



## Integrated Care Management Tools

### Care Management

Thank you to everyone who is participating in a Care Management Learning Collaborative, and to everyone else who is patiently waiting for tools and training.

We are excited to share with you 3 training videos just released by the Burlington Care Management group on how shared care planning tools and processes work. We will be providing everyone with copies of the tools at their software trainings as well as doing further training. Feel free to watch these videos for a primer and stay tuned for more....



Identify Patient Goals



The Role of the Lead Care Coordinator



The Shared Care Conference

## SASH Team Resources & SASH Flash Ideas

[Go4Life: On Your Way to a Healthier You](#)

Exercise and physical activity are important for healthy aging. Almost anyone can safely do some kind of exercise or physical activity, regardless of age or health condition. The key is to start low and go slow.

The National Institute on Aging at NIH invites you to join their team to receive free resources, support, and materials on how to fit physical activity into our daily lives.

[Get tips on beginning an exercise routine and sticking to it](#)

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## Wake up to Dying

Dear SASH Colleagues and Friends,

I serve on the board of a non-profit called "The Wake up to Dying Project" (WUTD), it is a truly inspiring and heart driven project for me.

The WUTD encourages people to think and talk about dying through story, art, and hands-on engagement. This work is helping people to be more prepared for this shared human experience, both practically and emotionally. We are also seeing that through WUTD's inspiration that people are paying attention to the way they live their lives.

The project includes a traveling exhibit with professionally-produced audio stories on death, dying and life. The exhibit also offers a resource tent, workshops, panels, and other hands-on opportunities to engage in/on and around the topics of death.

Please visit and take this opportunity to engage with some of our local professional participants! from hospitals, medical centers, local VNA's, Bayada, volunteers, poets, members of the faith and spiritual communities, and more! Hope to see you there!

[Learn More About the Burlington Event July 12-17](#)

Jodi Vilardi, RN, SASH Wellness Nurse  
Barre Housing Authority, Central Vermont Home Health and Hospice

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## Editorial from the Journal of Gerontological Nursing

Promoting Cognitive Health: Some Good News and a Brief Summary of the Institute of Medicine Report Cognitive Aging: Progress in Understanding and Opportunities for Action

[Read Article Here](#)

## Wellness Nurse Corner

[Nurse as Health Coach follow-up](#)

Many thanks to all of you that were able to make the "Nurse as Health Coach" training on June 22nd at the Community National Bank in Barre, VT. We had a fantastic turn-out with 26 nurses in attendance!



[Continue Reading](#)

## Free Asthma Self-Management Training

### Continuing Education Opportunity: Asthma Self-Management Workshop

FREE one-day training on asthma self-management education for Vermont health professionals.

- [Review Full Program Brochure Here](#)

To register or with additional questions, contact Laura Remick, Education Resource Coordinator at (802) 748-2506 or email her at [lremick@nevahec.org](mailto:lremick@nevahec.org).

**Note:** Limited scholarship funds are available to help pay for mileage. [Apply Here](#)

Contact Amy Perez at [perez@cathedralsquare.org](mailto:perez@cathedralsquare.org) or 802-324-0104 for further information.

## Upcoming Professional Development Opportunities

### Statewide Opportunities

- July 12-17 - [The Wake Up to Dying Project](#), Burlington
- July 18 & 19 - [Person-Centered Counseling Training](#), Waterbury a.m. session, p.m. session
- July 19 - [Using Community and Clinical Resources to Support Vermonters in Asthma Self-Management](#), Randolph
- July 28 - [The Effects of Domestic and Sexual Violence on People's Lives](#), webinar
- August 13 & 14 - [Fall Prevention Tai Chi - Basic Moves](#) (offering to become a new leader), White River Junction
- August 18 - [Person-Centered Counseling Training](#), Waterbury or
- August 19 - [Person-Centered Counseling Training](#), Waterbury
- September 2016 - May 2017 - [Effective Facilitator Training](#), Burlington
- 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
- November 17 - [Fall Prevention Tai Chi - Advanced Moves](#), TBA

[Check the SASH Forum for up to date listings](#)

Note: Limited scholarship funds are available to help pay for training registration fees, mileage, etc. [Apply Here](#)

Contact Amy Perez at [perez@cathedralsquare.org](mailto:perez@cathedralsquare.org) or 802-324-0104 for further information.

## SASH Staff & Panel Updates

### Welcome

- Carolyn Lorie, SASH Coordinator, Upper Valley, Windsor County
- Doreen Lyon, SASH Coordinator, Newport/Derby, Orleans County

Help us keep the SASH directories up to date:

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

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### Employment Opportunities

SASH Job Openings are posted on our web site.

[Learn More Here](#)

## Monthly Webinars

### SASH Coordinator and Wellness Nurse Call

Wednesday, July 13th, 9:00 -10:00 a.m.

Agenda:

- SASH Updates and Featured Panel - Molly
- Data Outcomes Overview - 2016 highlights and 2017 additions
- REDCap Data System Introduction

[Register for the Call Here](#)

## Software Updates

## Care Navigator

We are excited about the upcoming release of Care Navigator as a Care Management software system. There are some slight delays in testing, and we expect everything to be live August 1st. Care Navigator will be available for all SASH panels in the state at the same time when it starts in late July/early August. Other organizations will be phased in slowly by region. SASH participants will be phased in per panel as well. More to come on how Care Navigator and the phased approach will work.

- [Click to listen to the Care Navigator Introduction](#) - if you missed it
- Please watch for in-person trainings coming to you in July
- Please contact Stefani Hartsfield or [help.desk@cathedralquare.org](mailto:help.desk@cathedralquare.org) with any questions

## Care Navigator Webinar

## 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](#)