



Tai Chi Class at Island Pond in Collaboration with NEKCOA

## SASH Staff Training Day

### 2018 Annual SASH Staff Training Day!

We look forward to seeing all of you at the 2018 Annual SASH Staff Training Day! It will be held on May 24 at the Fireside Inn in West Lebanon, New Hampshire.

Please be sure to register in [Relias](#) by May 11th; this will help us create name tags and provide numbers for the catering department. We also ask that you consider carpooling with your team, bring what you need to be comfortable and bring your enthusiasm!!! See you on the 24th! Any questions, contact [Amy Rogers](#), Training Coordinator.

[Annual Training Day flyer](#)



## SASH Team Resources & Updates

Welcome Jenn to the SASH Admin Team

Jennifer Schollmeyer, SASH Coordinator, has joined the SASH Admin Team as the Data Systems Support Specialist. Jenn will be expanding her SASH role to the admin team while continuing her SASH Coordinator positions at the Whitney Hill/Richmond Terrace panels in Williston and Richmond. She will be providing assistance to statewide staff in use of the primary data system, PHL as well as SASH secondary data systems. She will take on more continuing education on data systems for current staff as well as aiding in training new SASH staff. We are happy to have Jenn on-board!



---

## Updated Encounter Notes Reference

The Guidelines and Best Practices for Writing SASH Encounter Notes has been updated and can be found in the Tools & Resources section on the SASH Web Site.

[Review it Here](#)

---

## New Medicare Cards and Numbers

This change is to remove the Social Security Number from the card and replace it with a unique identifying number. This is occurring now and will complete in April 2019. We have learned that this change has prompted a new **SCAM** where people call older Vermonters and tell them that they need to share personally identifying info to receive their new card. Knowledge is power so please feel free to share this short video about the change with your residents and alert them to the scam as well.

[View Short Video](#)

Madeline has created a [Deskaid](#) about the change in PHL that can be found [Here](#)

---

## Brain Health Resource

The Brain Health Resource is a presentation toolkit offering current, evidence-based information and resources to

facilitate conversations with older adults about brain health as we age. Designed for use at senior centers and in other community settings, materials are written in plain language and explain what people can do to help keep their brains functioning at their best.

Brain Health As You Age:  
**You Can Make  
a Difference!**



[Learn More Here and Access Material](#)

---

## Older Adults and Alcohol

Did you know that how the body handles alcohol can [change with age](#)? You can have the same drinking habits you did when you were younger, but changes in your body can make you feel "high" without increasing the amount of alcohol you drink.

This can lead to accidents like falls and fractures, as well as car crashes.

Drinking too much alcohol over time can:

- Lead to some kinds of cancer, liver damage, immune system disorders, and brain damage
- Worsen some health conditions like osteoporosis, diabetes, high blood pressure, stroke, ulcers, memory loss, and mood disorders
- Make some medical problems hard for doctors to find and treat-for example, alcohol causes changes in the heart and blood vessels. These changes can dull pain that might be a warning sign of a heart attack.
- Cause some older people to be forgetful and confused-these symptoms could be mistaken for [signs of Alzheimer's disease](#).

[Learn more about alcohol and older adults](#)

## Wellness Nurse Corner

### Deerfield Valley SASH Team

A wonderful visit was had with SASH staff and participants at the Deerfield Valley SASH panel in West Dover, VT!

[Continue Reading Here](#)



## SASH Flash Grab 'n' Go

### June is...

- [National Great Outdoors Month](#)
- [National Migraine & Headache Awareness Month](#)
- [National Safety Month](#)

---

### Free Relaxation App

Need to have a meditation, listen to music, hear Tibetan Singing Bowls played, or

just breathe? This app has thousands of options and includes a timer so you can search for material based on how much time you have to do it!

[Insight Timer Link](#)

## PODCAST/TED Talks

### Life's 3rd Act

Within this generation, an extra 30 years have been added to our life expectancy – and these years aren't just a footnote. Jane Fonda asks how we can re-imagine this new phase of our lives.



[Watch TEDxWomen Talk](#)

## Monthly Webinars

### SASH Coordinator Webinar

Please join us Wednesday, May 9 at 9:00 am

[Register for the Webinar Here](#)

Agenda:

- Statewide Updates
- Working with Volunteers with guest Beth Alpert

### Wellness Nurse Webinar

Please keep on eye on your inbox for information about May opportunities!

### PHL Q&A Webinar

Please join us Tuesday, May 15 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.

- 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 14 - **Grand Rounds: COPD** (OneCareVermont), Burlington
- May 16 - **The Otago Exercise Program - Implementation, Effective Physician Marketing Strategies & Lessons Learned** (NCOA Center for Healthy Aging), webinar
- May 16 - **Supporting Older Adults with Substance Use Disorders** (Lewin Group, Community Catalyst, and the American Geriatrics Society), webinar
- May 16 - **Understanding the Updated Blood Pressure Guidelines - Partnering with Patients for Better Control** (American Heart Association & New England QIN-QIO), webinar
- May 17 - **Integrative Approaches for Addiction and Recovery** (UVM Integrative Health), Davis Auditorium at UVM Medical Center
- May 18 - **Fresh Start Leader Training** (UVM Health Network), Burlington
- May 18 - **Advocacy Issues on Fire** (Tri-State Learning Collaborative on Aging), webinar
- May 21 - **3SquaresVT Basic Training** (Hunger Free Vermont), White River Junction
- May 22 - **OPIATES: Scientific, Political, and Social Perspectives** (Burlington Howard Center), Burlington
- May 23 - **Preventing Abuse, Neglect, and Exploitation with Vulnerable Adults** (Seneca Institute), webinar
- May 24 - **SASH Staff Annual Training Day**, West Lebanon NH
- May 24 - **3SquaresVT Basic Training** (Hunger Free Vermont), Newport
- May 29 - **3SquaresVT Basic Training** (Hunger Free Vermont), St. Albans
- May 30 - **3SquaresVT Basic Training** (Hunger Free Vermont), Barre
- May 30, June 6, 13, 20, (27) - **Introduction to WRAP** (Copeland Center for Wellness and Recovery), webinar
- May 31 - **3SquaresVT Basic Training** (Hunger Free Vermont), Brattleboro
- May 31, June 1, 6 & & - **Chronic Pain Self-Management Program (CPSMP) Leader training** (UVM Health Network), Middlebury

- May 31 - **Preventing Abuse, Neglect, and Exploitation with Vulnerable Adults** (Seneca Institute), webinar
- June 5 - **Preventing Abuse, Neglect, and Exploitation with vulnerable Adults** (Seneca Institute), webinar
- 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 20 - **TSLCA Summit - Embracing the Options: Supporting End-of-Life Care in Your Community**, 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](http://sashvt.org).



### Keep in touch!

SASH Referrals | Statewide Contacts | Admin Team | Website