



SASH in the News

SASH's Madeline Morris is Published

Madeline's published research study is: "Marijuana Use Associations with Pulmonary Symptoms and Function in Tobacco Smokers Enrolled in the Subpopulations and Intermediate Outcome Measures in COPD Study (SPIROMICS)." Congratulations Madeline!

[Read Publication Here](#)

SASH Team Updates

100% of SASH Staff Trained on the C-SSRS!

The SASH Administrative team is happy to announce that we have 100% of our staff now trained in the Columbia Suicide Severity Rating Scale (C-SSRS)! On behalf of our team, I want to thank each of you for taking the time to complete this training. This is a huge accomplishment to have our entire team trained in an assessment to help reduce the risk of suicide. Great job everyone!

[Learn More About C-SSRS](#)

The Vermont Foodbank will be conducting site visits between March and June at SASH sites that receive food drops. These site visits will take place between March and June of this year. The Foodbank has assured the SASH team that this visit will be conducted during a regular food drop and won't take very long. They shared their site visit checklist with us. The following questions will be asked:



- Is food stored off the floor?
- Is the area clear of rodents and insects?
- Is the storage area clean and dry?
- Is there refrigeration for storing produce?
- Is there an overstock of produce?
- Has the SASH Coordinator received food safety training?

Wellness Nurse Corner

Flu Epidemic Resources

According to the CDC, there are now 39 states with "high" influenza activity, and this activity is now higher than what was seen during the peak of the 2014-2015 season. Vermont most recently reported (as of January 20, 2018) "moderate" influenza activity.

[Here are Some Great Resources](#)

SASH Flash Grab 'n' Go

March is:

- National Nutrition Month
- Save Your Vision Month

[National Day Calendar at a Glance](#)

Heart Health

Heart disease and stroke are an epidemic in the United States today. Many of the people who are at high risk for heart attack or stroke don't know it.

The good news is that many of the major risks for these conditions can be prevented and controlled through healthy lifestyle changes.

[Learn and Prevent Heart Disease](#)



Statewide Resources

The Vermont Senior Medicare Patrol (SMP) publishes a [newsletter](#) full of statewide resources.

Inside you'll see the most recent activities, complaints, concerns and outcomes of their project staff and Vermont residents who have worked with SMP to become educated and/or have needed a solution to a Medicare issue.

[Read More Here](#)

PODCAST/TED Talks

A Way Out of Loneliness

Loneliness is a deadly epidemic, but there are treatments, the former surgeon general of the United States said Wednesday: finding real, face-to-face connections with people we love.



"It's worth considering carving time out in your day to be with people, without your phone," Vivek Murthy, who served under President Obama, said in an appearance Wednesday on the NPR show On Point. "Just spending five minutes with someone who you trust, who you love, can be incredibly important."

[Continue Reading or Listen to the Podcast Here](#)

SASH Team Resources

New Paper Assessments

Amy Rogers has created a new paper assessment resulting in a cleaner look that is easier to use and requires less paper!! She has also split the assessment out into the SASH Coordinator Assessment and the Wellness Nurse Assessment. You can find the new assessments on the forum [here](#) under PHL Data System. Thanks Amy.

[Assessments on Forum](#)

The Dutch Cure for Falling

The Dutch, like many elsewhere, are living longer than in previous generations, often alone. As they do, courses that teach them not only how to avoid falling, but how to fall correctly, are gaining popularity.



[Read, See, and Learn More](#)

Monthly Webinars

SASH Coordinator & Wellness Nurse Webinar

Please join us Friday, February 16 at 8:30 am

[Register for the Webinar Here](#)

Topic: *Depression and Anxiety*

Presented by special guest Julie Parker, LCMHC Crisis Services, Integrated Health and Outpatient Services Program Manager Northwestern Counseling and Support Services.

PHL Q&A Webinar

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

[Register for the Webinar Here](#)

SASH Staff & Panel Updates

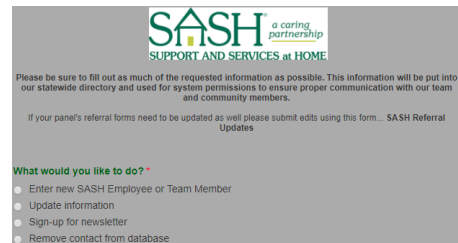
Team Member Updates: complete them ASAP to remain HIPAA compliant

When you complete the Team Member Update form it triggers the SASH Admin team to do several things.

When we receive this form for a new staff person we initiate their new staff training, issue PHL username/password, enroll them in PatientPing, and update the contact us section of the SASH website. When we receive this form for departing staff we stop access to PHL and PatientPing, and update the contact us section of the website.

Completing this form ASAP will prevent departed staff from accessing these systems thereby allowing you to remain compliant with HIPAA regulations. You can complete this form as soon as you know what the effective date will be, please don't wait, fill it out as soon as possible! If you have any questions please let me know ~ Melissa Southwick

[Team Member Update Form](#)



SASH Directory Updates

Welcome:

- Daria Durling, 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.

- February 7 - **Alzheimer's and Wandering** (ASA-Home Instead Senior Care), webinar
- February 8 - **Cultivating Our Roots: Leveraging a Gendered and Cultural Lens to Advance Community Strategies to Improve Population Wide Mental Health and Wellbeing Part 2** (Community Health Improvement), 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 14 - **Stepping Forward Together - The Conversation Continues** (Vermont Care Partners), 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
- April 21&22 - **NAMI Provider Program Teacher Training**, Rutland
- April 28 - **Mental Illness and Recovery Workshop Teacher Training** (NAMI), Williston
- May 24 - **SASH Staff Annual Training Day**, West Lebanon NH

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