



## SASH Updates & News

### SASH Celebrates 5 Years

In synchrony with SASH Celebrating 5 Years, the Green Mountain Care Board voted unanimously in favor of the All Payer Model which includes continued funding for SASH beyond 2016! SASH is no longer a demonstration and is now embedded into the State's health care reform model with continued funding for the next 6 years. This is truly a momentous occasion; let the celebrations begin!

**Statewide Celebrations at Each Panel** - Thank you all for working with your teams on planning celebrations in your own unique way between **November 14 - 23rd**. The [Press Release](#) has been sent out to the media; feel free to reach out to your connections with local media.

[Department of Health & Human Services Fact Sheet](#)

### SASH Winner of the APHA Archstone Foundation Award

Archstone Foundation's Award for Excellence in Program Innovation identifies best practices models in the field of aging and health. Emphasis is given to programs that effectively link academic theory with applied practice in the field of aging and public health.

The Award was presented to SASH staff at the 144th Annual Meeting of the American Public Health Association on October 31, 2016 in Denver, CO.



[Read the Full Press Release](#)

## SASH Flash Grab 'n' Go

### **November is American Diabetes Month & National Alzheimer's Disease Awareness Month**

[American Diabetes Month Information](#)

[National Alzheimer's Disease Awareness Month Information](#)

[Learn More About Keeping the Caregiver Healthy!](#)

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### **High Blood Pressure May Hike Dementia Risk**

New statement from American Heart Association warns of link.

[Learn More Here](#)

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### **Meditation and Mindfulness**

Regular meditation is proving to be more beneficial than a vacation.

[Learn More Here](#)

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## Caregiver Survey

### **Important Survey of Caregivers for Vermonters with Alzheimer's or Dementia**

The University of Vermont, in collaboration with the Governor's Commission on Alzheimer's Disease and Related Disorders, is conducting a statewide survey of Vermonters caring for persons with Alzheimer's disease and related disorders (ADRD). The results from this survey will help Vermont better plan for the growing needs of families dealing with the challenges of caring for a loved one with a memory disorder. To date, the researchers have only received about 100 surveys and need at least 100 more by December 1st to have enough data for a meaningful report.

[Online Survey](#)

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## Wellness Nurse Corner

### **Wellness Nurse Monthly Calls Are Back**

We are kicking off our Monthly SASH Wellness Nurse Webinars this month. "Diabetes Education Tools & Coaching for the SASH Participant" with Robin

Edelman, RD, CDE from the Vermont Department of Health, plus a "special guest".

Please attend ONE of the following:

- Tuesday, November 8th, 8:30 - 9:30 a.m.
- Friday, November 18th, 8:30 - 9:30 a.m.

[Register for One Webinar Here](#)

[Download Webinar Materials Here](#)

## Monthly Webinars

### SASH Coordinator Webinar

Please join us Wednesday, November 9th, 9:00 -10:00 a.m.

Open Forum for Questions & Planning

[Register for the Webinar Here](#)

## Upcoming Professional Development Opportunities

### Statewide Opportunities

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

- November 12-13 - Fall Prevention Tai Chi Instructor Training, Barre
- November 15 - Suicide Prevention Awareness Training of Trainers, Montpelier
- November 15 - Tr-State Learning Collaborative on Aging Conversation on Caregiving, White River Junction
- November 16 & 17 - Supplemental "Train the Trainer" Workshop, Waterbury
- November 17 - The Basics: memory loss, dementia and Alzheimer's disease, Burlington
- November 18 - Delivering Culturally Competent Care to LGBTQ Individuals, webinar
- November 22 - SBIRT Substance Abuse Awareness & Screening Training, Barre
- November 22 - Understanding and Responding to Dementia Related Behaviors, St. Albans
- December 6 - The Basics: memory loss, dementia and Alzheimer's disease, Hinesburg
- December 7 - Effective Communication Strategies, Barre

- December 12 - Worker Safety, Randolph
- January 12 - Skillbuilder, Charlotte
- January 25 - A Day with Dr. Gabor Mate, Burlington
- February 5-10 - Qigong Retreat, Puerto Rico
- April 7-8 - Thai Chi Leader Training, Southern VT (TBA)
- April 8-9 - Fall Prevention Basics & Teaching Method, TBA
- April 13 - Skillbuilder, Barre
- May 1 - Fall Prevention Advanced Movements (moves 7-12), Barre
- June 10-11 - William Ting Workshop on Qigong & Tai Chi Principles, Burlington

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

### SASH Directory Updates

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://sashvt.org).

