

Gifford

Community

Calendar



September

Sept. 22

Geriatric Health Fair, people age 65 or older with no primary care provider are invited to get **free** health screenings and information from Gifford caregivers and staff, 1-4 p.m., Conference Center, Gifford Medical Center, 44 S. Main St., Randolph. No registration is required. Call Robin at 728-2284 for more information.

October-November

Oct. 7-Nov. 11

Healthier Living Workshop, Thursdays, 6-8:30 p.m., Chelsea Health Center, Route 110, Chelsea. Offered for free as part of the Vermont Blueprint for Health, Healthier Living Workshops are self-help groups, with trained facilitators, designed to help individuals with chronic conditions and their caregivers manage their diseases and improve their health. Call Susan at (802) 728-2118 to learn more and sign-up.

Ongoing

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.

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 on the first Tuesday of the month 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 open daily to the public. **Currently on display are photos from around the world by Gifford's own Dean Mogavero.** 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 offers Quit In Person Group meetings 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 for the next series of classes.

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.

