



SASH News

SASH Director, Molly Dugan, invited as panelist at The National Academies of Sciences, Engineering and Medicine

The National Academies of
SCIENCES • ENGINEERING • MEDICINE

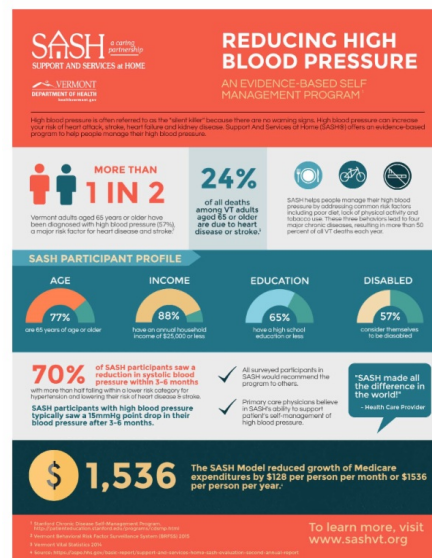
The Health and Medicine forum this week in Washington, D.C. on [Affordable and Accessible Housing for Vulnerable Older Adults and People with Disabilities Living in the Community and Roundtable on the Promotion of Health Equity and the Elimination of Health Disparities](#) focused on the fact that, "Housing is a critical social determinant of health, particularly for vulnerable populations, and has important effects on health outcomes, though this relationship is under-investigated".

Molly presented on SASH as a promising model in connecting affordable housing and services as a platform for health and independence along with representatives from HUD, Oregon and two other federal agencies. The workshop concluded by examining future policy implications and research needs with a panel facilitated by the SASH evaluation lead from the Department of Health and Human Services, Emily Rosenoff.

[More Information on this Workshop or the Academies Available Here](#)

SASH Hypertension Prevention Initiative Featured at CDC Meeting in Atlanta

The CDC's invited SASH's Health System Educator and lead RN, Kristi Poehlmann to present at the National Center for Chronic Disease Prevention and Health Promotion 1305/1422 Grantee Meeting on November 30, 2016 in Atlanta, GA. The Vermont team was asked to be part of a panel co-presenting with Connecticut, Utah, and Alaska on team-based care for hypertension management based on their amazing collaborative work and outcomes. (see the infographic for highlights)



Kristi coordinates the SASH Hypertension Prevention and self-management program initiative with all SASH panels statewide in partnership with the Vermont Department of Health. Kristi co-presented with colleague Patrick Kinner, Director of Evaluation for the 1305 grant from the Vermont Department of Health.

For more information on the hypertension initiative and medical home coordination, contact Kristi at poehlmann@cathedralsquare.org.

[Full Size Infographic Here](#)

Age is No Barrier

A 98-Year-Old Yoga Celebrity Tells All

On a recent Monday, Tāo Porchon-Lynch was teaching her 90-minute yoga class in Hartsdale, N.Y., combining elements of Iyengar, meditation and vinyasa for a dozen or so regular students.



Continue Reading

story by Katherine Rosman, New York Times

Featured SASH Site

Randolph

This month's featured SASH site is our Randolph, VT panel run by the [Randolph Area Community Development Corporation](#). Dede Tracy is a wonderful SASH Coordinator from Randolph along with the nurse, Katie Clark, who is contracted directly with the local hospital [Gifford](#).



The Randolph panel includes 3 housing sites and a few folks living in the community. They do a great job connecting with community partners and creating a sense of health and well-being through offering programs such as Bone Builders

and "Cabin Fever Conversations" to combat social isolation as well as dealing with acute needs on chronic conditions.

[More Photos from the Randolph Panel and a Visit from SASH Director, Molly Dugan](#)

Partner Announcements

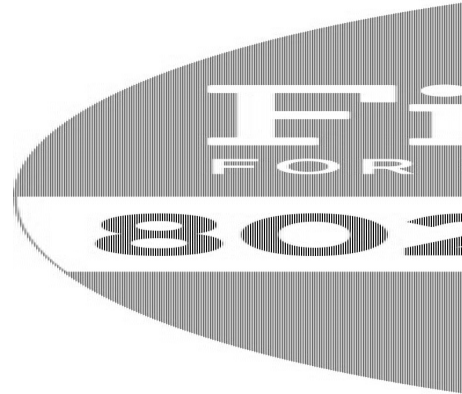
First Call for Chittenden County: One Team. One Number.

Dear Community Partners,

We are very excited to announce that we have joined our Mobile Crisis for Adults and First Call for Children and Families teams into one newly integrated crisis program, First Call for Chittenden County.

We are now: One team. One number.
802-488-7777

[Learn More Here](#)



Professional Resources

U.S. Surgeon General and the National Prevention Council release Healthy Aging in Action: Advancing the National Prevention Strategy

The Healthy Aging in Action aims to:

- * Support prevention efforts to enable older adults to remain active, independent, and involved in their community;
- * Highlight innovative and evidence-based programs from National Prevention Council departments and agencies and local communities that address the challenges related to physical, mental, emotional, and social well-being that are often encountered in later life; and
- * Inform future multisector efforts to promote and facilitate healthy aging in communities.

The National Prevention Council, comprised of 20 Federal agencies and chaired by the Surgeon General, developed the HAIA with input from key stakeholders and the Advisory Group on Prevention, Health Promotion, and Integrative and Public Health.

[Learn More Here](#)



Statewide Opportunities

Full Calendar of Training Events

- January 12 - Tai Chi Skillbuilder, Charlotte
- January 18 - Helping People Stay at Home: Volunteer Home Repair/Modification, webinar on-line
- January 25 - A Day with Dr. Gabor Mate, Burlington
- February 5-10 - Qak Tree Tai Chi Retreat, Puerto Rico
- 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
- June 10 & 11 - William Ting Workshop on Qigong & Tai Chi Principles, Burlington

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.

