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Rep. Peter Welch meets with participants at the VNA Adult Day program in Essex Junction May 9 following a press conference recognizing May as Older Americans Month. Critical programs like SASH and the VNA help Vermonters age well with health and dignity, he said.

SASH Partner Highlights

V4A Urges 'Age Out Loud' During Older Americans Month

May is Older Americans Month, and this year's theme, "Age Out Loud," couldn't be more appropriate to encourage older adults to advocate and share their voice, says the Vermont Association of Area Agencies on Aging (V4A). "Let us determine the best and most independent way possible to continue living healthy lives in our communities," the group writes on its website. V4A is collecting stories to help with national advocacy efforts to "be a powerful force as we Age Out Loud!"



[Learn More](#)

Vermont Zero Suicide Initiative & June Prevention Symposium

SASH participates in the [Vermont Zero Suicide Initiative](#),

which trains and empowers behavioral health care professionals and others to recognize and respond to those at risk of suicide. Elderly Vermonters can be at special risk if they are isolated, feel disconnected from their life purpose, or believe they are a burden to others. We work closely with the [Vermont Suicide Prevention Network](#) and will be there in force at the [Vermont Suicide Prevention Symposium](#) June 5th. For more about suicide in Vermont and nationally, including a new report on how suicide attempts impact Vermont emergency departments and hospitals, visit the group's online Info Hub.



[Visit the Info Hub](#)

Vermont 3-4-50 Campaign Aims to Inspire Healthy Behaviors

Vermont Secretary of Human Services Al Gobeille will speak at the May 25 annual evening meeting of the Vermont Public Health Association in Montpelier about [Vermont's 3-4-50 Campaign](#). The campaign is named for 3 behaviors (poor diet, lack of exercise, tobacco use) that cause 4 diseases (cancer, heart disease/stroke, type 2 diabetes, lung disease) responsible for 50% of Vermont deaths. The secretary's talk will focus on using the campaign to mobilize community action. The meeting is from 5 to 8 p.m. at the Capitol Plaza Hotel.



[Learn More & Register](#)

Professional Development Opportunities

[Click here for the full calendar of events, with links to details for these.](#)

- May 19 - 2017 Gerontology Symposium "Re-Framing Aging," Rutland
- May 22 - Perspectives at End-of-Life: Suffering, Consciousness & the Power of a Patient's Narrative, Fairlee
- May 24 & 25 - YMCA's Diabetes Prevention Program Leader Training, Waterbury
- May 25 - 2017 All-SASH Staff Day, Hanover, NH
- June 1 - Healthy Living Workshop Refresher-Northern Tier, Waterbury
- June 5 - Supporting Individuals Experiencing Mental Health Issues, Randolph
- June 5 - Vermont Suicide Prevention Symposium, Killington
- June 7, 14, & 21 - Living with Alzheimer's for People with Alzheimer's, Colchester
- June 10 & 11 - William Ting Workshop on Qigong & Tai Chi Principles, Burlington
- June 28 - Living with Alzheimer's for Younger-Onset Alzheimer's, Colchester

SASH Online

SASH Job Opportunities

Check out **current positions available** with SASH organizations around the state.

SASH Forum

For **current training information** as well as staff tools and resources, visit the **SASH Forum** on our website.

SASH Website

For the most **up-to-date contact listing and referral forms**, visit sashvt.org.



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