

Gifford

Community

Calendar



August

Healthy Cooking Classes

Gifford Medical Center's outstanding team of professional chefs is once again offering Healthy Cooking Classes. Upcoming classes are: Healthy Sauces and Sides on Aug. 14 and Healthy Desserts on Sept. 11. The classes are from 6-9 p.m., cost \$35 each, are available on a first-come, first-serve basis, and are limited to eight people. The classes will fill up fast. Register today by calling (802) 728-2373 or e-mail Catering Coordinator Ruthie Adams at radams@giffordmed.org.

Last Mile Ride

The Last Mile charity motorcycle ride is Aug. 15. Motorcyclists: Mark your calendars. This ride supports Gifford's outstanding end-of-life care program. The day-long event includes a more than 100-mile ride through some of the most beautiful areas of Vermont, lunch, a live band, commemorative pins and T-shirts, and prize giveaways. The cost is \$50 (which you can fund-raise from donations from friends and family) for a driver or \$75 for a driver and passenger. And this year we're raffling off a new Yamaha V Star 950 motorcycle. Call Ashley at (802) 728-2380 to learn more or visit the ride page on Gifford's Web site, www.giffordmed.org.

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. Classes are offered in the hospital Conference Center, 44 S. Main St., Randolph. Call Susan at (802) 728-2118 for information on upcoming classes 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 in the hospital's Conference Center at 44 S. Main St., 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 learn lots more and sign-up.

Childbirth Classes

Offered by Birthing Center nurses Nancy Clark and Ellen Fox-Christie, these six-week classes take place Wednesdays from 6-8 p.m. in the Conference Center for expecting parents. 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, Gifford Conference Center, 44 S. Main St., Randolph. Call Nancy at (802) 728-2274 for more information.

Grief and Loss

New in April are Grief and Loss drop-in meetings with Palliative Care Nurse Coordinator Pam Fournier and Chaplain Susan Thomas. These free sessions are open to all on the second and fourth Tuesdays of each month from 5-6:30 p.m. in the Markle Room in the Gifford Conference Center, 44 S. Main St., Randolph. Call Susan at (802) 728-2107 to learn more, or just drop in.

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 for discussions and support on the first Wednesday of each month from 6-7 p.m. in the Gifford Conference Center, 44 S. Main St., Randolph. Call the Diabetes Clinic at (802) 728-7100 for more information.

Art Gallery

The Gifford Art Gallery is typically open daily to the public. However, during our current construction project in the main lobby, the gallery is temporarily not displaying art. The Gallery is just inside the main entrance, Gifford Medical Center, 44 S. Main St., Randolph. Call (802) 728-2324 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.

Vermont Quit Network

Tobacco cessation classes are regularly offered in the Gifford Conference Center, 44 S. Main St., Randolph. The next class is Fridays, Jan. 9-30 from 1-2:30 p.m. in the Markle Room. Free gum, patches and lozenges are available for participants. One-on-one coaching is also always available. Call Susan at (802) 728-2118 to learn more or 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.

