



## SASH Team Update

### Timely and Accurate Communication Enables Seamless Care Transitions



- PatientPing is on its way. We expect all of you to be live and using PatientPing to know about the transitions in and out of hospitals, skilled nursing and home health (in some locations) the week of January 23rd. We are really excited about this new capability for improved care coordination and communication.
- If you missed any of the preliminary trainings on PatientPing in December, please click on the link below to watch a short training. Keep an eye on your inbox for more information the week of January 23rd.

[PatientPing Training](#)

## SASH Flash Grab 'n' Go

### It's Never Too Late to Start Exercising

Exercise can ward off chronic disease and help you maintain your independence and mobility. But the older we get in the United States, the less active we are, according to a recent study published in the CDC's Morbidity and Mortality Weekly Report.

[Read More Here](#)

## Holiday Weight Gain; a Worldwide Phenomenon

The holidays that we celebrate may vary among countries, but many share one feature - eating more of certain foods. An international team of researchers decided to see if holiday indulgences were routinely associated with weight gain.

[Read More Here](#)

## What Makes My Joints Stiff?

Why are my joints so stiff when I wake up? Is there anything I can do about it?

[Read More Here](#)

## The Alinker Mobility Device

Check out this "walker" that allows you to actually be mobile and upright under your own power. It is a walking-bike without pedals.



[Learn More Here](#)

## Wellness Nurse Corner

### SASH Hypertension Prevention Initiative Presentation

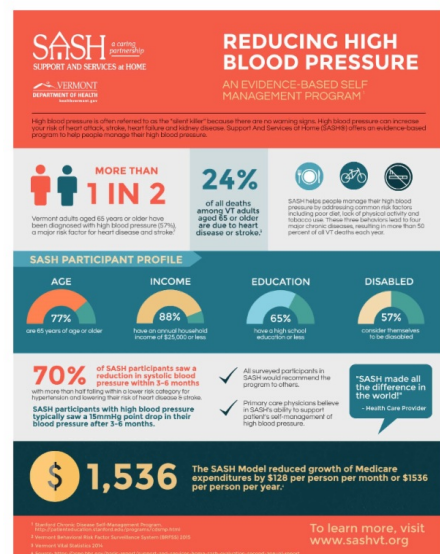
I am excited to share with everyone that in November I was flown to Atlanta, GA by the Centers for Disease Control (CDC) to present on our amazing Hypertension work. The audience included CDC officials and Department of Health staff from states all around the country, including Alaska who was on the same panel as us.

People were so impressed with the incredible work that you are all doing every day in SASH Vermont!

[Continue Reading](#)

[Full Size Info-graphic Here](#)

## Monthly Webinars



## SASH Coordinator Webinar

Please join us Wednesday, January 11, 9:00 - 10:00 a.m.

[Register for the Webinar Here](#)

## Wellness Nurse Webinar

*There is no Wellness Nurse Webinar in January.*

## Upcoming Professional Development Opportunities

### Statewide Opportunities

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

- January 10 - Ask Jess Conversation on Aging, phone
- January 10 - Sleep and Pain: Top Five Non-Pharmacological Strategies For Your Patients, Burlington
- January 12 - Tai Chi Skillbuilder, Charlotte
- January 17 - Actions to Prevent and Treat Substance Abuse and Misuse Among Older Adults, on-line
- January 18 - Helping People Stay at Home: Volunteer Home Repair/Modification, on-line
- January 24 - So You Want to Run a Volunteer Program, webinar
- January 25 - A Day with Dr. Gabor Mate, Burlington
- February 5-10 - Qak Tree Tai Chi Retreat, Puerto Rico
- March 20 - 2017 Gerontology Symposium "Re-Framing Aging", Burlington
- April 8 & 9 - Tai Chi Fall Prevention Basics & Teaching Method, TBA
- April 13 - Tai Chi Skillbuilder , Barre
- May 1 - Tai Chi Fall Prevention Advanced Movements (moves 7-12), Barre
- May 19 - 2017 Gerontology Symposium "Re-Framing Aging", Rutland
- June 10 & 11 - William Ting Workshop on Qigong & Tai Chi Principles, Burlington

## SASH Staff & Panel Updates

### SASH Directory Updates

Welcome:

- Tquanna (Tia) Long, Wellness Nurse - Castleton/Fair Haven

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](http://sashvt.org).



**SASH**<sup>®</sup> *a caring partnership*  
SUPPORT AND SERVICES at HOME

### Keep in touch!

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