



## SASH Funding News

### All Payer Model Negotiations Complete - SASH Funding Included

Last week the State of Vermont and the Centers for Medicare and Medicaid (CMS) finished their negotiations and came to an agreement on the terms of the All-Payer Model (APM).

SASH funding (including a modest increase) is part of the package! Before the APM agreement is officially signed, public hearings on the negotiated terms are being held around the state and public comment is being solicited.

What can you do to help ensure the APM Agreement moves forward?

- Attend a hearing and explain how SASH has made a difference in the quality of life and health of one (or more) of your participants. Details on public hearings are here <http://gmcboard.vermont.gov/payment-reform/APM>
- Ask a SASH participant to attend and share his/her story.
- Submit a public comment by October 13th in support of the SASH and the APM here <http://gmcboard.vermont.gov/board/comment/public-comment>
- Ask your SASH participants to submit comments in support of SASH and the APM.

[Public Hearing Information](#)

# SASH Makes a Splash

## Deerfield Valley Health and Wellness Fair Success

The SASH Deerfield Valley Health and Wellness Fair on September 27th was a huge success. Over 20 vendors from community and health organization and more than 100 attendees from the local community were in attendance. Here are some of the fantastic connections that took place:



- Reiki and massage
- Flu shots were given
- 802 Quits resources offered by the Deerfield Valley Community Partnership
- Blood pressure clinics
- RSVP offered volunteer opportunities
- A healthy, hearty lunch

Great job to Becky Arbella and the Deerfield Valley SASH team of Marianne Almeda, Jill Robart and Stacia Sirois for gathering local partners in health and wellness and making this fantastic community event happen.

Photo from left to right: Kathy Cardiff, Betsy Williamson, Susan Cottrell, Becky Arbella, Nancy Messina, Marianne Almeda

## SASH Team Resources

### Transportation Options from Vermont 2-1-1

Check out the [monthly newsletter](#) from United Way 2-1-1 for great articles and statewide resources - this month's "resource corner" is transportation!

Remember to [subscribe](#) for continued information.

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### CVAA becomes Age Well

The Champlain Valley Area on Aging (CVAA) is now Age Well; check out their [new web site here](#).

## SASH Flash Grab 'n' Go

### October is National Breast Cancer Awareness Month

Breast cancer is the second most common kind of cancer in women. About 1 in 8 women born today in the United States will get breast cancer at some point.

[Organize an Event](#) or [Sample Announcement](#)

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## Hand Exercises for People With Arthritis

"Doing hand exercises can help make arthritic joints more flexible and improve range of motion. Give these simple movements a try."

Here is a SASH Participant education tool that you can use individually or in a group setting.

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## 5 Surprising Benefits of Walking

"The next time you have a check-up, don't be surprised if your doctor hands you a prescription to walk."

[Read the Brief Harvard Medical School Article Here](#)

Providing onsite walking programs/groups is a great way to get your SASH participants up and moving. With fall upon us, it's time to get creative on how our participants can continue walking through the winter.

Some great ideas are walking hallways, starting a "Walk and Rock" program (idea from Diana Rule in Vergennes), [start an indoor walking program](#) (similar to Chittenden County's panels) or a "Walking Tour/Scavenger Hunt" (idea from Maria Rainville in Burlington).

It's time to think out of the box. Walking groups also create a great sense of community!

## Wellness Nurse Corner

### Happy Fall to You All!

Here is a quick look at what is happening for nurses across the state:

- The Nurse as Health Coach training was a success and is complete!
- Our focus has been on self-care; [fun TED Talk by Shawn Achor here](#).
- Monthly SASH Wellness Nurse Webinars will begin again in November! Be sure to complete the [Survey for Content](#) for these calls, sent out on 9/28/16.

[Read More in Kristi's Letter Here](#)

## Upcoming Professional Development Opportunities

### Statewide Opportunities

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

- October 7 - HLW Refresher, Northern Tier, NVRH
- October 13 & 14 - Asthma Educator Institute, Rutland
- October 18 - The Senior Aging Process/Death & Dying, Grief & Loss, Randolph
- October 18 - SBIRT Substance Abuse Awareness & Screening Training, Orleans
- October 19, 20, & 21 - Buried in Treasures Workshop Facilitation Training (supporting individuals with hoarding disorders), White River Junction
- October 20, 21 - Pain Cross Training, NVRH
- October 26-27 - YMCA's Diabetes Prevention Program, TBD
- October 28 - SBIRT Substance Abuse Awareness & Screening Training, Randolph
- November 12-13 - Fall Prevention Tai Chi Instructor Training, Barre
- November 15 - Suicide Prevention Awareness Training of Trainers, Montpelier
- November 17 - Fall Prevention Tai Chi - Advanced Moves, TBA
- November 22 - SBIRT Substance Abuse Awareness & Screening Training, Barre
- December 12 - Worker Safety, Randolph
- January 25, 2017 - A Day with Dr. Gabor Mate, Burlington
- April 7-8, 2017 - Thai Chi Leader Training, southern VT (TBA)

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.

## Monthly Webinar

### SASH Coordinator and Wellness Nurse Call

Wednesday, October 12, 9:00 - 10:30 a.m.

Please join us as Linda Waite-Simpson, the Vermont Director of Compassion & Choices explains Act 39, which provides carefully regulated personal choice that allows compassionate relief from suffering when death is near. Please see her website for more info/resources on this topic. <http://www.patientchoices.org/>

[Register for the Call Here](#)

## SASH Staff & Panel Updates

Help us keep the SASH directories up to date:

- Review Your Team
- Make changes to your team list

[Learn More Here](#)

## 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).



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### Keep in touch!

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