

# SASHNEWS

Support and Services at Home

November  
2017

SASH is a caring partnership among Vermont [Nonprofit Housing Providers](#) | [Area Agencies on Aging](#) | [Home Health Providers](#) | [Mental Health Providers](#) | [Vermont Hospitals](#) & Primary Care Providers



Doris Allard and her adoring SASH nurses, staff and friends gather for a photo during groundbreaking for Allard Square, an affordable residence for older adults named in her honor and now under construction in South Burlington.

## News Briefs

### National \$15 Million HUD Demo Draws on SASH Staff for Training

As part of a [three-year national demonstration](#) inspired by SASH and funded by the U.S. Department of Housing & Urban Development, SASH Assistant Director Stefani Hartsfield and SASH Health Systems Educator & Nurse Consultant Kristi Poehlmann, RN, are spending Nov. 16-17 in Washington, D.C., training representatives of the 40 nonprofit housing organizations that have been selected for the project. Also involved in the training are representatives from the [National Coalition on Care Coordination](#) and [Leading Age](#).



Stefani Hartsfield

In another nod to SASH, [a recent article](#) about the demonstration cited HUD Secretary Ben Carson's commitment to the SASH model. Carson noted that placing wellness coordinators and others in HUD communities "will lower health-care costs [and] enable seniors to remain healthy and retain a high quality of life" in his address at the LeadingAge Florida annual meeting.

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### New Third-Party Evaluation of SASH Shows Continued Positive Outcomes

Improved health, slowed Medicare expenditures and more health-savvy older adults: these are the findings of the latest federally funded, third-party evaluation of older

Vermonters living in affordable- housing communities and enrolled in SASH.

Researchers found that participants in SASH groups established before April 2012 were admitted to hospitals less frequently and saved about \$1,227 per person per year in Medicare expenditures. While these specific results did not transfer to groups created after this date, all participants reported less difficulty managing their medications, higher overall functional status, and greater awareness of the relationship between nutrition and health. [Learn more.](#)



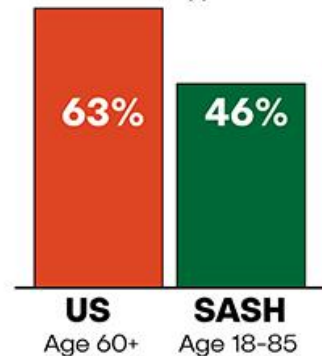
## More Validation of SASH's Success in Controlling Our No. 1 'Silent Killer'

Both a new data brief from the Centers for Disease Control & Prevention (CDC) and a recently completed pilot between SASH and the Community Health Centers of Burlington serve to reinforce SASH's proven role in controlling hypertension, often called the nation's top "silent killer."

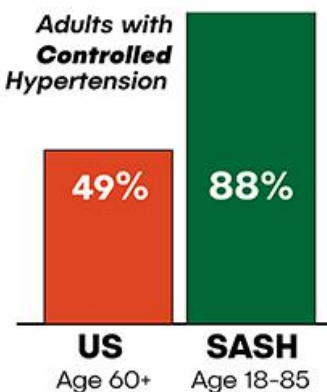
The CDC brief, "[Hypertension Prevalence & Control Among Adults: United States, 2015-2016](#)," pegs the national rate of hypertension in adults age 60 and older at just over 63% -- compared to 46% for SASH participants. The national rate of those with *controlled* hypertension, meanwhile, comes in at 49% compared to SASH's 88%!

SASH's good work in this area also became apparent in the results of the pilot program, which involved a group of SASH participants with hypertension who were followed July 18-October 5. With enhanced education, support and communication from their SASH wellness nurses and primary care physicians, participants reduced their systolic blood pressure an average of 20mmHg by the end of the pilot - and *none* of them experienced an increase. [Learn more about the pilot.](#)

Adults with Hypertension



Adults with Controlled Hypertension



## Professional Development Opportunities

*For links to details about the following events, see the [SASH Calendar](#).*

- November 16: **HABITS: Understanding Habits to Change Ourselves & Change the World**, with Sandra Steingard MD (Howard Center), Burlington
- November 17: **Mindfulness with Tai Chi** (Tai Chi Vermont), Burlington
- November 17:- **Housing as Community Development** (Tri-State Learning Collaborative on Aging), webinar
- November 28: TSLCA Summit, "Driving Community Home: **What Does It Take to Build a Lifetime Community**" (Tri State Learning Collaborative on Aging), Portland, ME
- November 30: [UMatter Training of Trainers in Suicide Prevention](#), free for SASH employees, Burlington (Thayer House, North Avenue)

- December 4: **Senior Legal Issues** (VT Assn. of Area Agencies on Aging), Randolph
- December 4: **Veterans Benefits & Resources** (VT Assn. of Area Agencies on Aging), Randolph
- January 12: **Advanced Tai Chi Movements Certification** (Tai Chi Vermont), Montpelier
- April 16-20: **WRAP Facilitator Training** (Copeland Center for Wellness & Recovery), Waterbury

## SASH Online Resources

**SASH Website:** For the most up-to-date **contact list** and referral forms, visit [sashVT.org](http://sashVT.org).

**SASH Forum:** For current **training information** as well as staff tools and resources, visit the [Forum](#) on the SASH website.

**SASH Job Opportunities:** Learn about [available positions](#) with SASH organizations statewide.



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