



Proud Northfield participants displaying their artwork after their first painting class.

**Submit your photo for the SASH Photo Contest!**

## SASH in the News

### Congratulations SASH Staff Presenting at Spring Conferences

Congratulations and a big "Thank You" to the SASH Coordinators who will be representing the great work you all do out there in the field every day at some of this year's spring conferences on aging in Vermont.

#### 2017 Gerontology Symposium: Reframing Aging

- Andrea Bibeau, Essex, Hinesburg and Williston - "Exercise Your Being"
- Jenn Schollmeyer, Hinesburg and Williston - Proactive Advance Care Planning"

#### Vermont Geriatrics Conference 2017

- Linda Husband, Springfield - "Community Outreach to Improve Care."

### Low Vision Awareness

February was Low Vision Awareness Month. Please see the information letter and resources from Fred Jones, Director of the Division for the Blind and Visually Impaired at the State of Vermont Department of Disabilities, Aging and Independent Living

[Read More](#)

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### Help to Have Successful Meetings

There are four key things you can do to wrap up every meeting and ensure that those get-togethers are actually productive – rather than a colossal waste of time.

[Read More](#)

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## SASH Flash Grab 'n' Go

### Know Stroke Toolkit

This boxed kit of materials has everything needed for planning and conducting a stroke education event. Included are a facilitator's guide, with step-by-step training on how to host a stroke awareness event; brochures in English and Spanish; posters; and an award-winning 8-minute DVD and videotape featuring interviews with medical experts and stroke patients.

[Learn More](#)

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### Malnutrition and Older Adults

A 5 question quiz to share with participants if they think they might not be getting what they need from food. Overweight or underweight, anyone could be affected.

[Test What You Know Here](#)

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### March is National Nutrition Month

Eating a healthy diet and exercising regularly can help control or delay age-related health problems. [Read and share this infographic](#) with 5 tips to help build and maintain a healthy diet and exercise routine.

[Infographic](#)

### Dear Wellness Nurse Team,

Congratulations to our very own Wellness Nurse Jessica Morrison, MS, RN, AGPCNP-BC for publishing 2 articles! Check them out:

1. "[Reducing Preventable Hospitalizations with Two Models of Transitional Care](#)"
2. "[Nursing Leadership in ACO Payment Reform](#)"

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Rolling with Resistance: When we challenge our participants in a subject matter expert role, they seem to resist further. OUR challenge is "allowing the client to explore resistance, which can evoke feelings of acceptance" (Dart, 2011). In these circumstances, we avoid our usual role of advising, educating, explaining, etc. and facilitate acceptance rather than reinforce resistance. [Learn More](#)

Wishing you all a wonderful March and Spring Equinox, soon upon us!

Best,

Kristi

## Upcoming Professional Development Opportunities

### Statewide Opportunities

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

- Online self-paced course: [Contemporary Issues in Geriatric Mental Health Care](#)
- March 6 - Family-to-Family (12 week class start), Williston
- March 9 - Family-to-Family (12 week class start), Brattleboro
- March 10 - Vermont/New Hampshire Alzheimer's Habilitation Training, Lebanon NH
- March 20 - 2017 Gerontology Symposium "Re-Framing Aging", Burlington
- March 23, 24, 30 & 31 - Diabetes Management HLW Facilitator Training, Waterbury
- March 24 - Housing Issues and Resources, Randolph
- March 28 - Reaching People with Arthritis: Strategies and Tools, webinar
- March 28 - Family-to-Family (12 week class start), St. Johnsbury
- March 28 - Fresh Start Refresher- Southern Tier, Rutland
- March 30 - Family-to-Family (12 week class start), Berlin
- 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 13 - Fresh Start Refresher-Northern Tier, TBA
- April 17-21 - WRAP Facilitator Training for VT Recovery Education Project, Waterbury
- April 20 & 21 - Diabetes HLW Cross Training, Waterbury
- May 1 - Tai Chi Fall Prevention Advanced Movements (moves 7-12), Barre
- May 1 - The Senior Aging Process/Death & Dying, Grief & Loss, Randolph
- May 3, 4, 10 & 11 - Chronic Disease Management Facilitator Training, Windsor
- May 17, 18, 24 & 25 - Chronic Pain Management Facilitator Training, TBA
- May 19 - 2017 Gerontology Symposium "Re-Framing Aging", Rutland
- May 24 & 25 - YMCA's Diabetes Prevention Program Leader Training, Waterbury
- June 1 - Healthy Living Workshop Refresher-Northern Tier, Waterbury
- June 5 - Supporting Individuals Experiencing Mental Health Issues, Randolph
- June 10 & 11 - William Ting Workshop on Qigong & Tai Chi Principles, Burlington

## Monthly Webinars

### SASH Coordinator Webinar

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

Agenda:

- Updates with Molly
- Monthly Status Reports -Tips and Tricks with Melissa
- Open questions

[Register for the Webinar Here](#)

### Wellness Nurse Webinar

Please join us Tuesday, March 14 at 8:30 am *or* Friday, March 17 at 8:30 am

Agenda:

- Prevalence of Substance Misuse and Screening of Older Adults with Charlie Gurney, LICSW, LADC, Substance Abuse and Aging

Coordinator. Note: this will include a case study presentation.

[Register for either 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](#)

## 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](#)