



## SASH Teams Celebrate 5 Years

### SASH Celebrations State-wide

More than 34 celebrations of the 5 year anniversary of SASH are taking place all over Vermont. Thank you to those of you who sent in photos and please keep those photos coming in!

[Enjoy the Video of the Celebrations](#)



## SASH Flash Grab 'n' Go

### Which Foods Don't Belong in a Healthy Diet?

- What exactly is a healthy diet? The basics are pretty simple. Everyone

needs a mix of proteins, carbohydrates, and fats, plus enough vitamins and minerals for optimal health.

- But science is revealing that some of the food choices within these categories are better than others.

[Learn Specific Foods to Avoid Here](#) from Harvard Medical School's HEALTHbeat

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## 6 Ways to Eat Less Salt

- Your body needs a little bit of salt every day for the sodium it contains. But too much sodium can boost blood pressure and stress the heart and blood vessels.
- The low-sodium Dietary Approaches to Stop Hypertension (DASH) diet is high in fruits, vegetables, and whole grains; moderately high in nuts and low-fat dairy products; and low in red and processed meats. Following it can lower blood pressure and reduce the risk of heart disease and stroke.

[6 Tips to Cut Back on Sodium](#) from Harvard Medical School's HEALTHbeat

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## Bladder Health Information from the National Institute on Aging

- [Keep your bladder healthy with these tips & check out the video.](#)
- [Learn more about bladder health from NIHSeniorHealth.](#)

## Wellness Nurse Corner

### New Opioid Fact Sheet Released from Vermont Department of Health

Introducing a new resource put out by our partners at the Vermont Department of Health. Feel free to use this patient handout as an education tool with your SASH participants who are prescribed opioids.

[Resource Sheet](#)

## Webinar on Reducing Non-Emergent ED Utilization

### Avoiding the ER: Addressing Geriatric Issues

*"An increasing number of people are using hospital emergency departments (ED) for non-urgent care and for conditions that could have been treated in a primary care setting. Nationally, 56 percent, or roughly 67 million visits, are potentially avoidable. Reducing this trend represents a significant opportunity to improve quality and lower costs in health care."*

*Reducing Emergency Department Overuse: A \$38 Billion Opportunity \*Pamphlet+. (2010). National Priorities Partnership.*

Please join nationally recognized geriatrician, Dr. Michael Lamantia on Dec. 7th to talk about how to address common geriatric issues and avoid visits to high cost

centers of care that may result in further illness and discomfort to the patient.

### [Register for the Webinar](#)

The Regional Clinical Performance Committee (RCPC), a team of cross-organizational members across Chittenden County, has been working collaboratively to improve health outcomes in our region.

## Upcoming Professional Development Opportunities

### Statewide Opportunities

Click on the [calendar](#) for further details on the trainings below.

- December 6 - The Basics: memory loss, dementia and Alzheimer's disease, Hinesburg
- December 7 - Effective Communication Strategies, Barre
- December 7 - Avoiding the ER: Addressing Geriatric Issues, on-line
- December 12 - Worker Safety, Randolph
- December 13 - Building an Effective & Sustainable Communications Strategy, on-line
- January 12 - Tai Chi Skillbuilder, Charlotte
- January 18 - Helping People Stay at Home: Volunteer Home Repair/Modification, on-line
- January 25 - A Day with Dr. Gabor Mate, Burlington
- February 5-10 - Qigong Retreat, Puerto Rico
- April 8-9 - Tai Chi Fall Prevention Basics & Teaching Method, TBA
- April 13 - Tai Chi Skillbuilder, Barre
- May 1 - Tai Chi Fall Prevention Advanced Movements (moves 7-12), Barre
- June 10-11 - William Ting Workshop on Qigong & Tai Chi Principles, Burlington

**NOTE:** Thanks to all who worked with us to further their professional development with VHCBS Scholarship funds. These funds are now exhausted and were put to very good use throughout the state.

Of the 42+ who accessed the funds for mileage and/or registration we have 4 new Tai Chi Leaders, 5+ trained in Death and Dying, multiple nurses attended Health Coaching, 5+ staff at Advanced Trauma training, 5+ various Learning Collaboratives, 3 to VT Blueprint Conference, and attendance at Hoarding, Ethics, Memory care, Mental Health, Fall Prevention trainings and VT Housing Conference.

We are happy to support such great endeavors that give a boost of energy to the great work you do and help our participants work with the best staff around!

## Monthly Webinars

### SASH Coordinator Webinar

Please join us Wednesday, December 14, 9:00 -10:00 a.m.

[Register for the Webinar Here](#)

### Wellness Nurse Webinar

Please join us for **one** of these calls:

- Tuesday, December 13, 8:30 - 9:30 a.m.
- Friday, December 16, 8:30 - 9:30 a.m.

[Register for One Webinar Here](#)

## SASH Staff & Panel Updates

### SASH Directory Updates

Welcome:

- Mikayla McAlister, SASH Coordinator - Newport
- Jessica Early, Wellness Nurse - Cathedral Square Senior Living & Grand Way Common
- Gretchen Decker, Wellness Nurse - Burlington Community, Winooski Housing Authority, and Holy Cross Senior Housing
- Christina Bell, Wellness Nurse - Morrisville

Help us keep the SASH directories up to date:

- [Review Your Team](#)
- [Make changes to your team list](#)

[SASH Job Opportunities](#)

## 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://www.sashvt.org).



