

Health & Wellness

Spring 2022 *A Special Supplement to*



 The
CALEDONIAN
RECORD SINCE 1837



Information,
inspiration and
local resources
to support your
wellness goals



HEALTH & Wellness

- 4 How To Navigate The Confusion Around Stretching
- 5 Family Activities To Get Kids Off The Couch
- 6 What To Know About Nerve Injuries
- 8 Strategies To Lose Weight Safely
- 10 Weightlifting Tips For Beginners
- 11 What The Nutrients Found In Many Fruits And Vegetables Do For Your Body
- 12 The Many Health Benefits Of Dairy
- 13 Did You Know?
- 15 7 Lifestyle Choices To Reduce Cancer Risk



A PUBLICATION OF THE CALEDONIAN-RECORD
PUBLISHING COMPANY

190 FEDERAL STREET, ST. JOHNSBURY, VT

CONTACT US:

news@caledonian-record.com
802-748-8121
www.caledonianrecord.com

©Caledonian-Record Publishing Company, Inc - 2022



NORTHERN Express Care



Walk-in care for all.

Northern Express Care is open to everyone to treat routine medical needs. No appointment necessary!

- Sprains and strains
- Minor cuts
- Cold and flu
- Sore throat
- Stomach issues
- Ear infection
- Urinary tract infection
- Vaccines
- Minor skin and eye irritation
- Mild fever

Lyndonville

At Corner Medical
195 Industrial Pkwy

Monday - Friday:
9 am - 7:30 pm
Sat: 9 am - 2 pm

802-748-9501
nvrh.org

St. Johnsbury

In Downtown at
1 Eastern Avenue

Monday - Friday:
9 am - 7:30 pm
Sat: 9 am - 3 pm

802-633-6351
nchcvt.org

Newport

In Downtown at
137 Main Street

**COMING
SUMMER
2022!**

802-995-2412
nchcvt.org

NORTHERN EXPRESS CARE IS BROUGHT TO YOU BY



Northeastern Vermont
Regional Hospital



Northern Counties
HEALTH CARE





NATURAL PROVISIONS

Today's Natural General Store & Deli

SENIORS 10% OFF EVERY DAY

Check Out Our Fresh Deli

Now Offering:
Fresh hand-rolled sushi, spring rolls, dumplings, assorted entrées & more!

Party Platters Available to Order



SKIDA
❄️❄️❄️❄️❄️

DARN TOUGH VERMONT

- Natural Food & Produce
- Fresh Sushi
- Kitchenware • Gifts • Wine
- Large CBD Selection
- Deli – Daily Specials
- Darn Tough Socks

537 Railroad Street, St. Johnsbury, VT
802-748-3587 • www.naturalprovisionsvt.com
Hours: Mon.-Fri. 9am-6pm • Sat. 9am-5pm • Sun. 10am-4pm








How To Navigate The Confusion Around Stretching

Fitness and health care professionals generally agree that stretching is an important component of an effective workout regimen. However, there remains some confusion as to when to stretch and which stretches athletes should perform to maintain optimal health and flexibility. For example, Harvard Medical School notes that stretching was once believed necessary to warm up muscles and prepare them for activity. However, the Mayo Clinic now notes that stretching should not be considered a warmup activity. Rather, the general consensus among health care professionals is that individuals should first warm up their bodies for five to 10 minutes with some light exercise, such as low-intensity walking or jogging. In addition, the Mayo Clinic notes that some research has suggested that pre-event stretching adversely affects athletes' performance. That may be a concern for competitive athletes and can add to the confusion non-competitive fitness enthusiasts have about the importance of stretching. Individuals who exercise to improve their overall health can stretch after their five- to 10-minute warmup and then again after completing their cardio and strength training. Competitive athletes can consult their coaches and trainers about when to stretch and which stretches to perform. When stretching, all people, including competitive athletes and individuals who exercise as part of their health care routines, should focus on proper form. Numerous online tutorials indicate how to stretch the various muscle groups in a way that improves flexibility and decreases injury risk.



Spring is the Season for New Beginnings!

Margaret Pratt Community is a wonderful place to live and work. Start fresh with us and enjoy our beautiful apartments, delicious meals, social activities, and a tight-knit community that feels like family. Come for a visit and see why our community is so special.



**MARGARET PRATT
COMMUNITY**

Assisted Living

Schedule a Tour and Explore Our Community
802-222-5554 • www.margaretpratt.org • Bradford, VT



Family Activities To Get Kids Off The Couch

Thanks to increasingly busy weekday schedules that have families running in different directions for work, school and extracurricular activities, weekends are an ideal time to recharge. Too often, however, family members retire to their respective rooms, devices in hand.

Kommando Tech says people spend an average of three hours and 15 minutes on their phones each day, with Americans spending 5.4 hours a day using phones. Those statistics do not include how much additional time is likely spent on devices like tablets or laptops.

Chances are phones are being used while lounging on the couch or bed, something that has negative health consequences for many children and adults. A sedentary lifestyle can lead to weight gain, loss of muscle strength, weak bones, diminished immune system response, and poor blood circulation, according to the health information site Medline. These fun activities can get kids and parents off the couch on weekends.



TAKE A FAMILY BIKE RIDE

Inflate those tires and tighten your helmet chin straps. A family bike ride is an ideal activity for the family because it is something that can be enjoyed by all age groups. Choose the pace and the terrain based on the age of the youngest and/or oldest rider (flat, easy-to-navigate paths for the very young or the elderly), and enjoy exercise in the great outdoors.

WASH THE CARS

It's a chore, but it's one that has the potential for lots of laughs along the way — and possibly a suds fight. Washing vehicles also is a great way to cool off when the weather is warm.

ENGAGE IN SPORTS TRAINING

Whether the children participate in organized sports or not, set up an obstacle course or fitness circuit in the backyard. Everyone takes turns going through the course. The family can spend time together as everyone gets beneficial exercise.

DO A WALKING TOUR

Educational attractions like museums, zoos, aquariums and arboretums are great to visit on weekends. The family will see new sights and learn important information about exhibits, all the while walking a few miles.

VISIT AN AMUSEMENT PARK

Research the nearest amusement park and take a road trip for the day. Hours will be spent walking around the park and going on thrilling rides. Consider discounted memberships or season passes if this is the type of activity the family plans to repeat.

CHECK OUT A DRIVING RANGE

Practice golf swings at a driving range or a virtual driving range. Everyone can compete to see whose drive is the longest.

The possibilities for physically active family engagement are endless and beneficial for the body in myriad ways.



We are Seeking Wellness Leaders

The Council on Aging is looking forward to the re-opening of our wellness classes as COVID restrictions are lifted.

If you have an interest in leading a wellness class for **A Matter of Balance, Fall Prevention Tai Chi, Arthritis Foundation Exercise Program, or the Walk with Ease Program**, please reach out to Karen Budde at (802) 751-0431 or email kbudde@nekouncil.org.

We would love to welcome you as a wellness leader or participant. Keep in touch with our master schedule of wellness classes at: www.nekcouncil.org.

"Providing Communities the Tools to Age Well"

Helpline: 800-642-5119

nekouncil.org

What To Know About Nerve Injuries



The human body is a complex marvel. Various systems within the body work together to make life as humans know it possible, and though these systems are resilient, they're not invulnerable to injury.

The nervous system is a fascinating part of the human body that includes the brain, the spinal cord and nerves. This system controls much of what the body does, so it's no surprise that nerve injuries can have a profound effect on individuals' daily lives.

WHAT DO PERIPHERAL NERVES DO?

Johns Hopkins Medicine notes that peripheral nerves send messages from the brain and spinal cord to the rest of the body. This is done through a network of 43 pairs of motor and sensory nerves that control the functions of sensation, movement and motor coordination.

ARE PERIPHERAL NERVES VULNERABLE TO INJURY?

Peripheral nerves are fragile and easily damaged, so they are vulnerable to injury. Serious injury or trauma may require surgery, and the grade of severity, which can be determined using the Sunderland scale, will help doctors determine a treatment plan. The Mayo Clinic emphasizes the importance of seeking immediate treatment for peripheral nerve injuries, as doing so can prevent complications and permanent nerve damage.

WHAT CAUSES PERIPHERAL NERVE INJURIES?

Johns Hopkins Medicine indicates that peripheral nerve injuries can occur after suffering a laceration (a cut or tear in the nerve tissue), severe bruising, stretching, electrical injury, or drug injection injury. Gunshot wounds also can cause peripheral nerve injuries.

WHAT ARE THE SYMPTOMS OF PERIPHERAL NERVE INJURIES?

The Mayo Clinic notes that symptoms of peripheral nerve injuries, including pain, range from mild to severe. Severe symptoms can seriously limit individuals' ability to perform and engage in daily activities.

Symptoms differ depending on which nerve fibers are affected. Motor nerves reg-

Providing high quality, accessible, patient-centered health care and dental care.

Building healthy families and thriving communities.



Northern Counties
HEALTH CARE

Compassionate Care in Our Home or Yours

Call for more information or to schedule a visit.

Complete information at nchcvt.org

Caledonia Home Health Care & Hospice: 802 748-8116

Concord Health Center: 802 695-2512

Danville Health Center: 802 684-2275

Hardwick Area Health Center:
802 472-3300

Island Pond Health & Dental Center: 802 723-4300

Northern Counties Dental Center: 802 472-2260

Northern Express Care/ Downtown Newport: 802 995-2412
Coming Summer 2022!

Northern Express Care/Downtown St. Johnsbury: 802 633-6351

Orleans Dental Center: 802 754-6973

St. Johnsbury Community Health Center: 802 748-5041

NCHC's health & dental centers provide health care regardless of ability to pay.

ulate all the muscles under conscious control, helping people to walk, speak and hold objects. Sensory nerves relay information about touch, temperature and pain, while autonomic nerves regulate activities that are not consciously controlled, such as breathing, heart function and digestion. Since these functions are so different, it's no surprise that injuries to each type of nerve produce different symptoms.

- **Motor nerves:** Muscle weakness, uncontrollable muscle twitching and painful cramps are characteristics of motor nerve injuries.
- **Sensory nerves:** Sensory nerve injury symptoms may include numbness, tingling in the hands or feet and difficulty sensing pain or changes in temperature. Individuals also may experience difficulty walking, maintaining their balance with their eyes closed or fastening buttons.
- **Autonomic nerves:** Excessive sweating, changes in blood pressure, an inability to tolerate heat, and gastrointestinal issues are potential indicators of autonomic nerve injuries.

Peripheral nerve injuries can adversely affect quality of life. But reporting symptoms early can help doctors devise treatment plans to minimize pain and reduce risk for permanent damage.

St. Johnsbury House

SENIOR LIVING COMMUNITY

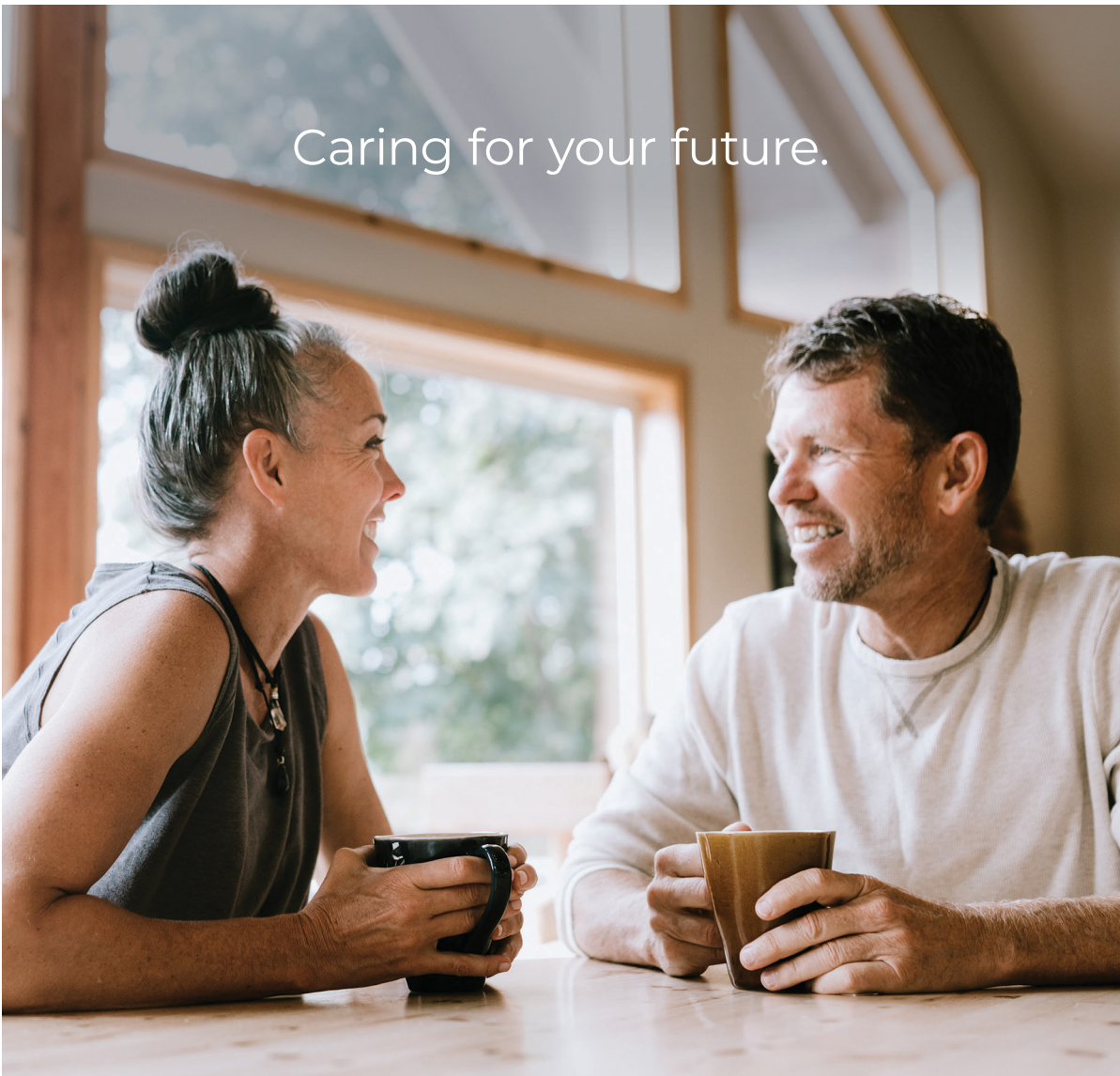


Beautifully Restored Historic Site
featuring charming 1-bedroom apartments



- **Senior Independent Living Community**
- **Area Senior Meal Site**
- **Good Living Senior Center**

1207 MAIN ST., ST. JOHNSBURY, VT
802-748-1772



Whether you're a seasoned investor or just getting started, we have a team of experienced professionals who can provide you with a comprehensive plan to meet your investment goals.

- Retirement Planning
- Investment Management
- Access to Estate Planning*

*We do not provide legal or tax advice. Consult your legal and/or tax advisor.

802-751-4335 • passumpsicbank.com/investment-services



Passumpsic
Financial Advisors



We do not provide legal or tax advice. Consult your legal and/or tax advisor. Investment and insurance products and services are offered through INFINEX INVESTMENTS, INC. Member FINRA/SIPC. Passumpsic Financial Advisors is a trade name of the bank. Infinex and the bank are not affiliated. Passumpsic Savings Bank is not a registered broker/dealer. Products and services made available through Infinex are not insured by the FDIC or any other agency of the United States and are not deposits or obligations of nor guaranteed or insured by any bank or bank affiliate. Customers will be dealing directly with Infinex with respect to securities services. These products are subject to investment risk, including the possible loss of value. Michael Worden and Lyn Tober are registered representatives of Infinex.

Not a deposit | Not insured by any government agency | Securities Offered Through Infinex Investments, Inc. Member FINRA/SIPC
Not FDIC Insured | Not guaranteed by the bank | May go down in value.

Passumpsic Financial Advisors is a trade name of Passumpsic Bank.

Strategies To Lose Weight Safely

The struggle millions of individuals experience in regard to maintaining a healthy weight has led public health agencies to characterize overweight and obesity as a major public health crisis. According to the National Institute of Diabetes and Digestive and Kidney Diseases, nearly one in three adults in the United States are overweight, while more than 40 percent are considered obese. Data from Statistics Canada indicates individuals also are struggling with their weight in Canada, where nearly 27 percent of adults can be classified as obese and more than 36 percent are classified as overweight.

With so many adults in North America classified as overweight or obese, it's no wonder that fad diets and additional programs to lose weight are so easy to find. Individuals who are overweight or obese should aspire to lose weight, as doing so can lower their risk for various conditions, including some which can be deadly, such as cardiovascular disease and diabetes. But it's vital that individuals lose weight in a safe way that gives them the best chance to keep weight off. In recognition of that, the U.S. Department of Agriculture offers these tips to lose weight safely.

- Recognize what makes up a healthy weight loss program. Individuals have all sorts of options that promise to help them lose weight, but that doesn't mean each of those options is safe and/or effective. For example, the American Academy of Family Physicians notes that the typical fad diet is unhealthy and does not result in sustainable weight loss.

Some such diets can even be dangerous to your overall health. The USDA describes healthy weight loss programs as those that consist of reasonable and realistic weight loss goals. A reduced-calorie, nutritionally-balanced eating plan is another feature of a healthy weight loss program. Such programs also should encourage routine physical activity and a plan to help people

change their behaviors so they can stay on track and meet their goals.

- Know what to expect out of a healthy meal. The USDA notes that calories, portion sizes and nutrition all combine to make a healthy meal. Avoid



**We protect it.
You live it.**

Brett J. Gale, Agent
1033 Broad Street
Lyndonville, VT 05851
Bus: 802-626-8651
brett@brettgaleinsurance.com

I'm here to help life go right™ – so you can enjoy it, while I help protect it. Let's talk about your life insurance options.
CALL ME TODAY.



State Farm Life Insurance Company (Not licensed in MA, NY or WI)
State Farm Life and Accident Assurance Company (Licensed in NY and WI)
1601487 Bloomington, IL

LITTLETON food co-op

Now & Always:

We Believe Self-Care is Essential

Check out Our...

- Organic Produce
- Whole Foods
- Fair-Trade Chocolate
- Handmade Soap
- Vitamins
- Supplements
- Candles/Sage/Incense
- Artisan Bath & Bodycare

Come Check us Out!

43 Bethlehem Rd. in Littleton!

43 Bethlehem Rd.
Littleton, N.H.

Open Daily
7 AM to 9 PM

(603) 444-2800
LittletonCoop.com

high-calorie meals by limiting portion sizes. The online health resource Verywell Fit offers a useful breakdown that can help people determine healthy portion sizes:

- 1 palm: a serving of protein
- 1 fist: a serving of vegetables
- 1 thumb: a serving of fats
- 1 cupped hand: a serving of carbs

This breakdown can act as a guideline for individuals, who also can discuss appropriate portion sizes with their physicians or a licensed dietician.

• Change your lifestyle, not just your diet. A successful weight loss strategy will help individuals develop lifestyle habits that help them maintain healthy weights. Fad diets and other quick fixes only provide short-term weight loss, and the USDA urges individuals to avoid programs that they “go on” and “go off” at predetermined intervals. Long-term, healthy weight loss is achieved by changing one’s lifestyle, which requires a permanent commitment to physical activity and healthy eating.

A significant percentage of adults in both the United States and Canada is considered overweight or obese. When attempting to lose weight, those individuals can look to a comprehensive approach rooted in healthy eating and routine exercise that can help them shed pounds and keep those pounds off for good.



The Riverside Life Enrichment Center

The Riverside Life Enrichment Center is a non-profit adult day health services program providing day services to the elders and disabled adults of the Northeast Kingdom. Our program offers the necessary support to allow adults to remain in their homes and communities while also giving needed respite to family and other caregivers. Offering a wide range of services to meet the needs of everyone in attendance, including: health monitoring, nursing services, exercise therapy, recreational and social activities, and coordination of support services, transportation and a safe healthy environment.

Adult Day Health Services

Mon-Fri 8-5, Sat 9-3
2104 East Burke Road (Rt. 114)
Lyndonville, VT 05851
802-626-3900 / 866-926-3900
Fax 802-626-3939
Email: rlec@sover.net

Please call 802-626-3900 for more information

Serving Vermont’s Northeast Kingdom including but not limited to Caledonia & Essex Counties.



**Give our administrative team a call at
603-837-9342**



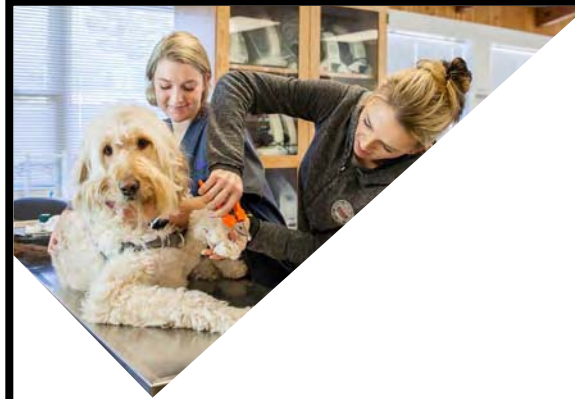
**GENERAL DENTISTRY: Dr. Bernd Weber
Dr. Mielle Fox**

ORTHODONTICS: Dr. Ramona L’Heureux

“Our Family Caring For Yours”

DEDICATED TO EXCELLENCE AND VALUE SINCE 1974

**8 Clover Lane, Suite #2, Whitefield, NH 03598
www.smilewise.net — mvd@smilewise.net**



Health Sciences and Services

At White Mountains Community College, prepare for careers in nursing, an array of direct care roles or healthcare administration:

- Health Sciences
- Licensed Practical Nurse (LPN)
- Massage Therapy
- Medical Assistant
- Medical Coding
- Nursing
- Veterinary Assistant

**Choose Community
Enroll Today**

Berlin | Littleton | North Conway | Online



**White
Mountains
Community College**

**wmcc.edu
603-752-1113**

Weightlifting Tips For Beginners

Strength training is a vital component of an effective exercise regimen. Guidelines from the Office of Disease Prevention and Health Promotion recommend adults include moderate- to high-intensity strength training activities in their workout regimens at least twice per week.

Individuals with little weightlifting experience may not recognize the value of strength training, which is often associated with building as much muscle as possible. Though strength training helps build muscle, it's also a great way to burn fat. Muscle increases resting metabolic rate, which means individuals who engage in strength training will burn more fat during rest than they would if they did not include such exercise in their workout regimens. Stronger muscles also provide more support to bones and connective tissues, which reduces injury risk. That's an especially important benefit for aging men and women.

As valuable as strength training is, it's imperative that individuals approach weightlifting and other strength-building exercises with a measure of caution. Improper form or going too hard too soon can increase injury risk. Beginners can heed these tips as they acclimate to strength training.

- Work with a personal trainer. Proper form is imperative to avoiding injury while strength training, and personal trainers can guide individuals through an assortment of exercises to make sure they're performing them correctly. If a long-term commitment to a personal trainer is beyond your financial means, find a trainer with limited commitment packages or one who lets clients pay on a session-by-session basis. Many fitness facilities include one or two free personal trainer consultations for new members, so take advantage of these opportunities when they're offered. If you plan to work out at home, ask a friend with

weightlifting experience to show you the correct form or watch online tutorials.

- Begin with light weight. Beginners should avoid reaching for the heaviest dumbbells on the rack. Mastering form is vital at the beginning stages of a new strength training program, so go for lighter weights and gradually add weight as your body acclimates. If you find yourself completing a set without much effort, you can add a little more weight. But start with light weight and build from there.

- Warm up with some light cardio prior to lifting any weight. The fitness experts at Gold's Gym note that some light warmup prior to a strength training workout increases range of motion, decreases injury risk and contributes to more permanent change in muscles. Keep warmup sessions to between five and 10 minutes, opting for anything from a low-intensity jog on a treadmill or session on an elliptical. After warming up, perform some stretches that target the muscles you'll be focusing on during your workout. A trainer or online tutorial can be good sources of stretches to perform before working out a particular muscle group.

- Recognize the need for recovery. Rest and recovery is vital for any athlete, and that includes strength training beginners who are not yet lifting a lot of weight. Rest helps to build lean muscle tissue and prevents injuries. When planning a strength training regimen, ensure muscles get adequate rest by never working out the same muscle groups on consecutive days.

Strength training beginners should take things slowly and gradually change their routines as their bodies become more acclimated to exercises designed to make them stronger.



LITTLETON EYE CARE CENTER



Dr. Kevin M. Stratton



Dr. Winnie Tseng



Dr. Erica L. Griffin



Dr. Ryan K. Watari



Dr. Laura I. Karle



Dr. Samuel L. Stack

*Medical, emergency and comprehensive
eye care for the entire family*

ACCEPTING NEW PATIENTS

Extended Evening Hours to 7 PM on some Wednesdays

Littleton, NH
(603) 444-2592

www.littletoneyecare.net

Woodsville, NH
(603) 747-3190

woodsvilleeyecare.net

Lincoln, NH
(603) 745-4882

lincolneyecare.net

Look to us to keep your world in focus

What The Nutrients Found In Many Fruits And Vegetables Do For Your Body

A nutritious diet can serve as a strong foundation for a long, healthy life. Fruits and vegetables are the building blocks of nutritious diets, as they're loaded with nutrients that serve the body in myriad ways.

- **Calcium:** Dark, leafy vegetables like kale, spinach, broccoli, and bok choy contain calcium. Calcium also is found in fruits, including papaya and orange. According to the National Institutes of Health, the body utilizes calcium to build and maintain strong bones. In fact, the NIH notes that almost all calcium in the body is stored in the bones and teeth, where this vital mineral provides structure and hardness. Calcium also helps nerves carry messages from the brain to every part of the body.

- **Dietary fiber:** Dietary fiber is found in various fruits and vegetables. The Cleveland Clinic notes that berries like raspberries and blackberries contain significant amounts of dietary fiber. Pears, artichoke hearts and Brussels sprouts are packed with fiber as well. A high-fiber diet helps stabilize bowel movements and maintain bowel health, and WebMD notes that studies have found a link between high-fiber diets and a lower risk for colorectal cancer.

Studies also have linked fiber-rich foods with heart-friendly outcomes like reduced inflammation and lower cholesterol.

- **Magnesium:** The Mayo Clinic reports that magnesium supports muscle and nerve function and energy production. Individuals with chronically low levels of magnesium could be at increased risk for high blood pressure, heart disease, type 2 diabetes, and osteoporosis. The NIH notes that magnesium is widely distributed in plants. That means it can be found in a wide variety of fruits and vegetables, including spinach, edamame, black beans, bananas, and broccoli. Magnesium levels vary significantly in these foods, so anyone concerned about magnesium deficiency can speak with their physicians about the best and healthiest ways to include more in their diets.

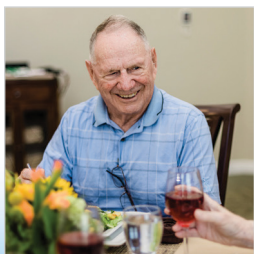
- **Vitamin A:** According to the Harvard T.H. Chan School of Public Health, vitamin A stimulates the production and activity of white blood cells, helps maintain healthy cells that line the body's interior surfaces and regulates cell growth and division necessary for reproduction. Green, leafy vegetables are good sources of vitamin A, as are orange



and yellow vegetables like carrots and squash. Vitamin A also can be found in cantaloupe, apricots and mangos.

- **Potassium:** The Dietary Guidelines for Americans established by the United States Department of Agriculture list beat greens, lima beans, swiss chard, baked potatoes (with skin), and yams as great sources of potassium. Kiwi, melon, cantaloupe, and bananas are additional sources of potassium. The T.H. Chan School of Public Health reports that the main role of potassium in the body is to help maintain normal levels of fluid inside the cells. Potassium also supports a normal blood pressure.

Independent Living Cottages and Apartments are available at NH's Premiere Senior Living Community



Summit

by Morrison

is now accepting applications for your worry-free retirement home

Call for details (603) 837-3500

Independent Living
Assisted Living
Memory Care • Respite Care
Memory Care Day Program

Located in scenic
Whitefield, New Hampshire

(603) 837-3640 | Whitefield, NH | themorrisoncommunities.org

CERTIFIED ELDER LAW ATTORNEY

by the National Elder Law Foundation

Wills ♦ Estates ♦ Trusts

Estate Administration

Long-Term Care &

Medicaid Planning

Special Needs &

Disability Planning



Law Office of

Jay C. Abramson

802.748.6200

kingdomlawyers.com ♦ FAX 802-748-4672
357 Western Avenue ♦ St. Johnsbury, Vermont

The Many Health Benefits Of Dairy

Many people recall the slogan “Milk, it does a body good.” But as different health fads have emerged since that slogan was first uttered, including an increased availability of dairy alternatives, dairy has been somewhat pushed aside, leaving many people to question if it is a friend or foe.

According to Vasanti Malik, a nutrition research scientist with the Harvard T.H. Chan School of Public Health, dairy isn’t necessary for maintaining optimal health for humans. However, it is one of the best and easiest ways to get ample amounts of vitamin D, protein and calcium, each of which keeps vital organs, muscles and bones functioning properly. Here’s a deeper look at dairy in the average diet.

WHAT IS DAIRY?

Dairy products consist of a variety of products that are from mammals, including cows, goats and sheep. These include milk, yogurt, cheese, kefir, ice cream, butter, ghee, cream, cream cheese, sour cream, whey products, and casein. Dairy products are often categorized as “regular,” “whole,” “reduced fat,” “low-fat,” or “skim.” These characterizations indicate the fat content in a given item.

NUTRITIONAL BENEFITS OF DAIRY

Dairy products are nutrient-dense and great sources of protein, calcium and vitamins. Protein builds and repairs muscle tissue; carbohydrates in milk provide energy; and calcium and phosphorous can help strengthen bones and teeth. Vitamin D helps promote the absorption of calcium. Dairy also contains riboflavin, vitamin A, pantothenic



ACCEPTING NEW PATIENTS

CALL **603-259-1400**
TO SCHEDULE YOUR NEXT APPOINTMENT

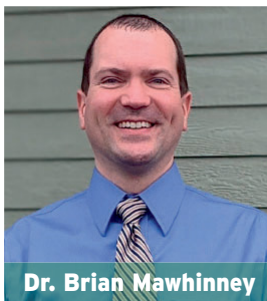


COMPREHENSIVE EYE EXAMS

EMERGENCIES
MANAGEMENT OF OCULAR DISEASES
OPTICAL SHOP



Dr. Joel Tuite



Dr. Brian Mawhinney

You will love the way we care.

17 Boynton Lane Littleton NH | HometownEyecareNH.com



Our healing and fitness complex includes several local businesses and talented independent artists, dancers, fitness instructors and practitioners of the healing arts.

Our conference room is perfect for small group activities and individual sessions including Energy Healing.

MASSAGE CENTER (separate entrance)

- 2 massage rooms
 - waiting room
 - handicap-accessible bathroom
- 60-90 minute massage appointments can be made with Michelle Graham, CMT

**518 Main Street
Lyndonville, Vermont
802-626-4202**

creativehealingandfitness.com

Fitness Studio Classes

- ADULT BALLET
- AFROCARIBBEAN DANCE
- STEP AEROBICS
- SHINE DANCE FITNESS
- ANUSARA & VINYASA YOGA
- YOGA FOR CHRONIC PAIN
- ECSTATIC DANCE
- PILATES
- TAI CHI

Ask About Our PUNCH CARDS
Discounted rates available on most fitness studio classes.

acid, potassium and niacin. One eight-ounce serving of milk contains the recommended daily values of these nutrients based on guidelines from the U.S. Food & Drug Administration.

BONE HEALTH

Dairy protein and calcium may play critical roles in bone health and density, helping to reduce the risk for osteoporosis, states the Dairy Alliance. Eating and drinking foods rich in calcium may offset a possible protein-calcium loss that occurs with aging, thus protecting bone health.

HEART HEALTH BENEFITS

Some people avoid dairy because of perceptions that it is bad for cardiac health. A report presented at the 2018 Congress of the European Society of Cardiology that looked at 20 studies involving around 25,000 people found no association between the consumption of most dairy products (including whole fat varieties) and cardiovascular disease. The only exception was milk, but the results showed one would have to drink almost a liter of milk a day for a higher risk of cardiovascular disease. Still, the American Heart Association recommends adults choose fat-free or low-fat dairy products whenever possible. Also, a 2018 study published in the British Journal of Nutrition found men who ate plenty of fermented dairy products like yogurt and cheese had a smaller risk of coronary artery disease than men who ate less.

Additional benefits of dairy include a reduced risk of childhood obesity and an improvement in body composition and weight loss during energy restriction in adults, according to a 2016 report in the Journal of Food and Nutrition Research.

Dairy provides many health benefits. People concerned about their overall health should work recommended dairy servings into their daily diets.



Did You Know?

Heavy alcohol consumption is linked to a greater risk for a variety of health conditions. According to the National Council on Alcohol and Drug Dependence, Inc., 75 percent of esophageal cancers are attributable to chronic excessive alcohol consumption. Such consumption also is linked to a 10 percent increase in a woman’s risk for breast cancer, while heavy chronic drinking has been connected to 36 percent of primary liver cancer cases.



Celebrating 50 years of transforming and saving lives.

NVRH provides primary care across the lifespan, surgical and specialty services, inpatient and outpatient care, and 24-hour physician-staffed emergency services.

Ambulatory Services

- Day Surgery
- Optical Laser Therapy
- Phototherapy
- Preoperative Testing

Birth Center

Cardiopulmonary Rehabilitation and Education

Care Management

Chaplaincy Services

Community Connections

Diagnostic Imaging Services

- 3D Mammography
- Cardiac Stress Test
- Cardiovascular Imaging
- CT Scan
- DEXA Bone Density Testing
- MRI
- Nuclear Medicine
- Radiology
- Ultrasound
- X-ray

Emergency Department

- MD staffed 24 hours a day, 7 days a week

Intensive Care Unit

Laboratory Services

- Blood Bank
- Pathology

Lactation Consultant Services

Medical/Surgical/ Pediatric Inpatient Services

Northern Express Care

- Walk-in Primary Care

Nutrition and Diabetes Counseling

Outpatient Infusion Services

Pharmacy

Physical Therapy

- Inpatient
- Outpatient and Occupational

Primary Care

- Corner Medical
- Kingdom Internal Medicine
- St. Johnsbury Pediatrics

Respiratory Care Services

- Arterial Blood Gases
- Cardiac Event Monitor
- EEG
- EKG
- Holter Monitor
- Overnight Oximetry Test
- Pulmonary Function Testing

Specialty Outpatient Clinics

- Audiology
- Cardiology
- Ear, Nose, and Throat (Otolaryngology)
- Environmental Allergy
- Four Seasons Orthopaedics
- General Surgery
- HIV/Hep C
- Neurology
- Occupational Medicine
- Pain Management
- Palliative Medicine
- Pediatric Subspecialties
- Psychiatry
- Pulmonology
- Sleep Medicine
- Urology

Speech-Language Pathology

Surgical Services

- Anesthesia
- Ear, Nose, and Throat
- Endoscopy
- Facial Plastics
- General Surgery
- Gynecology
- Obstetrics
- Orthopaedics
- Podiatry
- Urology

Volunteer Services

- Women’s Wellness Center**
- Obstetrics/ Gynecology



Choosing Health

Northeastern Vermont Regional Hospital

HOSPITAL DRIVE, ST. JOHNSBURY

FOR INFORMATION CALL 802-748-8141

nvrh.org

[My Portal](#)



7 Lifestyle Choices To Reduce Cancer Risk

To date there is no definitive cure for cancer, nor any one preventative treatment. But individuals should not resign themselves to the fact that cancer is inevitable. There are plenty of lifestyle modifications that can go a long way toward reducing cancer risk. Here's a deeper look at some of the more effective.

AVOID TOBACCO

Not only does smoking cause between 80 and 90 percent of lung cancer deaths, according to the Centers for Disease Control and Prevention, it also contributes to many other forms of the disease, including cancers of the pancreas, liver, bladder, and cervix. Quitting smoking and avoiding secondhand smoke can reduce cancer risk.

EXERCISE REGULARLY

Physical activity can lower estrogen levels, reduce levels of insulin in the blood, help a person lose weight, and reduce inflammation — all factors that contribute to the formation of cancer. Experts recommend 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity exercise a week.

EAT HEALTHY FOODS

The American Institute for Cancer Research indicates certain minerals, vitamins and phytochemicals can produce anti-cancer effects. Many foods, namely fruits, vegetables, whole grains, and legumes, can boost health and contribute to lower cancer risk.

AVOID EXCESSIVE ALCOHOL CONSUMPTION

Drinking alcohol regularly increases the risk of cancers to the mouth, voice box and throat, according to the CDC. Furthermore, alcohol consumption is a primary risk factor for liver cancer. By limiting alcohol consumption, individuals can reduce their cancer risk.

BE CAUTIOUS OF HEPATITIS C

Individuals should avoid behaviors that put them at risk of contracting hepatitis C, which causes inflammation of the liver. Hepatitis C can be contracted by receiving a piercing or tattoo in an unsanitary environment, through injecting or inhaling illicit drugs, through unsafe sex, or if you are a health-care worker exposed to infected blood through an accidental needle prick.

APPLY SUNSCREEN

Protect the skin from exposure to ultraviolet rays from the sun and tanning beds, as skin cancer is the most common form of the disease in the United States. Simply reducing exposure can help prevent skin cancers and other damage. This includes wearing wide-brimmed hats, applying sunscreen with an SPF of at least 30, avoiding the sun between 10 a.m. and 4 p.m., and wearing sun-protective clothing. Tanning beds are not safer for the skin than being out in the sun, so they should be avoided.

GET ENOUGH SLEEP

The importance of sleep to overall health is easily overlooked. Lancaster General Health says, while there is no specific data for sleep on cancer prevention, sleep deprivation can lead to harmful behaviors, such as overeating, drinking too much alcohol or being too tired to exercise, each of which increases cancer risk.

Relatively easy lifestyle changes can go a long way toward reducing cancer risk.



\$8,000
SIGN-ON
BONUS

COTTAGE HOSPITAL IS HIRING!! Licensed Clinical Social Worker

The LICSW works with patients to help them overcome and manage different mental health and emotional challenges as part of their primary care team. Their duties include meeting with patients to provide accurate and supportive diagnoses and building treatment plans, providing counseling to support the patient using various strategies as appropriate.

TYPICAL DUTIES AND RESPONSIBILITIES AS A COUNSELOR INCLUDE:

- Perform diagnostic evaluations of client needs and develop customized treatment plans.
- Educate staff and clients on stress and trauma coping mechanisms.
- Provide individuals with the tools, skills, resources, and coaching they need to reach personal goals.
- Monitor client progress and modify their treatment plans as needed.
- Coordinate with the medical team, extended healthcare system, and community outreach programs to provide clients with needed services.
- Participate and lead efforts to promote an integrative model of care within the clinic.
- Offer support with case management if needed as well as advance care planning.
- Participate and lead group therapy as needed.



Requirements: LICSW, Master's Degree and at least 2 years of supervised clinical social work.

Apply online at www.cottagehospital.org/careers

COTTAGE HOSPITAL
90 SWIFTWATER ROAD
WOODSVILLE, NH 03785

@CottageHospital

@CottageCares

www.cottagehospital.org



LRH PROGRAMS & SERVICES



LRH offers a wide range of inpatient and outpatient medical, surgical, and diagnostic services, including:

24-HOUR BOARD CERTIFIED STAFFED EMERGENCY DEPARTMENT

Emergency Medical Services (EMS) Education

ALLERGY MEDICINE

ANESTHESIA SERVICES

AUDIOLOGY

Hearing Evaluations
Hearing Aid Fittings & Repairs
Vestibular (balance) Function Testing

CASE MANAGEMENT

Advance Directives
Discharge Planning & Continuing Care

CARDIOLOGY/ ELECTROPHYSIOLOGY

CORONARY CARE

Cardiac Rehabilitation & Wellness
Cardiac Lab
Cardiac Stress Testing
Echocardiography
ECG Monitoring

COVID-19 TESTING

COVID-19 TREATMENT

COVID-19 VACCINES

DERMATOLOGY

DIABETES EDUCATION

DIAGNOSTIC IMAGING

EMERGENCY MEDICINE

ENDOSCOPY PROCEDURES

EYE CARE

Optometry & Ophthalmology

FACIAL PLASTICS

Botox & Facial Fillers
Blepharoplasty (Eyelid Lift)
Rhinoplasty (Nose Surgery)
Laser Procedures
Surgical Dermatology

FAMILY MEDICINE

FAMILY SUPPORT SERVICES

FOOD & NUTRITION

Cafeteria Services
Nutrition Education & Counseling
Patient Room Service

GASTROENTEROLOGY

Colonoscopy
Upper Endoscopy
Treatment & Management of Diseases of the Liver, Colon, & Pancreas

HEALTH INFO MANAGEMENT (Medical Records)

HOSPICE CARE

HOSPITAL MEDICINE

INFECTION CONTROL

INTENSIVE CARE

INTERNAL MEDICINE

LABORATORY SERVICES

LITHOTRIPSY

NEURO SURGERY

Spine Surgery

NEUROLOGY

OBSTETRICS & GYNECOLOGY

Cervical Cancer Screenings
Breast Cancer Screenings
Menopausal Care
Prenatal & Postnatal Care
Contraceptive Counseling

OCCUPATIONAL HEALTH SERVICES

DOT – OSHA Exams
Drug & Alcohol Testing
Employee Wellness Clinics
Injury Treatment Services
Pre-Employment Examinations

ONCOLOGY, HEMATOLOGY, & INFUSION CENTER

ORTHOPAEDICS

Adult & Pediatric Sports Medicine
General Orthopaedics
Hand & Upper Extremities
Total Joint Replacement
Trauma Surgery

OTOLARYNGOLOGY (Ear, Nose & Throat)

PAIN MANAGEMENT

PALLIATIVE CARE

PATHOLOGY

PEDIATRICS

PHARMACY

North Country Pharmacy

PRIMARY CARE

PSYCHIATRY & BEHAVIORAL HEALTH

PULMONOLOGY (Tele-Medicine)

QUALITY SERVICES

RADIOLOGY

REHABILITATION SERVICES

Ergonomics
Industrial Therapy
Incontinence Program
Occupational Therapy
Physical Therapy
Speech Therapy

RESPIRATORY THERAPY

THE SAUTER BIRTHING SUITE

Car Seat Safety Program
Childbirth Education
Lactation Consultation
Newborn Hearing Testing

SHARPS DISPOSAL PROGRAM

SLEEP MEDICINE

SUBSTANCE MISUSE

The Doorway at LRH

SURGICAL SERVICES

TELE-MEDICINE

URGENT CARE

UROLOGY SERVICES

Adult & Pediatric

VOLUNTEER SERVICES

WOUND & OSTOMY CARE



DIAGNOSTIC IMAGING



Better. Faster. Closer.

- **Coming Soon**
- Open Bore MRI
- 3D & 4D Ultrasound
- Digital Mammography
- Bone Densitometry
- Nuclear Medicine
- CT Scanning
- MRI & MRA
- Radiography
- Imaging Assisted Procedures (Biopsies, Aspirations, Drainage, Joint Arthrography)

One of the most important elements of a comprehensive healthcare system is state-of-the-art diagnostic imaging. The hospitals of North Country Healthcare offer advanced imaging technology and highly experienced nurses and technologists dedicated to patient comfort and fast, accurate images.



For more information, visit NCH-Imaging.org



Androscoggin Valley Hospital
North Country Home Health & Hospice Agency
Upper Connecticut Valley Hospital
Weeks Medical Center