



Strength and Tone class participants in Williston

## SASH in the News & Success Story

### Reducing Fall Risks Report

Once again, the amazing work that you all are doing has been highlighted in national news. Read the article below about falls risk which talks about how coordination of care prevents mishaps or injuries related to falls and recommends only three programs in the U.S. achieving great results through coordination of care... and of course, one of them is SASH. Keep up all of your amazing work.

[Read More Here](#)

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### Rosie & Rummy

If you've stopped by Whitney Hill Homestead on any Tuesday afternoon throughout the school year, you would most likely hear

laughter and joyful conversation coming from the Community Room.

[Read More Here](#)



## Your Best Shot Photo Contest Winner

### 2nd Quarter 2017 Winner!

Thank you for the wonderful photo submissions to our contest. The second quarter winner of a \$25 Amazon gift card for programming of her choice is *Julia Emery* at Grand Way Commons and Wright House in Chittenden county.



Remember to submit your photos for the 3rd quarter drawing to take place on September 28th. Photos must have completed entry forms to be entered to win.

[Learn More Here](#)

## SASH Team Resources

### Senior Hunger and Nutrition

Senior hunger and nutrition are significant issues in the U.S., with more than 10 million older Americans at risk of hunger and about 10% of adults experiencing malnutrition.



The good news is that there are resources available to help individuals access the food they need and community-based programs to support older adults in developing healthy eating habits.

[Learn More Here](#)

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### Linking Older Adults With Medication, Alcohol, and Mental Health Resources

This toolkit helps service providers for the aging learn more about mental illness and substance use disorders in older adults, including focus on alcohol and medication use. It provides tools such as a program coordinator's guide, suggested curricula, and handouts.

[Learn More and Get Your Free Copy Here](#)

## Put Some Pep in Your Step!

Warm weather is here, and you may be walking more to take advantage of being outside. Why not ramp up your routine with bursts of fast-paced walking?

The technique, known as interval walking, "is a great way to get the most exercise bang for your buck," says Dr. Aaron Baggish, associate director of the Cardiovascular Performance Program at Harvard-affiliated Massachusetts General Hospital.



[Learn More Here](#)

## SASH Flash Grab 'n' Go

### Upcoming: August is...

- Immunization Awareness Month via the CDC
- Gastroparesis Awareness Month
- Psoriasis Awareness Month

## Normal Aging vs. Alzheimers

Many people worry about becoming forgetful as they age. They think it is the first sign of Alzheimer's disease. But forgetfulness can be a normal part of aging.

Share this infographic and help spread the word about what memory problems are normal and not.

[See the Infographic Here](#)

## Vermont 2-1-1 Launches Texting Platform

The 2-1-1 texting service allows people to receive referrals via rapid-response texts so they don't have to use valuable phone minutes, while at the same time allowing our 2-1-1 contact specialists to respond even more quickly to callers whose needs require more in-depth problem-solving and research.



## Wellness Nurse Corner

### Thank you for 1:1 Calls with Kristi

The 1 on 1 discussions I have had with you all have been simply....AMAZING!

[Read On for Further Insights](#)

## Monthly Webinars

### SASH Coordinator Webinar

Please join us Wednesday, July 12 at 9:00 am

[Register for the Webinar Here](#)

Agenda:

- Statewide Updates
- Open Forum Discussion - We want to hear from you! This is your opportunity to discuss topics, new ideas, and challenges with your peers and the admin team as a SASH community.
  - To better help us prepare, please [complete this form](#).

### Wellness Nurse Webinar

**NOTE:** There will be no Wellness Nurse Webinar in July.

## SASH Staff & Panel Updates

### SASH Directory Updates

Welcome:

- Ken Bridges, SASH Coordinator - Whitcomb Woods/Terrace, Essex Junction

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.

- August 8 - PHL Data Systems Hands On Training, CCV Montpelier
- August 8 - PHL Data Systems Hands On Training, CCV Winooski
- August 9 - PHL Data Systems Hands On Training, CCV Brattleboro
- September 15 - Aging in Vermont: Communities on the Move conference, Killington
- September 19 - Person-Centered Interviewing, Randolph
- September 19 - Focus on Family Caregivers, Randolph
- September 27 - Medicare from A to D, Webinar
- October 2 - Elder Abuse, Exploitation and Self-Neglect, Randolph
- October 18 - VT Health Programs, Webinar
- November 6 - Alzheimer's Disease - Overview, Communication and Addressing Behavior Concerns, Randolph
- December 4 - Senior Legal Issues, Randolph
- December 4 - Veterans Benefits and Resources, Randolph

## 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).



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

### Keep in touch!

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