



---

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. Lee McDavid pulled it all together and did the final layout. Mimi Murray-Eastman did the cover. Printing was done by Manus Printing. Naomi Hartov did much of the editing and updating for reprinting in 2005. Finally, financial support for the Guide came from the Albert Schweitzer Fellowship, the Upper Valley Community Foundation and the Good Neighbor Health Clinic. The printing of the revised edition was funded by the Dartmouth-Hitchcock Medical Center.

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

Copyright ' 2006 Good Neighbor Health Clinic. Revised Edition

# Table of Contents

---

<b>Crisis &amp; Emergency Numbers</b>	5
<b>Basic Survival Level Resources</b>	
• Financial Assistance	8
• Food Assistance	14
• Nutrition Information	18
• Heat and Fuel Assistance	23
• Housing and Shelter	25
• Domestic Violence Shelters	29
<b>Health Information</b>	33
<b>Personal Health Guide</b>	37
<b>Health Services</b>	
• Health Insurance	45
• Hospitals and Health Clinics	47
• Dental, Eye, Drugs, Etc.	50
• Complementary and Alternative Medicine	51
• Women s Health and Pregnancy	52
• Child Health, Development and Education	54
• Mental Health and Addictions	60
<b>Support Services and Other Resources</b>	
• Chronic Illness & Disability Services	67
• Resources for the Elderly	71
• Support Groups	73
• Employment, Job Training and Adult Education	83
• Legal Advice and Referral	86
• Transportation	88
• Spirituality	89
<b>Personal Prevention Record</b>	92
<b>Notes and Personal Phone Numbers</b>	94
<b>Index</b>	95

# 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

Vermont State Police: 802-222-4680

Vermont 2-1-1: A program of the United Ways of Vermont, is an information and referral program serving all Vermonters. Community Information Referral Specialists provide the human touch, help to solve problems, and link callers throughout Vermont with government programs, community based organizations, support groups, and other local resources.

Within Vermont dial 2-1-1 or 866- 652-4636 (toll free within Vermont)

From outside Vermont dial 802-652-4636



# 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)

Helpline (NH) Homeless hotline 800-852-3388

# 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 or 800-982-100

# *Financial Assistance: NH*

---

<b>Town</b>	<b>Welfare Office</b>
Canaan	603-523-9901
Claremont	603-542-7007
Cornish	603-675-5611
Enfield	603-632-4201
Grafton	603-523-7700
Grantham	603-863-6021
Hanover	603-643-4123
Haverhill	603-747-6800
Lebanon	603-448-2944
Lyme	603-795-4639
Meriden	603-469-3201
Newport	603-863-9529
Orange	603-523-7054
Orford	603-353-4889
Piermont	603-272-4840
Plainfield	603-469-3201

Ask for you decision in writing!

# Other NH Assistance Programs

---

**LISTEN Community services:** Provides crisis 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 or 800-263-1166**

1. *Housing and Utility Assistance:* providing advocacy, financial help, heating help, and assistance with rent/mortgages.
2. *Money Management:* providing private budget counseling and emergency help for one time expenses such as medication, travel, and utilities.
3. *Food Assistance:* providing community dinners in Lebanon, Enfield, Canaan, and White River Junction, and a food pantry for those in need.
4. *Family Programs:* providing support to families in crisis, clothing and youth mentoring, 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 vouchers from LISTEN.

Stores are open:

Monday-Saturday 10 am - 5 pm

Sunday noon - 5 pm

- Canaan Rte 4 just east of Mascoma High School. 603-632-5331
- White River Junction— River Point Plaza, Rt. 4. 802-295-9259
- Lebanon— 60 Hanover St (across from Sacred Heart Church).  
603-448-1294

## **New Hampshire Electric Assistance Program:**

You may be eligible for a discount of 15% to 90% on your electric bill. To find out if you are eligible and how to apply, call:

- Lebanon (LISTEN) 603-448-4553
- Claremont 603-542-9528

# Other NH Assistance Programs

---

**Tri-County Community Action Program (CAP):** a not-for-profit IRS 501(c)(3) organization in business for over 36 years. Programs involve youth, seniors, families, and people who want to volunteer and make a difference in their communities. Tri-County CAP helps North Country residents access emergency assistance, when needed, at local Community Contact Centers throughout Coos, Carroll, and Grafton Counties. They also work with North Country Communities, businesses, groups and individuals on community and economic development projects.

Some of the more than 50 programs they administer are:

- Emergency Assistance
- Utility and Fuel Costs (Fuel and Electric Assistance)
- Weatherization
- Housing and Preventing Homelessness
- Nutrition, including food pantries and soup kitchens
- Employment and Job Training
- Child Care, Head Start and other programs for children
- Seniors — Nutrition, Transportation, Recreation, and Socialization
- Alcohol, domestic violence and other family problems
- And much more

Grafton County:

- Lebanon: LISTEN, 60 Hanover S. 603-448-4553
- Littleton: 101 Cottage St. 603-444-6653
- Plymouth: 258 Highland St. (Whole Village Family Resource Center). 603-747-3013
- Woodsville: 6 School Street. 603-747-3013

**TCCAP Homeless Outreach/PATH:** In the event of a homeless crisis, TCCAP has outreach workers that can respond to the emergency by helping the person or family find shelter, reconnect with family, and sometimes prevent evictions if possible.

- Northern Grafton County 603-444-0184
- Southern Grafton County 603-448-4553
- After hours NH Homeless Hotline 800-852-3388

# Financial Assistance: Vermont

---

## Vermont Department of Economic Services (formerly 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.

*Reach Up Financial Assistance (RUFA):* 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 Service Coordinator or Public Overseer, who can help direct you to resources you might need, such as financial help and help to see if you qualify for VHAP.

<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
Pomfret	802-457-3861
Randolph	802-728-5682
Reading	802-484-7250

# Financial Assistance: Vermont

---

<u>Town</u>	<u>Town Office</u>
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 short-term 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

- Hartford Recycling Center on Rte. 5
- 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: 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 kids 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 800-WIC-4321 or  
603-271-4546 for general  
questions. Local WIC/CSFP  
office: Visiting Nurse  
Alliance of VT/NH  
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

*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. You must do two hours of volunteer work anywhere you would like for as many packages as you buy.

802-434-4122  
  
Sites throughout NH & VT.  
Call 800-603-4855 for a host  
site.

# Food Assistance

---

## Community Dinners

### MONDAY

Canaan, NH	5:00pm LISTEN	Mascoma Senior Center, Rte 4, call 603-448-4553
Claremont	4-5:30pm	18 Central St, PO Box 957 call Jan Bunnell, 603-543-3290
White River Jct	5:00pm	United Methodist church 106 Gates St.

### TUESDAY

<i>Lebanon</i>	5:00pm LISTEN	Sacred Heart Church, 2 Hough St
----------------	------------------	---------------------------------

### WEDNESDAY

<i>Enfield</i>	5:30-7:00pm	Methodist Church, Rte 4 call 603-448-4553
Lebanon	5:30-7:00pm	First Baptist Church, 13 School Street
<i>White River Jct</i>	5:00pm	Methodist Church, Gates St

### THURSDAY

Claremont	4-5:30pm	18 Central St, PO Box 957 call Jan Bunnell, 603-543-3290
<i>Lebanon</i>	5:00pm LISTEN	Sacred Heart Church, 2 Hough St
Woodstock	5-7:00pm	Northern Universalist Chapel Society, 7 Church St. (Rt 4),

### FRIDAY

Hanover	5:00-6:30pm	Edgerton House, Dartmouth Students Fighting Hunger 14 School Street
---------	-------------	---

### SATURDAY

W. Lebanon	5:00pm	Grace Outreach, Rt 10
------------	--------	-----------------------

### SUNDAY

Enfield	(last Sunday of the month) 5:00pm	Bread of Life Enfield Methodist Church
---------	--------------------------------------	---

# Food Assistance

---

## Food Pantries

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

<i>Bradford, VT:</i> Bradford Churches Food Shelf	Mon-Fri, 3-4 pm 802-222-4003 or 4610 for Bradford area families	Basement of Old Bradford Academy
<i>Bridgewater, VT:</i> Bridgewater Food Shelf/Clothes Closet	Thu. 4-7 pm	Oak Chapel, 1st floor barn , Bridgewater Center
<i>Center Strafford, NH:</i> Third Baptist Church	Thurs, 9-10 pm 603-664-7729	Jct. 126 & 202A
<i>Chelsea, VT:</i> United Church of Chelsea	Mon, Wed, Thurs, 9 am—noon contact Rev. Brenda Howe, 802-685-4874	
<i>Canaan, NH:</i> Canaan Assembly of God	603-523-4992 603-523-4870	Rte 4
<i>Claremont, NH:</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>Hartland, VT</i> Hartland Food Shelf	By appointment 802-436-2792	Congregational Church
<i>Hartland 4 Corners, VT</i>	802-436-2323	
<i>Lebanon, NH</i> LISTEN Food Pantry	Mon-Fri, 9 am—5 pm 603-448-4553, 800-263-1166	60 Hanover St
<i>Newbury, VT:</i> Newbury Food Shelf	Residents of Newbury, W. Newbury & Wells River, 802-866-5659	Atkinson Retreat Ctr,
<i>Newport, NH:</i> NAACFood Pantry	Mon-Thurs, 9 am-noon and Wed, noon-3 pm 603-863-3411	10 School St

# Food Assistance

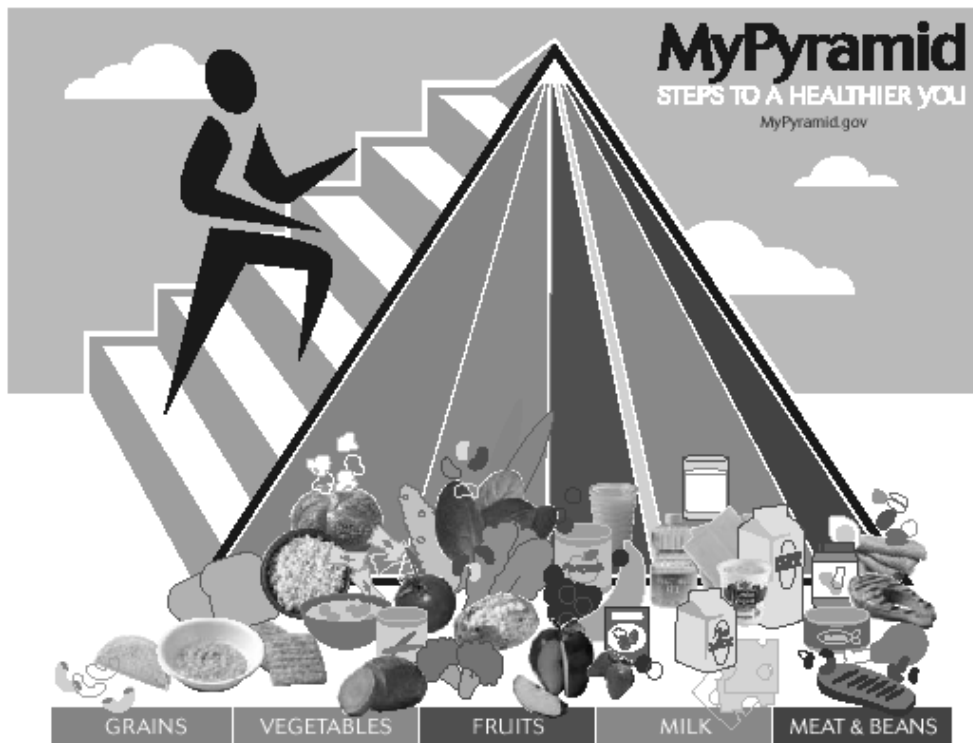
St. Patrick RC Church	Call for information 603-863-1422	32 Beech St
<i>Plainfield, NH:</i> Community Church	603-675-6510	PO Box 84 By appointment
<i>Randolph, VT</i> Baptist Fellowship Food Pantry	By appointment 802-728-9858	Rte 66
Randolph Area Emergency Food Shelf	Mon-Fri, 3-5 pm 802-728-5849	Bethany Church 30 N. Main St
<i>Sharon, VT:</i> Sharon Congregational Church	Tues & Wed, 1-3 pm 802-763-2007	At Lighthouse across from church
<i>South Royalton, VT:</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
South Royalton Community Food Shelf	Mon 1-2:30 pm & Thurs 10-noon or by appt	
Journey	Tues, 6:30-8 pm & Thurs 11-2 pm, contact Carolyn Dexter, PO Box 446 S. Royalton, VT 05068	
<i>Thetford, VT:</i> Thetford Food Shelf	Mon, 6-8 pm, & Tues-Thurs, 8:30 am-3:30 pm; call Town Clerk, 802-785-2922	Thetford Center, Town Hall, Rte 113
<i>Tunbridge, VT:</i>	Tues & Fri, 4-6 pm, call 802-889-3736	Old Parish House (across from Tunbridge Church)
<i>West Fairlee:</i> West Fairlee Food Shelf	Mon 3-6 pm, call 802-333-4857 for other times	Bean Hall
<i>West Topsham:</i> West Topsham Community Food Shelf	Mon 3-4 pm & Fri 5:30-6:30 pm call Marily O-Mearaat at 802-439-6316	Grange Hall
<i>Wells River:</i>	603-747-2670	St Luke's Church
<i>White River Junction:</i> The Haven	Mon-Fri 8:30 am-4 pm 802-295-6500 Must have referral from another agency. One referral per family per month	Upper Valley Haven/ Clothes Closet, 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, 12:30-3:30 pm, Sat 10-noon, 802-457-1727 serves greater Woodstock area	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.



**For more information, go to <http://www.mypyramid.gov>**

Stop by Good Neighbor or your nearest public library to do your pyramid.

# Nutrition Information

GRAINS	VEGETABLES	FRUITS	MILK	MEAT & BEANS
<p>Make half your grains whole</p> <p>Eat at least 3 oz. of whole-grain cereals, breads, crackers, rice, or pasta every day</p> <p>1 oz. is about 1 slice of bread, about 1 cup of breakfast cereal, or 1/2 cup of cooked rice, cereal or pasta</p>	<p>Vary your veggies</p> <p>Eat more dark green veggies like broccoli, spinach, and dark leafy greens</p> <p>Eat more orange vegetables like carrots and sweet potatoes</p> <p>Eat more dry beans and peas like pinto beans, kidney beans, and lentils</p>	<p>Focus on fruits</p> <p>Eat a variety of fruit</p> <p>Choose fresh, frozen, canned, or dried fruit</p> <p>Go easy on fruit juices</p>	<p>Get your calcium-rich foods</p> <p>Go low-fat or fat-free when you choose milk, yogurt, and other milk products</p> <p>If you don't or can't consume milk, choose lactose-free products or other calcium sources such as fortified foods and beverages</p>	<p>Go lean with protein</p> <p>Choose low-fat or lean meats and poultry</p> <p>Bake it, broil it, or grill it</p> <p>Vary your protein routine - choose more fish, beans, peas, nuts, and seeds.</p>
<p>For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to <a href="http://MyPyramid.gov">MyPyramid.gov</a>.</p>				
Eat 6 oz. every day	Eat 2 1/2 cups every day	Eat 2 cups every day	Get 3 cups every day; for kids aged 2 to 5, it's 2	Eat 5 1/2 oz. every day
<p><b>Find your balance between food and physical activity</b></p> <ul style="list-style-type: none"> <li>• Be sure to stay within your daily calorie needs.</li> <li>• Be physically active for at least 30 minutes most days of the week.</li> <li>• About 60 minutes a day of physical activity may be needed to prevent weight gain.</li> <li>• For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.</li> <li>• Children and teenagers should be physically active for 60 minutes every day, or most days.</li> </ul>		<p><b>Know the limits on fats, sugars, and salt (sodium)</b></p> <ul style="list-style-type: none"> <li>• Make most of your fat sources from fish, nuts, and vegetable oils.</li> <li>• Limit solid fats like butter, stick margarine, shortening and lard, as well as foods that contain these.</li> <li>• Check the Nutrition Facts label to keep saturated fats, <i>trans</i> fats, and sodium low.</li> <li>• Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.</li> </ul>		

# Nutrition Information

---

## 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 (Grains, Vegetables, Fruits, Milk, Meat and Beans). Remember to plan for nutritious snacks, especially for children. Snacks can add foods from the five food groups that may be missing from meals.

**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

---

## **Smoothies**

Serves 4

1 small ripe banana

Orange zest or 1 teaspoon orange juice concentrate

1 cup low fat vanilla yogurt

1 cup original flavor, SILK soy milk

1/3 can of peaches, in light syrup

or 1/2 of a small can of crushed pineapple, be sure to drain fruit

3 tablespoons natural or unsweetened applesauce

Ice

Add all ingredients to blender and mix until smooth. Serve immediately!

Part of the fun of making a smoothie is the adventure. They will turn out a little different each time, and there are endless combinations. Here are some other ideas

Substitute any type of frozen fruit (strawberries, raspberries, blueberries, mango) or any type of fresh fruit (kiwi, blackberry, blueberry). Make your own mix of flavors!

Try adding rolled oats on top after blending.

Add a spice, like cinnamon or ginger.

Substitute 100% cranberry, grape, or apple juice for orange juice.

Substitute low-fat milk or soy milk.

Add a splash of fresh lemon or orange juice or zest.

Smoothies are a great way to increase your daily amount of fruit intake. They can be fast, easy, and fun. Try one for breakfast!

Be careful to check prices when purchasing ingredients. Some frozen or fresh fruits are expensive, but there are lots of affordable choices out there. Eat what is in season.

Also, always look for low-fat yogurt and soy milk products to avoid extra calories. With all the natural sweetness in fruit, no sugar or sweeteners are needed!

# Nutrition Information

---

**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: 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, Fuel, Home Repair and Weatherization Assistance

---

## New Hampshire

*Fuel Assistance:* provides a once a year benefit to your fuel bill or rent, if your heat is included. It is an income-based program. Both renters and owners may apply for the benefit. The only reason you would not be eligible is if you are over income levels or you live in a subsidized unit that has the heat included in the rent.

*New Hampshire Electric Assistance:* provides a discount on your electric bill every month. Qualified applicants must have an electric bill in their name and be income qualified. Your local CAP office will process the applications with you.

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

*COVER:* provides services in both home repair and materials reuse.

*COVER Home Repair:* accepts referrals from service agencies and individuals for any repairs that meet the following criteria:

1. The home must be within a 45 minute drive from White River Junction, VT
2. The homeowner must be at or below 180% of the federal poverty guidelines
3. The need for repair must affect the basic functioning of the home or interfere with the daily routines of its occupants. It must be urgently needed.
4. It must be appropriate for our volunteer pool.
5. The homeowner must demonstrate a willingness to participate in whatever way he or she can.

Referrals can be made via local service agencies as well as directly over the phone at 802-296-7241. Referrals will be processed in the order in which they were received. Please allow for a 2 - 4 month waiting list.

The COVER Reuse Program accepts donations of windows, doors, appliances, furniture and other building materials at our ReCOVER Store at 158 Main St., White River Junction, VT. Donated materials are used in our home repair projects, donated to income qualifying applicants, and sold at low prices to the public every Friday and Saturday from 9:30 AM to 4:30 PM.

*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.

# Heat, Fuel, Home Repair and Weatherization Assistance

---

## Vermont

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

*SEVCA* handles weatherization and crisis fuel and electrical assistance for Windsor County, to those who meet the financial requirements. 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 800-846-9506.

# 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 is also a shower available to anyone. There are no fees for services.

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

**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.  
Ludlow, VT

## 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 or  
802-862-6567

### Barre:

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

802-479-2294

### Cots:

**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)

# Housing and Shelter

---

## Other New Hampshire Shelters

<b>Claremont:</b> Shelter for singles and families	603-542-3160
<b>Concord:</b>	
Friends: For families	603-228-1462
McKenna House: For singles	603-228-3505
<b>Dover:</b> My Friend s Place: For singles and families	603-749-3017
<b>Franconia:</b> Bancroft House: For families (no men)	603-823-8842
<b>Laconia:</b> Salvation Army: For singles and families	603-528-8086 x 15
<b>Lancaster:</b> Lynsey House: Serves everyone	603-788-2344
<b>Keene:</b> MAHC: Houses singles and families	603-357-1754
<b>Manchester:</b>	
New Horizons: Wet shelter for singles	603-668-1877
Emerging House: For families living in Manchester	603-624-6484
Helping Hands: For males (clean & sober for at least a week only)	603-623-8778
<b>Nashua:</b>	
Harbor Homes: For singles and families	603-881-8436
Soup Kitchen Shelters: For families and singles	603-889-7770
<b>Peterboro:</b>	
MATS: Rent two apartments. Serves everyone	603-924-8050
<b>Portsmouth:</b>	
Crossroads: For singles and families	603-436-2218
<b>Plymouth:</b> 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.

John Stewart  
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.

Bradford Office:  
888-815-6737  
Randolph Office:  
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.

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 \$15 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 and to put 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

**New Hampshire Housing Finance Authority**  
(State Section 8)

Information on the web at  
<http://www.nhha.org>

**Twin Pines Housing Trust:** provides and maintains perpetually affordable housing in over 17 different locations in seven Upper Valley communities. Also provides a gateway to home ownership opportunities. Serves both New Hampshire and Vermont. For rent of specific low-income units, call the management companies, NCMC at 802-757-2178, or Ed Moseley Associates at 802-296-2600.

802-291-7000  
106 Railroad Row  
White River Junction, VT

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

802-295-8883,  
800-820-5119

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

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

# 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  
800-639-3130

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

NH Domestic Violence Hotline  
800-852-3388

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

- **Safety:** 24 hour crisis hotline, emergency shelters or safe homes, personalized safety plans.
- **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.

**New Beginnings:** Provides various free services to women who are victims of domestic violence and sexual abuse. Serving Vermont, south of Woodstock.

**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.

**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.

603-448-5922  
79 Hanover St, Ste 1  
Lebanon, NH 03766

24 hr hotline:  
603-448-5525  
(accepts collect calls)

WSS Hotline:  
800-639-3130  
603-863-4053  
87 Sunapee St, Newport  
603-543-0155  
11 School St., Claremont

24 hour hotline:  
802-885-2050

877-496-8100 (in VT)  
802-685-7809

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.

# Health Information

---

## 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. Call 911.
- **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 light-headedness.

**Good Neighbor patients should call  
the Good Neighbor Health Clinic for a  
free heart disease screening.  
802-295-1868  
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 has no symptoms.

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 second 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  
800-816-2200**

**HIV anonymous testing  
Good Neighbor Health Clinic  
2nd Wednesday of the month  
802-295-1868  
877-552-4815**

**AIDS Hotlines  
NH 800-752- AIDS (2437)  
VT 800-882- AIDS (2437)**

# 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.

**(Immunizations continued next page)**

# The Personal Health Guide

---

- *Influenza (flu) shots*: Everyone over age 65 and people who meet the following at-risk criteria need this every year:
  - People with chronic health problems, such as heart disease or lung disease
  - People who have been treated or hospitalized during the past year for chronic diseases, such as diabetes, asthma, neurological diseases, kidney dysfunction, red blood cell disorders, or liver disease
  - People who have suppression of immune systems or immune deficiency caused by current treatment for cancer, transplants or other disease; HIV infection or congenital immunodeficiency
  - Women who will be pregnant during the flu season
  - Adults living with or caring for someone in a high-risk group
- *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. Check with your child's pediatrician, call your local health department, or go to the following website for more detailed information:

[www.cdc.gov/hip/acip](http://www.cdc.gov/hip/acip)

## 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.

# The Personal Health Guide

---

For breast and cervical cancer screening, contact:

*New Hampshire:*

Let No Woman Be Overlooked	800-852-3345 x 4931
Planned Parenthood, Lebanon (sliding fee scale)	603-298-7766

*Vermont:*

Ladies First: Women's Cancer Screening	800-508-2222
Planned Parenthood, Springfield (sliding fee scale)	800-885-4701

## **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).

# The Personal Health Guide

---

## 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 four walks in White River Junction. A walking booklet, "A Beginner's Guide to Walking Heart Disease Away" is also available at Good Neighbor. Call 802-295-1868 or 877-552-4815.

Upper Valley Trails for Life aims to engage residents in increasing physical activity through the use of our many miles of trails and walking/hiking routes. For more information, call 802-649-9075, email [trails@valley.net](mailto:trails@valley.net), or go to [www.uvtrails.org](http://www.uvtrails.org).

# The Personal Health Guide

---

## Incorporate Physical Activities

Many of us have extremely busy lifestyles and it can be difficult to find time to exercise regularly. Here are a few ways to add a little bit of exercise to your life.

### 11 activities for healthier living

1. Take a walk
  - Do a precision walk. Find out how long it takes to get to your favorite bookstore, library, bank or park on foot
  - Walk up the stairs instead of taking the elevator in buildings
  - Park your car farther from building entrances in parking lots so you have to walk a little farther
  - Get off the bus a few stops from your destination and walk the rest of the way
  - Walk with friends, family, co-workers
  - Join a walking group. Contact the Good Neighbor Health Clinic for more information about walking groups in your area
2. Make your heart beat a little faster
  - Use a jump rope when you're at home
  - Jog or walk in the same spot for 10 minutes
  - Do 10 jumping jacks and repeat two or three times
3. Drink water
  - Try to drink at least ten glasses of water each day
  - Drink some water before, during and after meals. This will help you eat less food.
  - When you eat out, get a glass of water with lemon instead of soda
  - Drink juice instead of soda
4. Eat with smaller plates and bowls
  - This will help you eat smaller portions of food
  - You will be likely to eat less when you have desserts
5. Share your meals
  - Share your brownie or fries with a friend
  - Have meals with family and friends instead of while watching TV
  - You'll eat slower when you're not alone. It takes 20 minutes for your brain to signal you're full.

# The Personal Health Guide

---

6. Ask for your dressing and sauces on the side when you dine out
  - You ll probably use less
  - You might discover you don t need it
7. Keep a food diary
  - This will help you keep track of what you eat
  - It will help you understand why you eat if you re not hungry
8. Don t shop for groceries when you are hungry
  - Everything looks better at the store when you re hungry
  - You ll probably buy food you don t need
9. Don t skip meals
  - Try to eat all meals no matter how busy you are
  - Starving yourself will slow down your metabolism
10. Eat smarter
  - Include more fruits and vegetables in your diet
  - Eat more fiber, you feel full faster and it helps maintain a healthy digestive system
11. Get a friend to be your buddy
  - You can set goals together
  - You can talk about challenges, progress, and celebrate when you reach your goals
  - Things are usually more fun when you re doing them with someone else

-Lola Onayemi

# 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):* For adults (18+) who don't have health insurance and don't qualify for Medicaid or Medicare. VHAP helps cover costs of doctor visits, prescriptions, hospital care (including emergency care), tests, x-rays, family planning, mental health services, substance abuse services, home health care, and more. Some benefits are not available until you are in managed care.

*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 \$25 - \$70 per family per month.

*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  
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 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, 800-982-1001

To Apply for Healthy Kids, call 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, acupuncture, 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. There are also several daytime clinics each month. Call for an appointment.

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

Good Neighbor s Satellite Clinic holds two evening clinics a month. Call Good Neighbor for an appointment and mention the Canaan Clinic.

# Health Care Services

---

*Gifford Medical Center Community Outreach*

*Department:* offers help with state insurance applications, emergency dental needs, and assessing medications support. These are offered in Rochester, 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 will try to find other resources for you if you do not meet these conditions:

For Vermont residents:

- Vermont Dept of Economic Services 802-295-8855
- Your town s Service Coordinator or Welfare Officer

For New Hampshire residents:

- LISTEN Community Services 603-448-4554
- Your town s General Assistance Manager

For Vermont and New Hampshire residents:

- *Access Rx* is available to help individuals in the Upper Valley sign up for prescription drug benefits. Call for information. 603-443-5577
- *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.

# 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, and uncomplicated extractions. Call for appointment. 802-295-7573, 877-552-4820. 70 N. Main St., White River Junction.

*Vermont State Dental Clinic:* provides dental care for Vermont residents over age 13 who are on Medicaid. This clinic shares space with the Red Logan Dental Clinic. Clinics are on Mon - Wed from 8:30 am - 4 pm. Call for an appointment, 802-295-5598

*Vermont residents on VHAP* can get emergency care with a general assistance voucher from the State Dept. of Economic Services, 802-296-5598

*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, 800-640-5099.

*Affordable Dentures* in So. Burlington, VT offers dentures at low cost. For more information, call 802-651-9033.

## Eye Care

*VisionUSA:* Offers free eye exams. 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, 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

### *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

### *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, massage therapy, in addition to more traditional practitioners and hypnotherapy.

802-295-1868

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

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.

603-298-7766  
89 S. Main St, West Lebanon  
603-542-4568  
241 Elm St, Claremont

Confidential services and female providers. Accepts most insurances and has sliding fee scale based on income.

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,

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.

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

- Planned Parenthood of Northern New England:* 603-542-4568  
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. 241 Elm St, Claremont  
603-298-7766  
89 S. Main St, W Lebanon  
802-728-9800  
41 S. Main St, Randolph  
802-885-4701  
Springfield, VT, 125 Park
- 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. 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
- Visiting Nurses Alliance of VT & NH:* continuum of services in conjunction with Good Beginnings (look under Child Development). 800-858-1696  
603-448-1597
- 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
- DHMC Midwifery Services* 603-650-0300

# 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 family support services:*

The Visiting Nurse Alliance of VT & NH offers 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

Good Beginnings: a free, home visitor program for ANY family with a new baby. A trained volunteer will visit once a week for 2-3 hours offering a helping hand for 3-4 months following the birth of a baby.

Lebanon, NH      603-448-6826

Claremont, NH      603-542-1848

Northfield, VT      802-485-8430

# *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 877-888-3643

Lebanon 603-298-8039

Enfield 603-632-9209

Woodsville 603-747-4186

Vermont Head Start 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.

<b>Town of Residence</b>	<b>Age 0-3 years</b>	<b>Age 3-5 years</b>
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 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 from 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*

---

## Help with Locating and Paying for Child Care

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, 800-639-0039

New Hampshire:

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

Ask for Child Care Scholarships

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,

800-323-5446

17 1/2 Lebanon St., Ste 2, Hanover

# 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, VT  
802-649-3268,  
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  
800-261-6155,  
802-728-6155

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

Lead Hotline:  
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:  
800-640-6486  
West Lebanon 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: 800-800-4005  
NH: 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:

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 first two sessions.

24-hr emergency hotline:

800-622-4235

Access VT for families in crisis: 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 800-556-6249 for an appointment

20 W. Park St, Ste 416,  
Lebanon, 603-448-1101

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. 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. 800-639-6071  
802-223-4917

## MENTAL HEALTH & COUNSELING

Headrest 24 hour talkline: 603-448-4400  
teenline: 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.

**Cocaine** is powerfully addictive and the second most commonly used illicit drug in the U.S. Powder cocaine is generally snorted or it can be dissolved in water and injected. Crack cocaine is usually smoked. Smoking crack can cause severe chest pains with lung trauma and bleeding. Cocaine-related deaths are often the result of cardiac arrest or seizures followed by respiratory arrest.

**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.

**Methamphetamine**, a powerful, long-lasting, physical, and psychological stimulant, is swallowed, snorted, injected or smoked and is a highly addictive drug. It can cause increased heart rate, blood pressure, and respiration; excessive sweating; flushed or tense appearance; rapid speech; dilated pupils; and inability to sleep or eat. Prolonged use can cause severe physical and psychological problems, including permanent damage.

**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:* It is a safe place to get away from addictions, open from 9 am - 9 pm and offering a kitchen, cafe and meeting place. Seventeen twelve-step meetings 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  
White River Junction
- 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. 800-344-2666  
(national)  
802-479-3166 (VT)
- Headrest:* Provides a crisis hotline, information and referrals, outpatient substance abuse counseling and a coed shelter for detoxification. Fees are on a sliding scale for the substance abuse program. Serves New Hampshire only for residential and counseling. and both NH and VT for the hotline. Teen Hotline:  
800-639-6095  
24— Hr hotline:  
603-448-4400
- Wits End:* Support for parents with addicted children. Meets Mondays at 6 pm at Turning Point Clubhouse (see above). 802-295-5206

# 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.

802-295-1868

*Vermont Quit Line*

877-YES-QUIT (937-7848)

*New Hampshire Help Line*

800-879-8678

## **See also the section on Mental Health**

802-728-4466, Randolph

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

802-222-4477, Bradford

*Healthcare and Rehabilitation Services of SE*

802-295-3031

*Vermont (HCRS)*: Offers substance abuse services. There is a walk-in clinic open Tues & Thurs, from 2 - 4 pm.

White River Junction

*The Counseling Centers (A Division of West*

800-556-6249

*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.

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

---

## TRANSITIONAL HOUSING

*Willow Grove:* Provides safe, supportive, and substance free transitional housing for recovering women. In this facility, a woman is able to gain a stronger foundation in recovery and move toward an independent, productive life.

Minimum three weeks sobriety required. 802-281-7076

## DRUG & ALCOHOL SITES ON THE INTERNET

*Addiction Resource Guide*

[www.hubplace.com/addictions/](http://www.hubplace.com/addictions/)

Comprehensive directory of addiction treatment facilities online

*Center for Disease Control Tips*

[www.cdc.gov/nccdphp/osh/index.htm](http://www.cdc.gov/nccdphp/osh/index.htm)

Information and materials to help you quit smoking

*National Clearinghouse for Alcohol & Drug Information*

[www.health.org](http://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 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. 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

(After June 2006, UDS will merge with Developmental Services of Sullivan County) 603-542-8706  
Main Street, Claremont

# Chronic Illness & Disability

---

*Chronic Disease Information Service (CDIS):* Free resources and information [www.chronic-disease.net](http://www.chronic-disease.net)

*Chronic Conditions Information Network (CCIN):* Free resources, information, PDF guides. [www.cc-info.net](http://www.cc-info.net)

*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 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  
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. 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,  
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 competition for those with developmental disabilities or cognitive delays. NH: 800-639-2608  
VT: 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:* 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
American Cancer Association American Cancer Society	1-800-562-2623 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
Association for Cerebral Palsy	802-863-1326
Autism Society of Vermont	802-457-3764
Brain Injury Association of New Hampshire	1-800-773-8400
Cerebral Palsy Association of Vermont	802-223-5161
Lupus Foundation	NH: 603-424-0111 VT: 802-244-5988
Multiple Sclerosis National Society	1-800-FIGHT-MS
Muscular Dystrophy Association	802-862-6424, 603-471-2722
New Hampshire Association for the Blind	1-800-464-3075
Rape, Abuse & Incest National Network	1-800-656-HOPE
Vermont Association for the Blind and Visually Impaired	802-254-8761

# 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  
48 Lebanon St., Hanover
- Mascoma Area Senior Center:* Offers home delivered meals, community meals Mon - Fri, 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 800-575-5162. 603-448-5182  
325 Mt. Support Rd,  
Lebanon

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  
800-642-5119

New Hampshire Service Link  
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](http://www.hitchcock.org)

## Support & Discussion Groups

### *ADD/ADHD Support Group for Parents*

Meets monthly, 5-7:00 pm. Dartmouth Hitchcock Medical Center(DHMC), Lebanon. For information, call Philip Eller, 603-448-6393.

### *Alzheimer's Disease Support and Education Group*

Meets on the 2nd Monday of the month from 1:30-3:00 pm in Conference Room 5A of the new Doctors' Office Building at DHMC and on the 4th Monday of the month from 6:30 - 8:00 pm in the same location. For further information, call 603-650-2887.

### *The Memory Club*

A free support and education program exclusively for persons with Alzheimer's Disease. Held monthly on the fourth Friday from 1:30 - 3:00 pm at DHMC. Pre-registration required. Call 603-650-2887.

### *Bariatric Surgery Support Group*

If you are interested in having gastric bypass surgery, your first step is to attend one of these meetings. For more information, call (603) 650-7913.

### *Cancer Support Groups (see section Cancer Support and Education below)*

### *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 pm. For more information, call Gregory Cook, MSW, 603-650-5797.

# Support Groups

---

## *Children with Special Needs*

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

## *Chronic Illness*

A support group for women with chronic illness. Meets 1st and 3rd Sunday of month, 3:00-4:30 pm at the Women's Health Resource Center, On the Mall, Lebanon, NH. For information, call 603-650-HERS.

## *DEAF (Deaf and Hard of Hearing Empowerment & Advocacy for Families)*

Meets 7 times a year. For more information, email [kirsten.elin@valley.net](mailto:kirsten.elin@valley.net) or call Toni LaMonica at 603-653-1488.

## *Diabetes Education and Support Group for Children and Their Parents*

Meets 1st, 3rd and 5th Wed. of month, 12:00 - 1:00 pm at DHMC. Please register. Call Pediatrics 603-653-9877.

## *Diabetes Insulin Pump Support Group*

Meets quarterly. Call the Endocrinology Office for details, 603-650-8630.

## *Diabetes Support Group*

For information, call the Endocrinology Office, 603-650-8630.

## *Divorcecare*

A 13-week support group for those who are divorced or separated. Support group will be held on Monday nights beginning on March 7, 2005 from 6-8 pm at the Lebanon First Baptist Church in Lebanon, NH. For more information, call Gail McCoy at 802-296-2367.

## *Epilepsy Surgery Support Group*

Information, education and support for patients who have had or will have epilepsy surgery and their families. Offered every other month. For information, call Karen Gilbert, 603-650-7533.

## *Fatherhood Discussion Group*

1st and 3rd Thursday of each month - 6-7:30 pm at the VNA, 325 Mt. Support Road, Lebanon, NH. Call the Upper Valley Fatherhood Network at 603-443-5154 for information.

## *Fibromyalgia Support Group*

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

# Support Groups

---

## *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.

## *Hemophilia Patient/Family Group Discussion*

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

## *Hepatitis C Support Group*

Meets 3rd Thursday of month at DHMC in Cafe B from 5-6:30 pm. Call Tammy Blakeney at 603-448-8887 or 800-816-2220 for more information.

## *Huntington Disease Support Group of the Upper Valley*

Will meet at DHMC, CHaD Family Conference Room (Level 6 of the new Doctors' Building) on the 2nd Thursday of each month from 7-8:30 pm. For more information, call Susan Berg at 603-653-6044.

## *Making Change - A Support Group for Youth*

Meets every Wednesday from 6-7 pm. at The Turning Point Club in the Tip Top Building, White River Junction, VT. For more information, call Robert Bryant at 603-643-6603. For high school aged young people who are contemplating or committed to recovery from alcohol or drug dependence. No parents, please.

## *Neuromuscular Diseases Patient/Family Support Group*

Meets on 2nd Wednesday of month, 11:30 a.m.-12:30 pm at DHMC. Call Yoni Stevens at 603-650-5801.

## *Parkinsons Support Group*

Meets 1st Tuesday 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 Bill Brawley at 603-643-7494 or e-mail him at [bbrawley@mac.com](mailto:bbrawley@mac.com).

## *PFLAG*

For parents, families and friends of lesbians and gays. Meets 2nd Monday of month from 7:00-9:00 pm, Auditorium A, DHMC. Call Nancy Mogielnicki, 603-653-9662.

## *Practicing Mindfulness*

Meets Thursdays from 1:45 - 2:15 pm. An ongoing meditation practice held in the chapel of DHMC. For more information, call John Shukwit at 603-650-7963.

# Support Groups

---

## *Restless Leg Support Group*

Meets in the Gathering Room at Kendal at Hanover. For more information, call Pip Richens at 603-643-2624. Pre-registration is requested.

## *Star Mentoring Program*

For teens with chronic illness and their parents. Group dinners and activities are available throughout the school year. Dartmouth College students with similar disabilities volunteer as mentors. Call 603-653-1495.

## *Stroke Support Group*

Meets 1st Tuesday of month, 10:30-11:30 am, DHMC Conference Center. Call Jane Stephenson, MSW, 603-650-8848. (No meeting in September.)

## *Traumatic Brain Injury Group in Lebanon*

Survivors and their family. Offered on the 2nd Wednesday of the month at DHMC - 6:30-8:30 pm. Call Donna Crowley, RN, 603-650-7339.

## *Upper Valley Amputee Support Group*

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

## *VT/NH Depression and manic Depression Support Group*

Meets Thursdays from 6:00-8:00 p.m. at Glen Road Plaza, Room 215, West Lebanon. For information, call Jean Townsend at 603-632-7493

"Well Spouse" Support Group: For spouses of the chronically ill. For information, call 603-650-8875

## *Wit s End*

A support group for family and friends of adolescents/young adults suffering from substance abuse/addiction. Meets on Monday nights from 6-7:30 p.m. at the Turning Point Club, White River Junction, VT. For more information, call Jackie Pierce at 802-295-2982.

# Support Groups

---

## Cancer Support and Education

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

### *Norris Cotton Cancer Center*

Norris Cotton Cancer Center is dedicated to helping you find the information you need to make good decisions about your care, and to deal with the consequences of living with cancer.

### *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.

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

Individual consultations for people with changes in appearance. Wig, hair/skin care, scarves, makeup, DHMC. First Tuesday of every other month (April, June, August, October and December) 10a.m.-noon, at the Women's Health Resource Center, On the Mall, Lebanon. To register, call Doris 603-448-6417.

### *Coping with Cancer*

A support group for Adults. Support for patients and for their families and partners First Monday of each month, 1:30 to 3 pm. Cook Conference Room, 5th Floor, Norris Cotton Cancer Center (DHMC). Call 1-800-639-6918 for more information.

### *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 Norris Cotton Cancer Center Hotline at 800-639-6918 to be matched with a volunteer or e-mail [Cancerhelp@dartmouth.edu](mailto:Cancerhelp@dartmouth.edu).

### *Women with Breast Cancer*

Turning Points Support for patients. Second Thursday each month 6-7:15 pm. Women's Health Resource Center, On the Mall, Lebanon, NH For more information call 603-653-3513.

### *The Women's Group*

Meets the 3rd Thursday of the month from 12-1:30 pm in Room 890, Rubin Building, Norris Cotton Cancer Center. Call Margie Cole at 603-653-3513 for more information.

# Support Groups

---

## *The BeFriend Program*

Offers breast cancer patients insight and advice from a caring and reliable source: other women who have been through the same thing. To learn more about the BeFriend program, or to arrange to speak with a volunteer, contact Margie Cole at 603-653-3513 or Laurel Ludy at 603-653-3514.

## *Ovarian Cancer Support Group*

Education and support for women with ovarian cancer, their families and friends. Second Wednesday of each month, 1-2 pm, light refreshments provided. Cook Conference Room, Norris Cotton Cancer Center, Level 5. For more information call Laura Urquhart at 603-653-3530.

## *Head and Neck Cancer Support Group*

Education and support for those with head and neck cancer, their families and friends 4th Wednesday of each month, 3:30-5 pm, Auditorium D, Norris Cotton Cancer Center.

## *Brain Tumor Support Group*

This group has been temporarily suspended. Please call Louise Meyer, ARNP, for updates at 603-650-6633.

## *Prostate Cancer Support Group*

Co-sponsored by our NH American Cancer Society chapter. For topics scheduled, email [rick.wold@cancer.org](mailto:rick.wold@cancer.org) or call the CHL at 1-800-639-6918. Support for patients and for their families and partners 4th Monday each month 6:30 to 8:30 pm, Fuller Board Room, Level 3, DHMC.

# Support Groups

---

## BEREAVEMENT SUPPORT GROUPS HOSPICE

*Call 603-448-5182 or 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.

### *Compassionate Friends*

Self-help, non-denominational support group for bereaved parents.

### *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 DHMC.

### *Younger Widowed Persons Support Group*

For anyone under 60 who has lost a partner or spouse. Hospice, 325 Mt. Support Rd., Lebanon.

## VETERANS SUPPORT GROUPS

Held at the VET Center, 222 Holiday Drive, White River Junction, Vermont.  
For more information, call 802-295-2908

# Support Groups

---

## Parental and Perinatal Education/Support

Programs are offered at the Pregnancy Resource Center at the Women's Health Resource Center on the mall in Lebanon or DHMC unless otherwise noted. For tours/information/registration contact Susan Edwards, Program Coordinator, at 603-650-7860 or other contact person as noted.

### *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 am -4 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 weeks 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-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.

## *VNA Monday and Thursday Play Group*

For parents and young children. Meets 9:30-11am, Monday at the Congregational Church of Lebanon and Thursday at Beechwood Apts, West Lebanon. Call Tina Callaway at 603-448-1597 for more information.

## *Emerge Family Advocates*

Provides supervised visitation to families. We provide a safe and neutral place for parents to visit with their children when there has been domestic violence, drug/alcohol abuse, child abuse, stalking, sexual abuse allegations, or highly conflictual divorces. Serving Windsor County, VT and Grafton and Sullivan Counties in NH, P.O. Box 1224, White River Junction VT 05001. 802-296-7521. \$20 intake fee, \$20-35 per hour. Services open to anyone.

## *Peer Navigators*

Serving Northern Windsor and Orange Counties. Our purpose is to provide free help/support to parents with disabilities and families and individuals that need assistance in accessing and navigating the human services system. 800-639-6071 Joy Prior hartfordnavigator@yahoo.com

# 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

<i>New Hampshire Works</i> 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
<i>NH Vocational Rehabilitation:</i>	603-448-5793
<i>Vermont Department of Employment and Training:</i> Provides job seeking and resume services, career counseling, referrals to vocational rehabilitation and VSAC. Services are free. To apply for unemployment benefits, call 877-214-3330. Vermont Department of Employment and Training Job information Line, call 800-464-4473	802-295-8805 Gilman Complex Holiday Dr., WRJ
<i>VT Vocational Rehabilitation:</i>	802-295-8850
<i>Vermont Student Assistance Corp. (VSAC):</i> State specialist in financial aid and guidance counseling for Vermonters looking to continue their education.	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  
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

*Granite State College:* 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  
On the Mall  
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.

800-639-1472

# Employment & Job Training

---

## Volunteer Opportunities

Many organizations in the Upper Valley depend on volunteers. Check the Valley News for a full listing.

*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

*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](http://www.valley.net)

*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

# 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. 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. 800-562-3994  
Moody Bldg,  
Tremont Square  
Claremont

To get the Senior Citizens 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

*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. Contact Winona Ward. 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. 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.) 800-917-7787

# Transportation

---

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

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

*New Hampshire Medicaid Ride Coordinator:* The Coordinator will provide names and telephone numbers of drivers who accept Medicaid payment for transportation. Medicaid will reimburse parents for transportation to and from medical appointments and the pharmacy. Families must enroll for this service. NH: 800-852-3345  
x3770  
VT: 802-295-5215

*Valley Transportation:* For Dr. Dynasaur and VT Medicaid recipients who don't have a car, arranges a driver for medical appointments. 888-869-6287

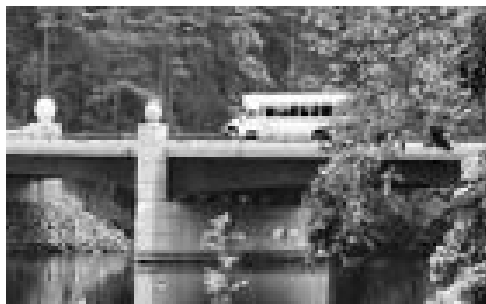
*Stagecoach:* Provides free transportation for VT Medicaid clients without cars for medical appointments. Also provide Ticket-to-Ride program for those over 60 years old or with disabilities. This provides transportation for only 20% of the cost. 800-427-3553

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

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

*Bonnie CLAC:* Helping people gain reliable transportation by working with car dealerships and offering loan guarantees and low interest rates. 2 Whipple Place  
Lebanon, NH  
03766

603-443-9701



# 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.

Yoga and Tai Chi can both help you relax. There are many groups and classes through the Upper Valley. From time to time, the Good Neighbor Clinic is able to offer classes at the clinic.

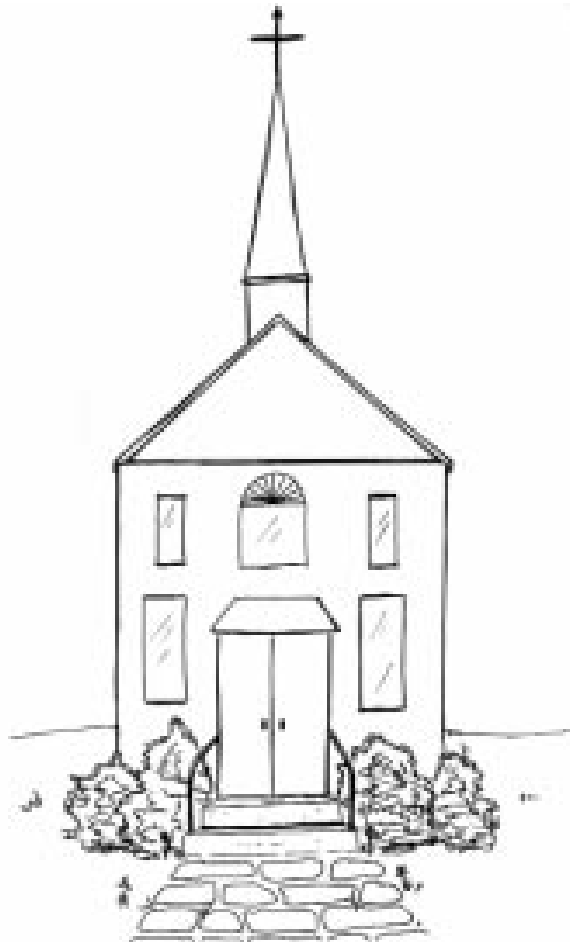
# Spirituality

---

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).

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



## *Your Important Information and Numbers*

---

# Index

---

Adult Tutorial Program	<a href="http://www.nhliteracy.org/nhcl">www.nhliteracy.org/nhcl</a>	84
Advance Transit	<a href="http://www.advancetransit.com/">www.advancetransit.com/</a>	88
AIDS Community Resource Network (ACORN)	<a href="http://www.acornvtnh.org/">www.acornvtnh.org/</a>	68
AIDS Hotlines		6
Al-Anon	<a href="http://www.al-anon.alateen.org/">www.al-anon.alateen.org/</a>	64
Alateen		64
Alcoholics Anonymous	<a href="http://www.alcoholics-anonymous.org">www.alcoholics-anonymous.org</a>	64
Alice Peck Day Hospital	<a href="http://www.alicepeckday.org">www.alicepeckday.org</a>	47
American Red Cross	<a href="http://centralvtnhvalley.redcross.org">centralvtnhvalley.redcross.org</a>	27
Bugbee Senior Center	<a href="http://www.coasevt.org/">www.coasevt.org/</a>	71
Care Net Pregnancy Care Center	<a href="http://www.care-net.org/">www.care-net.org/</a>	53
Casey Family Services	<a href="http://www.caseyfamilyservices.org">www.caseyfamilyservices.org</a>	58
Central Vermont Community Action Council (CVCAC)	<a href="http://www.cvcac.org">www.cvcac.org</a>	13, 27
Child and Family Services	<a href="http://www.cfsnh.org">www.cfsnh.org</a>	59
Child Care Project	<a href="http://www.dartmouth.edu/dms/psychtry/education/childcare.htm">www.dartmouth.edu/dms/psychtry/education/childcare.htm</a>	57
Children s Hospital at Dartmouth (CHAD)	<a href="http://www.dhmc.org">www.dhmc.org</a>	47
Clara Martin Center	<a href="http://www.connriver.net/ClaraMartin">www.connriver.net/ClaraMartin</a>	56, 61, 65, 68
Community College of Vermont	<a href="http://www.ccv.vsc.edu">www.ccv.vsc.edu</a>	84
Cottage Hospital	<a href="http://www.cottagehospital.org">www.cottagehospital.org</a>	47
Counseling Centers, The	<a href="http://www.wcbh.org">www.wcbh.org</a>	60, 61, 65
COVER	<a href="http://www.coverhomerepair.org">www.coverhomerepair.org</a>	23
Dartmouth Hitchcock Medical Center (DHMC)	<a href="http://www.dhmc.org">www.dhmc.org</a>	47
Dartmouth Hitchcock Psychiatric Associates	<a href="http://www.dhmc.org">www.dhmc.org</a>	61
Dental Care		50
Developmental Services of Sullivan County		67
DoulaCare	<a href="http://www.napcs.org/listmembers.asp">www.napcs.org/listmembers.asp</a>	53
Dr. Dynasaur	<a href="http://www.dsw.state.vt.us/districts/ovha/drdynasaurbrochure.pdf">www.dsw.state.vt.us/districts/ovha/drdynasaurbrochure.pdf</a>	45, 88
Emerge Family Advocates	<a href="http://www.visitationcoop.org/VT_Centers/EMERGE_Family_Advocates/emerge_family_advocates.htm">www.visitationcoop.org/VT_Centers/EMERGE_Family_Advocates/emerge_family_advocates.htm</a>	81
Expanded Food & Nutrition Education Program, The	<a href="http://www.reeusda.gov/f4hn/efnep/efnep.html">www.reeusda.gov/f4hn/efnep/efnep.html</a>	22
Eyecare		50
Family Place, The		54, 57, 58, 61, 68

# Index

---

Family Resources	<a href="http://www.state.nh.us/nhsl/frc">www.state.nh.us/nhsl/frc</a>	68
Connection		
Food Stamp Program	<a href="http://www.fns.usda.gov/fsp">www.fns.usda.gov/fsp</a>	14
Gifford Medical Center	<a href="http://www.giffordmed.org">www.giffordmed.org</a>	46
Good Beginnings		54, 81
Good Neighbor Health Clinic	<a href="http://www.vccu.net/gnhc.htm">www.vccu.net/gnhc.htm</a>	47, 49, 51, 82
Granite State College		84
Habitat for Humanity	<a href="http://members.valley.net/~habitat">members.valley.net/~habitat</a>	27
Hannah House	<a href="http://www.ed.gov/pubs/Compendium/ch3d.html">www.ed.gov/pubs/Compendium/ch3d.html</a>	25, 53
Hanover Community	<a href="http://www.hanovernh.org/twn_commcounsel.html">www.hanovernh.org/twn_commcounsel.html</a>	61
Counselor		
Hanover Senior Center	<a href="http://www.hanovernh.org/twn_seniorctr.html">www.hanovernh.org/twn_seniorctr.html</a>	71
Hartford Housing Authority	<a href="http://www.hartford-vt.org">www.hartford-vt.org</a>	27
Have Justice, Will Travel	<a href="http://www.havejusticewilltravel.org/">www.havejusticewilltravel.org/</a>	31, 87
Head Start	<a href="http://www.nhsa.org">www.nhsa.org</a>	11, 55
Headrest	<a href="http://www.headrest.org">www.headrest.org</a>	6, 61, 64
Healing Arts Clinic, The		51
Healthcare and Rehabilitation	<a href="http://www.hcrs.org">www.hcrs.org</a>	56, 60, 65, 67
Services of SE Vermont (HCRS)		
Healthy Kids	<a href="http://www.nhhealthykids.com">www.nhhealthykids.com</a>	46
High Horses Therapeutic Riding Program		69
HIV, AIDS		36
Hospice of the Upper Valley		72, 79
Institute for Lifelong	<a href="http://www.dartmouth.edu/~ilead">www.dartmouth.edu/~ilead</a>	84
Education at Dartmouth (ILEAD)		
Ladies First: Women s	<a href="http://www.healthyvermonters.info/hs/epi">www.healthyvermonters.info/hs/epi</a>	40, 52
Cancer Screening	<a href="http://cdepi/cancer/ladiesfirst/index.html">/cdepi/cancer/ladiesfirst/index.html</a>	
Lebanon College	<a href="http://www.lebenoncollege.edu">www.lebenoncollege.edu</a>	84
Lebanon Housing Authority	<a href="http://www.lebcity.com">www.lebcity.com</a>	28
Let No Woman Be Overlooked	<a href="http://www.dhhs.state.nh.us/DHHS/BCCP/default.htm">www.dhhs.state.nh.us/DHHS/BCCP/default.htm</a>	40, 62
Lions Club		50
LISTEN Community Services		10, 21
Live-Free-Smoke-Free		6, 63, 65
Mascoma Area Senior Center	<a href="http://www.gscsc.org/mascoma.cfm">www.gscsc.org/mascoma.cfm</a>	71
Medicaid	<a href="http://www.dhhs.state.nh.us">www.dhhs.state.nh.us</a>	45
	<a href="http://www.dsw.state.vt.us/districts/ovha/ovha5.htm">www.dsw.state.vt.us/districts/ovha/ovha5.htm</a>	
Mt. Ascutney Hospital	<a href="http://www.mtascutneyhosp.hitchcock.org">www.mtascutneyhosp.hitchcock.org</a>	47
& Health Center		
Mountainside		25
New England Handicapped	<a href="http://www.nehsa.org">www.nehsa.org</a>	69
Sports Association		
Northeast Organic	<a href="http://www.nofavt.org">www.nofavt.org</a>	14
Farming Association		
NH Catholic Charities	<a href="http://www.catholiccharitiesnh.org">www.catholiccharitiesnh.org</a>	60

# Index

---

NH Department of Health & Human Services	<a href="http://www.dhhs.state.nh.us">www.dhhs.state.nh.us</a>	8
NH Legal Advice & Referral Center (LARC)	<a href="http://www.mv.com/ipusers/larc">www.mv.com/ipusers/larc</a>	86
NH Legal Assistance Branch Offices	<a href="http://www.nhla.org">www.nhla.org</a>	86
NH Medicaid Ride Coordinator		88
NH Ombudsman	<a href="http://www.ltombudsman.org/static_pages/memex/NewHampshire.cfm">www.ltombudsman.org/static_pages/memex/NewHampshire.cfm</a>	72, 87
NH Poison Control Center	<a href="http://www.keepkidshealthy.com/welcome/poison_control.htm">www.keepkidshealthy.com/welcome/poison_control.htm</a>	7
NH Unemployment Office	<a href="http://www.nhes.state.nh.us">www.nhes.state.nh.us</a>	83
NH Vocational Rehabilitation Office	<a href="http://www.ed.state.nh.us/VR/index.htm">www.ed.state.nh.us/VR/index.htm</a>	83
New London Hospital	<a href="http://www.newlondonhospital.org">www.newlondonhospital.org</a>	47
Next Step Peer Support Center	<a href="http://www.nhpeersupport.com/peer_support.htm">www.nhpeersupport.com/peer_support.htm</a>	64
Nutrition Connections	<a href="http://ceinfo.unh.edu/Family/Documents/nutrcon.htm">ceinfo.unh.edu/Family/Documents/nutrcon.htm</a>	22
Orange County Parent Child Center		54, 58
Orange East Senior Center		69
Orford Area Senior Services	<a href="http://www.gcsc.org/orford.cfm">www.gcsc.org/orford.cfm</a>	71
Parent-to-Parent of VT	<a href="http://www.partoparvt.org">www.partoparvt.org</a>	59
Parent-to-Parent of NH	<a href="http://www.parenttoparentnh.org">www.parenttoparentnh.org</a>	59
Partners in Health	<a href="http://www.vrh.org/docs/prog&amp;serv/PIHC.pg.html">www.vrh.org/docs/prog&amp;serv/PIHC.pg.html</a>	48
Planned Parenthood	<a href="http://www.ppnne.org/site/PageServer">www.ppnne.org/site/PageServer</a>	40, 52, 53
Precision Valley Free Clinic	<a href="http://www.vccu.net/pvfc.htm">www.vccu.net/pvfc.htm</a>	48
Pregnancy Resource Center	NH: <a href="http://www.pregnancycenters.org/nh.html">www.pregnancycenters.org/nh.html</a> VT: <a href="http://www.pregnancycenters.org/vt.html">www.pregnancycenters.org/vt.html</a>	53, 80
Randolph Senior Center		71
Red Logan Dental Clinic	<a href="http://www.vccu.net/rldc.htm">www.vccu.net/rldc.htm</a>	50
Royalton Area Senior Center		72
Safe at Home Address Confidentiality Program	<a href="http://www.sec.state.vt.us/otherprg/safeathome/how.html">www.sec.state.vt.us/otherprg/safeathome/how.html</a>	31
SERVE New England	<a href="http://www.servenewengland.org">www.servenewengland.org</a>	14
Smoking Cessation		82
South Royalton Legal Clinic	<a href="http://www.vermontlaw.edu/experiential/index.cfm">www.vermontlaw.edu/experiential/index.cfm</a>	86
Southern Vermont Community Action Council (SEVCA)		13, 27
Special Olympics	<a href="http://www.specialolympics.org">www.specialolympics.org</a>	69
Stagecoach		88
Step Up for Women	<a href="http://www.nnetw.org/stepup.php">www.nnetw.org/stepup.php</a>	84
Thompson Senior Center		72
Transportation		70, 88
Tri -County Community Action Program (CAP)		10, 11

# Index

---

Tucker Foundation at Dartmouth College	<a href="http://www.dartmouth.edu/~tucker">www.dartmouth.edu/~tucker</a>	23, 68
Turning Point Club		64
Twin Pines Housing Trust	<a href="http://www.twinpineshousingtrust.org">www.twinpineshousingtrust.org</a>	28
United Developmental Services		67
Upper Valley Fatherhood Network		59, 74
Upper Valley Haven	<a href="http://www.charityadvantage.com/haven/Home.asp">www.charityadvantage.com/haven/Home.asp</a>	17
Upper Valley Holistic Arts Collective		51
Upper Valley Hostel		27
Upper Valley Rideshare	<a href="http://www.uppervalleyrideshare.com">www.uppervalleyrideshare.com</a>	88
Upper Valley Senior Center	<a href="http://www.gcsc.org/upvalley.cfm">www.gcsc.org/upvalley.cfm</a>	72
Upper Valley Services	<a href="http://www.areasource.org/frameset.html">www.areasource.org/frameset.html</a>	67
Upper Valley Support Group	<a href="http://www.uvsg.org">www.uvsg.org</a>	68
ValleyNet	<a href="http://www.valley.net">www.valley.net</a>	85
Valley Regional Hospital	<a href="http://www.vrh.org">www.vrh.org</a>	47
VT Adaptive Ski & Sports	<a href="http://www.vermontadaptive.org">www.vermontadaptive.org</a>	69
VT Adult Learning	<a href="http://www.vermontcareers.org/aes/aespgmslearningctrs.html">www.vermontcareers.org/aes/ aespgmslearningctrs.html</a>	83
VT Center for Independent Living	<a href="http://www.vcil.org">www.vcil.org</a>	67
VT Children's Aid Society	<a href="http://www.vtcas.org">www.vtcas.org</a>	53
VT Dental Referral	<a href="http://www.dentalfind.com">www.dentalfind.com</a>	50
VT Department of Employment and Training	<a href="http://www.det.state.vt.us">www.det.state.vt.us</a>	83
VT Department of Health	<a href="http://www.healthyvermonters.info">www.healthyvermonters.info</a>	58
VT Department of Economic Services	<a href="http://www.dsw.state.vt.us">www.dsw.state.vt.us</a>	12
VT Federation of Families		61
VT Health Access Plan (VHAP)	<a href="http://www.dsw.state.vt.us/districts/ovha/ovha10.htm">www.dsw.state.vt.us/districts/ovha/ovha10.htm</a>	12, 45
VT Legal Aid	<a href="http://www.vtlegalaid.org">www.vtlegalaid.org</a>	86
VT Ombudsman	<a href="http://www.dad.state.vt.us/lcinfo/ombudsman.html">www.dad.state.vt.us/lcinfo/ombudsman.html</a>	87
VT Poison Control Center	<a href="http://www.keepkidshealthy.com/welcome/poison_control.htm">www.keepkidshealthy.com/ welcome/poison_control.htm</a>	7
VT Public Health Nurse	<a href="http://www.vnavnh.org">www.vnavnh.org</a>	53
VT Services for Children with Special Health Needs	<a href="http://www.healthyvermonters.info/hi/cshn/cshn.shtml">www.healthyvermonters.info/hi/cshn/cshn.shtml</a>	67
VT State Housing Authority	<a href="http://www.vsha.org">www.vsha.org</a>	27
VT Student Assistance Corp. (VSAC)	<a href="http://www.vsac.org">www.vsac.org</a>	83
VT Tenant's, Inc.	<a href="http://www.cvoeo.org/vti/vtiindex.htm">www.cvoeo.org/vti/vtiindex.htm</a>	23
VT Vocational Rehabilitation office	<a href="http://www.dad.state.vt.us/dvr">www.dad.state.vt.us/dvr</a>	83
Veterans Support Groups		79

# Index

---

VisionUSA	<a href="http://www.aoanet.org">www.aoanet.org</a>	50
Visiting Nurse Alliance of VT & NH	<a href="http://www.vnavnh.org">www.vnavnh.org</a>	14, 50, 53
Volunteers in Action	<a href="http://www.mtascutneyhosp.hitchcock.org">www.mtascutneyhosp.hitchcock.org</a>	88
Windsor Community Health Clinic	<a href="http://www.vccu.net/wchc.htm">www.vccu.net/wchc.htm</a>	48
Woman to Woman	<a href="http://www.giffordmed.org">www.giffordmed.org</a>	48, 52
Women's Health Resource Center, The	<a href="http://www.hitchcock.org/webpage.cfm?site_id=2&amp;org_id=99">www.hitchcock.org/webpage.cfm?site_id=2&amp;org_id=99</a>	52
Women's Information Service (WISE)	<a href="http://www.wisefoftheuppervalley.org">www.wisefoftheuppervalley.org</a>	31
Women's Supportive Services		6, 30, 31
Youth-In-Action		85

## **This Guide**

**[www.dartmouth.edu/dms/students/resources.shtml](http://www.dartmouth.edu/dms/students/resources.shtml)**

