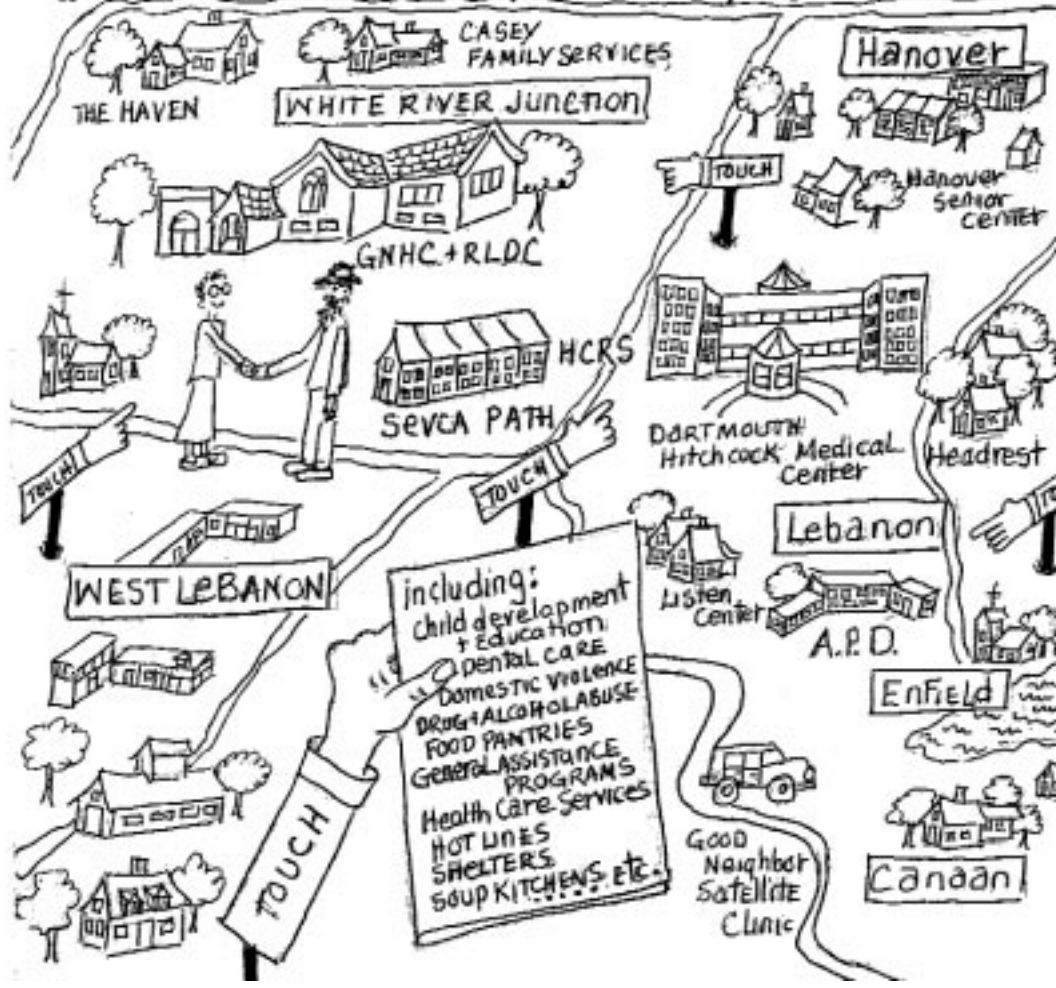


GET IN TOUCH

The Original Upper Valley Community Health Guide



Introduction

This is YOUR GUIDE!

Welcome to the Get in Touch: The Original Upper Valley Community Health Guide. We have created this resource to guide you in your search for quality health care through the maze of services out there. We have tried to make it as helpful and easy to use as possible. Along the way, we have included helpful tips and useful health information that you might need. There is also space in the back for your own personal emergency contact numbers and other notes. Please mark up this guide and make it your own. We would also like feedback about the guide so that we can improve future editions. Thanks.

When calling agencies, remember:

- Do not be afraid to ask for what you need. No question is a stupid one.
- Ask if the services provided are free, or if they offer financial assistance.
- Ask if what you say will be kept private.
- Keep calling - It may take 2 or 3 tries before you can get the help you're looking for. Keep at it!
- If the service that you are calling about is no longer offered, ask where else you may find that service.

If you find any inaccuracies in the guide, please write them down and let us know. We have tried to make it as accurate as possible, but things are always changing. For comments on the guide, please write or call Ceil Furlong at:

Good Neighbor Health Clinic
70 N. Main Street
White River Junction, VT
802-295-1868

Many people worked hard to bring this guide to you. Ceil Furlong and Karen Woodbury of Good Neighbor Health Clinic provided continual support, ideas and motivation, taking the guide from a mere idea to what you now hold in your hand. Stan Weinberger, 2001-2002 Albert Schweitzer Fellow, did most of the research and writing of the guide. A group of Good Neighbor patients worked with Stan and made invaluable suggestions. Paul Gennaro and Carolyn Marsden of the DMS web team are responsible for the availability of the guide on the web. Lee McDavid pulled it all together and did the final layout. Mimi Murray-Eastman did the cover. Printing was done by Lebanon Graphics.

Finally, financial support for printing came from the Albert Schweitzer fellowship, the Upper Valley Community Foundation and the Good Neighbor Health Clinic.

Without all these people and organizations, the guide would not have come together. We would like to extend them all our thanks.

This Guide can now be found on the Internet

www.dartmouth.edu/dms/students/resources/resources/resources_wellness.shtml

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Emergency and Crisis Numbers

CALL 9-1-1 IN ANY EMERGENCY!!

Local Emergency Offices

Many towns in the Upper Valley area share police, fire and ambulance services. If you don't see a number that you need, call the nearest town to ask. **Also, remember that in an emergency, your first call should be 9-1-1.**

<u>Town</u>	<u>Police</u>	<u>Fire</u>
Bradford	802-222-5260	802-222-5224
Canaan	603-523-7784	603-523-4850
Corinth	802-439-5155 (emergency response)	
Cornish	603-675-2221	603-675-2221
Enfield	603-632-7501	603-632-4332
Fairlee	802-333-9414	802-333-9414
Hanover	603-643-2222	603-643-3424
Hartford/WRJ	802-295-9425	802-295-3232
Hartland	802-436-2600	802-674-2113
Grafton	603-523-7667	603-523-7500
Lebanon	603-448-1212	603-448-8810
Lyme	603-643-2222	603-643-3610
Norwich	802-649-1460	802-649-1133
Orford	603-353-4252	603-353-4347
Plainfield	603-643-2222	603-448-1212
Randolph	802-728-3737	802-728-3322
Royalton	802-763-8133	802-763-8133
Sharon	802-295-9496	802-295-9496
Thetford	802-785-2200	802-785-2412
Wilder	802-295-9425	802-295-3232
Windsor	802-674-2184	802-674-2184
Woodstock	802-457-1420	802-457-2337
Other	_____	_____

New Hampshire State Police: 1-800-525-5555

Hotlines

24 Hour Crisis Hotlines

EMERGENCY CONTRACEPTION HOTLINES

(for information, appointments and referrals) 800-230-PLAN (7526)

POISON CONTROL

New Hampshire Poison Control Center 800-222-1222

603-650-8000

Vermont Poison Control Center 800-222-1222

OTHER HOTLINES

Cancer Center Helpline 800-639-6918

(Norris Cotton Cancer Center)

Vermont Senior Helpline 800-642-5119

New Hampshire Service Link 866-634-9412

Parent's Assistance Line of Vermont 800-PARENTS (727-3687)

Child Abuse Reporting

New Hampshire 800-894-5533

Vermont 800-295-8840

Child Abuse Line of New Hampshire 800-CHILDREN (244-5373)

Stop It Now Vermont 802-247-0105

(child sexual abuse prevention)

Financial Assistance: NH

New Hampshire Assistance Program

New Hampshire Helpline is a 24 hour telephone service providing help in locating basic needs such as food, housing, financial help; locating emergency shelter; crisis aid involving suicide, child or adult abuse, domestic violence, alcohol or drug abuse. They will refer you to the right agency for help in solving any problem.

1-800-852-3388

To apply for any of the following programs, contact the District Office of the New Hampshire Department of Health and Human Services. In addition, you can contact your Town Office and ask who runs the General Assistance Program. Remember that it is always worth your while to call and apply, even if you do not think that you may qualify for a specific program. While you might not qualify for that program, the person you speak with can connect you with other programs, which may be able to help you. In addition, the town general assistance program can provide emergency assistance while you apply for these state programs.

Temporary Assistance for Needy Families (TANF): Financial and medical help to families in which one of the parents is disabled or unemployed. Must meet income guidelines to qualify.

Aid to the Permanently and Totally Disabled (APTD): Financial and medical help to persons who are permanently and totally disabled and are between the ages of 18 and 64. Must meet income guidelines to qualify.

Old Age Assistance (OAA): Financial and medical help to persons who are 65 years of age or older.

Social Security Programs (SSI and SSD): Financial help to the elderly and disabled.

Where to Apply for NH Programs:
NH Department of Health & Human Services
Claremont District Office
17 Water Street
Claremont, NH 03743
603-542-9544, 1-800-982-1001

Financial Assistance: NH

Town	Town Office
Canaan	603-523-7106
Claremont	603-542-7003
Cornish	603-675-5207
Enfield	603-632-5001
Grafton	603-523-7270
Grantham	603-863-5608
Hanover	603-643-0712
Haverhill	603-747-6200
Lebanon	603-448-3054
Lyme	603-795-2535
Meriden	603-469-3201
Newport	603-863-2224
Orange	603-523-7054
Orford	603-353-4404
Piermont	603-272-4840
Plainfield	603-469-3201
Other _____	

Other NH Assistance Programs

LISTEN Center: Provides financial and family help throughout the entire Upper Valley. They serve as a clearinghouse for the area and are the Tri-County CAP community contact center for the Grafton County. They offer help in five basic program areas:

603-448-4553

1. *Housing and Utility Assistance:* providing advocacy, financial help, heating help and operation insulation, which provides help with home insulation and weatherization.
2. *Money Management:* providing private budget counseling and emergency help for one time expenses such as medication, travel, temporary expenses and utilities.
3. *Food Assistance:* providing community dinners and a food pantry for those in need.
4. *Family Programs:* providing support to families facing neglect, abuse, or financial crisis. Includes holiday baskets of food, clothing and gifts and Big Brother/ Big Sister, where children ages 6-12 meet weekly with adult volunteers focusing on boosting the child's self-esteem. LISTEN also helps place children ages 6-14 in summer camps at no cost to their families.
5. *Thrift Stores:* operating three stores that sell clothing, household items and furniture at low prices. People with financial problems may buy with vouchers obtained from the LISTEN Center, churches, schools and social service agencies.

Stores are open:

Monday-Saturday 10 am-5 pm

Sunday noon-5 pm

- West Canaan—Rte 4 just east of Mascoma High School. This store sells the furniture items. 603-632-5331
- White River Junction— River Point Plaza. 802-295-9259
- Lebanon— 60 Hanover St (next to Sacred Heart Church). 603-448-4553, weekend phone 603-448-1294

Other NH Assistance Programs

Tri-County Community Action Program (CAP): a multi-purpose social service and advocacy agency serving New Hampshire residents of Coos, Carroll and Grafton counties. They administer over 50 different programs. Some programs include housing, fuel help, weatherization, elderly programs, youth and volunteer programs, the Support Center Against Domestic Violence and Sexual Assault, the Friendship House alcohol & drug rehabilitation programs, Head Start, Welfare to Work and Big Brother/ Big Sister. Other Programs connected with those listed above programs include housing development, PATH (projects assisting in the transition from homelessness) for the homeless mentally ill, food pantries, soup kitchens, and thrift shops, crisis assistance, child care, senior meals, Meals on Wheels, Alzheimer's assistance and adult day care, employment and training, addiction crisis and sobriety maintenance, alcohol and other drug counseling and education. To get connected to these various services, contact your local Tri-County CAP community contact centers:

Lebanon: LISTEN Center 603-448-4553

60 Hanover St.

Woodsville: 603- 747-3013

6 School Street.

For Homeless Programs, contact:

Grafton County Homeless Outreach/PATH: 603-444-0184

Financial Assistance: Vermont

Vermont Department of Prevention, Assistance, Transition and Health Access (PATH)

To Apply for any of the following programs, contact the district office of the Vermont Department of PATH.

Remember, it is always worth your while to call and apply, even if you think you may not qualify for a specific program. While you may not qualify for that program, the person you speak with can connect you to other programs, which may be able to help you.

District Office:
Hartford
802-295-8855
800-775-0507
224 Holiday Dr., Ste A
WRJ, VT 05001

Reach Up Financial Assistance (RUFU): provides financial and medical help to families in which one of the parents is disabled or unemployed. Also provides some financial help to those with disabilities and to the elderly. Must meet income guidelines to qualify.

General Assistance: Provides emergency financial help to those Vermonters in immediate need.

Your town office can be a very good source of tips. If you are confused about where to go, they can often help direct you or help you find the services you need. In Vermont, the Town Health Officer is the person you would contact for public health questions, such as if your septic system was failing. Some towns also have a Town Service Officer, who can help direct you to resources you might need, such as financial help and help with medical insurance.

<u>Town</u>	<u>Town Office</u>
Barnard	802-234-9211
Bradford	802-222-4727
Bridgewater	802-672-3334
Corinth	802-439-5850
Fairlee	802-333-4363
Hartford/WRJ	802-295-2785
Hartland	802-436-2444
Newbury	802-866-5521
Norwich	802-649-1419

Financial Assistance: Vermont

<u>Town</u>	<u>Town Office</u>
Pomfret	802-457-3861
Randolph	802-728-5682
Reading	802-484-7250
Royalton	802-763-7207
Sharon	802-763-8268
Strafford	802-765-4411
Thetford	802-785-2922
Topsham	802-439-5505
West Fairlee	802-333-9696
West Windsor	802-484-7212
Windsor	802-674-2113
Woodstock	802-457-3611
Other _____	

Other Vermont Assistance Programs

Central Vermont Community Action Council (CVCAC): Provides a wide range of services for low-income residents of Central Vermont with a focus on shortterm help as well as long-term support to move beyond poverty. These include subsidized meals, emergency fuel programs, Head Start, family and community support services, and small business development. Serves Orange County

Bradford Office: 802-222-4963
888-815-6737
Randolph Office: 802-728-9506
800-846-9506

Southern Vermont Community Action (SEVCA): Provides a wide range of services for low-income residents of Windsor County, including emergency fuel programs, weatherization service, vouchers and emergency financial aid. Call for an appointment. Also operates the GOOD BUY Thrift Stores in these locations:

802-295-5215
4 Gilman Office Complex
White River Junction, VT

- At the Hartford Recycling Center on Rte. 5
- In the Miracle Mile, Lebanon

Food Assistance

Food Stamp Program: provides monthly food stamps to low-income families and individuals. The monthly amount is determined by household size, income and asset levels, and certain other measures. This program is for both Vermont and New Hampshire.

NH: 800-982-1001
603-542-9544
VT: 1-800-775-0507
802-295-8855

Women, Infants, and Children (WIC): provides healthy food and nutrition education to pregnant and breast-feeding women. It also provides food to infants and children up to 5 years of age. In addition, there is kid's health screening and healthy foods delivered to your door. Participants must be determined "nutritionally at-risk" by a nutritionist, doctor, or nurse and must meet income guidelines.

Call 1-800-WIC-4321 or
603-271-4546 for general
questions. Local WIC/CSFP
office: Visiting Nurse
Alliance of VT/NH
1-800-789-3780,
603-448-1597
325 Mt Support Rd, Lebanon

Commodity Supplemental Food Program (CSFP): provides healthy food to children up to 6 years old, elderly persons and pregnant and post-partum women. There are vouchers for Farmer's Markets. Must meet income guidelines.

802-295-2604
46 S. Main St, Ste 1, WRJ
802-222-4708
Bradford

Farmshare: Grocery program organized by the Northeast Organic Farming Association (NOFA) in Vermont. Residents can buy shares in a farm, costing about \$250. This provides them with 18-22 weeks of vegetables. NOFA can help pay for up to half of the cost of a share.

Northeast Organic Farming
Association
PO Box 697
Richmond, VT
802-434-4122

SERVE New England: a monthly program where you can buy a package of frozen meats, fresh fruits, and vegetables at about half grocery store prices. Must do 2 hours of volunteer work anywhere you would like for as many packages as you buy.

Sites throughout NH & VT
Call 1-800-603-4855 for a
host site.

Food Assistance

Soup Kitchens

<i>Lebanon:</i> LISTEN Soup Kitchen	Tues & Thurs, 5-5:45 pm	Sacred Heart Church, Hanover St call Todd McKee, 603-448-4553
<i>Canaan:</i> LISTEN Soup Kitchen	Mon, 5-5:45 pm	Canaan Senior Center, Rte 4 call Todd McKee, 603-448-4553
<i>Enfield:</i> LISTEN Soup Kitchen	Wed, 5-5:45 pm	Methodist Church, Rte 4 call Todd McKee, 603-448-4553
<i>Claremont:</i> Claremont Soup Kitchen	Mon & Thurs, 4-5:30 pm	18 Central St, PO Box 957 call Jan Bunnell, 603-543-3290
<i>WRJ:</i> LISTEN Soup Kitchen	Mon & Wed, 5-5:45 pm	Methodist Church, Gates St 603-448-4553

Food Pantries

Often towns have food pantries primarily for residents of that town, or have special requirements to get food. We have tried to include this, but if you have concerns, you can always call to ask.

<i>Bethel:</i> Bethel Food Shelf	Mon & Fri, noon-2 pm, and Wed, 4-6 pm. Serves Bethel, Barnard, Pittsfield, Stockbridge, and Gaysville, 802-234-5361	United Church 88 Mills Drive
<i>Bradford:</i> Bradford Community Food Pantry	3rd Wed each month, 6-7pm 603-938-5313	First Baptist Ch Fiske House 88 W. Main St
Bradford Churches Food Shelf	Mon-Fri, 3-4 pm 802-222-4003, 802-222-4610	Town Hall Academy
<i>Center Strafford:</i> Third Baptist Church	Thurs, 9-10 pm 603-664-7729	Jct - 126 & 202A
<i>Chelsea:</i> United Church of Chelsea	Mon & Fri, 9 am- noon 802-685-4874	13 N. Common
<i>Canaan:</i> Canaan Assembly of God	603-523-4992 603-523-4870	Rte 4

Food Assistance

<i>Claremont:</i> St. Joseph's RC Church	Call for info 603-756-3444, 603-445-5304	38 Church St
St. Vincent de Paul Society	Hrs vary 603-542-9518	32 Pearl St
Claremont Food Pantry	Mon & Thurs, 1-6 pm 603-542-3290	18 Central St PO Box 957
City of Claremont Welfare Dept.	Mon-Fri, 8:30 am-noon & Mon, Tues, Thurs, Fri, 1:30-3pm 603-542-7007	City Hall, 2 Police Ct
<i>Grafton:</i> Congregational Christian Church	603-523-7225	Rte 4
<i>Hartland:</i> Hartland Food Shelf	802-436-2224 by appointment Serves primarily Hartland residents	First Congregational Church
<i>Lebanon:</i> LISTEN Food Pantry	Mon-Fri, 9 am-5 pm 603-448-4553	60 Hanover St
<i>Newbury:</i> Newbury Food Shelf	Residents of W. Newbury, Newbury, and Wells River 802-866-5659	Atkinson Retreat Ctr
<i>Newport:</i> NAAC Food Pantry	Mon-Thurs, 9 am-noon and Wed, noon-3 pm 603-863-3411	10 School St
St. Patrick RC Church	Call for information 603-863-1422	32 Beech St
<i>Plainfield:</i> Community Church	By appointment 603-675-6510	PO Box 84
<i>Randolph:</i> Baptist Fellowship Food Pantry	By appointment 802-728-9858	On Rte 66
Randolph Area Emergency Food Shelf	Mon-Fri, 3-5 pm 802-728-5849, 802-728-5895	Bethany Church 30 N. Main St
<i>Sharon:</i> Sharon Congregational Church	Tues & Wed, 1-3 pm 802-763-2007	35, Rte. 132

Food Assistance

<i>South Royalton:</i> Beth-El Christian Fellowship	Sun, noon-2 pm; Mon, 1-3 pm; Thurs, 10-noon, or by appointment 802-763-2139	S Windsor St
<i>Thetford:</i> Thetford Food Shelf	Tues-Fri, 8 am-3 pm; Mon, 6-8pm. 802-785-2922	Town Hall Thetford Ctr, Rte 113
<i>West Fairlee:</i> West Fairlee Food Shelf	Mon, Wed, Fri, 10 am-4 pm 802-333-9696	Bean Hall, W Fairlee
<i>West Topsham:</i> West Topsham Community Food Shelf	802-439-6551	New Hope United Methodist Church
<i>Wells River:</i> St. Luke's Church	603-747-2670	St. Luke's Church
<i>White River Junction:</i> The Haven	802-295-6500 must have referral	745 Hartford Ave
<i>Windsor:</i> Windsor Community Food Shelf	Wed afternoon, Sat 10-11 am 802-674-2157	St Francis Church 30 Union
<i>Woodstock:</i> Community Food Shelf	Wed, noon-3 pm, Fri 10-noon 802-457-1727	St James Church

Nutrition Information

Nutrition Education

The secrets to Healthy Eating are in the USDA Food Guide Pyramid. Healthy eating does not mean giving up the foods and beverages you like best. It means learning how to balance your food choices. You can still fit in your favorite foods and enjoy your meals.



To Save Money – Plan, Purchase, and Prepare

Plan: Planning meals and snacks is one way to decide what foods you need to have in the house. Think about what foods your family likes to eat in the morning, at lunch and for dinner. Make a list of meals. When you’ve done that, check to see if the menu has foods from the five food groups in the Food Guide Pyramid. Remember to plan for nutritious snacks, especially for children. Snacks can add foods from the five food groups that may be missing from meals.

Nutrition Information

How many servings do you need each day?

	Many women, older adults, & most men	Children, teen girls, active women	Teen boys, active men
Calorie Level	About: 1,600	About: 2,200	About: 2,800
Bread Group Serving	6	9	11
Vegetable Group Serving	3	4	5
Fruit Group Serving	2	3	4
Milk Group Serving	2-3	2-3	2-3
Meat Group Serving	2, for a total of 5 oz	2, for a total of 6 oz	3, for a total of 7 oz

Purchase: Now that you have your menu, you can plan your shopping list. A shopping list will help you stick to your budget. Write down everything you need and also how much you need of each food. Experts suggest that you go to the store once a week and plan to get everything there. When you stop at small neighborhood stores for extra items, you may spend more money than you planned. Use coupons only if they save you money on products you ordinarily would buy and use. Compare brands – it pays! This takes a little extra time, but it will save you time and money in the long run!

If possible, shop when you're not hungry and the store isn't crowded. Once you get to the store, look at the in-store specials. You might be able to use a special for something else in your menu. For example, you can buy the fruits and vegetables that are currently in season.

Prepare: It usually costs less money to make your own meals than to buy similar convenience meals. For example, you can make casserole with hamburger, noodles and sauce for less than combining hamburger with a "helper" mix. When possible, make it at home yourself. You'll save money and be able to afford some of the extra foods you want for your family. And remember, experiment with new foods and cooking ideas!

Nutrition Information

Vegetarian Chili

Serves 4-6

Ingredients:	Vegetable Oil	2 Tbsp
	Onion, chopped	1 medium
	Green pepper, chopped	1 small
	Stalk celery, chopped	1 medium
	Tomatoes, undrained	1 (28 oz) can
	Cheddar cheese, shredded	1/4 lb (1 cup)
	Chili powder	1 Tbsp
	Cumin	1 tsp
	Kidney beans, undrained	1 lb can
	Uncooked macaroni or rice	1/2 cup

1. In a heavy 2 1/2 quart saucepan, heat oil, then add onion, green pepper and celery. Saute until tender, but not brown.
2. Add tomatoes, chili powder, and cumin and simmer uncovered about 30 minutes.
3. Add kidney beans and uncooked macaroni or rice.
4. Simmer 12 - 13 minutes, stirring frequently, or just until macaroni or rice is tender.
5. Serve topped with cheese.

Nutritional Analysis per Serving:

Calories 420	Sodium 899 mg	Fat 17 g
Protein 18 g	Carbohydrate 50 g	Cholesterol 30 mg

Nutrition Connections: Free program for New Hampshire residents conducted by the University of New Hampshire Cooperative Extension that can help you feed your family better and stretch your food dollar through a series of lessons planned to meet your needs. For more information and a recipe packet, call 1-800-FOOD-LINE (800-366-3546).

The Expanded Food and Nutrition Education

Program (EFNEP): Free program for Vermont residents conducted by the University of Vermont Extension System can help you feed your family better and stretch your food dollar through a series of lessons.

Rutland:
800-281-6977

St. Johnsbury:
800-545-8920

Heat and Fuel Assistance

New Hampshire

Fuel Assistance: provides up to \$750. Priority is given to the elderly, handicapped, and families with 3 or more children. Participants must meet income guidelines.

Other New Hampshire Programs: Include weatherization programs, which help pay for energy improvements in the homes of low income families, and services to the elderly and others.

To apply for these programs, contact the local Community Action Program (CAP) office (see page 10).

In the Upper Valley, contact the LISTEN Center: 603-448-4553

COVER: provides home repair services such as weatherization, roof and floor repair, for Vermont and New Hampshire residents. Call the COVER office 802-296-7241 or contact the LISTEN Center to begin the referral process.

Tucker Foundation at Dartmouth College: Provides various services, such as Operation Insulation to help weatherize homes, and the Woodcrew, to New Hampshire and Vermont. Call 603-646-3419 to sign up for services.

Vermont

Fuel Assistance: To apply for heat and fuel aid in Vermont, call for an application at 1-800-479-6151, 802-241-1165.

SEVCA handles weatherization for Windsor county. To apply, call 802-295-5215

CVCAC handles weatherization for Orange county. To apply, call the Bradford Office at 888-815-6737, or the Randolph office at 1-800-846-9506.

Household Hazardous Products

There are many common products in use in our homes, workshops, garages and gardens. If you are in doubt about a product, or if you would like to know more about household hazardous waste collections, call:

Upper Valley Household Hazardous Waste Committee 603-448-1680

Greater Upper Valley Solid Waste District 802-296-3688

Central Vermont Solid Waste Management District (serves Bradford and Strafford) 1-800-730-9475

POISON CONTROL

New Hampshire Poison Control Center
1-800-222-1222
603-650-8000

Vermont Poison Control Center (Northern New England Poison Control)
1-800-222-1222

Housing and Shelter

Shelters

Hannah House: Provides a shelter for pregnant and parenting teens, up to age 18. In addition, they teach parenting and living skills classes, birthing classes, tutor and provide outreach services and day care. There are no fees for services.

603-448-5339
10 Abbott St
Lebanon, NH
Serves NH & VT

The Upper Valley Haven: Provides a shelter for families. In addition, they teach parenting and life skills classes. The Haven also provides a food shelf and clothing room. There are no fees for services.

802-295-6500
745 Hartford Ave,
WRJ, VT
Serves NH & VT

Headrest: Provides a crisis hotline, information and referrals, outpatient substance abuse counseling and a coed shelter for those abusing substances and the homeless. Fees are on a sliding scale for the substance abuse program. Serves NH & VT.

603-448-4872
Teen hotline:
800-639-6095
24-hr hotline:
603-448-4400
14 Church St, Lebanon

Mountainside: Part of the Vermont Coalition for homeless and runaway teens. Provides shelter for teens with crisis at home.

802-228-7783
6 Mill St
Lebanon

Other Vermont Shelters

Burlington:

Way Station: walk-in shelter for singles.

802-862-7776

Burlington Emergency Shelter: For singles.

802-862-9897

The Fire House Family Shelter: Families will receive shelter first. Will take singles if there is space.

802-862-6067

Barre:

Good Samaritan Shelter: Provides shelter for singles and has space for 1 family

802-479-2294

Housing and Shelter

Bennington: 6 Bank Street Shelter: For families only	802-442-2424
Brattleboro: Morningside Shelter: For singles & families	802-257-0066
Rutland: Open Door Mission: For singles	802-775-5661
Vergennes: John Graham Shelter: For singles and families	802-877-2677 (day) 802-877-2048 (night)

Other New Hampshire Shelters

Claremont: Shelter for singles and families	603-542-9528
Concord:	
Friends: For families	603-228-1462
McKenna House: For singles	603-225-5586
Dover: My Friend's Place: For singles and families	603-749-3017
Laconia:	
Bankcroft House: For families	603-823-8842
Salvation Army: For singles and families	603-528-8086 x 15
Lancaster:	
Lynsey House: Serves everyone.	603-788-2344
Keene:	
MAHC: Houses singles and families	603-357-8050
Manchester:	
New Horizons: Wet shelter for singles	603-668-1877
EmergingHouse: For families living in Manchester	603-627-2636
Helping Hands: For males	603-623-8778
Nashua:	
Harbor Homes: For singles and families	603-881-8436
Soup Kitchen Shelters: For families and singles	603-889-7770
Peterboro:	
MATS: Rent two apartments. Serves everyone	603-924-8050
Portsmouth:	
Crossroads: For singles and families	603-433-4190
Plymouth: Pemi-bridge: For families and singles	603-536-7631

Housing and Shelter

These agencies all provide housing support, be it immediate shelter, help in finding a low-income apartment, or help in owning your own home. Find the agency that most closely meets your needs.

- American Red Cross:** The Central VT/NH Valley Chapter provides some immediate help such as food, shelter and clothing in case of disaster, such as a flood or house fire. 802-295-3635
154 Rte. 14, Hartford
- Central Vermont Community Action Council:** Provides a wide range of services for low-income residents of Orange County (see page 11). Bradford Office:
1-888-815-6737
Randolph Office:
1-800-846-9506
- David's House:** Provides a place to stay for families of children undergoing treatment at DHMC. 603-643-2298
Mt. Support Rd, Lebanon
- Southern Vermont Community Action (SEVCA):** Provides a wide range of services for low-income residents of Windsor County (see page 11). 802-295-5215
4 Gilman Office Complex
WRJ
- Upper Valley Hostel:** Provides a place to stay for hospital patients and/ or their family members while they are undergoing treatment. Cost is \$10 dollars per person per night. 603-643-3277
17 E. South St., Hanover
- Habitat for Humanity:** Provides affordable houses for families who have substandard housing, cannot get a mortgage and will put in 500 hours of work on their new house. Call to apply. Upper Valley Chapter
802-295-1854
Central VT Chapter
802-885-6440
- Hartford Housing Authority:** Call to apply for subsidized housing in Hartford. Will also get you on the Vermont State Housing list. 802-295-5047
Hartford Town Office

Housing and Shelter

Lebanon Housing Authority: Call to apply for subsidized housing in Lebanon. They have housing for seniors and families and also have vouchers for section 8 housing. The Lebanon Housing Authority also manages apartments in Hanover.

603-298-5753
Romano Circle
Development,
Lebanon

Twin Pines Housing Trust: provides free housing information and referrals as well as some help with rent and help owning your own home. Serves both New Hampshire and Vermont. For rent of specific low-income units, call the management companies, NCMC at 1-800-639-3405, or Mosely Associates at 802-296-2600.

802-291-7000
106 Railroad Row
WRJ

Vermont State Housing Authority: Call for information on subsidized housing in Vermont.

802-295-8883,
1-800-820-5119

Vermont Tenants, Inc: A statewide tenant's rights organization providing information and referrals. Sponsors tenants' rights workshops and phone advice.

1-800-287-7971
PO Box 1603, Burlington

Domestic Violence

What is Abuse?

Domestic violence refers to emotional, physical and/or sexual abuse by a family or household member or by a current or former close partner. Abuse can include:

- physical abuse—punching, choking, hitting, pinching
- emotional abuse—withholding love, shaming, causing fear
- verbal abuse—name calling, cursing, threatening
- psychological abuse—playing mind games, keeping you from your family and friends
- sexual abuse—any unwanted sexual activity, criticizing sexual performance, exposure, voyeurism, and rape.

Unless it is stopped, abuse generally gets worse over time and can result in serious injury or death.

Are you a victim of Abuse?

If you can answer “yes” to any of the following questions, it is likely that you are involved in an abusive relationship.

Do you feel like a prisoner in your own home?

Does someone keep track of your time, making you account for every minute?

Is someone physically violent with you, your children, your pets or your property?

Do you feel forced to have sex when you do not want to?

Do you feel powerless to make your own choices, or have your own opinions?

Does someone humiliate and make fun of you in private or in front of others?

Does someone make all the financial decisions, make you account for every penny, or deny you money?

Domestic Violence

Those who batter ...

Batterers come from all walks of life. Batterers believe they have the right to control their partners and children and that it is okay to use violence to strengthen that control. Batterers often try to excuse their behavior by blaming their partners. Neither alcohol nor stress causes violence. The use of violence is always a choice. Batterers are not violent with everyone. Batterers choose where, when and with whom to be violent.

You are not the cause of anyone's violence!

DOMESTIC VIOLENCE & SEXUAL ABUSE

WISE Crisis Hotline (collect calls accepted)
603-448-5525

Women's Supportive Services Hotline
1-800-639-3130

National Domestic Violence Hotline
1-800-799-SAFE (7233)

NH Domestic Violence Hotline
1-800-852-3388

VT 24 hr Hotlines
Sexual Abuse and Domestic Violence: 1-800-228-7395
SAFELINE for Orange County: 1-800-639-7233

Domestic Violence

Break the silence. Isolation increases your risk.

WISE (Women's Information Service): Offers various free crisis services to women in situations of domestic violence. 603-448-5922
79 Hanover St, Ste 1
Lebanon, NH 03766

- Safety: 24 hour crisis hotline, emergency shelters or safe homes, personalized safety plans. 24 hr hotline:
603-448-5525
(accepts collect calls)
- Legal Assistance: Help with filing restraining orders, support at court hearings, lawyer referrals.
- Support Services: Individual peer counseling, support groups, help assessing options and resources.

Women's Supportive Services: Provides various free services to women who are victims of domestic violence, such as peer support, court advocacy, counseling and emergency shelters or safe homes. WSS Hotline:
1-800-639-3130
603-863-4053
87 Sunapee St, Newport
603-543-0155
11 School St., Claremont

New Beginnings: Provides various free services to women who are victims of domestic violence and sexual abuse. Serving Vermont, south of Woodstock. 24 hour hotline:
802-885-2050

Have Justice, Will Travel: Provides legal aid and support for domestic violence and divorce cases, including advice in your own home and travel to-and-from court. 1-877-496-8100 (in VT)
802-685-7809

Safe at Home Address Confidentiality Program: This is a mail forwarding service for victims of domestic violence, sexual assault or stalking who have moved to escape their abusers. This decreases the fear of being tracked down. For Vermont residents only. 1-800-439-8683 or
contact the local
domestic abuse
advocates on this page

Domestic Violence

Safe Planning

During a violent argument

- Move to a space that is of lowest risk.
- Avoid kitchen, bathroom, and garage, and rooms without an outside door.

Put things in their place

- Keep extra cash and clothes where you can get to them safely: at a friend's, at your place of work, etc.
- Make copies of important papers and keep them somewhere safe.

Plan ahead

- Keep emergency numbers posted.
- Work out a signal with a neighbor to call for help.
- Plan with your children. Work out a code word or signal and teach them how to call 911.
- Practice ways to get out safely.
- Park so that you are not blocked in.
- Make an extra set of car keys and keep your gas tank full.
- Even if you do not think there will be a next time, plan three places that you can go.
- Find out about legal options and protective orders, before you need them.
- Open your own saving account at a separate bank.

If your partner no longer lives with you

- Change the locks and install extra locks.
- Plan escape routes.
- Get caller ID.
- Notify the police so that they know your situation.

Safety at work

- Use voice mail or have someone screen your calls.
- Make a safety plan with co-workers around your particular situation.

Alcohol and Drugs

The use of alcohol or drugs reduces awareness and the ability to act quickly to protect yourself and your children. Batterers often use alcohol or drugs as an excuse for their violent behavior.

Heart Attacks and Stroke

Heart Disease is America's # 1 killer and Stroke is #3. That is why it is important to reduce your risk factors for these diseases. Many of the risk factors of heart disease and stroke are the same and involve decreasing atherosclerosis, which is the clogging of your arteries. The good news is that there are many ways you can decrease your risk.

Risk Factors include:

- **Smoking:** This is a major risk factor for many other diseases as well, such as lung cancer. There are many ways to stop smoking. For help in quitting, contact Live-Free-Smoke-Free, at 802-295-1868.
- **High Blood Pressure:** Have your blood pressure checked by a doctor
- **High Cholesterol:** Eating a diet low in saturated fats is important in keeping your cholesterol low (see the nutrition information section). Have your cholesterol checked by your doctor.
- **Lack of Exercise:** 30 minutes of exercise, 3 times a week, will greatly reduce your risk of heart disease and stroke.
- **Obesity:** changing your diet and beginning an exercise routine will help keep your weight in check.

It is also important to know the warning signs of heart attack or stroke, and what to do if you have these signs.

Some warning signs of heart attack include:

- **Chest discomfort:** usually in the center of the chest and lasting more than a few minutes. It can be uncomfortable pressure, squeezing, fullness or pain. The discomfort can also be in one or both arms, the back, jaw or stomach.
- **Angina** is chest pain that comes on with exertion and is relieved with rest. If you have this type of pain, it is important to see your doctor.
- Other signs may include breaking out in a cold sweat, nausea or lightheadedness.

**Good Neighbor patients should call
the Good Neighbor Health Clinic for
a free heart disease screening.**

**802-295-1868
1-877-552-4815**

Health Information

Some warning signs of stroke include:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden dizziness, loss of balance or coordination, or trouble walking
- Sudden severe headache with no known cause

Heart attack and stroke are emergencies! Do not wait longer than 5 minutes before calling for help. Call 9-1-1 to get to a hospital right away!

Diabetes

There are almost 16 million people in the United States who have diabetes. Diabetes is a disease in which the body either does not produce, or is resistant to insulin. This results in high blood sugar levels. There are two main types of diabetes: Type 1 usually occurs during childhood or adolescence, and type 2, the most common form of the disease, usually occurs after age 35. Blood sugar levels which are too high lead to many health problems. Some of these problems include damage to nerves and blood vessels. This results in foot problems, kidney disease, and blindness. Heart disease is a common result of diabetes. Heart attacks are the major cause of death of diabetics. However, all of these complications can be greatly delayed with good diabetic control. Because of this, it is important to recognize symptoms of diabetes and to see a doctor so that it can be treated.

Common symptoms of diabetes include:

Frequent urination, extreme thirst and hunger, increased fatigue, irritability, blurry vision, and unusual weight loss with type 1. Onset of type 2 diabetes is often preceded by weight gain.

Diabetes is a disease where you, the patient, need to manage your disease. Your doctor can help you take control of your disease through a healthy diet, exercise and treatment.

Health Information

Cancer

Cancer is the 2nd leading cause of death in the United States. Cancer of the lung, breast, prostate, and colon or rectum are the most common. Cancer is caused by the abnormal, growth of some cells, causing a mass called a tumor. This abnormal growth is caused by a series of mutations, or changes in those cells. If you have a family history of certain types of cancer you may be at increased risk of developing cancer. Also, if you have been exposed to certain substances, called carcinogens, you have an increased risk of developing cancer. The most important carcinogen is tobacco of any kind. Tobacco increases your risk of cancer of the mouth and throat, bladder, esophagus, pancreas, kidney, stomach and especially lung. For help in quitting, contact Live-Free-Smoke-Free. 802-295-1868.

There are some screening tests which can be done to catch cancer in its early stages, when it is most treatable. These are listed in the Personal Health Guide in this book. Talk to your doctor about your own risk and which screening tests you can get to decrease your risk of cancer.

Depression

We all feel “down” or “blue” at times. However, if these feelings are very strong or last for a long time, they may be due to medical illness— depression. This illness can be treated, but is often not recognized by patients and health care providers. Some of the warning signs of depression are listed below. If you have four or more of these signs, be sure to talk to your provider about depression.

Some warning signs of depression include:

- Feeling sad, hopeless or guilty most of the time
- Loss of interest and pleasure in daily activities
- Sleep problems (either too much or too little)
- Fatigue, low energy, or feeling “slowed down”
- Problems making decisions or thinking clearly
- Crying a lot
- Changes in appetite or weight (up or down)
- Thoughts of suicide or death

Health Information

HIV and AIDS

AIDS (Acquired Immunodeficiency Syndrome) is a fatal disease that breaks down the body's ability to fight infection and illness. AIDS is caused by the HIV virus. There is no cure for AIDS and no vaccine to prevent HIV infection. However, you can take some steps to protect yourself, prevent HIV infection and therefore prevent AIDS.

How do you get HIV?

People get HIV by coming into contact with the blood or body fluids (semen or vaginal fluid) of a person with HIV. This includes unprotected sexual intercourse and sharing needles. You cannot get infected with HIV from casual contact such as shaking hands or hugging.

HIV can also be passed from a mother to her baby while she is pregnant or breastfeeding. The chances of this happening can be greatly reduced by certain medicines. So, if you are pregnant and think you may be at risk for having HIV, be sure to let your health provider know.

How to Reduce Your Risk of Getting HIV?

If you have sex, have sex with only one, mutually faithful, uninfected partner. Use a latex condom correctly every time you have sex. Other methods of birth control do not protect you from HIV infection or other sexually transmitted diseases! If you use drugs, do not share needles and syringes.

**HIV testing and counseling
ACORN
(AIDS Community Network)**

**603-448-8887
1-800-816-2200**

Health Information

Bioterrorism

Since September 11th, the threat of terrorism has been on everyone's mind. There have been reports of people stockpiling antibiotics and gas masks to protect themselves. The Centers for Disease Control (CDC), which is the agency responsible for public health and infectious disease, does not suggest that people take these steps. The most important thing that people can do is to stay alert and aware and report any suspicious symptoms to your doctor and the local health officer. In the event of an emergency, the local health officer and the local authorities will let the public know about the safety measures that best protect them from any danger.

Below is some brief information on some of the agents that might be used in a bioterrorism attack. There is much more information available at the CDC website (www.bt.cdc.gov) or by contacting your doctor.

Anthrax

Anthrax is an acute infectious disease caused by a bacteria which is most common in hoofed mammals, like cows. Symptoms of disease usually occur within 7 days after exposure. The serious forms of human anthrax are inhalation anthrax, skin anthrax, and intestinal anthrax.

At first, inhalation anthrax may resemble a common cold. After several days, the symptoms may progress to severe breathing problems and shock. Inhalation anthrax often leads to death. The intestinal form of anthrax may follow eating food containing anthrax. There is also a skin form. Specific symptoms to watch for include:

- fever, which may be accompanied by chills or night sweats.
- flu-like symptoms, such as a dry cough, chest discomfort, shortness of breath, fatigue, sore throat, followed by a hard time swallowing, enlarged lymph nodes, headache, nausea, abdominal distress, vomiting or diarrhea. There are ways to tell an anthrax infection from the flu. For example, unlike the flu, anthrax usually does not include a runny nose.
- a sore, especially on your face, arms or hands, that starts as a raised bump and develops into a painless ulcer with a black area in the center.

Health Information

Anthrax is not contagious; you cannot catch it from another person. Anthrax can be prevented and treated with Antibiotics. Early antibiotic treatment is essential for those infected and increases chances for survival. Vaccination is not recommended and is not available.

Smallpox

Smallpox infection is caused by a virus. There has not been a case of smallpox in the world since 1977. The first symptoms occur about 12 days after infection and include high fever, fatigue, and head and back aches. A rash follows in 2-3 days. The rash starts with flat red lesions that become pus-filled and begin to crust or scab over in the second week. Most patients with smallpox recover, but death occurs in up to 30% of cases.

Smallpox is spread from person to person by saliva droplets and people with smallpox are most infectious in the first week. Vaccination against smallpox is not recommended and is not available. The United States currently has a supply of smallpox vaccine to give to people exposed to smallpox. The vaccine can make the disease less serious or even prevent the illness if given within 4 days after exposure.

Pneumonic Plague

Plague is an infectious disease of animals and humans and is found in rodents and their fleas in many areas around the world. Pneumonic plague occurs when the bacteria infect the lungs. The first signs of illness are fever, headache, weakness, and coughing up bloody or watery sputum. The pneumonia gets worse over 2 to 4 days and may cause septic shock and even death. You can catch plague from another person through saliva droplets. Early treatment of pneumonic plague is essential and several antibiotics are effective. There is no vaccine against the plague.

Health Information

Botulism

Botulism is a muscle-paralyzing disease. A toxin made by bacteria causes it. When a person ingests premade toxin, which may be in canned food that is bulging, illness occurs within a few hours to days. Symptoms include double vision, blurred vision, drooping eyelids, slurred speech, and muscle weakness that always descends through the body causing the person to stop breathing. Botulism is not spread from one person to another. A supply of antitoxin is maintained by the CDC and will reduce the severity of the symptoms. Most patients recover after weeks to months of care.



The Personal Health Guide

Working with your health care provider to stay well is as important as getting treatment when you are sick. This Personal Health Guide will help you and your provider make sure that you get the tests, immunizations (shots), and guidance you need to stay healthy.

Weight

Weighing too much or too little can lead to health problems. You can control and maintain your weight by eating a healthy diet and getting regular exercise. Talk with your provider about what a healthy weight is for you.

A healthy weight for me is between _____ and _____.

Blood Pressure

High blood pressure can put you at risk for heart disease, strokes, and kidney problems. Have your blood pressure checked regularly. If you have a high blood pressure, talk with your provider about how to lower it by changing your diet, losing excess weight, exercising, or (if necessary) taking medicine. If you need to take medicine, be sure to take it every day as prescribed.

My blood pressure should be lower than _____/_____.

My blood pressure should be checked every _____ months/years.

Cholesterol

It is important to have your cholesterol level checked, especially if you are a man age 35-65 or a woman age 45-65. Too much cholesterol can clog your blood vessels and cause heart disease and other serious problems. Your provider may also wish check your levels of “bad” (LDL) and “good” (HDL) cholesterol. If your cholesterol is high, talk with your provider about a plan to lower it. **My cholesterol should be less than _____ mg/dL.**

Immunizations

Adults need immunizations (shots) to prevent serious diseases. The following are common shots that most people need.

- *Tetanus-diphtheria shot*: Everyone needs this every ten years.
- *Rubella (measles) shot*: If you are a woman who is thinking about getting pregnant and you have not had a shot for measles, you should talk to your provider.
- *Pneumococcal (pneumonia) shot*: Everyone needs this once at about age 65.
- *Influenza (flu) shots*: Everyone over age 65 needs this every year.

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- *Hepatitis B*: If you have contact with human blood or body fluids (such as semen or vaginal fluid) you may be at risk for hepatitis B. You may also be at risk if you have unprotected sex or share needles during intravenous drug use. Health care workers should also consider getting hepatitis B shots. Discuss this with your provider.

If you have lung, heart or kidney disease, diabetes, HIV, or cancer you may need pneumococcal and flu shots before age 65. Health care workers may also benefit from annual flu shots. Keep track of the immunizations you receive using the *Personal Preventive Record* in the back of this resource book.

Immunization Information for Parents

Immunizations are very important to protect your children from many types of disease. Be sure to get all of these immunizations for your children at the ages shown below. Don't be late!

- *Polio (OPV)*: 2,4,6 months and 4-6 years.
- *Diphtheria-Tetanus-Pertussis (DTP, DTaP)*: 2,4,6,15 months and 4-6 years. Also a tetanus-diphtheria (Td) shot at 15 years.
- *Measles-Mumps-Rubella (MMR)*: 12-15 months and 4-6 years, OR 11-12 years.
- *Haemophilus influenzae type b (Hib)*: 2,4,6 and 12-15 months, OR 2,4 and 12-15 months, depending on the vaccine type.
- *Hepatitis B (HBV)*: Birth, 1-2 months and 6-18 months, OR 1-2 months, 4 months and 6-18 months.
- *Chickenpox (VZV)*: 12-18 months.

Oral Health Care

It is important to take care of your mouth and teeth. Both heart disease and low birth weight have been linked to periodontal (tooth) disease. Infection in the mouth is just as dangerous and painful as infection anywhere else in the body.

With proper care, your teeth will last you for life. Visit your dentist regularly for checkups. Brush after meals with a soft or medium-bristled toothbrush, using a toothpaste with fluoride. Use dental floss daily. Limit the amount of sweets that you eat, especially between meals. Finally, do not smoke or chew tobacco products. Ask your provider how often you should get dental checkups. **I need to visit my dentist every _____ months.**

The Personal Health Guide

Colorectal Cancer

Colorectal cancer is the third leading cause of deaths from cancer. If it is caught early, it can be treated. If you are 50 years of age or older, you should have tests regularly to detect it. The tests you may have are:

Fecal Occult Blood Test: to look for small amounts of blood in your stool. This test should be done yearly.

Sigmoidoscopy or Colonoscopy: to look inside the rectum and colon using a small, lighted tube. Your health care provider will do this in the office or clinic. This test should be done every five to ten years.

Tell your health care provider if you have had polyps, or if you have had a family member(s) with cancer of the intestine, breast, ovaries, or uterus. If this is the case, you may need testing before age 50 or more often. Ask your provider at what age you need to start and how often you need these tests.

I need fecal occult blood tests every _____ year(s) starting at age _____.

I need sigmoidoscopy/colonoscopy every _____ years starting at age _____.

Preventive Care for Women

- *Breast Examination:* you should check your own breasts for problems, such as lumps or changes. You should also have your breasts checked regularly by your provider. Ask your provider about how often you need breast exams and how to conduct breast self-exams.
- *Mammogram:* All women should begin having mammograms by age 50. Some women may need mammograms earlier. A mammogram is an x-ray test that can detect a breast cancer when it is too small to be felt and when it can be most easily cured. Talk with your provider about when to begin and how often to have mammograms. Make sure to tell your provider if your mother or a sister has had breast cancer. If this is the case, you may need mammograms more often than other women.
- *Pap Smear:* You need to have Pap smears regularly. This simple test has saved the lives of many women by detecting cancer of the cervix early—when it is most easily cured. Tell your health care provider if you have had genital warts, sexually transmitted (venereal) diseases (STDs/ VD), multiple sexual partners or abnormal Pap smears. If this is the case, you may need Pap smears more often than other women.

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For cancer screening, contact “Ladies First: Women’s Cancer Screening” in Vermont (1-800-508-2222), and “Let No Woman Be Overlooked” in New Hampshire (1-800-852-3345 x 4931).

Additional Preventive Care

Below is a list of other preventive care. If you answer “yes” to any of the statements, discuss whether you need screening with your health care provider. If you:

- have diabetes; or if you are over age 40 and African American; or if you are over age 60: you should have routine eye exams.
- have had sexual intercourse without condoms, have had multiple sexual partners or have had a sexually transmitted disease: you may need AIDS/HIV, syphilis, gonorrhea, chlamydia or hepatitis tests.
- have injected illegal drugs or had a blood transfusion between 1978 and 1985: you may need an AIDS/HIV and/or hepatitis test.
- have had a family member with diabetes, are overweight or have had diabetes during pregnancy: you may need a diabetes (glucose) test.
- are over age 65: you may need a hearing test.
- now or in the past, have ever drunk a lot of alcohol or have smoked or chewed tobacco: you may need a mouth examination.
- are a man, 50 years of age or older: you may need a prostate exam.
- are a man aged 15-35 years, particularly if you have a testicle that is unusually small or not in the normal position: you should do testicular self-exams looking for changes or lumps. You may need your provider to do a testicular exam.
- have had skin cancer in your family or if you have had a lot of sun exposure: you may need a skin exam.
- have had radiation treatments of your upper body: you may need a thyroid exam.
- have been exposed to tuberculosis (TB); or if you have recently moved from Asia, Africa, Central or South America, or the Pacific Islands; or if you have kidney failure, diabetes, HIV, alcoholism, or use illegal drugs: you may need a tuberculosis test (PPD).

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Safety

Many serious injuries can be prevented by following basic safety rules.

- Always wear safety belts while in the car.
- Never drive after drinking alcohol.
- Always wear a helmet while riding on a motorcycle or bicycle.
- Use smoke detectors in your home. Change the batteries every year and check to see that they work every month.
- If you choose to keep a gun in your home, make sure that the gun and the ammunition are locked up separately and are out of children's reach.
- Keep the temperature of hot water less than 120 degrees F. This is especially important if there are children or elderly living in your home.
- Prevent falls by older adults. Repair slippery or uneven walking surfaces, improve lighting and install secure railings on stairs.
- Be alert for hazards in your workplace and follow all safety rules.

Physical Activity

Being physically active will help you feel better and keep a healthy weight. Regular exercise helps to control your blood pressure and cholesterol, and strengthens your heart, muscles and bones. Even daily activities such as housework, walking, or raking leaves will help. Pick activities that you enjoy, that fit into your daily routine, and that you can do with a friend or family member.

Make time to exercise, start slow, and keep at it. Try for a total of 30 minutes of physical activity most days of the week. If you do not have a regular exercise program, talk with your health care provider about ways you can start one.

Call Good Neighbor if you would like to join a walking group. "Maps for the Heart" are now available with 4 walks in White River Junction.

**802-295-1868
1-877-552-4815**

The Personal Health Guide

Family Planning

The birth of a child is a joyful event. However, having a child requires time and planning. If you are sexually active and are not ready to have a child, you and your partner should use a reliable form of birth control. Some of the different methods of birth control are listed below. Talk with your health care provider about the best method of birth control for you and how to use it properly.

Methods of Birth Control for Men and Women and their Effectiveness:

Reversible methods

- *Medications*

Implants 99% +

Shots 99% +

Birth Control Pills 97%

- *Spermicides* (without condom) Foams/Suppositories 79%

- *Barrier Methods*

Condoms 88%

Diaphragms 82%

Cervical caps 64-82%

- *Natural Family Planning*

“the Rhythm Method” 80%

- *Intrauterine Devices*

IUDs 98%

Permanent Methods

- *Sterilization*

Vasectomy 99% +

Tubal Ligation 99% +

State Health Insurance Programs

Vermont Health Insurance Program

Medicaid: Provides certain groups of people, including those under 21, pregnant women, the disabled and those meeting certain income guidelines with full medical insurance. There are no program fees for Medicaid.

Vermont Health Access Plan (VHAP): Provides full health insurance to uninsured adults, age 18 and older, who meet certain income guidelines. Different guidelines apply to students. Depending on your income (personal or family), you may have to pay a program fee every six months. Co-payments are required for most services. VHAP covers about half of the cost of prescriptions. There is a 12 month waiting period for those who have dropped out of another health insurance plan.

Dr. Dynasaur: Provides full health insurance for kids, up to age 18, from families who earn incomes of under 300% of the Federal Poverty Level. Program fees are on a sliding scale, and range from \$10- \$50 for 3 months.

Medicaid Waivers Program: Provides funding for home health care to elderly Vermonters who are homebound. Must meet certain guidelines to qualify.

Essential Person Program: Provides funding for home health care to disabled persons who are homebound.

Vermont Department of Health: The Department of Health provides many public health services to the residents of Vermont.

Vermont Office
of Health Access
802-241-2880

To Apply for
Health Insurance
1-800-250-8427

State Health Insurance Programs

New Hampshire Health Insurance Programs

Medicaid: Provides full health insurance for adults and children who meet certain income guidelines. There are no program fees for Medicaid.

Healthy Kids: An insurance program for children, working or not, up to age 19. Cost for the insurance is based on family size and income and is on a sliding scale. Health benefits include physician services, hospital services, dental services and prescription drugs.

Where to Apply for NH Programs:

NH Department of Health & Human Services
Claremont District Office
17 Water St., Claremont, NH 03743
603-542-9544, 1-800-982-1001

To Apply for Healthy Kids, call 1-877-464-2447

Health Care Services

Hospitals

Hospitals in New Hampshire and Vermont must provide all medically necessary services, as determined by medical staff, even if a person cannot pay. They often also provide some degree of charity care for those who are unable to pay. The Federal Poverty Guidelines are used to decide who can receive charity care. To see if you apply, contact the charity care office.

Dartmouth Hitchcock Medical Center	603-650-5000	1 Medical Center Dr., Lebanon, NH
Alice Peck Day Memorial Hospital	603-448-3121	125 Mascoma Dr., Lebanon, NH
Mt. Ascutney Hospital & Health Center	802-674-6711	289 County Rd, Windsor, VT
Gifford Medical Center	802-728-4441	44 S. Main, Randolph, VT
Cottage Hospital	603-747-9000	Swiftwater Rd, Woodsville, NH
Valley Regional Hospital	603-542-7771	243 Elm St., Claremont, NH
New London Hospital	603-526-2911	270 County Rd, New London, NH
Children's Hospital at Dartmouth (CHAD)	603-650-5473	1 Medical Center Dr., Lebanon, NH

Free Health Clinics

Good Neighbor Health Clinic: Offers free primary medical care, nutritional counseling, neurology, women's health, physical therapy, mental health counseling, and smoking cessation. Also refer for dental care and other medical concerns. Clinics are on Mon, Wed, Fri, starting at 5:30 pm. Call for an appointment.

1-877-552-4815
802-295-1868
70 N. Main St, WRJ, VT

People's Health & Wellness Clinic: Offers free primary medical care, chiropractor, massage, naturopathy and counseling. Call for an appointment.

802-479-1229
553 N. Main St., Barre, VT
Mon & Thurs, 5:30 - 8:30 pm

Health Care Services

Gifford Medical Center Community Outreach Department: Provides on the road “clinics” offering help with state insurance applications, emergency dental needs, and assessing medications. These are offered in Rochester, South Royalton, Bethel and Chelsea. You also can get mammograms and breast exams paid for through the Woman to Woman program. Call for location and times. Other services offered include Health Connections, which will put you in touch with health resources in your area.

802-728-2323
Gifford Medical Center
44 S. Main, Randolph, VT

Precision Valley Free Clinic: Offers free general medical care and provides referrals for free care to the Springfield Hospital Clinic. Clinics run Thurs, 5:30– 8:30 pm. Call for an appointment.

802-885-1616
268 River St
Springfield, VT

Windsor Community Health Clinic: The health center provides general medical care using the existing hospital and their regular doctors. The clinic is open during the regular hours of the day. For needed surgery, the charity care office provides them at 200% of Federal Poverty Level.

802-674-7213
Mt. Ascutney Hospital &
Health Center
Windsor, VT

Partners in Health Newport Clinic: Provides primary medical care on a sliding fee scale. Also offers a prescription drug program. Open from 8:30 am– 5 pm, Mon - Fri.

603-543-6960
167 Summer St.
Newport, NH

Health Care Services

Prescription Drug Assistance

Good Neighbor Health Clinic: GNHC will help patients whenever possible in getting prescription drugs through the use of a voucher system.

1. Vouchers are for clinic patients only.
2. The prescription must be written by a clinic physician for conditions being followed at the clinic.
3. Patients who need on-going medication will be enrolled in the Needy Meds program through Good Neighbor.
4. We cannot write vouchers for prescriptions written by other doctors or clinics, including DHMC or APD.
5. We will try to find other resources for you if you do not meet these conditions:

For Vermont residents:

- S.E.V.C.A. 802-295-5215
- Vermont Dept. of PATH 802-295-8855

For New Hampshire residents:

- The LISTEN Center 603-448-4554
- Your town's general assistance manager

Dartmouth Hitchcock Medication Assistance Program in Lebanon is available to assist DHMC patients enrolling in prescription drug assistance programs. Call 603-650-5789 for more information.

Partners in Health in Newport are available to sign people up for prescription drug benefits. Call for an appointment. 603-543-6960

Windsor Community Health Clinic in Windsor is available to sign people up for prescription drug benefits. Call for information. 802-674-7213

Precision Valley Clinic in Springfield is available to sign people up for prescription drug benefits. Call for information. 802-885-1616

Health Care Services

Dental Care

Red Logan Dental Clinic: Offers free dental care to Upper Valley residents, including basic primary dental care, hygiene instruction, restorations, uncomplicated extractions, and a revolving loan fund for low-cost dentures. Call for appointment. 802-295-7573, 1-877-552-4820.

70 N. Main St., White River Junction.

Medicaid Dental Clinic: provides dental care for Vermont residents over age 13 who are on Medicaid. Clinics are on Mon - Wed from 8:30 am - 4 pm. Call for an appointment. Residents on VHAP can get emergency care with a general assistance voucher from the state PATH office. 802-296-5598. Clinics are at Red Logan Dental Clinic.

Vermont Dental Referral: Provides information on dentists in your area and their specialties and hours. Has no information on the types of insurances accepted or on costs. 1-800-640-5099.

Eye Care

VisionUSA: Offers free eye exams in January only. 1-800-766-4466

Lions Clubs: Offers help with glasses. Call your local Lions Club.

Home Health and Other Services

Visiting Nurse Alliance of VT & NH: Provides home health, hospice and palliative care, family health services, parent support, playgroups and counseling, and pre- and post-natal services, including the WIC and CSFP program. They accept private insurance, Medicare, Medicaid and fees are on a sliding scale basis with some free care.

Central Office:

802-295-2604, 1-800-858-1696

46 S. Main St, Ste 1, WRJ

Health Care Services

Complementary and Alternative Medicine

This includes many different health services and techniques of healing. Services include things such as acupuncture, herbal therapy, chiropractors, homeopathy, naturopathy, and others. There are a number of centers offering multiple services in the Upper Valley.

Holistic Healing Centers

Gifford Complementary Medicine Center

Offering acupuncture, massage therapy, child-birth and midwives.

802-728-4441

44 South Main St
Randolph, VT 05060

The Healing Arts Clinic

Offering acupuncture, massage therapy, naturopathic medicine, and bodywork (Jin Shin Jyutsu, polarity and reiki).

802-674-7037

Professional Building
Mt Ascutney Hospital
289 County Road
Windsor, VT 05089

Spirit of Health Center for Well Being

A community-based, cooperative, non-profit health care center providing holistic care.

Offering workshops, transformational work and women's health.

802-763-9900

Rte 14
South Royalton, VT 05068

Upper Valley Holistic Arts Collective (UVHAC)

Including the Centering Thru Movement Dance School, and the Green Mountain Physical and Occupational Medicine clinic. Offering Dance, Tai Chi, massage therapy, nutritional counseling and spiritual counseling.

802-295-4641

The Gates-Briggs Building
S. Main Street
PO Box 1047
WRJ, VT 05001

Good Neighbor Health Clinic

Offers naturopathic medicine, acupuncture, and massage therapy in addition to more traditional practitioners.

802-295-1868

1-877-552-4815
70 N. Main St
WRJ, VT 05001

Health Care Services

There are many other such practitioners in the Upper Valley. The best source of information about other practitioners is the “Upper Valley Guide to Complementary and Alternative Health Services.” You can pick up a copy of this guide at various locations around town, or send a self-addressed, size 9x12 envelope stamped with \$1.25 in postage to:

The Guide
PO Box 221
South. Strafford, VT 05070

Tell your doctor about your plans to seek out alternative practitioners. This will help better coordinate your care. Also remember that not all “natural” medicines are safe. There may be interactions between these medicines and those medicines you are currently taking. Your doctor can help alert you to these potentially dangerous interactions.



Health Care Services

Women's Health

The Women's Health Resource Center: provides information, advocacy and support for women. They also hold many educational classes. Call for information.

On the Mall
Lebanon, NH 03766
603-650-HERS (4377)

Planned Parenthood of Northern New England: Offers routine gynecological exams, sexually transmitted infection testing and treatment, pregnancy tests, options counseling and abortion services. Confidential services and female providers. Accepts most insurances and has sliding fee scale based on income.

603-298-7766
89 S. Main St, West Lebanon
603-542-4568
241 Elm St, Claremont
802-728-9800
41 S. Main St., Randolph

Ladies First: Women's Cancer Screening: Pays for doctor and nurse visits, Pap tests and mammograms every year for women, age 40-64, with limited income who qualify for the program. For Vermont residents only, Good Neighbor is a Ladies First site.

1-800-508-2222

Let No Woman Be Overlooked: Provides free breast and cervical cancer screening tests for New Hampshire women only. The program is for women with limited income who have not had a Pap test in 5 years or who are age 50-64 and need screening for breast cancer.

1-800-852-3345 x 4931

Woman to Woman: Provides free yearly screenings for low-income women.

802-728-2472
Gifford Medical Center
802-295-5654
221 Main St, Hartford, VT

EMERGENCY CONTRACEPTION HOTLINES

(for information, appointments and referrals)
1-800-230-PLAN (7526)

Health Care Services

Reproductive Health

Care Net Pregnancy Care Center: Offers pregnancy tests, information and referrals, peer counseling, educational programs, and material aid. All services are free and open to anyone. 1-800-395-HELP(4357)
Lebanon 603-298-6123
Claremont 603-542-4747

Hannah House: Provides a shelter for pregnant and parenting teens, up to age 18. In addition, they teach parenting and living skills classes, birthing classes, offer tutors and provide outreach services and day care. Services are free and open to anyone. 603-448-5339
10 Abbott St
Lebanon, NH

Vermont Public Health Nurse: Offers help getting prenatal care. This includes finding a doctor, getting to appointments, and finding money to pay for it. Private and free for Vermont residents. 800-649-HELP

Good Beginnings: Provides a continuum of services, including home visits, parent support, and education. Playgroups and Fatherhood discussion groups are held in both Vermont and New Hampshire. Prenatal and postnatal checkups are also available to all mothers qualifying for Medicaid. Lebanon 603-448-6826
Claremont 802-295-9076
Randolph 802-728-6155
Bradford 802-222-5856

Visiting Nurses Alliance of VT & NH: 1-800-858-1696, 603-448-1597
continuum of services in conjunction with Good Beginnings.

Planned Parenthood of Northern New England: Offers routine gynecological exams, sexually transmitted infection testing and treatment, pregnancy tests, options counseling and abortion services. Private services and female providers. Accepts most insurances and has sliding fee scale based on income. Services are free for those under 17. Also provides STD and HIV tests, treatment and information for teen males. 603-298-7766
89 S. Main St,
W Lebanon
603-542-4568
241 Elm St, Claremont
802-728-9800
41 S. Main St, Randolph

Health Care Services

- Pregnancy Resource Center:* Provides free information, education and support for pregnancy and parenting. Serves both New Hampshire and Vermont. 603-650-7860
- VT Children's Aid Society:* Provides free pregnancy counseling and adoption services. Also provides medical aid and follow-up support. 802-457-3084
32 Pleasant, Woodstock, VT
- DoulaCare:* Offering childbirth classes, labor support, and postpartum support. 802-649-5103
PO Box 71, Norwich, VT

Alice Peck Day Birthing Center
603-448-7411

Long River Midwives
802-295-5312
PO Box 112, Norwich

DHMC Midwifery Services
603-650-0300

Gifford Birthing Center
44 S. Main St., Randolph
1-800-3-BABY-33, 802-728-2257

Child Development and Education

New Hampshire

Once you have decided to become a parent, there are many supports available to you. If you have concerns regarding your child's progress and preschool education, contact the organizations on this page.

Town of Residence	Age 0 - 3 years	Age 3-5 years
Enfield, Canaan, Dorchester, Hanover, Grafton, Lebanon, W. Lebanon, Lyme, Orange and Orford	United Developmental Services 603-643-5439	Contact your local school district to find out about their programs.
Claremont, Cornish, Grantham, Goshen, Langdon, Lempster, Newport, Plainfield, Unity	Developmental Services of Sullivan County 603-542-8706	Contact your local school district to find out about their programs.

For parental or physician concerns about difficult temperament, sleeping, eating, discipline, separation anxiety, trauma, family changes such as divorce, stress, and anxiety around parenting:

Right From The Start is an early childhood mental health program of West Central Services. NH Medicaid and most insurances are accepted. Services include parent and child psychotherapy, parent consultations, support groups and home-based case management. Contact the Right From The Start counselor at 603-448-1101.

For parental or physician concerns about family support services:

The Visiting Nurse Alliance of VT & NH and the Good Beginnings Volunteer Program offer a continuum of services in the home and community provided by maternal and child nurses, parent aides and volunteers. Services include home visitors who provide transportation, parent support and education, as well as respite, playgroups and Fatherhood Discussion Groups. Call 603-448-1597 for more information.

Child Development and Education

Head Start is a national community program for kids, age 3-5, which provides them with education, social contact and skills. The program is free and some transportation is provided to the site. Call the site for an application. Must meet some income guidelines.

New Hampshire Head Start 1-877-888-3643

Lebanon 603-298-8039

Enfield 603-632-9209

Woodsville 603-747-4186

Vermont Head Start 1-800-639-1053

Bradford 802-222-5343

Randolph 802-728-6155

Hartford 802-674-3429

Child Development and Education

Vermont

Once you have decided to become a parent, there are many supports available to you. If you have concerns regarding your child's progress and preschool education, contact the organizations on this page.

Town of Residence	Age 0-3 years	Age 3-5 years
Barnard, Bethel, Bradford, Braintree, Bridgewater, Brookfield, Chelsea, Corinth, Fairlee, Hartford, Hartland, Norwich, Pittsfield, Pomfret, Randolph, Rochester, Royalton, Sharon, Stockbridge, Strafford, Thetford, Topsham, Tunbridge, Vershire, Wells River, White River Jct., Wilder, Woodstock.	The Family Place 1-800-639-0039, 802-649-3268	Contact your local school district or supervisory union to find out about their programs.

For parental or physician concerns about difficult temperament, sleeping, eating, discipline, separation anxiety, stress and anxiety around parenting:

Children's UpStream Services (CUPS) is a Vermont initiative that addresses the social and emotional needs of young children, birth through 6 years. It is a collaborative effort of existing programs and agencies. Ask about CUPS Services by contacting:

The Family Place Parent Child Center 802-649-3268

The Orange County Parent Child Center 802-728-6155

Healthcare and Rehabilitation Services 802-295-3031

The Clara Martin Center, Randolph 802-728-4466
Bradford 802-222-4477

For children under 3 years, you may also contact: Family, Infant, Toddler Projects 802-649-3268

Child Development and Education

For parental or physician concerns about family support services:

The Visiting Nurse Alliance of VT & NH and the Good Beginnings Volunteer Program offer a continuum of services in the home and community provided by maternal and child nurses, parent aides and volunteers. Services include home visitors who provide transportation, parent support and education, as well as respite, playgroups and Fatherhood Discussion Groups. Call 603-448-1597 for more information.

Family Support Services are also provided through local Parent Child Centers:

The Family Place Parent Child Center 802-649-3268

The Orange County Parent Child Center

Randolph 802-728-6155, Bradford 802-222-5856

Help with Child Care Costs

For parents living in New Hampshire or Vermont, call the following offices to learn more about help with child care costs. Child care is defined as care needed while a parent works or goes to school. The amount of aid is based on income. You must meet income guidelines and be either employed, attending school, in a training program, or actively seeking work.

Vermont:

The Family Place 802-649-3268, 1-800-639-0039

New Hampshire:

Claremont Regional Offices 603-542-9544, 1-800-982-1001

Ask for Child Care Scholarships

Child Development and Education

Other Support Agencies

The Family Place Parent Child Center: Provides counseling, parenting support and education, after school programs and other resources. Participates in the Family, Infant, Toddler Project (FIT) and in the Children's Upstream Services Outreach (CUPS) program.

319 Rte. 5 South,
Norwich
802-649-3268,
1-800-639-0039

Orange County Parent Child Center: Provides parenting support and education for families with young children, such as home visits, preschool, parent education and support groups, resource library and referrals. Most of the services are free. Call or visit.

Richardson Bldg,
Main St., Bradford
802-222-5856
Ayers Brook Center,
1 Lash Rd, Randolph
1-800-261-6155,
802-728-6155

Child Care Project: Child care resource and referral agency for New Hampshire and Vermont. Helps working parents find child care and provides training to child care providers.

603-646-3233,
1-800-323-5446
17 1/2 Lebanon St., Ste 2,
Hanover

State Department of Health: Provides many services, such as home visiting services, food aid and nutritional education through their WIC program, free vaccines, and lead screening. Call to apply for services.

Vermont:
1-888-253-8789,
802-295-8820
226 Holiday Dr., Ste. 22,
WRJ

Lead Hotline:
1-800-319-3141

NH: 1-800-982-1001
603-542-9544
17 Water St., Claremont

Casey Family Services: Offers various services for foster care, after-adoption, and family advocacy and support. Services are free and for both New Hampshire and Vermont.

802-649-1400
160 Palmer Court, WRJ

Child Development and Education

- Child and Family Services:* offers family counseling, prevention services for teens, adoption services, parenting and family life skills support, advocacy, summer camp for disadvantaged kids, and integrated home-based services. Serves both New Hampshire & Vermont. Services are based on a sliding scale fee. 603-298-8237
ParentLine:
1-800-640-6486
W. Leb Village Plaza,
3 Atwood Ave.
- Upper Valley Fatherhood Network:* Offers a full range of support for fathers, including discussion groups, workshops, and seminars. For both New Hampshire & Vermont. 603-448-1597
Visiting Nurse Alliance of NH & VT
- Parent-to-Parent:* Provides a network of support and information for families whose child has a chronic illness or disability. VT: 1-800-800-4005
NH: 1-800-698-5465
- Respite Child Care Program:* Provides respite and financial aid for respite care. 603-448-1268
12 Flynn St., Lebanon, NH

Parent's Assistance Line of Vermont
1-800-PARENTS (727-3687)

Child Abuse Reporting
New Hampshire 1-800-894-5530
Vermont 1-800-295-8840

Child Abuse Line of New Hampshire
1-800-CHILDREN (244-5373)

Stop It Now Vermont
(Child Sexual Abuse Prevention)
802-247-0105

Mental Health

Vermont

Clara Martin Center:

-Services include outpatient services for children, adults and families, emergency services, and substance abuse services, including Quitting Time, an intensive outpatient program for adults. Walk-in clinic open 2 days per week. Call for hours.

24-hr emergency hotline:
1-800-639-6360

802-728-4466
11 Main St., Randolph

802-222-4477
Rte. 5, Box 278, Bradford

Healthcare and Rehabilitation Services of SE Vermont (HCRS):

-Services include outpatient services for children, adults and families, emergency and developmental services and substance abuse services. Free for 1st 2 sessions.

24-hr emergency hotline:
1-800-622-4235

Access VT for families in crisis: 1-800-735-4574

Walk-in Clinic
802-295-3031
195 N. Main St., WRJ
open Tues & Thurs, 2-4pm

New Hampshire

The Counseling Centers (A Division of West Central Services): Counseling services for children, adults, and families for a variety of needs, including depression, behavioral problems, alcohol and drug abuse. Medicaid, Medicare and most insurances accepted. Payment is on a sliding scale. Call 1-800-556-6249 for an appointment

20 W. Park St, Ste 416,
Lebanon

241 Elm St., Claremont

167 Summer St., Newport

Other Counseling and Mental Health

New Hampshire Catholic Charities: provides a variety of services including individual, family and marriage counseling with a sliding scale fee. They also provide other family services, adoption services, immigration attorney and interpreter services. Serves both New Hampshire & Vermont.

603-448-5151
24 Hanover St., #8,
Lebanon
“Off the Green”

Mental Health

Dartmouth-Hitchcock Psychiatric Associates: Psychiatric emergency service, evaluations, and alcohol and drug abuse programs. Charity Care provided through the DHMC charity care office. 1-800-556-6249 appointments
603-650-5000 (evenings & week-ends)

The Family Place: Therapy and advocacy for children as well as parent education and support groups. 802-649-3268

Hanover Community Counselor: The town social worker provides crisis intervention and short-term counseling for the Hanover area. 603-643-5317

Vermont Federation of Families: Offers children's mental health services, including support, advocacy, parent education and information and referrals. 1-800-639-6071, 802-223-4917

MENTAL HEALTH & COUNSELING

Headrest 24 hour talkline: 603-448-4400
teenline: 1-800-639-6095

Emergency Mental Health 24-Hrs Hotline (Clara Martin)
1-800-639-6360

National Runaway Switchboard
1-800-621-4000

National Mental Health Association Information Center
1-800-969-NMHA (6642)

Runaway (Covenant House) Hotline
1-800-999-9999

Counseling Center of Lebanon:
1-800-556-6249

Alcohol and Drug Abuse

You Are Ultimately In Charge of Your Own Choices

Choosing to use and abuse alcohol and other drugs is one way to give up the control you may enjoy over your own life. Be wise— use these facts to make good choices.

Alcohol, including beer, wine and hard liquor, is the most commonly used and widely abused drug in the country. Alcohol slows down your heart rate and breathing, can alter your feelings and personality, cloud your mind, damage your liver and even lead to death by alcohol poisoning. Pregnant women who drink can cause their child to have Fetal Alcohol Syndrome.

Heroin is a highly addictive drug that comes from morphine, which is made from the opium poppy. With heroin, there is no such thing as “just trying it” safely — heroin is very addictive, and like other drugs, can be laced with impurities. Bad effects of heroin include: slurred speech, vomiting, constipation, addiction, irregular heart rate, slowed breathing, coma and death. Heroin users can also get HIV from used needles.

Marijuana is usually smoked, sometimes eaten. All forms of marijuana are mind-altering drugs. The main active chemical in marijuana is THC. Marijuana smoke contains some of the same cancer causing toxins as tobacco. Negative effects include: impaired memory, loss of coordination, paranoia, impaired learning, loss of good judgment, anxiety or panic attacks.

Tobacco; smoking tobacco is the main cause of preventable death in the United States. NICOTINE IS ADDICTIVE— just ask anyone who has tried to quit. The bad effects of smoking include: heart disease, cancers of the lung, bladder, pancreas, kidney and mouth, emphysema and chronic bronchitis, and low birth weight when used during pregnancy.

Alcohol and Drug Abuse

How to know if you've got a problem?

A Simple 12-Question Quiz to help you decide if you have a problem with alcohol

1. Do you drink because you have problems? To relax?
2. Do you drink when you get mad at other people?
3. Do you prefer to drink alone, rather than with others?
4. Are your grades starting to slip? Are you goofing off on your job?
5. Did you ever try to stop drinking or drink less – and fail?
6. Have you begun to drink in the morning, before school or work?
7. Do you gulp your drinks?
8. Do you ever have loss of memory due to your drinking?
9. Do you lie about your drinking?
10. Do you ever get into trouble when you are drinking?
11. Do you get drunk when you drink, even when you do not mean to?
12. Do you think it is cool to be able to hold your liquor?

If you can answer “yes” to any one of these questions, maybe it’s time you took a serious look at what you’re drinking might be doing to you.

DRUG & ALCOHOL ABUSE

Alcohol Abuse Hotline

1-800-234-0420

Alcohol & Drug Abuse Hotline

1-800-662-4357

Headrest Teenline for Drug & Alcohol Abuse

1-800-639-6095

Narcotics Anonymous

NH 603-448-4400; VT 802-773-5575

Live Free/Smoke Free

802-295-1868

American Cancer Association Smoking Quit Line

1-877-YES-QUIT (937-7848)

Alcohol and Drug Abuse

Counseling & Recovery Programs

Next Step Peer Support Center: Provides peer counseling for those with mental health and substance abuse issues. Serves as a safe place to come and share life stories and strengthen community. They offer many groups and all services are free and open to anyone.

603-448-6941
55 Bank St
Lebanon

Turning Point Club: Run by the Upper Valley Substance Abuse Foundation. It is a safe place to get away from addictions, open from 8 am - 10 pm and offering a kitchen, café and meeting place. seventeen twelve-step meeting are held weekly, including AA, narcotics, overeaters and nicotine anonymous. Also offering peer counseling, GED tutoring and other classes. All services are free and open to everyone.

802-295-5206
Tip Top Building
85 N. Main St
Lebanon

Alcoholics Anonymous: a fellowship of men and women who share their experience and hope with each other. Only requirement is the desire to stop drinking. There are no dues or fees.

For Upper Valley AA meetings, call
603-448-6655 (NH)
802-295-7611 (VT)

Al-Anon, Alateen: For family and friends of alcoholics.

1-800-344-2666
(Nat' l)
802-479-3166 (VT)

Headrest: Provides a crisis hotline, information and referrals, outpatient substance abuse counseling and a coed shelter for detoxification and the homeless. Fees are on a sliding scale for the substance abuse program. Serves New Hampshire and Vermont.

Teen Hotline:
1-800-639-6095
24-Hr hotline:
603-448-4400

Alcohol and Drug Abuse

Live Free/Smoke Free: Provides free smoking cessation counseling and support. Clinics are held at Good Neighbor Health Clinic. Call for information.

Vermont Quit Line

1-877-YES-QUIT (937-7848)

New Hampshire Help Line

1-800-879-8678

See also the section on Mental Health

Clara Martin Center: Offers substance abuse services, including Quitting Time, an intensive outpatient program for adults. Call for an appointment.

802-728-4466, Randolph
802-222-4477, Bradford

Healthcare and Rehabilitation Services of SE Vermont (HCRS): Offers substance abuse services. There is a walk-in clinic open Tues & Thurs, from 2 - 4 pm.

802-295-3031
White River Junction

The Counseling Centers (A Division of West Central Services): Counseling services for children, adults, and families including for alcohol and drug abuse. Medicaid, Medicare and most insurances accepted. Payment is on a sliding scale.

1-800-556-6249
Lebanon, Claremont &
Newport

There are many comprehensive substance abuse treatment and detoxification services throughout New Hampshire and Vermont. These include both intensive outpatient programs and inpatient programs. Most are covered by health insurance and Medicaid. In addition, there may be state funding for such a program. All programs require a referral from your health care provider. If you think you need treatment, visit your health care provider (such as Good Neighbor Health Clinic) or visit a local program with substance abuse counseling, like those above.

Alcohol and Drug Abuse

DRUG & ALCOHOL SITES ON THE INTERNET

Healthquest

www.healthquest.dartmouth.edu

Ask a Dartmouth doctor for help to stop smoking.

Free and private support and information by e-mail

Addiction Resource Guide

www.hubplace.com/addictions/

Comprehensive directory of addiction treatment facilities online

Center for Disease Control Tips

www.cdc.gov/nccdphp/osh/index.htm

Information and materials to help you quit smoking

National Clearinghouse for Alcohol & Drug Information

www.health.org

Largest resource for current information concerning substance abuse.



Chronic Illness & Disability

Vermont

Upper Valley Services: Offers developmental disabilities services, including home, community and social supports, crisis services and family respite. 802-728-4476
12 Prince St., Ste 2, Randolph
802-222-9235
267 Waits River Rd., Bradford

Healthcare and Rehabilitation Services of SE Vermont (HCRS): Offers some services for those with developmental disabilities. See Mental Health section. 802-295-3031
195 N. Main St., WRJ

Vermont Services for Children with Special Health Needs (CSHN): Children can receive specialty medical care, aid, referrals, and parent support. They hold child development clinics and sponsor the FIT program. For hearing screening for young children, call 1-800-537-0076 1-800-660-4427,
802-295-8809
226 Holiday Dr, Ste 22, WRJ

Vermont Center for Independent Living: Offers a variety of services to Vermonters with disabilities, including advocacy, peer counseling, information and referral, home delivered meals, independent living services such equipment, a library, and funding for equipment and home modification. 1-800-639-1522 (Voice & TTY)
11 East St., Montpelier

New Hampshire

United Developmental Services: Provides various services for those with developmental disabilities, such as family support, respite for parents, case management and job support. Also has Medicaid early intervention programs for those under 3 years old. Serves Grafton County. 603-448-2077
85 Mechanic St, Ste 300
River Mill Complex, Lebanon

Chronic Illness & Disability

- Upper Valley Support Group:* Offers parents of children with special needs various services, such as support groups, education, advocacy, case management, and respite. They have a child care program and Parent-to-Parent, which connects parents of children with disabilities to each other. All services are free. 603-448-6311
12 Flynn St.,
Lebanon
- Granite State Independent Living:* Offers a variety of services to New Hampshire residents, including advocacy, peer counseling, support groups, social programs, information and referral, and an equipment fund. Most services are free, and a membership is \$12/ year 1-800-826-3700
603-228-9680
21 Chenell Dr.,
Concord
- Family Resources Connection:* program of the New Hampshire State Library providing information resources for families with children, particularly those with special needs. 603-271-7931
1-800-298-4321

Other Local Support Services for New Hampshire & Vermont

- AIDS Community Resource Network (ACORN):* Provides support services for those with HIV/AIDS. These include education and information, private HIV testing (including saliva testing), case management, referrals, support groups and emergency financial help. All services are free and open to anyone. 1-800-816-2220
603-448-8887
Rivermill Complex
85 Mechanic St.,
Lebanon
- The Family Place:* Provides various services, including parenting support and education for children with developmental disabilities. See Children's Health section. 802-649-3268,
1-800-639-0039
319 Rte. 5 South,
Norwich
- Tucker Foundation: Big Brother/Big Sister & Reading Buddies:* pairs local children with Dartmouth students who act as role models and provide a fun, caring relationship. 603-646-2558

Chronic Illness & Disability

Recreational Opportunities

High Horses Therapeutic Riding Program: 603-643-8287

Horseback riding lessons for people with disabilities. Scholarships available on a need basis

Special Olympics: Sports training and athletic NH: 1-800-639-2608

competition for those with developmental disabilities or cognitive delays. VT: 1-800-639-1603

Vermont Adaptive Ski & Sports: Learn to ski and other year-round recreational programs available also. 802-484-3525

New England Handicapped Sports Association: 1-800-628-4484

NEHSA provides adaptive equipment, instructors, volunteers and lessons.

Chronic Illness & Disability

National Associations

Alliance for the Mentally Ill (AMI-VT)	1-800-639-6480 802-457-3249
Muscular Dystrophy Association	802-862-6424, 603-471-2722
New Hampshire Association for the Blind	1-800-464-3075
Vermont Association for the Blind and Visually Impaired	802-254-8761
Autism Society of Vermont	802-457-3764
American Cancer Association	1-800-562-2623
American Cancer Society	NH: 1-800-640-7101 603-472-8899 VT: 1-800-639-1888
American Diabetes Association	NH: 603-627-9579 VT: 1-800-342-2383
American Heart Association	NH: 603-669-5833 VT: 1-800-639-6024
American Lung Association	NH: 1-800-835-8674 VT: 1-800-586-4872
Arthritis Foundation of Northern New England	802-864-4988
Brain Injury Association of New Hampshire	1-800-773-8400
Cerebral Palsy Association of Vermont	802-223-5161
Association for Cerebral Palsy	802-863-1326
Lupus Foundation	NH: 603-424-0111 VT: 802-244-5988
Multiple Sclerosis National Society	1-800-FIGHT-MS
Rape, Abuse & Incest National Network	1-800-656-HOPE

AIDS HOTLINES

New Hampshire 1-800-752-AIDS (2437)
Vermont 1-800-882-AIDS

Health Care Services

Services for the Elderly

Both New Hampshire and Vermont offer many services for seniors. Call your local senior center to find out when and where local community meals are and how to get home delivered meals. While you are there, check out all the other activities and services available to you.

Bugbee Senior Center: Provides a variety of services, including home meals, community meals on Mon - Fri, a social worker, some paralegal services, daily activities and some transportation for WRJ, Hartford and Norwich. All services are free, with donations accepted. Serves as the White River Council on Aging.

802-295-9068
262 N. Main St., WRJ

Hanover Senior Center: Offers community meals and various other services, including the Hanover Community Counselor, a social worker serving Hanover residents.

603-643-5531
42 Lebanon St., Hanover

Mascoma Area Senior Center: Offers home delivered meals, community meals on Mon, Wed, & Thurs, transportation and a social worker, as well as various activities.

603-523-4333
Church St., Canaan

Orange East Senior Center: Offers home delivered meals, and community meals in Bradford, Newbury, Fairlee and W. Fairlee. Call for information on their other activities.

802-222-4782
21 Upper Plain, Bradford

Orford Area Senior Services: Offers home delivered meals, a community meal on Tues, and transportation on Friday. Call about special activities.

603-353-9107
Congregational Church
Main St., Orford

Randolph Senior Center: Offers a variety of services, including home-delivered and community meals. Call for more information.

802-728-9324
6 Hale St., Randolph

Health Care Services

Royalton Area Senior Center: Open on Tues and Thurs, and on Wed in Strafford. Offers home delivered meals and community meals. Call for information. 802-763-7386
Rte. 14, South Royalton

Thompson Senior Center: Provides a variety of services for the Woodstock area. Serves as the Woodstock Area Council on Aging. 802-457-3277
479 Woodstock Road
Woodstock

Upper Valley Senior Center: Offers a variety of services, including home meals & community meals on Mon - Fri, transportation, adult day care, chore help, health clinics, a social worker, and various activities. All services are free, with donations accepted. 603-448-4213
10 Campbell St, Lebanon

Hospice of the Upper Valley: Provides palliative care and end of life care in alliance with the Visiting Nurses Alliance. Also provides many free grief support programs. Call for registration. For medical service referral, call 1-800-575-5162. 603-448-5182
325 Mt. Support Rd,
Lebanon

Retired and Senior Volunteer Program (RSVP): provides transportation, supplemental insurance and help in providing meaningful volunteer opportunities for seniors in there communities. There are many volunteer opportunities available. Upper Valley Senior Center
603-448-1825

For information about state ombudsman, look in the section on legal assistance. Ombudsman provide unbiased investigations into problems with health insurance, denials of care and other similar situations.

Vermont Senior Helpline
1-800-642-5119

New Hampshire Service Link
1-866-634-9412

Support Groups

If you or a loved one is going through a hard time, you may find comfort in a support group. There are many support groups in the Upper Valley. Most are free, unless noted otherwise. Here is a listing of many of them. An updated listing appears in the Valley News Sunday edition every week. You can also contact the Center for Continuing Education at DHMC in Lebanon. They maintain a list of over 70 support and discussion groups, including bereavement groups/hospice, cancer support and education, parental and perinatal education and support, veteran support, groups for people affected by a variety of diseases, and others. Call Kate Coburn to request a copy, 603-653-1566. The groups are always updated on the website:

www.hitchcock.org/pages/ceb/chr.htm

Support & Discussion Groups

ADD/ADHD Support Group for Parents

Meets 3rd Monday of month, 5:30-7:00 p.m. Dartmouth Hitchcock Medical Center(DHMC), Lebanon. For information, call 1-800-698-5465.

Alzheimer'S Disease & Related Disorders Group

Meets 3rd Thurs. of month, 12:00 -1:30 p.m. DHMC, Lebanon. call Pamela Mather, 603-448-1101 for information.

Bipolar/Depression Support Group

Meets Thursdays from 6:00-8:00 p.m. at Glen Road Plaza, West Lebanon. For information, call 603-448-6311.

Breathe Free Support & Education Group

Meets 3rd Wed. of month, 1:30-3:00 p.m. in Fuller Board Room of DHMC. An ongoing support and education group for persons with breathing problems, their families and friends. For information, call Priscilla Robichaud, RN, 603-650-7318.

Cardiac "Heart to Heart" Support Group

For persons with heart disease or following heart surgery, and their family and friends. 3rd Wed. of month, Auditorium C, DHMC, 6:00-7:30 p.m. For more information, call Gregory Cook, MSW, 603-650-5789.

Children with Special Needs

For support, education and information, call Upper Valley Support Group at 603-448-6311.

Support Groups

Chronic Pain Support Group

Meets the 2nd Wednesday of month from 10-11:30 a.m. in Auditorium D of DHMC. For more information, call Susan Rankin at 802-633-3214.

Diabetes Education and Support Group for Children and Their Parents

Meets 1st, 3rd and 5th Wed. of month, 12:00 - 1:00 p.m. Call Ann Christiano, ARNP, CDE, 603-650-7708.

Diabetes Insulin Pump Support Group

Meets quarterly. Call Beverly Poirier for details, 603-650-8630.

Diabetes Support Group

For information, call Beverly Poirier, 603-650-8630.

Endometriosis Assn. Support Group of the Upper Valley

For information, call Susan Johnson at 603-448-6809 or Grace Migaki at 603-650-2584.

Epilepsy Surgery Support Group

Information, education and support for patients who have had or will have epilepsy surgery and their families. 2nd Wed. of every other month, 5:30 - 7:00 p.m. For information, call Karen Gilbert, 603-650-7533.

Fibromyalgia Support Group

Meets monthly on 3rd Thurs., 5:30 - 7:00 p.m. at DHMC, Auditorium C. Call Ellen Thompson, RN, DHMC Care Management, at 603-650-6697.

Food Addicts in Recovery Anonymous

A 12-step recovery program for individuals who suffer from overeating, bulimia, or anorexia. Meets Thursdays at 7:00 p.m., Level 2B conference room, DHMC. For information, call Food Addicts in Recovery Anonymous at 603-448-0700.

Gastric Bypass Support Group

For patients who are planning to have or have had the surgery. Meets on the first Friday and third Monday of the month in Auditorium A, DHMC from 2-3:30 p.m. Patients who have had the surgery should come at 1:00 p.m. For more information, call Tracey Tibbitt at 603-650-7913.

Support Groups

BEREAVEMENT SUPPORT GROUPS HOSPICE

Call 603-448-5182 or 1-800-745-9108 unless otherwise specified

Bereavement Support Group

For anyone who has experienced the death a loved one. Pre-interview requested. Meets several times a year. Call for information.

Caregivers Support Group

For anyone living with and caring for someone with a life threatening illness. Meets periodically at Hospice, 325 Mt. Support Rd., Lebanon.

Compassionate Friends

Self-help, non-denominational support group for bereaved parents. Meets 2nd and 4th Wednesday of month at 7 pm at Hospice, 325 Mt. Support Road, Lebanon. For more information, call Lynne O'Hara at 802-649-3091 or Diane Frake at 802-234-9792.

Phoenix Potluck

Potluck for bereaved members of the entire community. Meets monthly at VNA, 325 Mt. Support Rd., Lebanon.

Share Infant Loss Support Group

Contact Linda MacDougall at 603-643-3209 for more information.

Survivors of Suicide Support Group

For those who have lost a family member, relative or friend to suicide. Meets twice a month at Hospice/VNA, 325 Mt. Support Road, Lebanon, NH.

Younger Widowed Persons Support Group

For anyone under 60 who has lost a partner or spouse. Meets 2nd & 4th Tues. of month, 6:00-8:00 p.m, Hospice, 325 Mt. Support Rd., Lebanon. Call Gretchen Baker 802-649-3378.

Hemophilia Patient/Family Group Discussion

Call Laurel McKernan, RN, 603-650-5486.

Hepatitis C Support Group

Offering information on Hepatitis C to patients, families, and others looking for support. Meets 1st Tues. of month, 4:00-6:00 p.m. at DHMC. For information, call Cathy Ferraro at 603-650-6094

Support Groups

Inflammatory Bowel Disease Support Group

Informal sharing of information focusing on living with IBD. Meets 2nd Wed. of month, 4-6 p.m. at DHMC. For information, call Cathy Ferraro at 603-650-6094.

Parkinson's Support Group

Meets 1st Tues. of month, 2 p.m., Bugbee Senior Center, White River Junction, VT. For patients with Parkinson's disease and those who care about them. For information, call Judy Hunter, 802-295-9068 or Teresa Carpenter, RN, 603-650-8676.

PFLAG For parents, families and friends of lesbians and gays

Meets 2nd Mon. of month from 7:00-9:00 p.m., Auditorium A, DHMC. Call Nancy Mogielnicki, 603-650-4100.

Recovery, Inc. "Self-Help for Nervous Symptoms and Fears"

Meets every Sunday, 3:00-5:00 p.m., Cafe Room B, DHMC. For anyone over 18 years of age. For more information, call 603-448-3171.

Smoke-Free Support Group

Meets every Tuesday from 5:00 - 6:00 p.m., Conference Room 3A (located near the emergency room) at DHMC. Call Sharon Wellman at 603-298-0301 for more information.

Star Mentoring Program

For teens with chronic illness. Teens matched with a Dartmouth College student who's had a similar experience. Matches spend time together. Group activities are available. Call 603-653-1419.

Stroke Support Group

Meets 1st Tues. of month, 10:30 -11:30 a.m., DHMC Conference Center. Call Jane Stephenson, MSW, 603-650-5789.

Traumatic Brain Injury Group in Lebanon

Survivors, family members and interested professionals. 2nd and 4th Wed. of month, Fuller Board Room, DHMC, 6:30-8:30 p.m. For information, call Donna Crowley, RN, 603-650-7305.

Upper Valley Amputee Support Group

Meets 3 x per year at DHMC. Dates and times to be announced. Call Dave Loney for more information, 603-448-0070

Support Groups

"Well Spouse" Support Group

For spouses of the chronically ill. For information, call Rhonda Dowling, RN at 603-650 -8875.

Veteran Support Groups

Held at the VET Center, 222 Holiday Drive, White River Junction, Vermont

For more information, call 802-295-2908

- VETERANS' DROP-IN COUNSELING CENTER
- VETERANS' ANGER MANAGEMENT GROUPS
- VETERANS' PTSD SUPPORT GROUPS
- VETERANS' SUPPORT GROUPS
- VETERANS' PARTNERS' SUPPORT GROUPS
- VETERANS' WIVES/PARTNERS GROUP

Cancer Support and Education

For general information, call the Norris Cotton Cancer Center Helpline at 1-800-639-6918.

Norris Cotton Cancer Center

An NCI-designated comprehensive cancer center, coordinates all cd activities within DHMC. Interaction among physicians, scientific investigators, nurses, and other professionals in a variety of disciplines encourages development of broad-based and innovative cancer programs in research, prevention, treatment, and education.

Patient and Family Cancer Library

is in the waiting area of the Hem/Onc Clinic, Level 3, Norris Cotton Cancer Center, DHMC. Books, brochures, audio tapes, video tapes and cancer information via the Internet are available.

Adult Cancer Support Group

Mondays from 1:30-3:00 p.m., Cook Conference Room, Level 3, Norris Cotton Cancer Center, DHMC. For patients, family & friends. For information, call 1-800-639-6918.

Support Groups

Chemotherapy/Radiation Treatment - "Look Good. . . Feel Better!"

Individual consultations for people with changes in appearance. Wig, hair/skin care, scarves, makeup, DHMC. 1st Tues. of month, 10 a.m.-noon, Cate Room C (next to cafeteria), DHMC. To register, call Doris 603-448-6417 or Ginny at 603-298-0198.

Brain Tumor Support Group

Meets 2nd Thurs. of month, 12:00 - 1:00 p.m. Light lunch included. Meets in the Radiation-Oncology Conference Room, Level 2 of NCCC, DHMC. Call 1-800-639-6918.

Turning Points: Breast Cancer Support Group

2nd and 4th Thurs. of month, 6:00- 7:15 p.m., Community Health Center Conference Room on Buck Road. For information, call Margie Cole, MSW, 603-650-5033 or the Comprehensive Breast Program at 603-650-2233.

Lifeline Breast Self Exam (BSE) E-Mail Reminder Service

To sign up to get monthly e-mail reminder to do BSE. Go to http://www.lifetimetv.com/health/breastcancer/breastcancer_email.html and complete the form.

Ovarian Cancer Support Group

Open to patients, their families and friends. Meets 2nd Wed. of month from 1-2 p.m. in Cook Conf. Rm. of NCCC at DHMC. For more information, call Laura Urquhart, ARNP at 603-650-7625.

The Women's Group

For women with metastatic cancer (of any kind). Meets 3rd Thurs. of month from 12:00 - 1:00 p.m. in the Cook Conference of NCCC at DHMC. Call Margie Cole at 603-650-5033 for location.

Prostate Cancer Support Group

Open to patients, their families and friends. Meets 4th Mon. of month from 6:30-8:30 p.m. in the Fuller Board Room of DHMC. For more information, call 800-639-6918.

HELP is On the Way!

Cancer Awareness and Outreach Group at Dartmouth College. Volunteers available to help cancer patients & families in NH and VT. Call NCCC Hotline at 1-800-639-6918 to be matched with a volunteer or e-mail Cancerhelp@dartmouth.edu

Support Groups

Parental and Perinatal Education/Support

Programs offered at the Pregnancy Resource Center on Buck Road or DHMC unless otherwise noted. For tours/information / registration contact Susan Edwards, Program Coordinator, at 603-650-7860 or other contact person as noted. The Pregnancy Resource Center is now located with the Women's Health Resource Center. On the Mall, Lebanon.

Adventures in Fatherhood

For fathers and fathers-to-be. Meets 4th Tues. of month at Pregnancy Resource Ctr., Buck Road, 6:30 p.m. Call Rick Edwards at 603-443-5154 for information.

Parenting Library

Pregnancy Resource Center. Open Mon.-Fri. from 9:00 am-4:00 pm during classes and by appointment.

Parenting Workshops

• Anesthetics for birth • Infant Massage • Infant and Child CPR. Call for information and dates.

Early Pregnancy Classes

For newly pregnant women & their partners. Addresses fetal growth & development, nutrition, exercise, emotions, infant feeding and birth options. Includes movies and a tour of the Maternity Unit. Thursdays, 7:00-9:00 pm. New series every four weeks. Registration required.

Birthing Classes

Complete preparation for birth. Focus on relaxation, breathing, and other comfort techniques. Early registration beneficial. Held regularly, evenings and weekends. 4 week series \$65; 2 week refresher \$35; 1 day Birthshop \$65. Registration required. Scholarships available.

Family Hour/Sibling Preparation

Movie on becoming a big brother or sister, visit to nursery. For children of all ages. Held Sundays every few wks. at 3 pm. Grandparents welcome. Registration required.

Fatherhood Discussion Group

Meets 1st and 3rd Thurs. of each month, 6:00-7:30 pm at VNA Conference Room, 325 Mt. Support Road, Lebanon. Call Rick Edwards at 603-443-5154 for information.

Support Groups

"First Days at Home" Class

A lactation nurse teaches new baby care and prepares parents for first days at home. Offered monthly. Free. Registration required.

Breast Feeding: The Best Start

A lactation nurse teaches new baby care and prepares parents for first days at home. Offered monthly. Registration required.

Electric Breast Pump Rental Program

Pumps available for both short and long-term use. Call for information, 603-650 -6159.

The Fourth Trimester Support/Social Group

New moms/babies. Films/talks/breast feeding assistance. Thursdays, 10:00 - noon.

Good Beginnings of the Upper Valley

Free, trained volunteer home visiting support for anyone expecting or who has a newborn. For information, call 603-448-6826.

Parents of Kids With Autism

Saturday a.m. group. For information, call 603-448-6311.

Right from the Start

Provides support and assistance to families with children under six years old experiencing behavioral or emotional problems. For more information, call Mindy Girtten, Counseling Center of Lebanon, 603-448-1101.

VNA Monday Play Group

For parents and young children. Meets from 9:30-11:00 am every Mon. at the Congregational Church of Lebanon. Call Tina Callaway at 603-448-1597 for more information.

VNA Thursday Play Group

For parents and young children. Meets from 9:30-11:00 am every Thus. at the Beechwood Apts., West Lebanon. Call Tina Callaway at 603-448-1597 for more information.

Support Groups

Health Promotion

The Community Health Education Section of the Center for Continuing Education in the Health Sciences sponsors health programs for individuals, groups, and businesses. For information, call Kate Coburn, 603-653-1566.

CPR & Chokesaving

A 3-part, 9-hour course in basic life support rescuer techniques. Recognition of sudden death situations; mouth-to-mouth and cardiac resuscitation for adults, children and infants; management of the choking victim. Twice yearly. Fee \$15.

DHMC Live Free/Smoke-Free Program

Ongoing support and education for people wishing to quit smoking, those who support them, and youth not wanting to start. Services include:

- *Drop-in Support Center* at the Good Neighbor Clinic, WRJ, Vermont. For appointment call 802-295-1868.
- *HELP LINE* - Call 603-653-1522 any time for support with tobacco use or program information.
- *In-School Education Programs* - As requested
- *Freedom from Smoking Program* - 7-week program of the American Lung Association. Offered twice yearly.
- *Good Neighbor Clinic Smoking Cessation Program* - Call 802-295-1868 for appointment.

Good Neighbor Health Education Resource Center

Video library and Internet access. Open 9-5, Mon. - Fri. and during evening clinic hours. A wide variety of health education information available to all residents of the Upper Valley.

Employment & Job Training

Resources for the Unemployed

New Hampshire Unemployment Office

Stop here to apply for unemployment benefits, arrange for further training, get job placement and career counseling assistance and be referred to vocational rehabilitation. All services are free.

603-448-6340
Rivermill Complex,
85 Mechanic St., Lebanon
603-543-3111
Washington St., Claremont

NH Vocational Rehabilitation:

603-448-5793

Vermont Department of Employment and

Training: Provides job seeking and resume services, career counseling, referrals to vocational rehabilitation and VSAC. Services are free. To apply for unemployment benefits, call 1-877-214-3330. Vermont Department of Employment and Training Job information Line, call 1-800-464-4473

802-295-8805
Gilman Complex
Holiday Dr., WRJ

VT Vocational Rehabilitation:

Vermont Student Assistance Corp. (VSAC): State specialist in financial aid and guidance counseling for Vermonters looking to continue their education.

802-295-8850
1-800-642-3177

Adult Educational Services

Adult Education: Non-degree Programs

VT Adult Learning: Offers tutoring to Vermonters in basic reading, writing, math, GED preparation and English as a second language. Programs include the adult diploma program, which allows you to get a diploma from your local high school, and the futures programs, which is a 2 week program on life and career skills. Programs are free, call to find the nearest location.

Windsor county:
802-885-5502
Central office:
802-229-5221
1-800-322-4004

Employment & Job Training

Adult Tutorial Program: Offers tutoring in basic reading, writing, math, GED preparation and English as a second language. Has free small classes and 1-to-1 tutoring.

603-448-0596
195 Hanover St, Lebanon

Institute for Lifelong Education at Dartmouth (ILEAD): non-credit continuing education programs for adults on various topics. Classes are peer-led and taught. Cost is \$40/ person for a year membership and \$40/ regular course and \$20/ mini-course. No scholarships are available.

603-653-0154
DOC house on Occum Pond
10 Hilton Field Rd, Hanover

Adult Education: Degree Programs

Community College of Vermont: Offers associate degrees. Tuition is \$117/ credit hour for Vermont residents and more for New Hampshire. Can apply for financial aid.

802-295-8822
52 Alcott Dr, WRJ

College for Lifelong Learning: part of the New Hampshire University system. Offers associates and bachelors degrees. Tuition is \$173/ credit hour for New Hampshire residents (\$20 more for Vermont). There is also a \$50 registration fee. Can apply for financial aid.

603-448-6797
325 Mr. Support Rd
Lebanon

Lebanon College: Offers certificate programs and associate degrees. Tuition is \$120/ credit hour for Vermont and New Hampshire. Can apply for financial aid.

603-448-2445
15 Hanover St
Lebanon

Step Up for Women: Provides training for women in the trades. Offer 9 week programs in various locations for various trades. Tuition for 9 weeks is \$3000 with financial aid for Vermonters through VSAC and the Vermont Department Of Employment and Training.

1-800-639-1472

Employment & Job Training

Volunteer Opportunities

Youth-In-Action: Provides opportunities for high school age kids to become involved in service throughout the Upper Valley. Projects range from working with younger kids, seniors, habitat for humanity, and others. 603-643-4313
P.O Box 445
Hanover, NH 03755

ValleyNet: a nonprofit educational organization and internet service provider. Offers free computer workshops. Also maintains a calendar of community events. 802-649-2162
www.valley.net

Good Neighbor Health Clinic and the Red Logan Dental Clinic: provide daytime and evening opportunities for community members to help with both clinics. 802-295-1868
802-295-7573

Check the Valley News for volunteer opportunities.

Legal Assistance

New Hampshire Legal Advice & Referral Center (LARC): Provides free legal services to low-income people over the phone. Areas include family law, housing law, bankruptcy and some public benefits. Call to apply for eligibility.

1-800-639-5290
112 Pleasant St, Concord

New Hampshire Legal Assistance Branch Offices: A non-profit law firm offering free civil legal services for low-income people and seniors. They handle domestic violence cases, public benefits cases, housing cases, employment law, and provide advocacy for those with disabilities and seniors.

1-800-562-3994
Moody Bldg,
Tremont Square
Claremont

To get the Senior Citizen's Law Project Advice Line, call 1-888-353-9944

Vermont Legal Aid, Inc.: Free legal services. The Springfield office serves Windsor and Windham counties and the Burlington office serves Orange and Washington counties. They handle some family law, housing law, benefits cases, and domestic violence. They also can also refer you to the Vermont Lawline.

Springfield: 802-885-5181
Burlington: 802-863-2871

Emerge Family Advocates: \$20 intake fee, \$20-35 per hour. Services open to anyone. Provides family law counseling.

802-296-7663
Sykes Ave., WRJ

South Royalton Legal Clinic: Provides counseling to Vermont residents in Orange and Windsor counties in matters of family law, civil matters, child custody and housing law. Most services are free, but some fees may apply.

802-763-7718
259 Chelsea St
S. Royalton

WISE (Women's Information Service): Provides free assistance and advocacy in domestic violence cases.

603-448-5922
79 Hanover St., Lebanon

Legal Assistance

Have Justice, Will Travel: Provides legal assistance and advocacy for domestic violence and divorce cases, including in-home advice and transportation to-and-from court hearings and social services appointments. 1-877-496-8100 (in VT) 802-685-7809

New Hampshire Ombudsman: Free service to help assist employees, clients and others having a disagreement with the Department of Health and Human Services in New Hampshire. The Ombudsman will conduct a unbiased investigation into the matter. 1-800-852-3345 ext. 6941

Vermont Ombudsman: Free service to help Vermont residents resolve problems and complaints with their health insurance, such as access to health insurance and care, denials of care, billing problems and complaints and appeals (For when you get stuck.) 1-800-917-7787

Transportation

Advance Transit: Free shuttle serving Hanover, Lebanon 802-295-1824
Norwich and White River Junction, south to Hartland and
east to Canaan. Call for schedule or pick up a route
brochure around town.

Volunteers in Action: Provides some transportation servic- 802-674-5971
es for residents of the Windsor area through
volunteer drivers. You pay for the miles driven. 54 Main St.,
Windsor

New Hampshire Medicaid Ride Coordinator: The 802-852-3345
Coordinator will provide names and telephone numbers
of drivers who accept Medicaid payment for transporta- x3770
tion. Medicaid will reimburse parents for transportation to
and from medical appointments and the pharmacy. VT: 802-295-5215
Families must enroll for this service.

SEVCA Transportation: For Dr. Dynasaur and VT 802-295-5245
Medicaid recipients who don't have a car, SEVCA
arranges a driver for medical appointments.

Stagecoach: Provides free transportation for VT Medicaid 1-800-427-3553
clients without cars for medical appointments. Also pro-
vide Ticket-to-Ride program for those over 60 years old
or with disabilities. This provides transportation for only
20% of the cost.

Upper Valley Rideshare: A free carpool matching service 802-295-1824
for commuters in Vermont and New Hampshire. A way to
get a ride and lower your transportation costs.

Town and Village Transportation Services: Provides some 1-888-869-6287
transportation for those on Medicaid.



Meditation

An important part of our total health is our mental and spiritual health. Stress has been shown to suppress your immune system and make you susceptible to illness. Relaxation techniques have been shown to help reduce your blood pressure. Some studies have even shown the power of prayer to help with healing. Spiritual health can take many individual forms and can include many things, from religion, to spirituality, to relaxation techniques. One relaxation technique is meditation.

Meditation

Meditation has been practiced in widely differing cultures for thousands of years. There are many different practices throughout the world but one general, inclusive definition might be “consciously directing your attention to alter your state of consciousness.” The reasons given by people for their meditation seem to differ according to the belief system of those concerned. Some reasons you might want to try meditation include:

- Improvement of mental concentration
- Stress reduction
- Treatment of certain medical conditions, for example: anxiety, pain, angina, hypertension, etc.
- Improvement in communication and interpersonal relationships
- Spirituality: Meditation as a means of achieving happiness or “enlightenment”

How to Meditate— Beginning instruction

Put your expectations aside and don't worry about doing it right. There are many possibilities and no “right way.” Find a quiet comfortable place and eliminate as much noise and potential distractions as possible. Do not worry about those things that you can not control. Assume any posture that is comfortable to you, keeping the back reasonably straight, without being stiff or strained. You can sit in a chair if you like, or if that is difficult for physical reasons, you can lay flat on your back. The important thing is not to move too often. Relax your hands and arms, placing them in any position that is comfortable.

Keep your attention clearly focused on the sensations and feelings of each breath. Be with the breath at the place in the body where you feel it most clearly and distinctly— the rising and falling of the abdomen, the movement of the chest, or the in and out at the nostrils. Use a soft mental notation of “rise” and “fall” or “in” and “out” with each breath. Be aware and mindful of each breath.

Meditation

When sounds become predominant and call your attention away from the breathing, make a note of “hearing, hearing,” focusing the attention and the awareness on the experience of the sound, not particularly getting involved in the concept of what’s causing the sound, but just being with the vibration of hearing. Then come back to the breath. Do the same thing when sensations in the body become predominant and call your attention away from the breathing. Try to keep a balance in the mind of staying soft and relaxed, that quality of being settled back in the moment, and at the same time being alert and precise.

Meditation is not turning off your thoughts or making your mind blank, but rather inner quietness that is experienced not by willfully turning off your thoughts. When thoughts arise in the mind, as soon as you become aware that you’re thinking, make a soft mental note of “thinking” or “wandering.” Notice when it is that you have become aware of thinking, without judgment or evaluation. At whatever point the mind becomes aware, make the note of “thinking” and then gently come back to the breathing.

Meditation does not have to be difficult. It can be easily learned and can be quite enjoyable. You will find that with practice, it gets easier and quicker to settle your mind. If it does not go against your beliefs, call on a “higher source” for assistance in your meditation. This can be quite helpful, but is certainly not necessary.

Spirituality

An important part of spiritual health can be religion. The Upper Valley has many different churches, synagogues and temples representing various religions. For a place of worship in your area, consult the Yellow Pages.

Many churches and places of worship offer services such as prayer groups, youth groups, emergency help, retreats, food pantries, holiday help and visits to the hospital. Call up your church to inquire what services they offer that may interest you.

We are also blessed with a beautiful setting here in the Upper Valley that offers wonderful opportunities for quiet walks and settings to just sit and enjoy the beautiful views. Sometimes just taking a moment to appreciate the world around us can help us find our way.



Personal Prevention Record

This Personal Prevention Record will help you keep track of the preventive care that you have received and/or will need in the future. With the help of your health care provider, fill in how often you need each type of preventive care. Write in the date each time you receive preventive care. Use the remaining space in each box to record other information (such as the results of tests and health care provider's or clinic's name).

Blood Pressure Date Check every _____ months/ years				
Cholesterol Date Check every _____ months/ years				
Weight Date Goal: _____				
Fecal Occult Blood Testing Every _____ months/ years				
Sigmoidoscopy Date Every _____ years				
Tetanus (Td) Shot Every 10 years				
Pneumococcal Shot Once at age 65				
Influenza Shot Every year starting at age 65				
Dental Visits Visit every _____ months/ years				
Allergies				

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