

[Job Opportunities](#) | [Referrals](#) | [SASH Website](#) | [SASH Forum](#) | [Contact Us](#)



SASH Coordinators MJ Merchant Cheryl Rose and Suzanne Lemire make balloon stress balls

Vermont News and Updates

Vermont Veteran's Home has Beds Available

Thank you for considering referring a Veteran, Spouse of a Veteran, or Gold Star Parent to the Vermont Veterans' Home (VVH). We have received recognition for technology excellence, and garnered recognition as one of the finest Veterans' Homes in the country.

We are available to help families with the admission process by calling the admission team at 802-447-6539. The admission paperwork is available for download at vvh.vermont.gov under the [admission tab](#).

Nursing home and secure dementia beds are available for both males and females.



Look How Fun PHL can be; Its a PHL Data Entry Party!

A SASH team gathered to enter data into PHL with support and guidance among themselves with Madeline's support as well! They were well-equipped with snacks and cider and had a great time bonding over data.



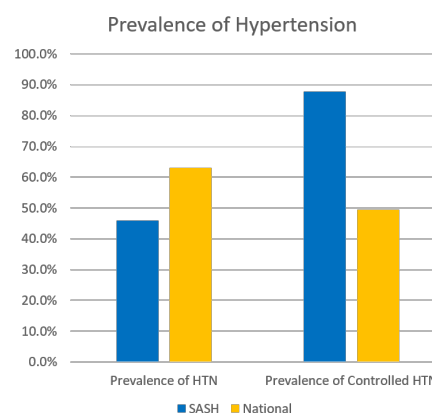
Wellness Nurse Corner

Let's Talk About Blood Pressure

This past month, October 2017, the Centers for Disease Control released a data brief, "Hypertension Prevalence and Control Among Adults: United States, 2015-2016". You can read the brief [here](#).

The data reinforces the important work we as SASH Staff continue to provide in regards to blood pressure control. It is an important reminder that blood pressure control has demonstrated a decrease in the incidence of stroke, heart attack, and heart failure.

[Continue Reading](#)



SASH Flash Grab 'n' Go

Upcoming: December is...

- [National Impaired Driving Prevention Month](#)

Hearing Loss

Hearing loss is very common in older adults. It can be especially hard for them to hear when more than one person is talking or there is a lot of background noise. Here are some tips you can use when talking with someone who has a hearing problem:



- In a group, include people with hearing loss in the conversation.

- Find a quiet place to talk to help reduce background noise, especially in restaurants and at social gatherings.
- Stand in good lighting and use facial expressions or gestures to give clues.
- Face the person and speak clearly.
- Speak a little more loudly than normal, but don't shout.
- Speak at a reasonable speed.
- Do not hide your mouth, eat, or chew gum while speaking.
- Repeat yourself if necessary, using different words.
- Try to make sure only one person talks at a time.
- Be patient. Stay positive and relaxed.
- Ask how you can help.

Visit our [website](#) and learn more about hearing loss and older adults.

[SASH Webinar](#) with Guest Presenter Elizabeth Adams, Au.D., CCC-A, Clinical Professor in Communication Sciences and Disorders, UVM Topic: Proper Hearing Screenings & Hearing Devices - those which are proper and which are not.

Time for Your Flu Shot

Getting a flu shot every year can help you stay healthy. A flu shot contains the flu vaccine, which could keep you from getting the flu. Medicare will pay for the shot, and so will many private health insurance plans.

[Learn More](#)

Order FREE copies of the AgePage brochure [Flu-Get the Shot](#). Bulk copies are available!

Additional information in this [October Webinar](#) regarding immunizations.



SASH Team Resources

Meditation May Reduce Cardiovascular Risk

Meditation may be a cost-effective and low-risk way to reduce CV risk, according to a scientific statement from the American Heart Association.

[Learn More](#)



Monthly Webinars

SASH Coordinator Webinar

Please join us Wednesday, November 8 at 9:00 am

Topic: 3SquaresVT with Drake Turner, Adult Nutrition Initiatives Manager

[Register for the Webinar Here](#)

Wellness Nurse Webinar

Please join us Tuesday, November 14 at 8:30 am

Topic: Practicing Self-Care

[Register for the Webinar Here](#)

PHL Q&A Webinar

Please join us Tuesday, November 21 at 9:00 am

[Register for the Webinar Here](#)

SASH Staff & Panel Updates

SASH Directory Updates

Welcome

Anika Reynolds, SASH Coordinator - Decker Towers, Chittenden County

Help us keep the SASH directories up to date:

- [Review Your Team](#)
- [Make Changes to Your Team List](#)

Upcoming Professional Development Opportunities

Statewide Opportunities

Click on the [calendar](#) for further details on the trainings below.

- **September 5** - November 21 (12 consecutive Tuesdays) - NAMI Family-to-Family course, Rutland
- **November 6** - Alzheimer's Disease - Overview, Communication and Addressing Behavior Concerns (VT Assn. of Area Agencies on Aging), Randolph
- **November 16** - HABITS: Understanding habits to change ourselves and change the world w/ Sandra Steingard, MD (Howard Center), Burlington
- **December 4** - Senior Legal Issues (VT Assn. of Area Agencies on Aging), Randolph
- **December 4** - Veterans Benefits and Resources (VT Assn. of Area Agencies on Aging), Randolph

2018

- **April 16-20** - WRAP Facilitator Training (Copeland Center for Wellness and Recovery), Waterbury

SASH Online

SASH Job Opportunities

Check out **current positions available** with SASH organizations around the state on the [SASH website](#).

SASH Forum

For **current training information**, as well as current tools and resources visit our [SASH forum](#). It is accessed through our website.

SASH Website

For the most **up-to-date contact listing and referral forms** visit our SASH website [sashvt.org](http://www.sashvt.org).



Keep in touch!

SASH Referrals | Statewide Contacts | Admin Team | Website