



## SASH News

### **SASH Continues to Demonstrate Reductions in Medicare Spending and Improved Health Outcomes through National Evaluation**

A press conference will be held Wednesday, April 27th to announce the release of "Support And Services At Home (SASH) Evaluation: Second Annual Report." This federally-commissioned evaluation shows SASH participants can demonstrate statistically significant lower growth in expenditures across categories including total Medicare expenditures, emergency room visits, hospital outpatient department visits, and primary care/specialist physician visits. In the most experienced SASH panels (groups of 100 participants) **growth in Medicare expenses was lowered by an estimated \$1,536 per participant per year.**

The SASH model is a component of Vermont's Blueprint for Health and addresses the Blueprint goal of slowing the growth in costs attached to Medicare patients while improving their health outcomes.

[Read Full Report Here](#)



## SASH Success Stories

## Custom Exercise Program for People with Mobility Impairments and Multiple Chronic Conditions Shows Promising Outcomes



One SASH Coordinator recognized the need for a customized program for her participants.

Using her background in the SASH

Hypertension Management Program, as well as the Stanford Chronic Disease Self-Management Programs, Andrea Bibeau collaborated with University of Vermont staff to design a program that successfully allowed participants to take on exercise and well-being. This program has **had profound positive effects on her SASH participants, including weight loss, improved diabetes control and increased mobility.**

[Continue Reading Here](#)

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**"Marty Irons says since the new pilot effort with Rutland Regional Medical Center began a few months ago, the number of his patients who have been hospitalized has dropped."**

[Listen to Full VPR Story](#)



Rutland Pharmacist Teams Up With Hospital To Combat Dangerous Medication Errors

[digital.vpr.net](http://digital.vpr.net)

**Featured SASH Sites**

## SASH Teams in Montpelier and Essex Junction Share Their Innovations

The Montpelier SASH team helps participants connect with neighbors. Clubs and events help participants enjoy better health, attitudes and moods due to reduced social isolation.

### More About the Montpelier Team

The Whitcomb Woods / Whitcomb Terrace SASH Panel offer self-management and coordinated care to their participants with extensive programs and impressive results.

### More About the Essex Junction Team



## Partner Announcements

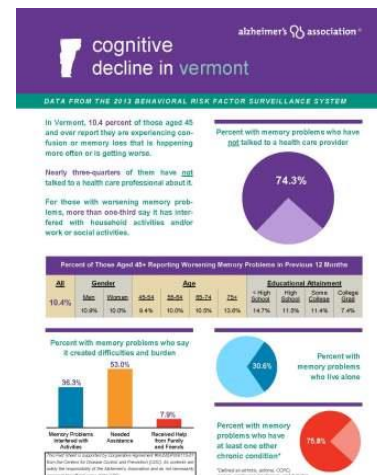
### Cognitive Decline in Vermont

In Vermont, 10.4 percent of those aged 45 and over report they are experiencing confusion or memory loss that is happening more often or is getting worse.

Nearly three-quarters of them have not talked to a health care professional about it.

For those with worsening memory problems, more than one-third say it has interfered with household activities and/or work or social activities.

### Learn More Here



### Invitation to Become a Patient & Family Advisor

If you receive Medicare or are a family member or caregiver of someone who does, you can help!

Become a volunteer as a New England QIN-QIO Patient & Family Advisor.

### Learn More Here



## Using Community and Clinical Resources to Support Vermonters in Asthma Self-Management

A one-day training on asthma self-management education for Vermont health professionals in Randolph, VT July 19th.

[Learn More Here](#)



## Fifth Annual UVM Physical Therapy Club's 5K

- Saturday, April 30, 2016
- 9 a.m. Gutterson-Fieldhouse and Bike Path
- Proceeds will benefit: Northeast Disabled Athletic Association (NDAA)



[Learn More and Register Here](#)

## Professional Resources

### Exercise as a Prescription

from the Las Vegas Sun

BOSTON - When Dr. Michelle Johnson scribbles out prescriptions, the next stop for many of her patients is the gym, not the pharmacy.



Doctors treating chronic health problems increasingly are prescribing exercise for their patients - and encouraging them to think of physical activity as their new medication.

## Professional Development Training

### Statewide Opportunities

- April 26 - [Creating a Community Demographic Profile](#), Webinar
- April 27 - [Lung Force Expo](#), South Burlington
- April 28 - [Building Volunteer Transportation Networks](#), Webinar
- April 29 - [Healing Voices Film: Rethinking Our Cultural Understanding of Mental Illness](#), Burlington
- May 19, 20, 26 & 27 - [Diabetes Leader Training](#), Williston
- May 19 - [Six Myths and Five Secrets of Better Sleep](#), Burlington
- May 20 - [2016 Gerontology Symposium: Aging in Community](#), Rutland
- June 9 - [Supporting Individuals Experiencing Mental Health Issues](#), Randolph
- June 29 - [2016 Vermont Suicide Prevention Symposium](#), Burlington
- July 19 - [Using Community and Clinical Resources to Support Vermonters in Asthma Self-Management](#), Randolph

[Check Forum Listing for Further Updates](#)

## 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).



