

Gifford Community Calendar



January

Heart Healthy Workshop Series

Gifford is holding a free Heart Healthy Workshop Series three Tuesdays in January and February from 6:30-7:30 p.m. in the hospital Conference Center in Randolph. The schedule for the series is:

Tuesday, Jan. 24, Cardiologist Dr. Bruce Andrus talks about “How to Avoid the Cath Lab: Preventive Cardiology”

Tuesday, Jan. 31, Registered Dietitian Stacy Pelletier discusses “Taking Your Food to Heart”

Tuesday, Feb. 7, Gifford chefs lead a heart healthy cooking demonstration and discussion on good fats, high fiber, portion control and flavoring with spices rather than salt. Seating is limited. RSVP at least one week prior to each event to Ed Striebe at (802) 728-2191.

Art Gallery

On display Jan. 25-March 28 are photographs by Jesse Orr of Bethel. The Gifford Art Gallery is open daily to the public. The Gallery is just inside the main entrance, Gifford Medical Center, 44 S. Main St., Randolph. The show is free. Artists' works are available for purchase at the Garden Gate Gift Shop at Gifford. Call Julie Fischer at (802) 728-2324 for more information.

February

Chronic Illness Weighing You Down?

Well, Gifford has the group for you. A new discussion group for people with chronic illnesses and their caregivers is starting Wednesday, Feb. 8 at Gifford. The group meets from 3-4 p.m. in the Conference Center and will include a talk from Chelsea Health Center family physician Dr. Brian Sargent on chronic illnesses. Meetings will continue on the second Wednesday of each month from 3-4 p.m. in the Conference Center. No registration is required and the meetings are free. All are welcome.

Everyone's Got One: A Discussion on the Colon and How to Keep it Healthy

Renowned Gifford general surgeon Dr. Ovieto Ciccarelli leads a discussion on the colon, its important role, common colorectal health issues and how colonoscopies can both detect and prevent colorectal cancer. The free talk for both men and women is Thursday, Feb. 9 from 5:30-7:30 p.m. in the Gifford Conference Center, 44 S. Main St., Randolph. Register by calling Amanda at (802) 728-2238.

Healthier Living Workshop

This Valentine's Day give yourself the gift of good health by joining a free Healthier Living Workshop series. Healthier Living Workshops are six-week classes for people with chronic conditions and their caregivers. A new series begins this Valentine's Day and continues Tuesdays through March 20 from 10 a.m. to 12:30 p.m. in Gifford's Conference Center. To register or for more information, call Susan Delattre at (802) 728-2118. Gifford is at 44 S. Main St. (Route 12 south of the village) in Randolph. The Conference Center is on the first floor.

Ongoing

Zumba

Zumba, a fun workout set to primarily Latin music, is held Mondays from 5:15-6:15 p.m. in the Menig Extended Care Facility Living Room, just inside the visitors entrance south of the hospital. The cost is \$8 per class. Participants should wear comfortable/exercise clothes and bring water. Call Robin Schwartz at (802) 279-1938 to learn more.

Walking group

Community members are invited to walk inside or out at Gifford. Start at the southern end of the hospital at the Gift Shop. Pick up a walking badge and have fun getting fit. No running inside please.

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.

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.

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.

Quit in Person Group

Gifford's Tobacco Cessation Program regularly offers four-week Quit In Person Group sessions 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.

