman

Groton Public Free Library

WEDS, 11AM-5PM; THURS, 11AM-4PM;
FRIS, 2:30-7PM; SATS, 9:30AM-NOON

Little free food and hygiene pantry.
Fridge available in library kitchenette. 802-584-3358

H.O.P.E. Emergency Food Pantry

TUESDAYS-FRIDAYS, 10AM-2:30PM
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, 802-626-5586

Neighbors in Action

2ND & 4TH FRIDAYS, 9:30AM-12:30PM
Free Food Share, Drive up only.

Find us on Facebook or
[NeighborsInActionVT.org](https://www.facebook.com/NeighborsInActionVT.org)

8 Deans Lane, 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 Community Food Pantry

MONDAYS & WEDNESDAYS, NOON-3PM

1197 Main Street, 2nd Floor,
St. Johnsbury, 855-663-5224

Sid's Pantry

2ND SATURDAY, MONTHLY, 10-11:30AM

Concord Health Center
201 East Main Street, Concord

Re-Treasured Community Closet

THURSDAYS, 2-7PM

1334 Scott Highway Unit B&D
Groton, 802-222-0543



The Open Door Food Shelf & Thrift Shop

MONS, WEDS & FRIS, 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

Gilman Senior Center

FRIDAYS 11:30AM-1PM

Take outs are available, all by donation,
19 Parrish Street, Gilman

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

United Community Church

WEDNESDAYS, 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 St., Danville
802-684-1151



SENIOR MEAL SITES

Father Lively Center

NEXT TO LAST TUESDAY,
MONTHLY, 5-6PM

506 Summer Street, St. Johnsbury,
802-467-3019

Lyndon Area Meal-Site at The 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

St. Johnsbury Meals on Wheels and Meal Site

MONDAY-FRIDAY, 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 (to pre-order take-out).

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

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

get outdoors

Check out these venues for walking, hiking, and biking. Many of these organizations offer a variety of activities, both guided and self-guided, for people of all ages. Contact the individual 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 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



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.



↑ St. Johnsbury Parks & Recreation Town Forest Trail Network

stjvt.com/recreation

Walking and Biking Trails

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

The Wildflower Inn*

Open year round to bike, hike, stay and eat. Locals are welcome to enjoy our free amenities — hiking, waterfall trail, Heaven's Bench, pickleball, cornhole, 9-hole Disc Golf course (by donation). 2059 Darling Hill Rd. Lyndonville
For more info, visit WildflowerInn.com or call 802-626-8310

*Fees may apply



GEAR LENDING LIBRARY



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

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



↑ Vermont State Parks

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

If you remember this...



It's time to visit NVRH for preventative cancer screenings.

you need to remember this!



Simple screenings like a mammogram, colonoscopy, or a prostate blood test can detect concerns before they become trouble.

If you are over 40, talk to your Primary Care Provider about getting preventative cancer screenings locally — at NVRH.

Early Detection Saves Lives.



Learn more