



## "Stay Savvy Vermont" Scam Awareness Partnership

### **New Web Series Takes Aim at Keeping Seniors Safe from Scams**

***Share this resource with your SASH Team and panel, or gather your participants for viewing sessions as new episodes are released for a great programming opportunity!***

As the prevalence of scams directed at seniors has increased, the Vermont Attorney General's Office and the Department of Disabilities, Aging and Independent Living have announced the creation of a video series called *Stay Savvy Vermont*. This series was created with the assistance of ORCA media and the Community of Vermont Elders (COVE). This series of videos features writing and acting by some of our best elderly talent in Vermont.

In order to share this important information with your participants, we encourage you to [subscribe to the YouTube channel](#).

[Read the Press Release Here](#)

## PHL Quick Tips

- **Add... then save**- when entering an additional record (examples; insurance, clinicians, notes, immunizations, diagnoses, etc...) click the "add" button first and save when finished. Click "add" again before entering another record.
- **Notes**- Be sure to include the *encounter date* and *your initials* in every note you record in PHL. Do NOT use the "note" fields on tabs, enter ALL data in 1 Encounter Note.
- **Deleting data**- PHL does not allow any data to be deleted. You can indicate something is no longer true by unchecking the active boxes located in applicable tabs. The data field will then display as "False" in the table on the tab.
- **Chronic conditions**- DO NOT enter a condition more than once. During your annual assessments, verify all conditions are still true, add new ones, and indicate old ones are no longer true by unchecking the "active" box at the bottom of the diagnoses page. You can include start and end dates if you have that information
- **DESK AIDS, DESK AIDS, DESK AIDS.** Can't log in? Forgot how to exit a participant? We have several cheat sheets on these processes, and several others. Access [desk aids](#) on the SASH forum! (these are often updated- version indicated at the bottom of every desk aid)

## Wellness Nurse Corner

### Aging in the LGBTQ Community

"Gen Silent is the critically acclaimed documentary from filmmaker Stu Maddux that asks six LGBT seniors if they will hide their friends, their spouses- their entire lives in order to survive in the care system."

[Learn More Here](#)

## SASH Flash Grab 'n' Go

### April is:

- National Month of Hope
- Stress Awareness Month
- National Humor Month

[National Day Calendar at a Glance](#)

### New Medicare Cards to be Issued

Medicare beneficiaries will be getting a new Medicare card between April 2018 and April 2019 in the mail. These cards will have a new ID number, not the social security number



currently used.

If residents have had a change of address since they started receiving Social Security, they need to call the Social Security office to make sure the correct address is on record.

[Learn How to Get Ready](#)

[My Online Social Security Account](#)

## SASH Team Resources

### TEDEd: What Happens During a Stroke?

*Lesson by Vaibhav Goswami, animation by Artrake Studio*

Every two seconds, someone in the world has a stroke. One out of every six people will have a stroke at some point in their lives. Strokes deprive brain cells of oxygen and are one of the most common causes of death, and a leading cause of preventable disability. But what causes strokes in the first place? And what can doctors do to treat them? Vaibhav Goswami takes us into the body to find out.

[View Full Lesson](#)

### Free & Optional Training Resources

Are you looking for some educational resources for you, as well as your participants that are completely free? There are many training resources that can benefit you in your work, as well as participants that won't cost a thing. These courses can provide opportunities for our participants to learn new skills and expand upon current areas of interest, which in turn helps with their brain functioning and development.

[See List with Links](#)



### Movie to Share for Help with Bullying & Other Negative Behavior

Resilience: The Biology of Stress & the Science of Hope is "an engrossing study of how adverse childhood experiences (or ACES) can be linked to destructive behavior and medical diseases" - Matt Fasgerholm rogerebert.com

SASH staff recently shared this movie with participants who had been experiencing some bullying among themselves. You may be interested in sharing it as well.

[Resilience: The Biology of Stress & the Science of Hope](#)

### LeadingAge's Newest Podcast - Aging Unmasked

Aging Unmasked is a new podcast from LeadingAge where we normalize, humanize, and unmask taboos around aging. During the first season, we'll cover topics like sex, medical marijuana, ageism, fitness, and finances.

[Learn More Here](#)



## Monthly Webinars

### SASH Coordinator Webinar

Please join us Wednesday, March 14 at 9:00 am

[Register for the Webinar Here](#)

Agenda: Guest Presenter Dan Norris from the Vermont Association for the Blind and Visually Impaired (VABVI).

### Wellness Nurse Webinar

There will be an online training in place of the March webinar.

### PHL Q&A Webinar

Please join us Tuesday, March 20 at 9:00 a.m.

[Register for the Webinar Here](#)

## SASH Staff & Panel Updates

### SASH Directory Updates

Welcome:

- Daria Durling, Wellness Nurse, Windham County
- Kathryn Taylor, Wellness Nurse, Rutland County
- Ann Marie Barton-Sullivan, Wellness Nurse, Chittenden County
- Susan Abell, SASH Coordinator, Chittenden County
- Cynthia Channing, Wellness Nurse, Windham 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.

- March 6 - **Culinary Medicine: Mediterranean Diet in Clinical Medicine** (UVM Integrative Health), Burlington
- March 7 - **Holistic Aging: Mind, Body and Soul** (ASA & Home Instead Senior Care), webinar
- March 7 - **Trauma - Neurobiology, Impact and Effect** (Steps to End Domestic Violence), Burlington
- March 14 - **Stepping Forward Together - The Conversation Continues** (Vermont Care Partners), Burlington
- March 14 - **Efforts to Address the Opioid Epidemic Across New England** (New England Qin-QiO), webinar
- March 22 - **Supporting Individuals with Behavioral Health Conditions Using Multidisciplinary Care Management within the Community** (New England Qin-QiO), webinar
  
- March 22, 23, 29 & 30 - **Chronic Disease Self-Management Program (CDSMP) Leader training** (UVM Health Network), Bennington
- March 26 - **2018 Gerontology Symposium: *Caregiving for Persons Living with Dementia: Families and Professionals Working Together*** (UVM Center on Aging), Burlington
- March 26 - **Interdisciplinary Grand Rounds - Dementia Care in Vermont - A Prescription for Hope** (OneCareVT), Burlington & via WebEx
- March 27 - **Community Leader Webinar: An Extension - Part 2**, webinar
- March 27 - **Vermont Blueprint for Health Conference**, Burlington
- March 27 - **Nursing Solutions: Improving Caregiver Strain through Science and Model Interventions** (Parkinson's Foundation), webinar
- April 3, 10, 17 & May 1, 8, 15, 22, 29 - **WRAP: Wellness Recovery Action Plan** (MYHEALTHYVT.ORG), Williston
- April 5, 6, 12 & 13 - **Diabetes Self-Management Program (DSMP) Leader training** (UVM Health Network), Waterbury
- April 7 - **Integrative Pain Management Conference: National Experts, Local Focus** (UVM Integrative Health), Burlington
- April 11 - **FreshStart Leader training** (UVM Health Network), Rutland
- April 11 - **Vermont Geriatrics Conference** (AHEC), Colchester
- April 16-20 - **WRAP Facilitator Training** (Copeland Center for Wellness and Recovery), Waterbury
- April 21&22 - **NAMI Provider Program Teacher Training**, Rutland
- April 28 - **Mental Illness and Recovery Workshop Teacher Training** (NAMI), Williston
- April 30, May 1, 2, & 3 - **Substance Abuse Prevention Skills Training (SAPST)** (VT Dept. of Health ADAP & SAMHSA), 5 hours online prior to 4 days in person in 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](http://www.sashvt.org).



### Keep in touch!

SASH Referrals | Statewide Contacts | Admin Team | Website