Tough times never last, tough people do.

Heroes

By Dawn Danner, Director of Developmental Services

To define a hero, there are many ways. Especially with the way the world looks today. We are living in a crisis where nothing feels the same. And yet many people have stepped up their game. At UCS, Divisions have come together as one,
To do whatever there is that needs to be done.
We are supporting clients like never before,
To ensure sickness does not come knocking on our doors.
Heroes are emerging, even while learning how to use Zoom,
Or how to have a meeting in your living room.
If you have been reassigned a new job or two,
There is definitely a hero living in you.
There are heroes planning, prepping, and getting ready,
And there are heroes keeping us all steady.
There are heroes who are calling clients each day,
And those in group homes where they must stay.
Our heroes are learning how to use PPE,
And how to do Zumba, clinical groups, coffee breaks, and games virtually.
Everyone at UCS is willing to lend a hand,
From the front lines to behind the scenes, all stations are manned.
Our UCS heroes do not look or talk the same,
But look all around and you’ll learn their names.
They are securing us funding to keep our jobs whole,
People are pitching in to help, no matter the toll.
When this is all over, hopefully we will look back and say,
Who were all those people who helped save the day?
But our clients who need us will say it the best,
Those are the dedicated, compassionate, and caring staff at UCS.
And at the end of the crisis, let’s all come together with smiles,
And thank all of you heroes for going the extra mile.
*A great place to work and get care* has new meaning this year,
**Because at UCS, heroes live here.**
Flat Becky is going on an adventure.

Our Youth and Family Service Division is reaching out to clients using creative means to keep youth engaged. Rebecca Shuler is our Therapeutic Case Manager and Family Emergency Service Coordinator. "Flat Becky" has sent a letter to kids:

"I miss going on adventures with you. I have been feeling a little sad lately and could use some fun. I have sent a "Flat Becky" and was hoping you could take Flat Becky on adventures with you. If you are willing, please have your parents send me pictures of the adventures you take with Flat Becky. I would love to go on treasure hunts, scavenger hunts, and learn how to build with legos. Riding a bike? Bring me with you, but don't go too fast, and make sure you draw a helmet on me in case we fall...I cannot wait to see your pictures and what adventures we go on..."

We are looking forward to seeing all the adventures that Flat Becky takes.

Journeying Back to Myself: Restoring Trust in Vermont's Mental Healthcare System

by Jessica Lula and Zelda Alpern for the Counseling Service of Addison County (CSAC)

I feel like I am finally coming awake from a deep, heavy slumber. I can stretch a few inches taller and shake the cold out of my limbs. I can feel the warmth of the sun glinting down on me, returning energy to my body. I can see the beauty and the color of life again, hear the sounds of the season all around me.
After being lost in the polarities of my worlds not once, not twice, but three times now, I find it necessary to look back and marvel at the journey that has brought me here.

My personal, mental health journey started with my father's struggle and eventual loss to what was at the time diagnosed as depression. In my twenties, I came up against my own experience of a diagnosis of bipolar manic depression. These encounters have led me on a healing journey of awareness, spirituality, and self-discovery.

It has also put me on a path of wellness which has transformed my pain into purpose and passion. The reflection above is from a piece I wrote for an Intentional Peer Support Training through the Howard Center about my experiences...Read more.

The Best Tag Sale in Vermont will be back in 2021.

Regrettfully, the annual Barn Sale held at Riley Rink in Manchester will not be held this fall. This event is organized by the Barn Sale Committee, a group of dedicated women who devote countless hours and energy to hold this community wide event. While Vermont may reopen for normal activity over the next several months, the organizers cannot accept or process donations this summer without putting our volunteers at risk. The plan is to hold over the items we collected last Fall for a September 2021 Barn Sale. All proceeds from this sale benefit United Counseling Service.

We will miss seeing so many community members who attend this annual event and will look forward to being back in 2021!

The Barn Sale Committee

Picture: The Barn Sale Committee in 2019 at Northshire Civic Center.

Head Start/Early Head Start

2 Park Street
North Bennington, VT 05257
Phone: 802-442-3686
Locations in Bennington, North Bennington, Manchester and Pownal

Head Start and Early Head Start participated in North Bennington Parade.

6 Feet Apart, Together at Heart, was the theme for the parade held in North Bennington this past Saturday. The line up of cars started at the train depot and ran all the way to Lions Park. Families, organizations and businesses showed up for the very first (and hopefully only) stay in your car parade.
We are supporting our families with a little story time.

"A book is a gift you can open again and again."

Garrison Keilar

Teachers and staff from our Head Start and Early Head Start programs are reading to their students. Check out some more stories!

The Foot Book

Tumble Bumble

Plant a Kiss

BENNINGTON COUNTY FOOD RESOURCES IN RESPONSE TO COVID-19 * 4/10

*Unless otherwise noted, food pickup is outside maintaining a physical distance of 6 feet

Southwest VT Supervisory Union - breakfast and lunch available for all students
under 18 via school bus delivery or in person at MAUMS. Visit “Meals for Students” at www.svsu.org under the Covid response tab for routes and delivery times.

BENNINGTON:
Kitchen Cupboard (GBICS) - 121 Depot Street; 802-447-3700
Every Tuesday  5:30-7:30 PM
Every Thursday & Saturday  10:00 AM-12:00 PM

VeggieVanGo (VT Foodbank) – Drive-through; follow parking attendant.
April 15 & May 20  8:30-10 Mount Anthony High School
April 22 & May 27  12:30-2 Mount Anthony High School
May 6  8:30-10 Pownal Elementary School

HIS Pantry (Sacred Heart Saint Francis de Sales) - 238 Main Street; 802-442-3141
Every Wednesday  1:00 PM-3:30 PM
Every Friday  10:00 AM-11:30 AM

Shires Housing/SASH
First Wednesday  11:30 AM  Brookside Apartments
Second Wednesday  12-2 & 5-7 PM  Applegate Apartments
Third Wednesday  11:30 AM  Walloomsac Apartments

Effective 4/11: Grace Christian School, 104 Kocher Drive; 603-504-4955 -To-Go or delivery. Cold lunch and/or hot supper and grocery delivery. Call by 10:00 AM for lunch; 4:00 PM for supper. Serving Bennington County and NY (Hoosick Falls, White Creek, Cambridge)

Green Mountain Christian Center – 440 Main Street (back parking lot); 447-7224
First Friday & Third Friday  4:00-6:00 PM

Bible Baptist Church, Harwood Hill; 802-447-3618. Call for an appointment

Hot Meals To-Go or Delivered:
Second Congregational Church, Hillside Street - Sunday 5:00 PM - To-Go
Meals on Wheels (café closed). Call 802-442-8012 for eligibility - Delivered
Harvest House Soup Kitchen, River Street - To-Go
Mon-Fri 8:00-10:00AM and 11:15AM-1:00PM, Sat 8:00-9:30AM, Sun 8:00-10:00AM

Southwestern VT Council on Aging Grocery delivery - for those 60+ or younger with disabilities. Call for information; 802-786-5990

NORTH BENNINGTON:
St. John the Baptist Church, Houghton Street (N. Bennington & Shaftsbury residents)
Second Friday  11:00 AM-12:00 PM
Tuesday after second Friday  3:00 PM-4:00 PM

North Bennington Baptist Church -Church Street; 802-442-7251
Every Thursday  1:00-2:00 PM (Call if needed outside these hours)

SHAFTSBURY:
The Carpenter’s Shop (Shaftsbury United Methodist), 127 Church St.; 802-442-5893

ARLINGTON:
Arlington and Sunderland Meal Delivery for Students – Contact Kathy Clark, Federated Church of East Arlington and Summer Meal Programs, ksclark58@yahoo.com

Arlington Food Shelf, 165 Old Mill Rd; 802-375-6328 (Arlington, Sunderland, Sandgate)
First Tuesday  1:30-4:00 PM
Third Tuesday  3:30-5:00 PM

Second Chance Animal Shelter – cat food, litter & dog food. Call for info; 802-375-2898
Manchester:
Burr & Burton Academy Meal Delivery for Students - Contact Sarah McMillan smcmillan@burrburton.org or Billy Canfield bcanfield@burrburton.org

Manchester Community Food Cupboard, 6039 Main Street; 802-362-0057
Every Wednesday 2:00-4:00 PM
Every Thursday 10:00-2:00 AND 2:00-4:00 PM
Last Saturday 10:00 AM-12:00 PM

Shires Housing/SASH
Second Wednesday 10:30 AM - Meadows Apartments (behind Shaws); Seniors only

Additional resources:
www.bccv.org www.hungerfreevt.org www.vtfoodbank.org
https://sites.google.com/view/benningtonfoodconnections/home Dial 211

* Updated regularly ~ contact andrea.malinowski@svhealthcare.org / 802.379.5468 with additions, questions and/or edits

Additional Resources for COVID-19 Information

Vermont Department of Health

Center for Disease Control

Southern Vermont Medical Center

Managing Anxiety and Stress -CDC

Map of Community Resources in Bennington

Bennington County Regional Commission (BCRC) COVID 19 Resource Page

As a part of the federal Coronavirus Relief Bill, 3SquaresVT households who don't already receive the maximum benefit will see an increase in benefits in April and May. To learn more & find out if you qualify for 3SquaresVT visit Hunger Free Vermont.
Be Counted.

Census data is used to extend billions of dollars in funding for hospitals, school lunch programs, Medicaid and resources that are needed every year, especially in uncertain times like now. Make sure everyone in your home is counted.

Complete the 2020 Census now.

Please consider supporting UCS.

Now more than ever support from our donors is vital in ensuring that we continue to meet the growing needs of our community. Please consider making a donation. Your donation makes a difference and with your help we can build a stronger community.

Donations can be mailed to:
United Counseling Service
PO Box 588
Bennington, VT 05201

DONATE NOW

Artwork created by UCS Community Support Client.
UCS is a great place to work.

Our employees are creative, thoughtful, energetic, forward thinking and empowered. UCS is living its mission: Building a stronger community by empowering individuals to live healthy and meaningful lives. If you want to make a difference and help those who need it most, consider joining our team. UCS is a great place to work and a great place to get care. Check out all current openings here. UCS JOB OPENINGS

Please be advised that the Coronavirus Virus/COVID-19 has altered the way we are currently recruiting at this time. Should you be contacted for consideration, we are limiting job interviews to telephone or video communication, in order to align with guidance by the Centers for Disease Control (CDC). Hiring for certain positions may also be slowed by efforts being used to promote social distancing and other recommended strategies. We thank you for your understanding as we navigate the best way to keep you, employees, and our community safe.