



SASH Participant Saudria in Addison County shares her holiday spirit

Thank You SASH Staff

SASH in 2017 - Expanding, Reflecting and Persevering

Throughout this year we have **expanded**, **reflected** and **persevered** as you, SASH staff across the state, have remained focused on the needs of your individual participants and communities. You have done your work, day in and day out, with grace, compassion and professionalism. Thank you for the commitment and passion you shared in 2017- it is an honor to be part of this SASH family.



[See full letter from Molly Dugan, SASH Director](#)

SASH Team Update

Welcome Michelle Sawyer, SASH Program Specialist

I am so very excited to join the wonderful SASH Administrative Team. Prior to this position, I was a SASH Coordinator at Burlington Housing Authority. My educational background is in nutrition, wellness, and alternative medicine. As my career has progressed, I discovered that while I really love being on the front lines helping folks with their wellness, that data and numbers are just as intriguing, so joining SASH in a more administrative role is right up my alley. It's an honor to be on board, and I look forward to meeting/seeing you all soon!



SASH News and Updates

HUD Model Training a Success

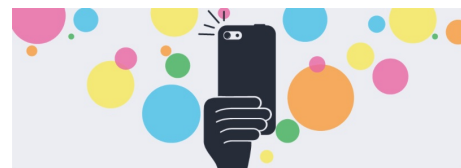
Kristi Poehlmann and Stefani Hartsfield did their best to represent all of the amazing work you all do while in DC in November. They were training over 100 new staff in how to implement a "Housing Based Services Model" at their housing sites across the country. The staff there were from a variety of urban and rural settings, mostly urban, spoke a variety of languages and were overall so excited to hear about everything you all do.



Even though many of the coordinators had been existing HUD Resident Service Coordinators at their buildings before, they loved the idea of having a Wellness Nurse on-site and having a cohesive, person-centered model to add in to their existing services. The SASH teachings were a huge hit. Kristi can really work an audience!

Your Best Shot Photo Contest

Be sure to send in your photos for the 4th quarter drawing for a \$25 gift card toward programming of your choice. The deadline is December 27th!



[Complete this Entry Form](#)

Wellness Nurse Corner

[Happy Holidays & Insight into the Updated Blood Pressure Guidelines](#)

Happy holidays! We are well into the holiday season. I hope you all enjoy time with friends, family, and of course, enjoy some relaxation time as well.

The new guidelines for blood pressure management were published this past November, 2017. Much more to come on this topic!



[Continue Reading](#)

SASH Flash Grab 'n' Go

Upcoming: January is...

- National Glaucoma Awareness Month
- National Radon Action Month
- Thyroid Awareness Month

Fraud, Scams, and Identity Theft

Jason Duquette-Hoffman from the Consumer Assistance Program recently joined us again to speak about identity theft and how to prevent it. He shared the following resources:



www.Consumer.vermont.gov -the Consumer Assistance Program website

www.optoutprescreen.com -to opt out of receiving preapproved credit card offers in the mail

www.dmachoice.org - to opt out of junk mail

Jason previously joined us on the September SASH Coordinator call to talk about the Equifax Breach and shared fantastic information about how to keep yourself and your credit safe. If you were not able to join that call please listen to the recording here: [View the Sept. SASH Coordinator webinar recording here.](#)

Holiday Loneliness & Social Isolation

Nobody relishes the prospect of aging without a spouse or family member at their side, without friends to help them laugh at the ridiculous parts and support them through the difficult times. Yet, that is just what many North American seniors face.



SASH Team Resources

SASH Success Stories Wanted

We want to hear and share your amazing work with your participants and successful partner relationships with other states, legislators, and many others. Please consider sharing your success by using the link below to access the user-friendly form.



[SASH Impact Web Page](#)

Improved Relias Support Ticket System

Now that Relias is being used for all SASH staff training, it is important for everyone to feel comfortable in using the system. Admin staff will continue to help with login information and general trouble-shooting. In the event you have an inquiry we can't help you with, please know that Relias has improved their support ticket submission process to help provide valuable information [here](#).

[Submit a Relias Support Ticket](#)

Monthly Webinars

SASH Coordinator Webinar

Please join us Wednesday, December 13 at 9:00 am

Topic: Social Isolation

[Register for the Webinar Here](#)

Wellness Nurse Webinar

Please join us Friday, December 15 at 8:30 am

Topic: Depression and Anxiety in the Older Adult/Young & Disabled Population with guest presenter Julie Parker, LCMHC

[Register for the Webinar Here](#)

PHL Q&A Webinar

Please join us Tuesday, December 19 at 9:00 am

SASH Staff & Panel Updates

SASH Directory Updates

Welcome

Alison Miley, SASH Community Based Clinician - Cathedral Square Senior Living & Thayer House, Chittenden County

Anne O'Brien, Wellness Nurse - Milton & Thayer House, Chittenden County

Michelle Sawyer - SASH Program Specialist, state-wide

Paula Chiuchiolo, Wellness Nurse, Tilden House/Jefferson Apts, Barre, Washington County

Meredith Sweet, SASH Coordinator, Burlington Housing - South End, Chittenden County

Gloria Garback, SASH Coordinator, Whitcomb Woods, Essex Junction, Chittenden County

Jude Stevens, Wellness Nurse, Burlington Housing - South End & Decker Towers, Burlington, 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.

- December 13 - **Population Health Management - Prevention & Management of Diabetes** (New England QIN-QIO), webinar

2018

- January 12 - **Advanced Tai Chi Movements Certification** (Tai Chi Vermont), Montpelier
- February 13 - **Integrating Music Therapy into Palliative and Hospice Care, Alleviating Distress and Improving Comfort** (UVM Integrative Health), Burlington
- March 6 - **Culinary Medicine: Mediterranean Diet in Clinical**

Medicine (UVM Integrative Health), Burlington

- April 7 - **Integrative Pain Management Conference: National Experts, Local Focus** (UVM Integrative Health), Burlington
- 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.



Keep in touch!

[SASH Referrals](#) | [Statewide Contacts](#) | [Admin Team](#) | [Website](#)