



Town Meadow SASH Participants Craft Fun with 4H Students in Essex

## We Had a Great All-Staff Meeting!

Thank you to the 109 SASH staff (wow!) who joined us last Thursday for the Second Annual All-SASH Staff Training day. From the minute you all arrived the energy and desire to share and learn was palpable!



It was clear that you all soaked up the information presented on dementia and depression care, hospice and palliative care – and your own self-care as well. And you embraced the opportunities to network with each other,

practice mindfulness and even do some sun salutations! We hope the day was as fulfilling, recharging and inspiring for each of you as it was for us on the admin side.

## SASH in the News

### VHCB Food Access & Affordable Housing Initiative

Did you know that gardening is good for your health and that of your participants? According to a CNN report, digging, planting, weeding, and other repetitive tasks that require strength or stretching are excellent forms of low-impact exercise, especially for people who find more vigorous exercise a challenge.



The SASH Panel Kelley's Field, in Hinesburg VT, has spent the past year working with the Vermont Community Garden Network to bring a community garden to the site. Learn more about this statewide organization and this great collaboration.

[Continue Reading](#)

## SASH Team Resources & Updates

### Monthly Alzheimer's Support Groups -- now with One Available by Phone!

The Alzheimer's Association has launched two new support groups for caregivers, family members and friends of people with dementia. **A South Burlington support group meets the third Saturday of the month, from 10 to 11 a.m.**, at 465 Quarry Hill Road. Email [dplante@alz.org](mailto:dplante@alz.org) or call 802-652-4114 with any questions. Also available is a new **telephone support group, held the second Tuesday of the month from 4 to 5:30 p.m.** Space is limited for this one. Contact Pam Beidler at [pbeidler@alz.org](mailto:pbeidler@alz.org) or 802-316-3839, ext. 8011, for details.



### Aging Well Resources

Have you tried Aging Well at your housing site? Aging Well is a discussion-based 8-week program where participants can share their experience of aging. Topics include stress management, problem solving, what it is to age well, life transitions, coping with changes that accompany aging and the positive aspects of aging. This positive and refreshing discussion group has been well received for the past years by SASH groups statewide.



Due to the popularity of the program we have gone back and added supplemental materials and a shortened training video to aid you as a facilitator. All materials can be found [HERE](#) or by going SASH Forum>Shared Resources-Aging Well. Enjoy!

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## Preparing for Hot Weather Impact on Health in Vermont

On April 7, SASH Coordinator Nancy Reynolds represented the SASH program at the Hot Weather & Health Summit in Burlington, VT. The team reviewed major hot weather emergencies in recent years and had a discussion regarding elevating temperatures in Vermont and health impact to Vermonters.

Representatives from the National Weather Service also presented heat advisory warnings and that they will be using lower heat alert thresholds for our region. There was discussion regarding communication and outreach, along with emergency preparation and response. Long-term adaptation plans were also discussed.

There is a plethora of information that we are all reviewing and will present on a monthly call. A few takeaways:

1. One suggestion for our SASH participants is to use the E911 CARE (Citizen Assistance Registration for Emergencies) form. This form is use to identify individuals that may need extra assistance during an emergency situation.
2. As hot weather alerts are communicated, we check-in with our homebound SASH participants.
3. This information about hot weather, the negative effects on health and how to have a plan in place for the summer months to combat this issue would be a great group programming idea!
  - o This initiative could also be listed on a participant's health living plan.
4. We encourage staff to sign up for VT Alert at <https://www.vtalert.gov/> for severe weather alerts for their area, including impending heat waves.

## Hot Weather Impact on Health PowerPoint Presentations & Summary

### Additional Excellent Resources

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## New PHL Data System

Work is moving along in configuring the Population Health Logistics (PHL) software system to meet the needs of SASH. This software is used in case management and social work as well as research with home-based care workers for people with dementia and depression. This software provides a good foundation for SASH but requires some modifications to best support the unique and wonderful work we do.

We anticipate in-person trainings to occur in late July. Registration links will be sent once we receive dates from the PHL trainers. Certain features of the software will come online later than others, but we are aiming to have the most essential SASH features and your historic data showing up by the end of June. REDCap shut down on May 31st so that we have time to clean and import everyone's data. Thank you for everyone's patience and cooperation. Exciting times to come.

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## Blue Light has a Dark Side

At night, light throws the body's biological clock-the circadian rhythm-out of whack. Sleep suffers. Worse, research shows that it may contribute to the causation of cancer, diabetes, heart disease, and obesity.

[Continue Reading](#)

## SASH Flash Grab 'n' Go

### Upcoming: July is...

- National Ice Cream Month
  - [Interesting facts](#)
  - [More interesting facts](#)
- UV Awareness Month
  - [Be safe in the sun](#)



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## 10 Essential Tech Tools for Older Adults

The stereotype is that older people are leery of technology and lag behind their digital-native grandchildren. But statistics from the Pew Research Center find that 58 percent of those over 65 use the Internet, up from 15 percent in 2000. And the numbers are even higher for more educated and affluent seniors and younger retirees.

[Check Out the List Here](#)

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## Mindfulness Techniques Can be More Than Quiet Contemplation

Mindfulness - the practice of focusing on the here and now - seems to boost both your mood and overall well-being. The goal of any mindfulness technique is to achieve a state of alert, focused relaxation by deliberately paying attention to thoughts and sensations without judgment. This can help you refocus on the present moment, and relax.

[Learn More Here](#)

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## Wellness Nurse Corner

### National Nurse's Week

Dear SASH Wellness Nurse Team -

I hope everyone enjoyed National Nurse's Week and that you received the message from the American Nurses Association about "Health Nurse, Healthy Nation". Would you like to learn more? Would you like to get involved in the "Challenge"? 2017 is the Year of the Healthy Nurse!

[Health Nurse, Health Nation Challenge](#) video

[Check out the website here.](#)

Nationally, our profession represents the largest healthcare profession (more than 3.6 million nurses!). Thus, it is important to take care of yourself as you continue to care for others.

Practice self-care and in turn, you will be more relaxed for the work you do.

Best,  
Kristi

## Monthly Webinars

### SASH Coordinator & Wellness Nurse Webinars

This month we are presenting an Intro to the PHL Data System on both the SASH Coordinator and Wellness Nurse webinars. Please feel free to join any of the following:

June 13 at 8:30 a.m. - [Register for one Webinar Here](#)

June 14 at 9:00 a.m. - [Register for the Webinar Here](#)

June 16 at 8:30 a.m. - [Register for one Webinar Here](#)

Agenda: PHL Data System Introduction

## SASH Staff & Panel Updates

### SASH Directory Updates

Welcome:

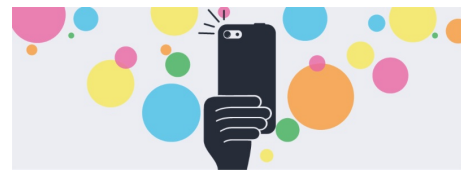
- Shawna Bah, SASH Coordinator, Brattleboro Housing Partnerships

Help us keep the SASH directories up to date:

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

## Enter Your Best Shot Photo 2nd Quarter

## Enter to Win a \$25 Gift Card for Programming of Your Choice



We have received great entries in our contest and invite you to do the same! The 2nd quarter winner will be drawn on June 30th.

[Enter Here](#)

## Upcoming Professional Development Opportunities

### Statewide Opportunities

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

- June 1 - Healthy Living Workshop Refresher-Northern Tier, Waterbury
- June 5 - Supporting Individuals Experiencing Mental Health Issues, Randolph
- June 5 - Vermont Suicide Prevention Symposium, Killington
- June 7, 14, & 21 - Living with Alzheimer's for People with Alzheimer's, Colchester
- June 10 & 11 - William Ting Workshop on Qigong & Tai Chi Principles, Burlington
- June 28 - Living with Alzheimer's for Younger-Onset Alzheimer's, Colchester
- 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).



### **Keep in touch!**

SASH Referrals | Statewide Contacts | Admin Team | Website