



Vergennes Participants Create Art Collages

SASH Team Resources & Updates

Interdisciplinary Grand Rounds Discusses the Topic of Suicide

Melissa Southwick recently attended the Interdisciplinary Grand Rounds to discuss the topic of Suicide. Please feel free to listen to the [recording](#) (link below).

LEARNING OBJECTIVES:

1. Understanding the prevalence of suicide in Vermont.
2. Increase assessment skills for identifying risk factors for suicide.
3. Identify appropriate office response to an individual deemed at risk for suicide.
4. Understanding collaborative role of community resources.

[Continue Reading](#)

[Listen to the Grand Rounds Here](#)

A Community Cares

Southwestern Vermont Medical Center hosted leaders from a dozen local social services agencies for a lunch in mid-December in celebration of the third anniversary of the Community Care Team.



Those in attendance represented Southwestern Vermont Medical Center, United Counseling Services, Bayada, Support and Services at Home, Shires Housing, the Vermont Department of Human Services, and others. Many shared heartfelt success stories as a part of the event's program.

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New Year Brings Changes to SASH Administrative Team

Dear SASH Staff,

I want to take this opportunity to tell you how amazing each and every one of you are. Without you, 5,000 Vermonters and their communities would not be thriving and feeling empowered in a way that has never been seen before. It is because of the heart, professionalism and commitment that you all bring to your work that has allowed me to make a very hard decision.



After almost 9 years, I am moving on from SASH and Cathedral Square to continue the mission of creating healthy Vermonters and the recognition that what we all do as a community together matters in everyone's health and happiness. I will be working for the Chittenden County Blueprint Community Health Team as the Community Outreach Manager through UVM Medical Center. Chittenden County added a second Senior Project Manager in order to accommodate the size and the need to oversee population health, complex care coordination and all the other major efforts going on around the state.

I am not saying goodbye because I know that I am going to continue to work with all of you in one way or another. I also know that you are in the hands of the best SASH administrative team ever and your regional implementation managers are incredible. You all are going to soar SASH to new heights.

Stefani (new email: stefani.hartsfield@uvmhealth.org, effective January 29)

Wellness Nurse Corner

Happy New Year!

There is a lot of positive "buzz" for 2018 in the world of SASH. Here are some things that I am focusing on:

- New 2017 Blood Pressure Guidelines
- New SASH Pharmacy Pilot in Rutland
- More SASH & Primary Care Pilots
- Save the Date: SASH Staff Training Day May 24, 2018 in Lebanon, NH

[Continue Reading](#)

SASH Flash Grab 'n' Go

The Emotional Benefits of Exercise

Research shows the benefits of exercise go beyond just the physical well-being. Physical activities - like walking, biking, dancing, yoga, or tai chi - can help:

- Reduce feelings of depression & stress
- Enhance your mood & overall emotional well-being
- Increase your energy level
- Improve sleep

So, the next time you're feeling down, anxious, or stressed, start moving!

Get exercise ideas, motivational tips, and more from [Go4Life](#), an exercise & physical activity campaign for older adults from the [National Institute on Aging at NIH](#).

Cool Tools

- www.auntbertha.com is a great search tool to find resources in your (or a) zip code area - food, housing, goods, transportation, etc.
- [MATx by SAMSHA](#) is an app that empowers health care practitioners to provide effective, evidence-based care for opioid use disorders. Also for counseling resources; just type in the zip code. There is also training info and resources on the app.



February is:

- AMD/Low Vision Awareness Month
- American Heart Month

Photo Contest

Review of the 2017 Your Best Shot Photo Contest

The photo contest in 2017 was a great success; we had **71** photos submitted. The fourth quarter winner of the \$25 gift card for programming is Diana Rule-Senzel on the Vergennes panel.



Now for 2018

The contest will continue in 2018! Have your camera ready to snap photos of participants in a variety of activities. A winner will be selected from the submissions via a random draw each quarter. The winner will receive a \$25 gift card for programming of their choice. So snap away and share!

[Read More Here](#)

[Link to Submit Photo](#)

Monthly Webinars

SASH Coordinator & Wellness Nurse Webinar

Please join us Wednesday, January 10 at 9:00 am

Topic: *Adult Protective Services with special guest: Clayton Clark, Director of the Division of Licensing and Protection for the State of Vermont*

[Register for the Webinar Here](#)

PHL Q&A Webinar

Please join us Tuesday, January 16 at 8:30 a.m.

[Register for the Webinar Here](#)

SASH Staff & Panel Updates

SASH Directory Updates

Welcome:

- Jude Stevens, Wellness Nurse - Chittenden county
- Cathleen Paulin, Wellness Nurse - Rutland county

Help us keep the SASH directories up to date:

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

Enhancing Care Transitions and Medication Safety: Supporting Rural Providers Across New England January 10th

Learn what three rural New England providers implemented to address their patients' unique needs. Upon completion of this session, you will be able to:

- Evaluate how data can help inform intervention selection and implementation progress,
- Identify the role medication safety can play in transitions of care, and
- Describe key elements for successful care transitions in rural communities.

Please [click here](#) to register.

Visit the New England Rural Health [event page](#) to learn more about this session.

Statewide Opportunities

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

- January 10 - **Enhancing Care Transitions and Medication Safety** (New England Rural Health Roundtable), webinar
- January 10 - **Home Safety: Aging in Place** (American Society on Aging), webinar
- January 12 - **Advanced Tai Chi Movements Certification** (Tai Chi Vermont), Montpelier
- January 25 - **Highlights from Home - Innovative Approaches to Enhance Care Transitions and Med Safety** (New England Quality Innovation Network-Quality Improvement Organization (QIN-QIO)), webinar
- 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
- March 26 - **2018 Gerontology Symposium: Caregiving for Persons Living with Dementia: Families and Professionals Working Together** (UVM Center on Aging), 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
- May 24 - **SASH Staff Annual Training Day**, West Lebanon NH

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](#)