



Health & Wellness

Physical • Nutritional • Spiritual • Emotional • Intellectual • Environmental

Come home to Grace Cottage

TOWNSHEND, Vt. – Cozy and cheerful, with bright and sunny rooms, flowers blooming on the windowsills, and a happy, attentive staff – does this sound like a good description for your next vacation getaway? Then you might be surprised to learn that these descriptions were part of a recent patient testimonial for Grace Cottage Family Health & Hospital, on Grafton Road in Townshend, Vt.

Grace Cottage is indeed proof of the saying, “Good things come in small packages.”

People are often surprised by how many healthcare services they have access to at our facility, despite it being Vermont’s smallest hospital.

Located on a five-building campus just down the road from the busy intersection of VT Routes 30 & 35, Grace Cottage offers everything from primary care, geriatrics, pediatrics, and mental health appointments, to

outpatient physical and occupational rehabilitation, to hospital inpatient care, and emergency care any time of day or night, every day of the year. This means you can come to us for your day-to-day healthcare needs – annual physicals, diagnosis and treatment of illnesses and chronic conditions, vaccinations, mental health care, pediatric and geriatric screenings, and more, and have access to lab tests, CT scans, and x-rays just a few steps away. And there’s more. Grace Cottage also helps with short-term inpatient care and longer-term “swing bed” care for rehabilitation. There’s a hospice suite for those who need it. And an expertly trained staff with the latest diagnostic equipment is always ready to care for you in an emergency.

Many of our patients say that being at Grace Cottage is like coming home. They’re referring to that cozy, friendly atmosphere mentioned before. But

truly, this label is also appropriate because we are a federally certified “Patient-Centered Medical Home.”

Why is this important? First, it’s important because the patient comes first. You get to decide what kind of care is right for you. And second, that fancy, complicated-sounding phrase means that our providers talk to each other. Your care is well coordinated by providers who follow up and follow through. That means that you, the patient, aren’t forgotten in the bureaucracy that sometimes surrounds healthcare. You are at the center of it all.

One recent patient from Chester, Vt., wrote to thank Grace Cottage, saying, “I enjoyed my stay at your ‘home.’” How often do you hear that about a hospital? If you need a new place for your healthcare, come home to Grace Cottage!

GFC receives \$250,000 to help prevent youth substance use

BELLOWS FALLS, Vt. – Greater Falls Connections in Bellows Falls, Vt. has received a Community-Based Coalition Enhancement Grant to Address Local Drug Crisis of \$250,000 from the White House Office of National Drug Control Policy. The CARA program enhances the efforts of current or former Drug-Free Communities program recipients to prevent opioid, methamphetamine, and prescription drug use among youth ages 12-18 across the United States. GFC is using the funding to involve and engage the local community to reduce the impacts of Adverse Childhood Experiences, a major factor in developing substance use disorder.

The CARA grant program is a partnership between ONDCP and the

National Center for Injury Prevention and Control at the Centers for Disease Control and Prevention. It aims to reduce youth substance use by providing funding to local coalitions to help them apply evidence-based prevention strategies to the emerging challenges in their communities.

“We know that delaying substance use until after adolescence decreases the likelihood of a person developing a substance use disorder,” said ONDCP Acting Director Regina Labelle. “It is also important that we consider social determinants of health such as poverty, homelessness, and other conditions as we build effective prevention strategies. This funding will help support the Biden-Harris Administration’s mission to expand evidence-based prevention, treatment, and harm reduction services by

providing our local partners in Bellows Falls, Vt. with the resources they need to reduce youth substance use.”

“This new funding will be essential in responding to the needs of youth and families who are most impacted by trauma and substance use in our community,” said Laura Schairbaum, Greater Falls Connections Director.

With this funding, GFC will support training and technical assistance for employers, health care providers, schools, and mentors to increase social connections. This work will also support trauma-informed services and spaces that are accessible to families impacted by generational trauma and substance use. GFC’s youth group, Above the Influence, co-facilitated with Friends for Change, will learn and apply Restorative Practices to create community healing, resiliency, and increase peer supports.

Dear Editor,

As of May 1, 2022, I am closing my Crown Point Physical Therapy Associates practice in North Springfield, Vt.

It has been my great privilege to serve the citizens of the greater Springfield area and surrounding communities for over 40 years. Your patronage and support of Crown Point Physical Therapy has been most rewarding and humbling. I am grateful for your trust in me, and appreciate the opportunity to have taken part in your health care.

With deep gratitude and sincere best wishes.

Sincerely,
Carla Kelley
Springfield, Vt.

HCRS welcomes new staff

SPRINGFIELD, Vt. – Health Care and Rehabilitation Services, southeastern Vermont’s community mental-health agency, is pleased to announce the appointment of 28 new professionals since the beginning of the year, whose talents will augment HCRS’ services in the Bellows Falls, Brattleboro, Hartford, Springfield, and Windsor regions.

Jazmin Bartlett, Peer Support Advocate I in Springfield; Aubrey Colandria, Direct Support Professional Community in Windsor; Maddisn

DiBernardo, Behavioral Interventionist in Springfield; Christine Farmer, Direct Support Professional Employment in Bellows Falls; Emma Graves, Service Coordinator in Springfield; Scott Grissom, Residential Specialist at Meadowview; Ed Harty, OP Intern in Springfield; Brooke Howard, Billing Specialist in Springfield; Neena Howland; Residential Specialist at Alternatives; Conner LaFromboise, OP Intern in Springfield; Tammy Lawton, Residential Specialist at Meadowview; Jane Lemaux, Crisis Intervention Specialist in Springfield; Timothy Maddalena-Lucey, Classroom Assistant

at Kindle Farm; Heather Moye, Peer Support Advocate I in Springfield; Hayley Rowland, OP Intern in Springfield; Beverly Russell, Direct Support Professional at Bellows Falls; Sherry White, Direct Support Professional at Bellows Falls; Brooke Willard, Case Man-

ager I in Springfield.

These new hires will support the nonprofit agency’s comprehensive mental health, substance abuse, and developmental disability programs, which serves 4,000 individuals annually across Windsor and Windham Counties.

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Keeping Youth Safe Around Cannabis

Did your town, or one nearby, opt-in for retail cannabis? It takes a community to support youth to make healthy choices as their brains are developing. That’s why the legal age is 21.

Together we can take steps to reduce risk of harm by talking with young people often about cannabis. It’s not easy, but you can do it. Just A.S.K. = Advise, Support, Know. Learn tips at: ParentUpVT.org Caring adults who choose to use should safely use, store, and dispose of their cannabis. Ingestion of high THC cannabis products can be harmful to youth. To learn more about cannabis and your health: healthvermont.gov/LetsTalkCannabis

Green Peak Alliance is a regional network that promotes healthy communities. We bring federal and state resources to local areas through our work with schools and service organizations. Through research, education, and outreach, we create conditions to positively influence the public by increasing youth assets and reducing risks. Greenpeakalliance.org

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Because we are different! On purpose, and for a purpose. The experience your child has at the dentist influences them for a lifetime. We believe in working cooperatively with parents to provide a positive dental experience for your child. Our field is dentistry, but our focus is children. At Montshire Pediatric Dentistry, we work with you as a team to provide a holistic, wonderful experience for infants, toddlers, adolescents, and children with special needs.

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Friday 8:00 am - 1:00 pm
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www.MontshirePediatricDentistry.com
info@MontshirePediatricDentistry.com

TUESDAYS – BELLOWS FALLS, Vt. – Come check out TOPS – Take Off Pounds Sensibly. We are a nonjudgmental, affordable, and supportive weight loss group. The first visit is free. All are welcome; youth must be at least 9 to attend and have parental permission. Meetings are every Tuesday at 25 Cherry Hill in Bellows Falls. Weigh-ins start at 5:45 p.m.

LUDLOW, Vt. – Zumba classes Tuesdays at 9:30 a.m. at the Spring House at Jackson Gore. All fitness levels welcome. Call 802-228-1419 for more information.

WEDNESDAYS – REGION – On Wednesdays at 5 p.m., join Lori Wright for Yoga Flow with Meditation, live or watch the video during your perfect time. A 45-minute gentle flow class with meditation to strengthen, improve flexibility, bring balance, relieve stress, and improve the immune system. Calm the “monkey mind” and help bring peace to your life, whether it is on or off your yoga mat. Contact Lori Wright at 603-401-8123

or email at loriwright163@gmail.com to register.

SATURDAYS – SPRINGFIELD, Vt. – The Edgar May Health and Recreation Center offers Springfield residents the opportunity to come for a free swim every Saturday, from 1-3 p.m. Proof of Springfield residency required. This program will continue to run as long as there is interest. For more information, call 802-885-2568, email info@edgarmay.org, or visit www.edgarmay.org.

LUDLOW, Vt. – Zumba classes Saturdays at 8 a.m. at the Spring House at Jackson Gore. All fitness levels welcome. Call 802-228-1419 for more information.

SATURDAYS & SUNDAYS LUDLOW, Vt. – Yoga classes at the Spring House at Jackson Gore. Yoga Stretch with Kathy Saturdays at 10 a.m. and Slow Flow Yoga with Lisa Sundays at 10:15 a.m. Drop in rates apply. Open to all. For details, call the Spring House at 802-228-1419 or visit www.okemo.com.

SPRINGFIELD HOSPITAL Welcomes

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Dr. Odigie is currently accepting new patients. Please call to schedule an appointment.
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