



Choosing Health

NORTHEASTERN VERMONT REGIONAL HOSPITAL

April - August 2019

Healthy Choices

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

Welcome to Healthy Choices, a publication from Northeastern Vermont Regional Hospital to help you and your family and friends find local affordable resources to improve health and stay well in body, mind, and spirit.

We created Healthy Choices to help you find the class, program, group, or venue that works best for you and your health and wellness needs.



Parking at the store?

Enjoy the walk!

Choose the farthest spot.

CHOOSE WISELY. STAY HEALTHY.



NVRH SPONSORED PROGRAMS

Aquatic Boot Camp \$5 SESSION | \$25 FOR 6-VISITS

A whole-body conditioning, low impact, aqua aerobic experience. No swimming experience needed. Bring a towel. Dan Wyand, PT & Associates. Call 802 748-1932.

Mondays, 12:15 to 1 pm, SJ Academy Field House

Babysitter Training \$20 ONE DAY WORKSHOP

For boys and girls ages 11-15. Designed to give you the safety skills and confidence to be a great babysitter. Registration required. Call 802 473-7553.

**Sunday, April 20, 9 am to 2:30 pm
NVRH Conference Rooms 126 & 127**

Childbirth Education FREE

The birth of your baby is an exciting time. The more you know, the more confident and positive you'll feel, all leading to a better experience for you and your baby. Register by 5th or 6th month of pregnancy. Call NVRH Birth Center at 802 748-7337.

**SIX WEEK SERIES: Wednesdays, 6 to 8 pm,
June 5 to July 1; SATURDAY CLASSES: 9 am to 2 pm,
July 27 & August 3, NVRH Conference Room 126**

Fresh Start Tobacco Cessation FREE

If you are using tobacco and want to quit, join us to learn skills to cope with cravings, master stress, learn if you qualify for free nicotine replacements and more. Call 802 748-7532.

Thursdays, 2 to 3 pm, Community Connections Classroom, 55 Sherman Drive, St. Johnsbury

Healthy Living with Chronic Disease FREE | 6 WEEK SERIES

This is an evidenced-based program that's been proven to improve quality of life, reduce unscheduled visits to healthcare providers and admissions to the hospital. Min 10/ Max 15. Call Pam at 802 748-7395.

55 Sherman Drive, St. Johnsbury Community Connections Classroom



Healthy Living with Chronic Pain FREE | 6 WEEK SERIES

This workshop will help you learn tools and techniques to help you feel better - it includes gentle movement exercises. Wear comfortable clothing. Min 10/Max 15. Participation in the Healthier Living Workshop is recommended. Call Pam at 748-7395.

**Tuesdays, April 23 to May 28, 9:30 to Noon
55 Sherman Drive, St. Johnsbury Community Connections Classroom**

NVRH Cardiopulmonary Rehabilitation COVERED BY MOST INSURANCES | 10 WEEKS

An exercise and education program for people with cardiac and pulmonary problems. Healthcare referral required. Call Respiratory Therapy at 802 748-7511 or Cardiac Rehabilitation at 802 748-7401.

Northern PT Aquatic Therapies \$15 PER VISIT | \$120 10 VISITS

Research shows that compared to land-based treadmills, underwater treadmills let you: burn as many calories, enjoy an increased range of motion, suffer less muscle soreness and joint impact, and start rehabilitation exercises earlier so you can recover sooner. Call 802 626-4224 for more info or to make an appointment.

Parkinson's Exercise Group \$30 MONTH

For all abilities, customized for your unique situation. Dan Wyand, PT & Associates. Call 802 748-1932. Tuesdays and Thursdays, 8 to 9 am, 97 Sherman Drive (lower level), St. Johnsbury

Pre-Operative Joint Replacement Class

Prepare your body and your home before surgery, and an overview of what to expect during and after surgery. Led By Dan Wheeler, PT, DPT. Call 802 748-1932 for info or to register. 2nd Tuesday Monthly, 4 to 5 pm, Dan Wyand PT, 97 Sherman Drive (lower level) St. Johnsbury

PreventT2 Program FREE

Do you have a family member with diabetes? Do you carry extra weight? Do you exercise less than 30 minutes most days of the week? Has your doctor said you have "pre-diabetes?" If you answered "Yes" to any of these questions you may qualify. Adults 18 or older, who haven't been diagnosed with diabetes. Registration required. Questions about dates, times, locations? Call Pam at 802 748-7395.

Wellness Recovery Action Plan 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. Registration required. Questions about dates, times, locations? Call Pam at 802 748-7395.

Programs for New and Expecting Parents at NVRH

Little Sprouts FREE

Come celebrate parenthood with other parents and babies (toddlers and older children welcome!) Ask questions and share tips about newborns, feeding, sleeping, work/life balance, and incorporating a new addition to the family. Call 802 748-7337.

1st Wednesday Monthly, 10 am to noon, at NVRH, Check monitors for location

2nd & 4th Wednesdays will have a space at NVRH for parents to get together on their own for casual/social group time. Check monitors for location.

La Leche League FREE

Offering parent-to-parent support, encouragement, information, and education. Call Katherine at 748-7321

3rd Wednesday Monthly, 10 am to noon, at NVRH, Check monitors for location

HealthyChoices

Our region has a variety of fitness centers offering exercise options, including personal training, cardio and strength training, and group exercise classes. Some also offer water options like swimming, aquatic classes, and swimming lessons. Others offer tennis and other racquet sports. Contact the venues for information on dates, times, and fees.

something for everyBODY!



FITNESS CENTERS

Atlas Training Systems
atlastrainingsystems.net
802 272-8091, St. Johnsbury

Comfort Inn
Memberships and day rates.
802 748-1500, St. Johnsbury

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

Kilos Performance & Fitness
kilosperformanceandfitness.com
802 427-3007, Lyndonville



NEK Cycling Studio
nekcyclingstudio.com
802 424-7358, Lyndonville

NEK Fitness
Facebook and Twitter
802 626-5443, Lyndonville

**Northern Vermont University
(Lyndon State College)**
lyndhornets.com/information/
facilities/SHAPE_Membership
802 626-6769, Members only.
Lyndonville

RecFit
recfitstj.org, 802 751-2305
St. Johnsbury, Follow them on Facebook

**St. Johnsbury
Academy Field House**
stjademy.org/athletics/athletics-
facilities, 802 748-8683
St. Johnsbury

Stadium Fitness
stadiumfitness.com, Danville

Trail2Wellness
trail2wellness.com
802 793-0838, East Burke

YOGA & PILATES

Artemis Yoga Studio
yogatrail.com/retreat/
artemis-yoga-studio-8085001
802 424-1038, St. Johnsbury

Core Fitness Vermont
corefitnessvt.com
802 535-9645, Lyndonville

NEK Yoga
Find us on Facebook, Lyndonville

Pilates by Heidi
802 535-8505, St. Johnsbury

**Serenity Spa at
Stepping Stone**
steppingstonesinn.com/yoga
802 473-3822, Lyndonville

**The St. Johnsbury
Center for Well Being**
vermont-counseling-yoga.com
802 748-1516

Yoga with Andrea
heartspaceyogacenter.com
802 626-3398, St. Johnsbury

**DANCE &
GYMNASTICS**
Options for adults and children to
dance your way to health!

**Country Corner
Square Dancing**
802 626-5319, Lyndonville

Dance Express
802 748-1101, St. Johnsbury

Dance Workshop
802 535-8484, Lyndonville

Kingdom Gymnastics
kingdomgymnastics.com
802 748-7898, St. Johnsbury

St. Johnsbury Ballet
802 684-3240, St. Johnsbury

Social Dance
For all ages, 802 748-9558
St. Johnsbury

SOMETHING FOR KIDS & FAMILIES

All Things Lyndon
(ATL) is a community initiative developed through the Lyndon Promise Community. The key goal of All Things Lyndon 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

Bike Fairs
Includes bike helmets, safety demonstrations and more!
Saturday, May 11, 9 to Noon. Two locations: St. Johnsbury: Main Street Park. Lyndonville: Lyndon Town

Catamount Arts
Offering a variety of classes and special opportunities throughout the year. *For regularly updated information, visit catamountarts.org/education/classes-and-workshops, or call 802 748-2600 x108 for info.*

Kiwanis Pool
St. Johnsbury. Open during summer months. *Find them on Facebook*

Powers Park
Lyndonville. Offering a variety of opportunities for your family. Open during summer months.
powerspark.org, 802 626-5423

**RecFit and St. Johnsbury
Recreation**
Offering a variety of opportunities throughout the year. Please visit their websites for a complete review. RecFit is affiliated with St. Johnsbury Academy and the new home of the St. Johnsbury Recreation Department, offering numerous recreational activities and events for residents of all ages.
recfitstj.org, campscui.active.com/orgs/StJohnsburyRecreationDepartment, 802 751-2305

**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. 802 748-8912 x2022 or sites.google.com/stjstd.org/the-family-place/home



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.

SOMETHING FOR OLDER ADULTS



Good Living Senior Center
A senior activities center for adults 50+, located at 1207 Main Street, St. Johnsbury (located at the St. Johnsbury House).
Visit stjgoodliving.org to view the website and a monthly calendar of events. For more information 802 748-8470.



NEK Council on Aging
Programs to help people age with dignity and independence. Classes include Fall Prevention, Tai Chi, the Arthritis Foundation Exercise Program, and a Matter of Balance.
Visit nekcouncil.org or call 800 642-5119 for more info.

OSHER Lifelong Learning Institute (OLLI)
St. Johnsbury location offers a unique and diverse lecture series. *For more information, please visit learn.uvm.edu/osher-life-long-learning/olli-statewide/statewide-courses-and-programs/st_johnsbury/*
Meets at Catamount Arts, Eastern Avenue, St. Johnsbury



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MIND & SPIRIT

Certified Health Coach

Clarify your goals, find motivation to change, and help breaking big changes into small, manageable steps. *By appointment.* Call Annika McCann, RN, at 802 424-1116 or visit annikamccann.com.

Massage for Mental and Physical Wellbeing

Give yourself the gift of relaxation, stress reduction, and possible pain relief. *By appointment.* Call Leisha Ruhlman, 802 535-6076.

Medicine Wheel Wellbeing

Providing foot and structural reflexology, massage therapy, and positional therapy work to support the body's natural ability to heal itself. *By appointment.* Call Diane Willson, 802 535-6194 or visit medicinewheelwellbeing.com.

Willoughby Reflexology & Energy Work

vermontreflexology.org, 802 525-3234.

FIRST AID & CPR

Calex CPR \$45

Covering one-person CPR on adults, children and infants, plus how to handle choking situations.

Thursdays, 6 pm, May 9, July 11

CALEX First Aid \$45

Learn American Heart Association First Aid from certified instructors.

Wednesdays, 6 to 8:30 pm, May 1, July 3

Registration for either class is required. Email cpr@calexambulance.org; visit calexambulance.org/cpr-first-aid.html or leave voicemail at 802 748-7307.

LRI, Inc. CPR \$45

American Heart Association classes designed for healthcare team and community members. Includes Automated External Defibrillator training.

**2nd Tuesday Monthly, 4 pm
May 14, June 11, July 9, August 13**

LRI, Inc. First Aid \$45

American Heart Association first aid certification for community members. Learn how to help in various medical emergencies.

**3rd Tuesday Monthly, 4 pm
May 21, June 18, July 16, August 20**

Visit lyndonrescue.net, email jillian@lyndonrescue.net, or call 802 427-1886 for more info.

COMMUNITY PARTNERS



Living with Alzheimer's for Late Stage Caregivers FREE

This workshop is appropriate for either family or professional caregivers. *Registration required, call 802 748-5182.*

**Tuesday, April 30, 2 to 5 pm
NVRH Conference Room 126**

Car Seat Safety FREE

A child car 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. Call 802 427-1886.*

Rock Steady Boxing Northeast Kingdom \$50 MONTH

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. *Call 802 535-4520 or visit the website at nek.rsbaaffiliate.com.*

**Tuesday & Thursday, 9 am & Noon
Saturday at Noon
101 Main Street, Lyndonville**

AARP Smart Driver Course

\$15 MEMBERS | \$20 NON MEMBERS

Designed to help drivers over 40 update skills, knowledge of the laws and hazards of the road. *Max 20. Registration required, call 748-3833.*

**Saturday, April 6, 9 am to 1:30 pm
NVRH Conference Room 127**



AREA FOOD RESOURCES

Food Shelves/Pantries

**Tuesday & Thursday,
Noon to 3:45 pm,** Kingdom Community Food Shelf
36 Steeple Place, St. Johnsbury
802 748-8581

Monday & Friday, 10 am to 4 pm
The Open Door, 29 Hill Street
Danville, 802 684-2515

**Monday - Friday, 10 am to 5 pm
Saturday, 10 am to 4 pm**
HOPE, 136 Church Street
Lyndonville, 802 626-3228

Monday - Friday, 8 am to 4:30 pm
NEKCA, 115 Lincoln Street
St. Johnsbury, 802 748-6040

**3rd Thursday, Monthly
10 to 11 am,** Veggie Van Go
NVRH, 1315 Hospital Drive
St. Johnsbury

Lyndon Area Food Shelf
St. Peter's Parish Hall
51 Elm Street, Lyndonville

**NEKCA, NEK Neighbors
Helping Neighbors**
Mountain View Apartments
Community Room,
125 Mountain View
Drive, St. Johnsbury

Free Lunches

Mondays, 11 am to 12:15 pm
Grace Methodist Church
36 Central Street, St. Johnsbury

**Tuesdays & Thursdays
11 am to 1 pm**
Mustard Seed Soup Kitchen
178 Eastern Ave, St. Johnsbury

**Wednesdays
11 am to 12:15 pm**
United Community Church
1325 Main Street, St. Johnsbury

Saturdays, 11 am to 12:15 pm
Universalist Unitarian Church
47 Cherry Street, St. Johnsbury

Free Dinners

3rd Monday, Monthly
Danville Congregational Church
87 Hill Street, Danville
802 684-1151

Last Tuesday, Monthly
St. Andrew's Episcopal Church
1265 Main Street, St. Johnsbury
802 748-2121

Senior Meal Sites

Monday, Wednesday & Friday
West Burke Community Center
212 School Street, West Burke

Tuesday & Thursday
Methodist Church, Danville
802 684-3389

Wednesday - Friday
Gilman Senior Center
67 Riverside Avenue, Gilman
802 892-6616 OR 802 467-3423

Monday - Friday
Darling Inn
76 Depot Street, Lyndonville
802 626-8700

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

Wednesday & Friday
West Barnet Presbyterian Church
West Main Street, Barnet
802 633-4068

Food Resource Information

WIC, For income eligible new mother, infants, and children
802 748-5151 OR 1-800-952-2936

3SquaresVT (food stamps)
Apply online: dcf.vermont.gov/mybenefits. Call 1-800-479-6151 for a paper application. Apply in person at any local Economic Services office

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

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.

get outdoors



Burke Mountain Resort*
Seasonal recreation opportunities.
skiburke.com

Caledonia Trail Collaborative
Park at the trailhead, 500' west of 450 Clark Rd, Danville. NVRH Trails – newly reworked paths and trails for hiking and biking. Find them on Facebook.

Cycling in the Kingdom
NVDA loops and links, nvda.net/files/cyclingthekingdom052417.pdf

Danville Town Forest
Download map:
vitalcommunities.org/valleyquest/wp-content/uploads/sites/4/2014/12/DanvilleTownForestQuest.pdf

Dog Mountain
Dogs and their humans welcome!
dogmt.com/Dog-Mountain.html

Fenton Chester Ice Arena*
Seasonal recreation opportunities.
chesterarena.org

Kingdom Trails Association*
4 seasons of biking and hiking trails.
kingdomtrails.org

Lamoille Valley Rail Trail
St. Johnsbury to West Danville;
download map: lvrt.org

Lyndon Outing Club*
Seasonal recreation opportunities.
skilyndon.com

Lyndon State Forest
New Boston Road, Lyndonville. fpr.vermont.gov/state_lands/management_planning/documents/district_pages/district_5/lyndon



Path Around Lyndon
Includes the Stevens Loop and River Trail. Parking at the VT 122 & VT 122A Park & Ride; 9 Center St., Lyndonville

ShoeFly Trail Running Series
Monthly trail runs through September.
shoeFlyTrailRun.org

St. Johnsbury Town Forest Trail Network
stjrec.com/info/facilities

Walking Routes
St. Johnsbury and Lyndon. Download maps: nvrh.org/local-walking-maps



Vermont State Parks
Hiking, biking, swimming, bird watching, vtstateparks.com/hiking.html

*Fees may apply

support groups



Al-Anon SATURDAYS
SATURDAYS, 10 AM
Community Restorative Justice Center, 576 Railroad Street, Suite 2 St. Johnsbury, 802 748-2977

Alcoholics Anonymous
DAILY MEETINGS; VARIOUS TIMES
Kingdom Recovery Center 297 Summer St., St. Johnsbury 802 751-8520 or 1-877-334-1213

Alzheimer's Support Group
LAST MONDAY MONTHLY, 6 PM
NVRH Conference Room 224 802 748-5182

Bariatric Support Group
3RD THURSDAY MONTHLY, 5:30 PM
NVRH Conference Room 127 802 748-7490

Bereavement Support Group
3RD MONDAY, MONTHLY 6 TO 7:30 PM
Sponsored by Caledonia Home Health & Hospice, Sherman Drive St. Johnsbury, 802 748-8116

Better Breathers Club
2ND FRIDAY MONTHLY, 4 PM
NVRH Conference Room 126 802 473-7606

Brain Injury Support
3RD WEDNESDAY MONTHLY, 1 PM
Grace Methodist Church 36 Central Street, St. Johnsbury 802 888-2180

Cancer Support Groups by Phone
Offered by CancerCare. Call 1-800-813-4673 (HOPE) to register, online listing cancercare.org; email supportgroup@cancercare.org.

Caring for Someone with Cancer, Phone Support
1ST TUESDAY MONTHLY, 4 TO 5:30 PM
Norris Cotton Cancer Center/Lebanon 1-800-639-6918

Compassionate Friends
3RD TUESDAY MONTHLY, 6:30 PM
Orleans Federated Church 34 Church Street, Orleans VT 802 754-2085 or 802 334-1505

Crisis Hotlines
1-800-272-8255 OR Vermont 211 (24/7)

Diabetes Support
MAY 20, JULY 29, 5 PM
NVRH Conference Room 126 802 748-7433

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

Kinship Care
1ST MONDAY MONTHLY, 5:30 TO 7 PM
NEK Council on Aging (meeting room), 481 Summer Street St. Johnsbury, 802 751-0435

La Leche League
2ND THURSDAY MONTHLY, 5 PM IN LYNDONVILLE
Cobleigh Library Children's Room
3RD WEDNESDAY MONTHLY, 10 AM IN ST. JOHNSBURY
NVRH 802 274-1023 or 802 467-3555

NAMI: Connection Peer Recovery Support
THURSDAYS, 6:30 TO 8 PM
Universalist Unitarian Church 47 Cherry Street, St. Johnsbury 802 748-5279

NAMI Family Support
4TH WEDNESDAY, MONTHLY 5:30 TO 7 PM
NVRH Library, 802 626-8227

NEK Foster & Adoptive Community
2ND THURSDAY MONTHLY, 5:30 TO 7 PM
Union Baptist Church (Waterford), Childcare and light dinner provided. 802 473-6108 OR 802 274-0604

Nicotine Anonymous
TUESDAYS, 3 PM
Kingdom Recovery Center 297 Summer Street, St. Johnsbury 802 751-8520

Overeaters Anonymous
WEDNESDAYS, 6 TO 7 PM & SATURDAYS, 9 TO 10 AM
See monitors at NVRH for room location.

Parkinson Support Group
3RD FRIDAY MONTHLY, 10:30 TO NOON
NVRH Conference Room 126 802 748-8074, bhadash@sover.net

Support for Youth
Mentor Volunteers are always needed for area youth of all ages 802 748-8732

Survivors of Abuse
Supporting individuals who have experienced intimate partner violence or sexual violence 802 748-8645

Survivors of Suicide
1ST TUESDAY MONTHLY, 6 PM
Sheffield Federated Church, Sheffield
ALTERNATING 1ST THURSDAY MONTHLY, 6 PM
United Methodist Church, Lyndonville 802 473-8061

Thriving After Breast Cancer
WEDNESDAYS, 5:30 TO 6:30 PM
cancersupport@hitchcock.org 1-800-639-6918

Vt Association for the Blind & Visually Impaired
1-800-639-5861

