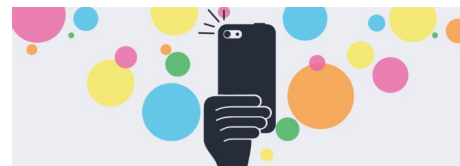




"Your Best Shot" Photo Contest

Calling SASH Staff to Contribute Photos

We are excited to announce **"Your Best Shot"** Photo Contest for SASH staff!



Submit your high quality photos and be entered to win a \$25 Amazon Gift Card. These photos could be any number of things:

- Events
- Talent
- Partners
- Participants
- Programming
- and more...

[Learn More](#)

SASH in the News

SASH Gets a "Shout Out" in a Prominent Emergency Medicine Journal

A recent editorial in *Annals of Emergency Medicine* by UVMMC's Dr. Michael LaMantia mentions our very own SASH program as an example of a program that may benefit older adults who are sent home after an Emergency Department (ED) visit. The article notes that a recent research study found that older adults who go to the ED and are discharged home are at higher risk of functional decline, nursing home admission and death within 6 months.

SASH is mentioned as a promising model that extends the reach of the medical

system into patients' homes. The recent roll out of Patient Ping which provides you timely notification about your SASH participants' ED admissions and discharges will help you support these vulnerable participants- especially important given the finding of this recent study.

[See Full Editorial Here](#)

SASH Team Resources & Updates

New Year New Roles

To help better support SASH Staff around the state, Melissa and Amy are switching things up a bit and have new roles; learn all about it by following these links:

[SASH Quality Assurance Specialist](#)

[SASH Training Specialist](#)

Healthy Living Plans & Session Zero

Have you ever wondered how to make the most of your Healthy Living Workshop? How do you let people know how great the class is? How do I recruit?

The Wisconsin Institute for Healthy Aging answered all those questions and more in a handy little guide. There are letter samples, scripts, helpful hints and more. Check it out and give your Healthy Living Workshop a boost!

[Living Well Marketing Toolkit](#)

[More Resources](#)

Suicide Prevention Day February 16

To create awareness and support among legislators and other key stakeholders to make suicide prevention and mental health promotion a priority across Vermont.



[Learn More and Plan Participation](#)

SASH Flash Grab 'n' Go

Cognitive Health and Older Adults

As we age, our brains go through changes. The good news is that there are things you can do to help maintain your cognitive function. Check out [Cognitive Health and Older Adults](#), a new resource from the National Institute on Aging at NIH, to

learn more.

[Learn More](#)

APHA 1 Billion Steps Challenge

As SASH staff you already know and help participants learn that regular physical activity like walking can greatly reduce the risk of conditions such as diabetes, heart disease and cancer. We have an opportunity to make your existing walking efforts for individuals or groups at your sites part of a national health effort!

Last year we talked about some really creative indoor walking inside buildings (including scavenger hunts, rock and roll indoor walking and more). Let's get those reinvigorated and show the country how amazing SASH is. [Join the SASH Team](#) in APHA's 1 Billion Steps challenge today. Exercise is more fun when we do it together!

[Check It Out Here](#)

[Join the SASH Team](#)

American Heart Month

Check out this easy to use toolkit from Million Hearts. There is information on the statistics of heart disease in our country, but also some tools for you to put into action - patient education sheets and a video.

[Learn More Here](#)



Wellness Nurse Corner

Celebrating Our Hearts & Each Other this February

February is American Heart Month AND we celebrate Valentine's Day. Read on for Kristi's short note to the SASH Wellness Nurse team for some handy tools and a little inspiration!

[Read Here](#)

Upcoming Professional Development Opportunities

Statewide Opportunities

Click on the [calendar](#) for further details on the trainings below.

- February 2 - Healthy Living Workshop Refresher, Middlebury

- February 2 - So You Want to Run a Volunteer Program, online
- February 10 - Patient Ping User Training, online
- February 16 - Fresh Start Refresher, Waterbury
- February 21 - Diabetes Leader Manual Update, Burlington
- February 28 - Care and Feeding of Volunteers, online
- March 10 - Vermont/New Hampshire Alzheimer's Habilitation Training, Lebanon NH
- March 20 - 2017 Gerontology Symposium "Re-Framing Aging", Burlington
- March 30 & 31 - Powerful Tools for Caregivers Class Leader Training, South Burlington
- April 8 & 9 - Tai Chi Fall Prevention Basics & Teaching Method, TBA
- April 13 - Tai Chi Skillbuilder , Barre
- April 17-21 - WRAP Facilitator Training for VT Recovery Education Project, Waterbury

Monthly Webinars

SASH Coordinator Webinar

Please join us Wednesday, February 8 at 9:00 am

Agenda:

- Updates with Molly
- 3-4-50 Vermont with Julie Arel, Division Director - Health Promotion and Disease Prevention, Vermont Department of Health
- Diabetes Self-Management Healthy Living Workshop Success with Barre SASH Team

[Register for the Webinar Here](#)



Wellness Nurse Webinar

- Tuesday, February 14 at 8:30 am *or*
- Friday, February 17 at 8:30 am

Please join us for one of these calls [Here](#)

SASH Staff & Panel Updates

SASH Directory Updates

Welcome:

- Kathy Renaud, Wellness Nurse - Morrisville, Lamoille County
- Gloria Garback, SASH Coordinator - McAuley/Ruggles, Chittenden County

Help us keep the SASH directories up to date:

- [Review Your Team](#)
- [Make Changes to Your Team List](#)

[SASH Job Opportunities](#)

SASH Online

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.

SASH[®] *a caring partnership*
SUPPORT AND SERVICES at HOME

Keep in touch!

[SASH Referrals](#) | [Statewide Contacts](#) | [Admin Team](#) | [Website](#)