

## Support And Services at Home

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## SASH News

### Among '4 Things Ben Carson Should Do' at HUD: Support Aging in Place

Authors of a Jan. 10 article at *REwired.com* recommend the SASH supportive-services model among four key initiatives for the incoming HUD and Health & Human Services Administrations.

[Learn More](#)



### Diabetes Program Success in Barre

A cross-section of community teams at three SASH panels in Barre, VT came together to deliver three diabetes self-management classes at housing sites and it was a great success!

[Read All About It](#)



## Successful Aging Feature

### 99 Year Old Shares Advice on Remaining Active and Engaged

Vermont Public Radio recently featured sage advice from an amazing Brattleboro centenarian.

[Read/Listen Here](#)



## Partner Announcements

### Mental Health Advocacy Day



Tuesday, January 31, 2017 at the Vermont State House

We need your support at Mental Health Advocacy Day! Forty-two co-sponsors will advocate for mental health policies and urge lawmakers about the importance of "Caring for Vermonters ~ Invest in Mental Health".

Please join us at the State House, 8 am to 1 pm. The agenda includes advocacy training and opportunities to interact with legislators, provide testimony and hear from those who have experienced mental health challenges.

[Learn More](#)

### Reducing Non-Emergent ED Utilization Series - Final Webinar - Practical Strategies for Nurse Triage



Still time to sign up for our last webinar on January 25 from 12:15-1:15 pm. Please use the link below to register. CME and CNE credit available.

[Register Here](#)

[Webinar Flyer](#)

[Access recordings of past webinars and still receive CME credit here.](#)

## Professional Resources

### *New York Times* Author Describes How 'Social Isolation is Killing Us'

Social isolation is recognized as having dire physical, mental and emotional consequences - and the number of U.S. adults who admit to being lonely has doubled since the 1980's.



With this in mind SASH had added "reducing social isolation" to our 2017 initiatives. After identifying socially isolated seniors using a validated screen we work with them to learn of ways to address this issue. Some examples are group programming offered at SASH sites such as Colorama, Rock and Walk, and nutrition classes, just to name a few, to connecting participants one on one through volunteering or a buddy system.

[Read the Article](#)

## The Challenges of Learning to Care for a Loved One at Home

There's a lot to learn in order to become a skilled and effective primary caregiver for a loved one at home - and the learning curve is a steep one.

[Read/Listen Here](#)



## Professional Development Training

### Statewide Opportunities

#### Full Calendar of Training Events

- January 20 - Fresh Start Training, Randolph
- January 24 - So You Want to Run a Volunteer Program, webinar
- January 25 - A Day with Dr. Gabor Mate, Burlington
- January 31 - Mental Health Advocacy Day, Montpelier
- February 2 - Healthy Living Workshop Refresher, Middlebury
- February 5-10 - Qak Tree Tai Chi Retreat, Puerto Rico
- February 21 0 Diabetes Leader Manual Update, Burlington
- March 20 - 2017 Gerontology Symposium "Re-Framing Aging", Burlington
- April 8 & 9 - Tai Chi Fall Prevention Basics & Teaching Method, TBA
- April 13 - Tai Chi Skillbuilder , Barre
- April 17-21 - WRAP Facilitator Training for VT Recovery Education Project, Waterbury
- May 1 - Tai Chi Fall Prevention Advanced Movements (moves 7-12), Barre
- May 19 - 2017 Gerontology Symposium "Re-Framing Aging", Rutland
- 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](http://sashvt.org).



### Keep in touch!

SASH Referrals Statewide Contacts | Admin Team | Website