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Photo courtesy of Mt. Ascutney Hospital & Health Center: Rita Bennett, SASH Wellness Nurse, Denise Dupuis, Windsor SASH Coordinator, and Dr. William Palmer, Medical Staff President and Hospitalist Services at MAHHC.

SASH in the News

Mount Ascutney Doctors' Day Donation

Every year, Doctors' Day celebrates the impact that physicians have on their patients and communities. For this year's occasion, Mt. Ascutney Hospital and Health Center recognized this positive impact by making financial donations on behalf of its medical staff to two community groups: Support and Services at Home (SASH) of Windsor County and the Windsor County Partners Mentoring Program.

[Continue Reading the Mt. Ascutney Hospital and Health Center Article](#)

[Valley News Article](#)

SASH Team Resources

September is Falls Prevention Month

Falls are the number one cause of injury, hospital visits due to trauma and death from an

injury among people aged 65 years and older. In addition, approximately one in three older adults fall on an annual basis. Falls are preventable!

Fall Prevention



We invite you to host a Stay Steady Vermont (SSV) event at your SASH site to celebrate Fall Prevention Awareness! Members of the Vermont Chapter of the APTA are coordinating events where Physical Therapists (PTs) or trained community members can come to your SASH site and assess fall risk using the CDC STEADI plan. PTs will also lead a game of fall prevention BINGO to make it fun! An SSV event takes 2 hours. Please email Maggie Holt and Mariana Wingood (PTs) if you are interested in bringing SSV to your SASH site! Their emails are: mholt122@gmail.com and mariana.wingood@outlook.com.

For more information on fall prevention resources check out the Falls Free Vermont Coalition website at <https://fallsfreevermont.org/index.php>. STAR also contains additional information in the Falls Prevention and General Safety category under Shared Resources.

Wellness Nurse Corner

Featured Pilot Highlights

Dear SASH Wellness Nurse Team -

HAPPY SUMMER!

Over the next couple of months, I want to highlight the pilots from the past 6 months as part of the grant work SASH participates in for diabetes and hypertension.

This month, I want to recognize the exceptional effort demonstrated by the Windsor Village SASH staff. The staff are Rita Bennett, RN, SASH Wellness Nurse and Denise Dupuis, SASH Coordinator. The team graciously took on a pilot aimed at SASH participants with hypertension.

[Continue Reading](#)

Quality Assurance

Encounter Notes

Where are you documenting your notes? So many of us love to find an excuse to put a good old-fashioned pen to paper, especially in this world of technology. While we encourage you to make time in your life to get away from the screens and keyboards, documenting your encounter notes is not an instance where you want to power down your PC.



While some of us are in the habit of writing our notes in a notebook, all encounter notes must be entered into the "Notes" tab in PHL. This helps to ensure that we have consistent and accurate documentation of your work, and it also keeps this information in a secure place. Having notes in PHL is not just professional, it helps to protect you and your participant. It helps to protect you should a legal matter ever arise, which has occurred in at least one of our panels. It protects your participants'

sensitive information from being misplaced, misinterpreted, or ruined by an errant cup of coffee.

In addition to where you document, how you document is important too. Check out [the Guidelines and Best Practices for Writing SASH Encounter Notes](#) for guidance on how to make your encounter notes the best they can be!

SASH Flash Grab 'n' Go

September is...

- [Falls Prevention Month](#)
- [Pain Awareness Month](#)



NAMI Family Support Groups

Family Support Groups meet in Berlin, Brattleboro, Burlington (Howard Center and Community Health Center), Georgia, Manchester, Rutland, and Saint Johnsbury. Two new Family Support Groups are starting up in Townshend and Williston

Call 800-639-6480 or [Click Here](#) for more information

NAMI Homefront

NAMI Homefront is a free, 6-session program for family, friends, and significant others of military service members and veterans. The class helps families understand what the service member/veteran is experiencing related to trauma, combat stress, civilian life transition, PTSD, and other mental health conditions.

Call 703-524-7600 or [Click Here](#) for more information & to register (Registration is required to attend)

PODCAST/TED Talks

What I Learned from 2,000 Obituaries

Lux Narayan starts his day with scrambled eggs and the question: "Who died today?" Why? By analyzing 2,000 New York Times obituaries over a 20-month period, Narayan gleaned, in just a few words, what achievement looks like over a lifetime. Here he shares what those immortalized in print can teach us about a life well lived.



This talk was presented at an official TED conference, and was featured by our editors on the home page.

[View/Listen Here](#)

PHL Video Aids

PHL video aids are now available on the [PHL page](#) of STAR. Video aids include

- [Logging on for the First Time](#)
- [Searching for a Participant](#)
- [Adding a Participant](#)

Check back soon for more to come!



Monthly Webinars

SASH Coordinator, Wellness Nurse and PHL Monthly Webinars

NOTE: *August is a webinar-free month for these 3 categories; see you in September!*

SASH Staff & Panel Updates

SASH Directory Updates

Welcome:

- Jennifer Jones, SASH Coordinator, Chittenden County
- Jennifer Hutton, SASH Coordinator, Chittenden County
- Sean Fiore, Nursing Fellow, Chittenden County
- Tracy Schneider, SASH Coordinator, Chittenden County

Help us keep the SASH directories up to date:

- [Update your Staff Directory Profile on STAR!](#)
- [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.

- August 14, 15, 21, 23, 24, or 27 - **Practical Approaches to Behavior Management & Positive Behavioral Supports** (Seneca Institute), webinar
- August 17 - **Healthy Living Workshop (HLW) Refresher** (for current CDSMP, DSMP, & CPSMP leaders) (UVM Health), Randolph
- August 21 - **Governing for Racial Equity: California's State-Level Capitol Cohort** (Public Health Institute), webinar
- August 24 - **Healthy Living Workshop (HLW) Refresher** (for current

CDSMP, DSMP, & CPSMP leaders) (UVM Health), Rutland

- August 24 & 25 - **Tai Chi YANG 24 Forms Certification** (Tai Chi Vermont), Charlotte
- September 7 - **Tai Chi Skillbuilder** (Tai Chi Vermont), Burlington
- September 7 - **Osteoporosis Update for Primary Care** (UVM COM), Hampton Inn, Colchester
- September 7 - **24th Annual Geriatric Nursing Conference** (Saint Anselm College), Manchester, NH
- September 10 - **Motivational Interviewing Basics** (VT Association for Mental Health & Addiction Recovery), Morrisville
- September 13 & 14 - **8th Annual New England Holistic Nursing Conference** (Saint Anselm College), Kennebunkport, ME
- September 14 - **Healthy Living Workshop (HLW) Refresher** (for current CDSMP, DSMP, & CPSMP leaders) (UVM Health), Williston
- September 21 - **Tai Chi Skillbuilder** (Tai Chi Vermont), Rutland
- September 25 - **Motivational Interviewing: The Basics (Level 1)** (Saint Anselm College), Machester, NH
- September 27 - **Tai Chi Skillbuilder** (Tai Chi Vermont), Barre
- September 27-30 - **16th Annual International Restorative Medicine Conference** (UVM College of Nursing & Health Sciences and VT Association of Naturopathic Physicians), Burlington
- September 30 - **NAMI Vermont's 2018 MINDWalk**, Burlington
- October 3 & 4 - **Tai Chi FPATC Level Three Movements, Certification & Recertification Workshop** (Tai Chi Vermont), Vergennes
- October 9 - **30th Annual Brain Injury Conference** (Brain Injury Association of Vermont), Burlington
- October 26 - **Ageing in Vermont: Healthy Living Conference** (VASCAMP), Killington Resort & Conference Center
- November 2 & 3 - **Tai Chi FPTC Level One & Teaching Method Certification** (Tai Chi Vermont), Berlin

SASH Online

SASH Job Opportunities

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

STAR (SASH Tools and Resources)

For **current training information**, as well as tools and resources visit [STAR](#).

SASH Website

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



