



Happy Health Care Week!

A celebration at Porter Medical Center | May 12 - 18, 2024

Monday
Celebration Kickoff

Opening Ceremony
12pm | Cafeteria & Teams

Porter Musical Trio
5pm | Cafeteria Patio

** Pick up a free Porter blanket at either event!*



Tuesday
Office Olympics

Coffee & Pastry Delivery
All units beginning at approximately 7am and 7pm

Adam Feit | Springfield College
Assistant Professor of Exercise Science
A pre-recorded session for Porter staff will be shared via email.

Office Olympics
Supplies will be delivered to each unit, fun is encouraged!



Wednesday
Bee Well

Pick-a-Plant with Living Well for Life
Starts at 7:15am on the cafeteria patio

Virtual Yoga with Catherine Wilson, Otter Creek Yoga
Catherine will host an online class from 9-10am and the recording will be shared with everyone that afternoon.

Nutrition & Wellness eBook
Porter nutritionist Kali Younger has essential nutrition tips to share with staff - stay tuned via email.

DEI Listening Session
12pm | Legacy & Teams

Inaugural Porter BEE Award Ceremony
2pm | Cafeteria



Thursday
Grow Your Own Way

Coffee & Pastry Delivery
All units beginning at approximately 7am and 7pm

Ask-a-Gardner w/ Porter Trustee Meghan Brakeley
12pm | Porter Gardens



Friday
Prizes and Food

Farmer's Market Pizza Truck
12pm | PMC Employee Lot

Mr. Ding-A-Ling Ice Cream Truck
12pm | Rotating Locations

Catered Sandwiches & Cookies
7pm | Legacy Conference Room

Health Care Week Raffle



Register for a ticket!



Porter Health Care Week

May 12 - 18, 2024

Local Community Discounts:

Show your badge between May 12-18 for a discount or free item at participating community businesses. See store for more details, additional rules may apply.

Route 7 South
Haymaker Bun Company
Tinker and Smithy Game Store
The Middlebury Shop
Otter Creek Bakery

Sparrow Art Supply
Vermont Book Shop
Cole's Flowers
Middlebury Fitness
Green Peppers
Shiretown Marketplace

Chair Massages

Each day of Health Care Week will feature chair massages in an effort to reach everyone on campus and in our offsite clinics. Stay tuned to your email for a sign-up form by Friday, May 10.

Monday:

- Mary Caron from 9-3 in Porter Conference Room

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- Mary Caron from 9-3 at PC Midd/Rehab
- David Means from 7-11p in Porter Conference Room
- Stacey Mohan from 9-3 at PC Brandon

Wednesday:

- David Means from 10-3 in Porter Conference Room

Thursday:

- Mary Caron from 9-3 in Porter Conference Room
- David Means from 9-2 at Pond Lane for Ortho and Pond Lane

Friday:

- David Means from 8-1 in Porter Conference Room
- Mary Caron from 9:15-12:30 at PC Vergennes

Office Olympics

Show us what you're doing all week - send photos using these games to pmcevents@portermedical.org and earn raffle tickets!

Games and fun supplies will be delivered to offsite locations, the Porter cafeteria and Helen Porter. Everyone is encouraged to find some time throughout the week to have fun, play games and enjoy some healthy competition together!

Pick-a-Plant | Wednesday 5/15, 7:15am | Cafeteria Patio

Thank you to the Patricia A. Hannaford Career Center and Aubuchon Hardware in Middlebury for donating over 400 plants this year to Porter staff!

Ask-a-Gardner | Thursday 5/16, 12pm | Porter Gardens

Learn about your garden with Porter Trustee Megan Brakeley, Associate Director, The Knoll @ Middlebury College and colleague Jay Leshinsky, Former Director of The Knoll, in a gardening class. Come learn pro tips and have all your questions answered!

Digital Raffle Tickets

Five prizes will be drawn around noon on Friday, May 17. Prize details will be shared at the opening kickoff at noon Monday, May 13.

All staff will receive a ticket for registering at the below URL. You can also earn tickets throughout the week for sending photos of yourself and your team to pmcevents@portermedical.org.

GET YOUR RAFFLE TICKET: bit.ly/PorterRaffle24

