Events at North Country Healthcare and Affiliate Locations - 2024

Event: Diabetes Support Group

Frequency/Date/Time: 3rd Tuesday of each month at 7:00 p.m.

Location: Weeks Medical Center

Information: If you have any questions, please call Erin Campbell at 603-788-5055 x 4157 or email Erin.campbell@northcountryhealth.org.

Each Diabetes Support Group meeting includes speakers such as healthcare providers, holistic approach practitioners, and fellow community members who discuss diabetic care and support. We also have a special focus on nutrition and how to take control of your health. And it's **FREE**! Erin Campbell, Weeks Medical Center's registered dietitian nutritionist keeps the conversation light, lively, and fun! New members are always welcome.

Event: Hospice Volunteer Training (Berlin Area) – Part 1 of 2

Frequency/Date/Time: Friday, March 22nd from 8:30 a.m. to 4:30 p.m.

Location: Androscoggin Valley Hospital (Mt. Success Meeting Room) 59 Page Hill Road, Berlin, NH

Information: Participate in one of our extensive 16-hour training programs, delving into the history and philosophy of palliative care and hospice. Explore topics such as perspectives on death and dying, self-care, communication and listening skills, signs of impending death and comfort care, grief and loss, and the nurturing of the spirit. Gain the qualifications to become a volunteer with North Country Home Health & Hospice Agency.

Please select your training based on the date or location that work best for you. Please note at this time, the only training with a virtual option is February training taking place in Littleton, NH.

Please note that all trainings are free, and all are encouraged to join and learn. Commitment to volunteer can be made before, during, or after certification is complete.

<u>https://bit.ly/Volunteer-Early24</u> (Call 603.444.5317 for questions or email volunteer@nchhha.com.)

Event: Hospice Volunteer Training (Berlin Area) – Part 2 of 2

Frequency/Date/Time: Friday, March 29th from 8:30 a.m. to 4:30 p.m.

Location: Androscoggin Valley Hospital (Mt. Success Meeting Room) 59 Page Hill Road, Berlin, NH

Information: <u>https://bit.ly/Volunteer-Early24</u> (Call 603.444.5317 for questions or email <u>volunteer@nchhha.com</u>.)

Event: Hospice Volunteer Training (Colebrook Area) – Part 1 of 2

Frequency/Date/Time: Friday, April 19th from 8:30 a.m. to 4:30 p.m.

Location: Upper Connecticut Valley Hospital (Pearson Board Room) 181 Corliss Lane, Colebrook, NH

Information: Participate in one of our extensive 16-hour training programs, delving into the history and philosophy of palliative care and hospice. Explore topics such as perspectives on death and dying, self-care, communication and listening skills, signs of impending death and comfort care, grief and loss, and the nurturing of the spirit. Gain the qualifications to become a volunteer with North Country Home Health & Hospice Agency.

Please select your training based on the date or location that work best for you. Please note at this time, the only training with a virtual option is February training taking place in Littleton, NH.

Please note that all trainings are free, and all are encouraged to join and learn. Commitment to volunteer can be made before, during, or after certification is complete.

<u>https://bit.ly/Volunteer-Early24</u> (Call 603.444.5317 for questions or email volunteer@nchhha.com.)

Event: Red Cross Blood Drive

Frequency/Date/Time: Tuesday, April 23rd from 8:00 a.m. to 5:00 p.m.

Location: Androscoggin Valley Hospital (Mt. Success Board Room) 59 Page Hill Road, Berlin, NH

Information: Register at redcrossblood.org.

Event: Hospice Volunteer Training (Colebrook Area) – Part 2 of 2

Frequency/Date/Time: Friday, April 26th from 8:30 a.m. to 4:30 p.m.

Location: Upper Connecticut Valley Hospital (Pearson Board Room) 181 Corliss Lane, Colebrook, NH

Information: <u>https://bit.ly/Volunteer-Early24</u> (Call 603.444.5317 for questions or email volunteer@nchhha.com.)

Event: Hospital Ball

Frequency/Date/Time: Friday, September 13th from 5:00 p.m. to 10:00 p.m.

Location: Upper Connecticut Valley Hospital - 181 Corliss Lane, Colebrook, NH

Information: Details TBA.

Event: Hospice Gala

Frequency/Date/Time: Friday, December 6th – *Time to be announced.* **Location:** OMNI Mt. Washington Hotel, Bretton Woods, NH **Information:** *Details TBA*.