



Friends on a summer day in the Upper Valley, Windsor county.

## SASH Team News & Updates

### SASH Partners with Vermont Department of Health on Qualitative Evaluation Initiative with SASH Participants

During the month of June 2017 the Vermont Department of Health (VDH) in collaboration with SASH staff, completed 62 interviews with SASH participants across the state. The purpose of this type of evaluation was to gather qualitative data on the SASH experience with an objective to understand and document SASH participant beliefs on how SASH has improved their health.

*"Just knowing that somebody is there, and cares. I didn't have any support group before I came, that's the biggest thing is knowing that there's someone out there that cares... Before I felt like I was in limbo, you know?"*

[Continue Reading](#)

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[Reorganizing the SASH Admin Team](#)

As we announced in last month's SASH Beat we filled the open positions on the Statewide SASH Administrative Team and our new staff has thoroughly enjoyed meeting many of you at the recent PHL trainings. We also reorganized our team internally in order to provide the most focused and efficient support to you all out in the field.

See the updated Contact List [here](#) which describes the predominant focus areas for each of us. Of course feel free to contact any of us if you are not sure who your question or topic should be directed towards - we all work closely together and will be sure to connect you with the support you need.

[SASH Administrative Team Contact List](#)

## Wellness Nurse Corner

### Self-reflection of Professional Role

Dear SASH Wellness Nurse Team,

September is upon us and it signals the transition into fall at this time of year. Summer is coming to an end, fall is near, the leaves start to turn color, kids head back to school, and we start to eat more comfort foods...



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## SASH Flash Grab 'n' Go

### October is

for the National Diabetes Education Program:

- [Talk About Your Medicines Month](#)
- [Keep Up with Your Immunizations](#)

Nationally:

- [Breast Cancer Awareness Month](#)
- [National Dental Hygiene Month](#)

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### HTN Patient Education Resources

Here are some great patient education resources related to hypertension. Feel free to use these with participants and family members.

[Find Resources Here](#)

## Want to live longer and better? Do strength training

Once you reach your 50s and beyond, strength (or resistance) training is critical to preserving the ability to perform the most ordinary activities of daily living - and to maintaining an active and independent lifestyle. [Learn More](#)

[8 tips for safe and effective strength training](#)

## SASH Team Resources

### Free Online Courses, Some with CE Credits

The Center for Public Health Continuing Education (CPHCE) strives to be one of the primary sources of continuing education for the public health workforce. Many training opportunities are available free via distance learning.

Check out the on-demand webcasts from Public Health Live, the certificate program at Public Health Nurse Ready, the online courses at the Empire State Public Health Training Center, and the Northeast Public Health Leadership Institute as well as many other programs.

[Learn More](#)

### Statewide Support Groups



NAMI family and peer support group meetings are free and provide support for family and friends of individuals with a mental health condition where they can talk frankly about their challenges and help one another through their learned wisdom and coping strategies.

[Family Support Groups](#)

[Peer Connection Support Groups](#)

## Upcoming Events

### Multiple Awareness Walks

[Out of the Darkness Walk for suicide prevention, Burlington - September 10](#)

[Walks to End Alzheimer's:](#)

- [Shelburne, VT - September 17, 2017](#)
- [St Johnsbury, VT - September 10, 2017](#)
- [Rutland, VT - September 9, 2017](#)
- [White River Jct, VT - September 24, 2017](#)

[NAMI MINDwalk - Burlington, VT - September 24, 2017](#)

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## Deerfield Valley Health & Wellness Fair

Wednesday, September 27, 2017 11:00- 2:00 pm  
Dover Town Hall, Holland Rd, East Dover

There will be many vendors...Rite Aid will be on hand for Flu Shots, Senior Solutions, Bayada, VNA, SASH Blood Pressure Clinic, Reiki, Massage, Yoga Info, Tai Chi Info, many more! Door Prizes! BBQ \$5 donation

## Monthly Webinars

### SASH Coordinator Webinar

Please join us Wednesday, September 13 at 9:00 am

[Register for the Webinar Here](#)

**Topic:** Statewide Updates, Scams with a representative from the Attorney General's office

### Wellness Nurse Webinar

Please join us Friday, September 15 at 8:30 am

[Register for the Webinar Here](#)

**Topic:** Special guest Dr. Sandy Steingard, Medical Director at the Howard Center, will present an overview of schizophrenia.

### PHL Q&A Webinar

We appreciate your patience as we work through PHL technical updates and changes as they occur. To help answer your questions and share ongoing information, we are rolling out a monthly call on the 3rd Tuesday of each month.

Please join us on Tuesday, September 19th at 9:00 am

[Register for the Webinar Here](#)

## SASH Staff & Panel Updates

### SASH Directory Updates

Welcome:

- Erica Raiche, SASH Coordinator, Rutland
- Andrika Donovan, Wellness Nurse, Windham county

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.

- 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 19 - Acupuncture for Chronic Pain in the Vermont Medicaid Population, Burlington
- September 21 - Managing Provider Burnout, Webinar
- September 27 - Medicare from A to D, Webinar
- October 2 - Elder Abuse, Exploitation and Self-Neglect, Randolph
- October 4 - Falls in High-Risk Populations, conference, Bedford NH
- October 18 - VT Health Programs, Webinar
- October 24 & 25 - Tai Chi Basic Movements & Teaching Method Certification, Montpelier
- October 25 - Geriatric Pharmacology for the Interprofessional Team, Lebanon, NH
- 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