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Kristi Poehlmann, SASH health-systems education and nurse consultant, trains staff at Saint Elizabeth Community in Rhode Island, where the Vermont SASH model is being replicated.

## SASH Updates

### SASH Model Keeps Turning Heads

Interest in SASH and the positive health outcomes it spurs continues to grow. As noted previously, the Vermont program inspired a [three-year, nationwide demonstration](#) now underway by the U.S. Department of Housing & Urban Development, and it's being replicated in its entirety in **Rhode Island**. Now organizations in **Minnesota** and **Washington** state are pursuing the possibility of SASH there as well.



National thought leaders and organizations working in aging and health are increasingly extolling SASH and seeking the expertise of Vermont leaders. In late March, for example, SASH wellness nurse Jessica Morrison and SASH operations manager Stefani Hartsfield presented at the four-day [American Society on Aging national conference](#), which drew 3,000 professionals to Chicago. The presentation highlighted Vermont's success using **housing as a platform to manage hypertension among SASH participants**, a program sponsored by the Centers for Disease Control & Prevention and the Vermont Department of Health. Among the participants in that program, **70% reduced their systolic blood pressure by 15 points** in three to six months. Even more impressive, **77% of SASH participants with high blood pressure are keeping it under control**, compared to 30% nationally.

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### SASH Groups Collaborate to Stem

## Evictions, Prevent Homelessness

The blog of the University of Vermont Medical Center recently featured [a housing-retention initiative run by three SASH housing hosts](#): the **Burlington Housing Authority (BHA)**, **Cathedral Square Corporation** and **Champlain Housing Trust**. Dubbed the "Hoarding Collaborative," the partnership has saved 41 households from eviction due to a hoarding issue since its inception just over a year ago. This not only enabled these households to avoid homelessness, it reduced the pressure on code enforcers, property managers and landlords while also improving the quality of housing. The collaborative is ably led by **Sarah Russell**, BHA's director of housing retention and services.



## Sen. Bernie Sanders Lauds SASH During Meeting with Milton Seniors

Senator Bernie Sanders paid a visit to Elm Place senior housing in Milton, Vt., April 11 to tour the newly opened affordable-housing development and meet with residents and other community members. Sanders specifically asked about SASH during his conversation with about 20 seniors gathered in the community room. **"What we want to do is expand primary care to do exactly what [SASH] is doing,"** he said. You can [read this article in the Milton Independent](#) for more about Sanders' visit.



## SASH & Vermont Foodbank Partner to Deliver Healthy Food Statewide

"With SASH programs and coordinators based at affordable-housing sites in all 14 counties, it's a 'win-win' for us to collaborate," says SASH training specialist Amy Perez. "The Vermont Foodbank drops off the food at each SASH site, and we take care of marketing and distribution to our participants and others in the community."

[Read More](#)



## SASH Assessments Aid Policymakers by Gathering Data on Social Health Determinants, Says Report

An issue brief by the Center for Health Care Strategies, **"[Measuring Social Determinants of Health among Medicaid Beneficiaries: Early State Lessons](#),"** calls for greater and more consistent collection of individual data on "social determinants of health" (SDOH) -- the social, economic and



environmental conditions under which people live. These data, along with individual behaviors, factor into 80% of all health outcomes and are needed in order to inform patient intervention, population health management, and health-care delivery, it says. Citing SASH as a promising model for improving health outcomes and lowering costs of Medicaid beneficiaries, the brief notes that in Vermont, SDOH data are being compiled through SASH assessments.

## Professional Development Opportunities

[Click here for the full calendar of events listed below, with links to details.](#)

- April 20 - "Crazywise" Film Screening, Burlington
- April 20 & 21 - Diabetes HLW Cross Training, Waterbury
- April 26, May 3 & 10 - Living with Alzheimer's for Middle-Stage Caregivers, Colchester
- May 1 - Tai Chi Fall Prevention, Advanced Movements (moves 7-12), Barre
- May 1 - The Senior Aging Process/Death & Dying, Grief & Loss, Randolph
- May 2 - Vermont Lung Force Expo (American Lung Assoc.), South Burlington
- May 3, 4, 10 & 11 - Chronic Disease Management Facilitator Training, Windsor
- May 8 - Gray is the New Green: Unleashing the Power of Older Workers & Volunteers to Build a Stronger Northern New England, Concord, NH
- May 17, 18, 24 & 25 - Chronic Pain Management Facilitator Training, TBA
- May 17, 24 & 31 - Living with Alzheimer's for Late-Stage Caregivers, Colchester
- May 18 - Mindfulness with a Capital M: Focus, goodness and peace for an uncertain world, Burlington
- May 19 - 2017 Gerontology Symposium "Re-Framing Aging," Rutland
- May 22 - Perspectives at End-of-Life: Suffering, Consciousness & the Power of a Patient's Narrative, Fairlee
- May 24 & 25 - YMCA's Diabetes Prevention Program Leader Training, Waterbury
- May 25 - 2017 All-SASH Staff Day, Hanover, NH
- June 1 - Healthy Living Workshop Refresher-Northern Tier, Waterbury
- June 5 - Supporting Individuals Experiencing Mental Health Issues, Randolph
- June 5 - Vermont Suicide Prevention Symposium, Killington
- June 7, 14, & 21 - Living with Alzheimer's for People with Alzheimer's, Colchester
- June 10 & 11 - William Ting Workshop on Qigong & Tai Chi Principles, Burlington
- June 28 - Living with Alzheimer's for Younger-Onset Alzheimer's, Colchester

## SASH Online

### [SASH Job Opportunities](#)

Check out [current positions available](#) with SASH organizations around the state.

### [SASH Forum](#)

For **current training information** as well as staff tools and resources, visit the [SASH Forum](#) on our website.

**SASH Website**

For the most **up-to-date contact listing and referral forms**, visit [sashvt.org](https://sashvt.org).



**Keep in touch!**

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