



## SASH Success Story

### SASH Helps Participant in Many Ways

Eighty-one year-old Patricia was severely underweight and subject to falls. Living in affordable housing in Stowe, VT, she became a SASH Participant. When she met Susan, her SASH Wellness Nurse, she could not hear or afford hearing aids. Susan helped her access dietary advice and encouraged her to visit her physician, who diagnosed Patricia's kidney cancer. Thankfully, her treatments were successful and she is now at a normal body weight.



SASH also encouraged Patricia to communicate her financial struggles with her son, who was grateful for this information and purchased hearing aids for Patricia. Since working with SASH, Patricia has had no recent falls and is more socially engaged and back to working at her sewing hobby.

## SASH Panel Profile

## Lamoille County in the Spotlight

Feature team of the month is the Lamoille team with a job well done!

Accomplishments:

- SASH Volunteer Program in partnership with United Way and RSVP
- Community Building Workshops at housing sites in grant partnership with Home Share and Lamoille Housing Partnership
- Developed a chart for cataract patients and the SASH Coordinator to enlist friends that will remind and supervise Participant's prescribed eye drop regime when advised by physician



[See Full Lamoille Panel Profile Here](#)

## Partner Announcements

### 2016 Alzheimer's Awareness and Advocacy Day

The Alzheimer's Association is coordinating a march at the Vermont State House in an effort to raise awareness about Alzheimer's Disease and related dementias.



This year's event will take place on Wednesday, March 30th from 12:00 to 5:30 p.m.

This is an excellent way for SASH Coordinators, Wellness Nurses, and family members from across the state to share their personal stories and ask their community representatives to make Alzheimer's a platform priority.

[See the full schedule here and RSVP](#)

## The Aging Population Question Presentation at the University of Vermont

Professor Sarah Harper will speak on The Aging Population Question: "Preparing for our Future Selves: How 21st Century Demographics will Change our Lives"



Thursday, March 24th at 4:30 p.m.

[See the flyer for the event here](#)

## Professional Resources

### March is National Nutrition Month



The Next Steps to Better Nutrition program was developed by the National Council on Aging and the American Heart Association to teach older adults how they can afford, purchase, and cook more nutritious foods. In a series of 6 hour-long classes, participants will learn about the relationship between nutrition and chronic disease, and discover how they can take concrete action steps to improve their diet and keep their heart healthy.

[Continue Reading](#)

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### Sleep and Aging

Getting enough sleep helps you stay healthy and alert. Many older people don't sleep well, but getting older doesn't mean you have to feel tired all the time. There are many things you can do to help you sleep better:



- Follow a regular sleep schedule. Go to sleep and get up at the same time each day, even on weekends.
- Develop a bedtime routine. Take time to relax before bedtime each night.
- Exercise at regular times each day but not within 3 hours of your bedtime.

[Get more tips on ways to get a good night's sleep.](#)

[Learn more about sleep and aging.](#)

## Professional Development Training

## Statewide Opportunities

- March 17 - Tai Chi Refresher Training, Montpelier
- March 24 - Preparing for our Future Selves: How 21st Century Demographics will Change our Lives, University of Vermont, Burlington
- March 29 - Core Competency Training Series for Front-Line Care Coordinators (day 1 of 6 day training), Burlington
- March 30 - Core Competency Training Series for Front-Line Care Coordinators (day 1 of 6 day training), Waterbury
- March 30 - VRSC Managing Current Mental Health Issues, S. Royalton
- March 30 - 2016 Alzheimer's Awareness & Advocacy Day, Montpelier
- March 31 - Core Competency Training Series for Front-Line Care Coordinators (day 1 of 6 day training), Brattleboro
- April 1 - Tri-State Summit on Aging, Concord NH
- April 5 - All Day SASH Staff Training, White River Junction
- April 12 - Blueprint for Health, Burlington
- April 13 - Vermont Geriatrics Conference, Essex
- April 19 - Person-Centered Interviewing/Worker Role and Self-Care , Randolph
- April 21 - Understanding Trauma and Its Impact: Creating a Trauma Informed Community, Burlington
- April 22 - Buried in Treasures: Understanding and Treating Hoarding Disorders, West Lebanon, NH
- April 27 - Lung Force Expo, South Burlington
- 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

Check 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).



### Keep in touch!

[SASH Referrals](#) | [Statewide Contacts](#) | [Admin Team](#) | [Website](#)