



SASH News

SASH Success to be Presented in Washington, DC, Discussion



ASSOCIATION FOR
PUBLIC POLICY ANALYSIS
& MANAGEMENT

RTI International, one of the world's leading nonprofit research institutes, released the results of their second evaluation of the SASH model in April. This third-party evaluation attracted national attention, showing SASH participants demonstrated significantly lower growth in total Medicare expenditures.

RTI later submitted "The Effect of the Vermont Support And Services at Home Program on Medicare Expenditures and Adverse Health Events" to the Association for Public Policy Analysis and Management (APPAM), where it was accepted for presentation at the 2016 APPAM Fall Research Conference in Washington, DC.

At the November 3rd conference the study will be featured in the "The Role of Housing in Health and Health Interventions" panel. Presenters will include, Amy M.G. Kandilov, RTI International; Nancy R. Eldridge, National Center for Healthy Housing; and Nancy McHall, Mathematica Policy Research and Molly Dugan, SASH.

Link to the paper: [The Effect of the Vermont Support and Services at Home Program on Medicare Expenditures and Adverse Health Events](#)

Bernie Sanders' Staff Visit the Wright House

Members of Senator Bernie Sanders' staff visited the Wright House on Wednesday, August 3rd, to tour the property, meet a few residents and learn how the SASH model serves seniors and person with disabilities who live in affordable housing and surrounding neighborhoods.



The Wright House, a Cathedral Square community located at 75 Harrington Avenue, provides 34 affordable, one-bedroom apartments to seniors and people with disabilities. Cathedral Square administers the SASH model statewide as part of Vermont's Blueprint for Health. SASH is a care management model harnessing the combined strength of social service agencies, community health providers and nonprofit housing organizations to support approximately 5,000 Vermonters in aging safely and healthfully at home.

Senator Sanders has been a vocal champion of SASH, and the visit underscores his interest in the model and how it serves vulnerable Vermonters.

"I believe that all seniors deserve to age with respect, dignity, and have access to the social and medical supports to stay healthy and at home. SASH is a leading model to help seniors achieve that goal."

Senator Bernie Sanders

Pictured (L to R): Katherine Becker Van Haste, Health Policy Director; Kim Fitzgerald, Cathedral Square CEO; Katarina Lisaius, Outreach Staff; and Sophie Kasimow, J.D., Staff Director

The New SASH Web Site is Live

We've redesigned the SASH website to bring you new features and improved functionality. Explore the site, to Learn, Connect and Discover SASH.

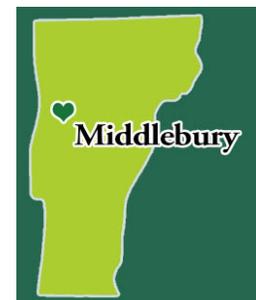
[New SASH Web Site](#)



Featured SASH Site

Middlebury

The Middlebury program participates in the statewide SASH hypertension initiative which has led to significant health improvements for some SASH participants. SASH wellness nurse Melissa Stockholm provides a holistic approach to targeting this often hidden and very dangerous condition with her participants.



By offering a weekly blood pressure clinic with health coaching around nutrition, sodium intake, and the risks of blood pressure the SASH participants are able to take charge of their health and celebrate their successes.

[Read more about the Middlebury SASH program here](#)

Partner Announcements

Housing is Health Care

by the University of Vermont Medical Center

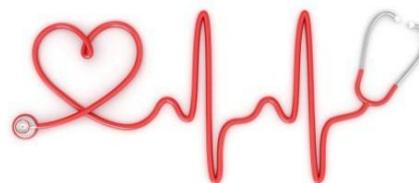
A new approach to tackling homelessness in Vermont has lowered chronic homelessness rates by 31%, lowered health care costs for those served by 60% (or \$1M), and saved money in law enforcement and social services, too. Find out how in this [video](#).



2nd Annual Deerfield Valley Health & Wellness Fair Coming to West Dover SASH Community

The Deerfield Valley Health & Wellness Fair has grown!

Representatives from over 20 local health and wellness organizations will be on-hand at the Second Annual Fair on Monday, September 26th. The Fair, sponsored by [Shires Housing](#) and SASH, is a free, convenient way for the public to raise its health awareness. Those who attend, for example, can have their blood pressure checked, get a flu shot, and participate in reiki, tai chi, and gentle yoga classes.



[Continue Reading](#)

Professional Resources

September 22nd is Our Time to Stand Up for Falls Prevention!

The first day of fall, September 22nd, brings anticipation of apple cider, leaf peeping and warm blankets. And there's another reason to circle September 22nd on your calendar - it marks the 9th annual Falls Prevention Awareness Day. The National Council on Aging (NCOA) has designated Ready, Steady, Balance: Prevent Falls in 2016 as the theme for this year's event.



Falls are the leading cause of fatal and non-fatal injuries for older Americans. The SASH teams across the state prioritize falls prevention in multiple ways including assessing our participants for risk of falling at least annually, helping to identify

medication management issues, and collaborating with our SASH partner organizations such as the Areas Agencies on Aging and Home Health agencies to provide falls prevention programs and in-home risk assessments. This collaborative focus on falls is having an impact. Data reports on SASH shows participants fall at rates significantly lower than the World Health Organization's benchmark for people in the same age group (25% vs. 32%). Better still, our rates have fallen consistently since 2014.

Certainly the SASH model's achievements in falls reduction are wonderful news, but with work we can continue to reduce incidence across all participants. Please visit the [NCOA website](#) for handouts, videos, tools for advocacy, and more.

[NCOA Falls Prevention](#)

Professional Development Training

Statewide Opportunities

- August 19 - [Person-Centered Counseling Training](#), Waterbury
- September 2016 - May 2017 - [Effective Facilitator Training](#), Burlington
- September 7 - [Alzheimer's Association Community Educator Training](#), Bennington
- September 14 - [Skillbuilder: Tai Chi Playing with our Feet!](#), Rutland
- September 14 - [VA Mental Health Summit](#), White River Junction
- September 15, 16, 22 & 23 - [Chronic Pain Leader Training](#), St. Johnsbury
- September 28 - [SASH Privacy Officer Training](#), on-line
- November 17 - [Fall Prevention Tai Chi - Advanced Moves](#), TBA

Full Calendar of Events

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.

