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SASH All Day Staff Training Group May 2018

## SASH in the News

### All Staff Training Day Success!

On May 24th more than 100 SASH staff attended the Annual All SASH Training Day at the Fireside Inn in West Lebanon, NH. From networking to the speakers, to the table activities and the food, we heard over and over again what a great day it was; thank you for making it a great success!

[Continue Reading Here](#)

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### SASH Mentioned in Three Publications

May was a busy month for SASH in the news. All of your hard work and excellent outcomes were recognized both locally and nationally. To learn more click the links to the articles below.

[Vermont Can Show Washington the Ways on Senior Housing Policy](#)

[Vermont Works to Reduce Risky Drinking Behaviors Among Older Vermonters](#)

[Vermont's Bold Experiment in Community-Driven Health Care Reform](#)

## SASH Team Resources & Updates

### How Vermont Foodbank Can Help

The Vermont Foodbank offers more than food!  
Many of us are aware that the Vermont Foodbank (VFB)

provides access to foods through the monthly Commodity Supplemental Food Program (CSFP), produce drops and their statewide network of 215 partner agencies. But did you know they also provide outreach and referral services?

[Learn More Here](#)



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## How a Compassionate Caregiver Can Help You Heal

According to a new book, *The Compassionate Connection: The Healing Power of Empathy and Mindful Listening* by David Rakel, this is the unwritten yet essential prescription for healing. As a physician and professor at the University of New Mexico, and founder of the integrative medicine program at the University of Wisconsin, Rakel draws on research and his expertise in the exam room to argue that how doctors interact with their patients can sometimes matter more to healing than what they do.

[Read the Article Here](#)

## PHL

### Updates

NEW DEVELOPMENT UPDATES:

- [MEDICATIONS!!](#)
- [A PRINTABLE, participant summary sheet!](#)

NOTE: Before using any of these new features, please [watch this month's PHL Q&A webinar recording](#).

Please use the respective hyperlinked desk aids for entering medications and creating a participant summary (with supplementary [standardized assessment interpretations](#)).

NEW WORK FLOW FOR THE CSSRS SCREEN

- All C-SSRS screens must be completed on paper until further notice- you will find the CSSRS screening tool [on the SASH Forum with the SASH Assessments](#)
- Indicate assessment completion status on the C-SSRS tab
- When a C-SSRS has been completed, upload a copy to the files tab in the client section of PHL. [See desk aid](#) on uploading files to PHL.

Please send all PHL questions to [SASH@Cathedralsquare.org](mailto:SASH@Cathedralsquare.org) with "PHL" included in the subject line.

## Wellness Nurse Corner

### Create a Word Search with Puzzlemaker

This tool was shared by one of our nursing colleagues, Daria Durling, RN, SASH Wellness Nurse for Brattleboro. Daria used this tool to create patient education word

searches. Feel free to utilize this!"

[Click Here to Try It](#)

## Quality Assurance

### Community Healthy Living Plans are due June 30th!

This is a friendly reminder that your July-December 2018 CHLP is due to be posted on the forum June 30th. [Posting your CHLP on the forum](#) allows your fellow SASH staff to see the wonderful and creative programming you're offering, and to inspire new offerings to their own participants.

You are now receiving chronic conditions reports every month with your monthly status report. Use this report to inform your CHLP. What conditions top your panel's list? What challenges do you hear about from your participants? What sort of programming can support your participants in achieving their HLP goals? What opportunities for preventative intervention do you see among your participants?

Also be sure to look at the [Evidence-Based Practice Directory](#) to see what exists to support well-being in your panel.

Not sure how to post your forum to the CHLP? Just click [here](#) to access the Desk Aid.

Email Michelle at [sawyer@cathedralsquare.org](mailto:sawyer@cathedralsquare.org) with questions.

## SASH Flash Grab 'n' Go

### July is:

- [National Ice Cream Month](#)
- [National Picnic Month](#)

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### Great Items to Share:

- [What is Osteoporosis?](#)
- [Allergy Season is upon us](#)
- [5 minutes of wellness calendar](#) and [resource page](#)

## PODCAST/TED Talks

### How childhood trauma affects health across a lifetime

Childhood trauma isn't something you just get over as you grow up. Pediatrician Nadine Burke Harris explains that the repeated stress of abuse, neglect and parents struggling with



mental health or substance abuse issues has real, tangible effects on the development of the brain. This unfolds across a lifetime, to the point where those who've experienced high levels of trauma are at triple the risk for heart disease and lung cancer. An impassioned plea for pediatric medicine to confront the prevention and treatment of trauma, head-on.

[Watch Video Here](#)

## Brené Brown on Empathy

What is the best way to ease someone's pain and suffering? In this beautifully animated RSA Short, Dr Brené Brown reminds us that we can only create a genuine empathic connection if we are brave enough to really get in touch with our own fragilities.



[Watch the Short Video Here](#)

## Monthly Webinars

### SASH Coordinator Webinar

Wednesday, June 13 at 9:00 am

[Register for the Webinar Here](#)

Agenda: Updates & Alzheimer's VT Chapter with Pamela Beidler

### Wellness Nurse Webinar

Tuesday, June 12 at 8:30 am *or* Friday, June 15 at 8:30 am

[Register for one Webinar Here](#)

Topic: Discussion on Medication Management

### PHL Q&A Webinar

Tuesday, June 19 at 9:00 a.m.

[Register for the Webinar Here](#)

## SASH Staff & Panel Updates

### SASH Directory Updates

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.

June 7 - **Better Health Conference 2018** (CT Partners for Health), Hartford, CT

June 7 - **3SquaresVT Basic Training** (Hunger Free Vermont), Rutland

June 12, 13, 19 & 20 - **Chronic Pain Self-Management Program (CPSMP) Leader training** (UVM Health Network), Saint Johnsbury

June 13 - **Effective Communication Strategies for Deaf, Hard-of-Hearing, Blind and Visually Impaired Patients** (New England QIN-QIO), webinar

June 13 - **Alzheimer's: Every Minute Counts film screening** (Alzheimer's Association & VT Dept. of Disabilities, Aging & Independent Living), Burlington

June 14 - **Coordinated Community Responses and Beyond: Collaborations to Address Crimes Against Older Adults** (American Society on Aging), webinar

June 20 - **How Nurses Can Foster Positive Interactions with Patients who have Substance Use Disorders** (Institute for Research, Education and Training in Addictions), webinar

June 20 - **TSLCA Summit - Embracing the Options: Supporting End-of-Life Care in Your Community**, Lebanon, NH

June 27 - **Dealing with Emotions** (Bruyere Centre for Learning, Research and Innovation in Long-Term Care (CLRI)), webinar

## 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](http://sashvt.org).



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### Keep in touch!

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