



The Rockin Walkers from SASH Colchester VT

## SASH Success News

### Celebrating 5 Years of SASH!

It was five years ago this month that the first SASH programs were rolled out in affordable housing sites across the state. SASH staff, embedded in local housing communities and working with community partner agencies, started collaborating at regular team meetings to help their first SASH participants identify health and wellness goals and develop action plans.



Five years later we have grown to over 5,000 SASH participants and over 120 SASH staff. Sixty-five community provider agencies are collaborating SASH partners. The SASH program is strong and having a significant impact on our participants. [Click here](#) to read real stories of how the SASH program is improving the lives of our participants.

What is next for SASH? We are excited to have our funding continued in the All Payer Model that is currently in the public hearing process. We look forward to continuing to meet our mission of helping our participants stay healthy and well at home.

## SASH Story of an Amazing Life

### Supporting an Amazing Life and End of Life Choice

***"For human beings, life is meaningful because it is a story and in stories, endings matter."***

*Atul Gawande, Being Mortal*



Read [here](#) about the amazing life and chosen journey to the end of life of Montpelier SASH participant, Paij Wadley-Bailey. SASH Coordinator, Jen LaPan shared in Paij's journey while supporting her peers to understand choices in a new era.

SASH Coordinator Jen LaPan with Paij Wadley-Bailey

Linda Waite-Simpson, Vermont State Director of [Compassion and Choices](#) recently spoke to SASH Care Coordinators and Nurses about Act 39, commonly known as Death with Dignity, to help with difficult conversations that come up around the end of life.

[Celebrating Life Article](#)

## Partner Announcements

### Valley Cares' Assisted Living Recognized for Outstanding Resident Satisfaction

The SASH Team would like to congratulate our partner, Valley Cares on receipt of this wonderful award. Valley Cares, Inc is a SASH hub site in Townshend, VT.

[Continue Reading Here](#)



### NAMI Support

NAMI VT (National Alliance on Mental Illness) recently presented to a group of SASH Staff. NAMI is statewide volunteer organization comprised of family members, friends, and individuals living with a mental illness.

NAMI offers Support Groups for individuals with Mental Illness, families, and provides classes for professionals, among many other services.

[Learn More Here](#)



## Professional Resources

### New Webinar Series: for Clinicians Reducing Avoidable Emergency Room Visits webinar series



The Regional Clinical Performance Committee (RCPC), a team of cross-organizational members across Chittenden County, has been working collaboratively to improve health outcomes in our region.

The ED Utilization workgroup has focused on reducing avoidable visits to the Emergency Room. Many of these avoidable visits are related to acute illnesses that could be treated in the primary care office. This webinar series will focus on practical office strategies aimed at addressing these issues.

[Click here to register for the webinar series](#)

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### We Can Do Better Together

Encouraging Health, Housing,  
Transportation, and Social Service  
Partnerships: Successful Strategies to  
Expand Chronic Disease Self-Management Education Programs



[Webinar Link](#)

## Professional Development Training

### Statewide Opportunities

#### [Full Calendar of Training Events](#)

- October 20, 21 - Pain Cross Training, NVRH
- October 26-27 - YMCA's Diabetes Prevention Program, Waterbury
- October 28 - SBIRT Substance Abuse Awareness & Screening Training, Randolph
- November 2 - Innovative Approaches in Meaningful Programming for People with Memory Impairment, Williston
- November 12-13 - Fall Prevention Tai Chi Instructor Training, Barre
- November 15 - Suicide Prevention Awareness Training of Trainers, Montpelier
- November 16 & 17 - Supplemental "Train the Trainer" Workshop,

Waterbury

- November 17 - Fall Prevention Tai Chi - Advanced Moves, TBA
- November 18 - Delivering Culturally Competent Care to LGBTQ Individuals, webinar
- November 22 - SBIRT Substance Abuse Awareness & Screening Training, Barre
- December 12 - Worker Safety, Randolph
- January 25, 2017 - A Day with Dr. Gabor Mate, Burlington
- April 7-8, 2017 - Thai Chi Leader Training, Southern VT (TBA)

## 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).



**SASH**<sup>®</sup> *a caring partnership*  
SUPPORT AND SERVICES at HOME

### Keep in touch!

SASH Referrals | Statewide Contacts | Admin Team | Website