



SASH News

Press Conference Held to Celebrate Release of Second Evaluation Report on SASH

The Cedar Creek room in the Statehouse was abuzz on April 27th with legislators, SASH staff and participants, reporters and other interested parties to hear about the recently released 2nd Evaluation report on Vermont's SASH model.

Nine speakers including Lawrence Miller, Governor Shumlin's Senior Advisor on Health Care Reform, Camille George, Deputy Commissioner of DAIL, representatives from Senator Leahy and Senator Sanders offices and a SASH participant from the Montpelier SASH panel, among others were on hand to describe the excellent evaluation results and the impact of the SASH model on health and quality of life.



The Second Report confirms the promising findings from the First Report, showing

the SASH program continues to slow the growth of annual Medicare expenditures for our SASH participants compared to a control group in Vermont. The Second Report also highlights the strengthening relationships between partner agencies involved in SASH.

[View the Video](#)

[RTI Press Release](#)

New SASH Video

We are excited to share this new short animation video that explains how SASH coordinates Vermont community partnerships to improve health outcomes and reduce Medicare expenditures.



[View the Video](#)

Featured SASH Site

Maple Village/Village Manor, Rutland

The Maple Village/Village Manor teams are providing education and events to help change attitudes and behaviors leading to improved health and wellness.

[More About the Team](#)



Partner Announcements

The Wake Up To Dying Project

Traveling Exhibit Event Scheduled for
July 12-17, 2016 in Burlington, VT

The Wake Up to Dying Project aims to shift our

cultural perspective on death from fear and avoidance toward acceptance - by inviting people to acknowledge death, be prepared for it, and live more fully for having done so.



[Continue Reading](#)

Administration on Community Living's Person-Centered Counseling Training

The State of Vermont Adult Services Division is inviting interested individuals to attend a training for learning purposes (not certification) on a first come, first served basis.



The training begins in July. For more information, please contact [Nicole DiStasio](#) at 802-241-0291.

[E-mail Nicole](#)

Vermont Suicide Prevention Symposium

June 29, 8:00 a.m. to 4:30 p.m.



This cross-agency statewide event brings together professionals across all sectors for a day of learning from national experts on critical topics and skills in suicide prevention.

The day is designed to support state-wide suicide prevention efforts and local communities in implementing the recommendations of the National Strategy for Suicide Prevention and the Vermont Suicide Prevention Platform using data-driven and evidence-based practices.

Dudley Davis Center, University of Vermont

[More Information](#)

[Register for the Symposium](#)

Mourning the Death of a Spouse

Losing a spouse is difficult, and grief can be hard on you both emotionally and physically. Here are some ways to take care of yourself during hard times:



- Focus on your health - eat healthy foods, exercise, take your medicine, and get enough sleep.
- Join a grief support group in your community.
- Try not to make any major changes right away, like moving or changing jobs.
- See your doctor if you are having trouble with everyday activities like getting dressed or preparing meals.

[Continue Reading](#)

Professional Development Training

Statewide Opportunities

- May 19 - [Six Myths and Five Secrets of Better Sleep](#), Burlington
- May 20 - [2016 Gerontology Symposium: Aging in Community](#), Rutland
- June 4 - July 9 - [Wellness Recovery Action Plan \(WRAP\)](#), Windsor
- June 7 - [Powerful Tools for Caregivers](#), Rutland (6 week series)
- June 9 - [Supporting Individuals Experiencing Mental Health Issues](#), Randolph
- June 16 - [Skillbuilder: Seated Tai Chi](#) , Barre
- June 29 - [2016 Vermont Suicide Prevention Symposium](#) , Burlington
- July 12-17 - [The Wake Up to Dying Project](#), Burlington
- July 19 - [Using Community and Clinical Resources to Support Vermonters in Asthma Self-Management](#), Randolph
- August 13 & 14 - [Fall Prevention Tai Chi - Basic Moves](#) (offering to become a new leader), White River Junction
- August 18 & 19 - [Person-Centered Counseling Training](#), Waterbury [a.m. session](#), [p.m. session](#)
- September 14 - [Skillbuilder: Playing with our Feet!](#), Rutland
- November 17 - [Fall Prevention Tai Chi - Advanced Moves](#), TBA

Check Forum Listings 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.



Keep in touch!

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