

# Gifford

# Community

# Calendar



## March

### **Dead Girl Walking**

North Carolina's Marcy Brenner shares her inspiring story of surviving breast cancer and living life on March 24 from 6-8 p.m. at in the Gifford Conference Center. A documentary film about Marcy's story, titled "Dead Girl Walking," will be shown, Marcy will then speak and her band will play a song or two. Admission is by donation. Call Robin at (802) 728-2284 to learn more.

### **Babysitter's Training Course**

A Babysitter's Training Course is being held on March 27 from 9:30 a.m. to 1 p.m. in the new Family Center space beside Gifford Ob/Gyn and Midwifery on South Main Street (Route 12) in Randolph. Open to pre-teens and teens, the course covers how to be a safe, responsible and successful babysitter, including good business practices, basic care, diapering, safety, play, responding to injuries, handling infants, decision making in emergencies and more. Space is limited. Call Nancy at Gifford at (802) 728-2274 or instructor Jude Powers at (802) 649-1841 to register. The course cost is \$50. Participants will receive babysitting 101 certification cards upon completion.

## Ongoing

### **Healthier Living Workshops**

Learn to live with chronic illnesses at these FREE six-week classes offered regularly at Gifford Medical Center. The workshops include discussions on strength and endurance, managing medications, improving communication, healthy eating and more. Call Susan at (802) 728-2118 for more information, class dates and to register.

### **Centering**

Centering is prenatal care in a group setting. It is offered by lactation consultant and child-birth educator Nancy Clark and by Gifford's midwives on Mondays and Fridays in a new Family Center space at Gifford in Randolph. This type of care is typically covered by insurances, just like in-office prenatal care appointments. Call Gifford Ob/Gyn and Midwifery at (802) 728-2401 to learn lots more and sign-up.

### **Childbirth Classes**

Offered to expecting families by Birthing Center nurses Nancy Clark and Ellen Fox-Christie, these six-week classes take place Wednesdays from 6-8 p.m. in the new Family Center space at Gifford in Randolph. There is a fee. Medicaid and other insurances accepted. Call Nancy at (802) 728-2274 to register.

### **Cancer Support Group**

Meet with a certified oncology nurse and licensed clinical social worker on the second Tuesday of each month from 9:30-11 a.m. in the Gifford Conference Center, 44 S. Main St., Randolph for free discussions and group support. Anyone affected by cancer is welcome. Call Sandy at (802) 728-2270 for more information.

### **New Parents Group**

Learn about growth and development, nutrition, infant message and much more at this free weekly group for new parents and their infants. Facilitated by registered nurse Nancy Clark, the group meets at the Gifford Family Center in Randolph. Call Nancy at (802) 728-2274 for more information.

### **Grief and Loss**

Free Grief and Loss support is offered by Gifford Chaplain Susan Thomas at the hospital, 44 S. Main St., Randolph. Call Susan at (802) 728-2107 to set up a time to meet.

### **Life with Diabetes classes**

Gifford's team of diabetes experts regularly holds classes addressing self-management, nutrition, coping, glucose monitoring, exercise and medication options. Call the Diabetes Clinic at (802) 728-7100 to learn more, including class dates.

### **Diabetes Support Group**

Meet with fellow diabetics and facilitators for discussions and support on diabetes self-management one Tuesday a month (usually the first Tuesday) from 11 a.m. to noon in the Gifford Conference Center, 44 S. Main St., Randolph. No sign up is necessary. All welcome. Call the Diabetes Clinic at (802) 728-7100 for more information.

### **Art Gallery**

The Gifford Art Gallery is typically open daily to the public. **Now on display are watercolor paintings and pen and ink drawings by Gene Parent of Brookfield.** The Gallery is just inside the main entrance, Gifford Medical Center, 44 S. Main St., Randolph. Call (802) 728-7000 for more information.

### **Student tours**

Gifford regularly offers local elementary school classes and other youth groups tours of the hospital. Call (802) 728-2324 to arrange a tour.

**Reiki Clinics**

A team of volunteer professionals offers free sessions of this ancient form of energy healing on the first Thursday of each month from 5:30-7 p.m. in the Gifford Conference Center, 44 S. Main St., Randolph. Call Kelly at (802) 746-8834 to learn more.

**Quit in Person Group**

Gifford's Tobacco Cessation Program is offering free Quit In Person Group meetings every Wednesday from 5:30-6:30 p.m. in the Gifford Conference Center, 44 S. Main St., Randolph. Free gum, patches and lozenges are available for participants. Call Susan at (802) 728-2118 to learn more or to sign up.

**Bike helmets**

Get low-cost bicycle helmets for your child through Gifford's Randolph pediatric practice and have them correctly fitted by pediatric nurse Sadie Lyford. Call the pediatric office at (802) 728-2420 to learn more or schedule a fitting.

*For general questions about this listing, please call Robin at (802) 728-2284. Thank you.*

