



Bone Builders group at Whitney Hill Homestead

SASH Staff Annual Training Day

Save the Date: May 24th!

Come and join us for the Annual Training Day on May 24th at the Fireside Inn & Suites in West Lebanon, New Hampshire. We are pleased to have Nancy Rockette Eldridge, former CEO of Cathedral Square and currently the CEO of the National Well Home Network, as our Keynote Speaker.

The day will also feature:

- Opening remarks, updates and outcomes with Molly Dugan, SASH Director
- Kathleen Broglio, DNP, APRN, will provide a presentation on Opiate Challenges with Older Adults
- Dar Simpson and Alison Miley from the Howard Center will present on Mental Health Challenges
- During our breakout sessions, Daniel Stadler will discuss complex care coordination with the Wellness Nurses, while Lora Gerard will share a presentation on Hoarding



In addition to all of the informative presentations listed above, the day will include opportunities for self-care, networking, and lots of quality time with the extended

SASH Team!

We look forward to seeing all of you there! Stay tuned for registration information.....

Wellness Nurse Corner

Upcoming Educational Sessions

Dear SASH Wellness Nurse Team -

Please take a few minutes to [read some information on upcoming educational session planning](#).

Also - please note **my NEW PHONE NUMBER - 802-373-6083.**

SASH Quality Assurance Corner

This is a new section of the Beat where we will review essential parts of the SASH Model each month.

Authorization for Use and Disclosure

- Required for all SASH participants, at **initial sign up** and **renewed annually (without a current signed Use and Disclosure sharing of health information would be a violation of HIPAA)**
- Authorizes SASH Partners to use participant's health information internally and disclose to a list of organizations and individuals for coordinating care and services, facilitating safe transitions, and developing the HLP
- Provides the SASH participant the ability to authorize sharing of health information with specified family members or support persons and PatientPing
- Indicated in PHL and a hard copy saved in the participant's paper file

SASH Flash Grab 'n' Go

May is...

- [Mental Health Awareness Month](#)
- [National Stroke Awareness Month](#)

Know the ABCDs of Your Medicines

Here are some helpful tips and tricks to keep you safe and informed about medications you are taking.



How Mindfulness Protects You as You Get Older

Older adults tend to feel more positive than young people - and it might be because they're more mindful. A first-of-its-kind study explored this "well-being paradox" and found that we tend to become more mindful as we age, which might explain why we feel better.



[Learn More](#)

SASH Team Resources & Updates

Aging and Mental Health Resources

One in five older adults suffers from some form of mental illness. These mental health issues can jeopardize housing, cause serious problems for communities, and can put older adults at risk for suicide. Mental health is increasingly a concern of housing and community service providers.

[Learn More and Access Resources](#)

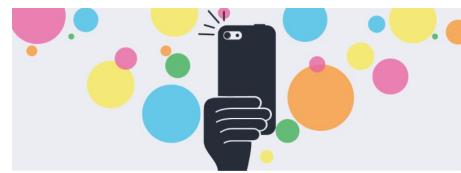
Educational Resources; You're Invited to Join The Learning Center!

We know that education is a key strategy to maintaining quality and improving outcomes. Our online education system, The Learning Center, provides a selection of educational materials and resources to all healthcare providers at NO cost, available 24/7 from any device. Visit www.Learning4Quality.org to access materials, or create an account if you do not currently have one.

[Check out our new, 3-module course on pain management](#)

SASH Photo Contest Update

Many thanks to everyone for submitting photos for our 2018 photo contest; keep them coming!



The 1st quarter winner of the \$25 gift card for programming of her choice is Shawna Bah, SASH Coordinator in Windham county; congratulations!

[Read More Here](#)

[Link to Submit Photo](#)

PODCAST/TED Talks

The Secret to Living Longer May be Your Social Life

Susan Pinker reveals how in-person social interactions are not only necessary for human happiness but also could be key to health and longevity.



[Listen or Read Here](#)

Monthly Webinars

SASH Coordinator & Wellness Nurse Webinar

Please join us Wednesday, April 11 at 9:00 a.m.

[Register for the Webinar Here](#)

Agenda: Updates, Creating Encounter Notes, Open Q & A for any topic

PHL Q & A Webinar

Please join us Tuesday, April 17 at 9:00 a.m.

[Register for the Webinar Here](#)

SASH Staff & Panel Updates

SASH Directory Updates

Welcome:

- Kathryn Lord, SASH Coordinator, Washington County
- Jim Shea, SASH Coordinator, 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.

- 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 10 - **Coping with Stress and Depression** (Families for Depression Awareness), webinar
- April 11 - **FreshStart Leader training** (UVM Health Network), Rutland
- April 11 - **Vermont Geriatrics Conference** (AHEC), Colchester
- April 11 - **More Music, Less Medication!** (New England QIN-QIO), webinar
- April 11 - **Enhancing Transitions Through a Collaborative Approach** (New England QIN-QIO), webinar
- April 13 - **Abuse, Exploitation and Self-Neglect of Older Adults (V4A)**, Randolph
- April 14 - **Senator Bernie Sanders Senior Town Meeting**, Montpelier, Newport & St. Albans
- April 16-20 - **WRAP Facilitator Training** (Copeland Center for Wellness and Recovery), Waterbury
- April 19 - **Welcome to Vermont: Four Stories of Resettled Identity** (Howard Center Spring Community Education Series), Burlington
- April 21&22 - **NAMI Provider Program Teacher Training**, Rutland
- April 28 - **Mental Illness and Recovery Workshop Teacher Training** (NAMI), Williston
- April 28 - **Celebrate World Tai Chi & Qi Gong Day** (Tai Chi Vermont), Shelburne
- April 30, May 1, 2, & 3 - **Substance Abuse Prevention Skills Training (SAPST)** (VT Dept. of Health ADAP & SAMHSA), 5 hour online prior to 4 days in person in Waterbury
- May 8, 9, 15 & 16 - **Chronic Disease Self-Management Program (CDSMP) Leader training** (UVM Health Network), Saint Johnsbury
- May 10 - **Scattered: ADHD Across the Lifespan** (Howard Center's Spring Community Education Series), Burlington
- May 18 - **Fresh Start Leader training** (UVM Health Network), Burlington
- May 22 - **OPIATES: Scientific, Political, and Social**

Perspectives (Burlington Howard Center), Burlington

- May 24 - **SASH Staff Annual Training Day**, West Lebanon NH
- April 27 - **Older Adult Legal Issues (V4A)**, Webinar
- May 30, June 6, 13, 20, (27) - **Introduction to WRAP** (Copeland Center for Wellness and Recovery), webinar
- May 31, June 1, 6 & & - **Chronic Pain Self-Management Program (CPSMP) Leader training** (UVM Health Network), Middlebury
- June 12, 13, 19 & 20 - **Chronic Pain Self-Management Program (CPSMP) Leader training** (UVM Health Network), Saint Johnsbury

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](#)