

# SASHNEWS

Support and Services at Home

OCTOBER  
2017

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



Tai Chi classes for older adults, [like those offered by AgeWell in Chittenden County](#) and by SASH coordinators and wellness nurses throughout Vermont, are a great way to improve balance and help prevent falls. This photo shows a SASH-sponsored class at Thayer House, an affordable housing community in Burlington's New North End.

## News Briefs

### SASH Partners Pull Out All the Stops for 'Falls Prevention Awareness Day'

SASH partners throughout Vermont hosted a slew of events and activities in September in recognition of national Falls Prevention Awareness Day (Sept. 22), amplifying their ongoing work to prevent the leading cause of fatal and non-fatal injuries among older adults. **The statewide SASH network makes it possible for these programs to reach people in all corners of Vermont.** Details about the numerous SASH falls-prevention activities conducted throughout the state are available [here](#).



Meanwhile, the Vermont chapter of the American Physical Therapy Association reports that **"Stay Steady Vermont"** programs reached **330 people last month**. Of those, 256 were screened and 150 people signed up for follow-up.

***And here's why it matters:*** A [newly released analysis](#) by Leslie Barnard, MPH, of the Vermont Department of Health shows the extent of fall-related injuries, hospitalizations and deaths in Vermont from 2010 to 2014. Barnard, a public health analyst in the Division of Health Surveillance, presented her findings at the Oct. 10 meeting of the [Falls Free Vermont Coalition](#), of which SASH is an active member.

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**DOH Evaluation Shows High Levels of Satisfaction among SASH Participants**

This summer the Vermont Department of Health conducted 62 interviews with SASH participants across the state, collecting qualitative data on their experiences with SASH. The goal was to understand and document the benefits of SASH as perceived by participants. **The results are extremely positive, with participants overwhelmingly praising SASH staff and services.** Data are still being compiled and analyzed, but [preliminary results are summarized here](#).

**"I got weighed yesterday at my doctor's, and I've lost 30 pounds since last year...and that's due a lot to the exercise programs they've offered here."**

## Cathedral Square to Create VT's First Affordable Memory-Care Residence

The nonprofit Cathedral Square Corporation purchased the former VNA Respite House in Williston in mid-September and has begun transforming it into Vermont's first memory-care residence for Vermonters on Medicaid. There will be 14 apartments with licensed, round-the-clock care for low-income residents living with Alzheimer's and other forms of dementia. The residence is slated to open in early 2018. [Learn more here](#).



Memory Care at Allen Brook

## Professional Development Opportunities

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

- October 24-25: **Tai Chi Basic Movements & Teaching Method Certification** (Tai Chi Vermont), Montpelier
- October 25: **Geriatric Pharmacology for the Interprofessional Team** (Dartmouth-Hitchcock), Lebanon, NH
- October 30: **Opioids & Chronic Pain: Cultural Myopia and the Big Picture** (UVM Medical Center), Burlington
- November 1: **Alzheimer's Association Community Educator Training**, Williston
- November 1: **Nuts & Bolts of Housing Retention** (VT Resident Services Coordinators), Royalton
- November 6: **Alzheimer's Disease - Overview, Communication & Addressing Behavior Concerns** (VT Assn. of Area Agencies on Aging), Randolph
- November 16: **HABITS: Understanding habits to change ourselves and change the world**, with Sandra Steingard MD (Howard Center), Burlington
- 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

## 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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