



SASH Flash Grab 'n' Go

11 Foods that Lower Cholesterol

How many of your SASH Participants eat Oatmeal? Some on a daily basis! Want to learn more about healthy foods to incorporate into a diet that can positively impact cholesterol? Some of these foods are also BUDGET friendly!

[Read this Article from Harvard Health](#)

Acute vs. Chronic Conditions: What's the Difference?

From the flu and broken bones to arthritis and heart conditions, older adults experience it all. Why? Because as we age, our bodies-organs and immune systems-go through changes, sometimes making us more susceptible to illness.

The conditions we develop are often categorized as either chronic or acute. So what's the difference?

[Learn More Here](#)

Benefits of Himalayan Salt Lamps

To make these lamps, large, crystalline chunks of this healthy salt are used. Believe it or not, having this pretty pink, salty illumination in your home can do an even greater amount of things for your overall health than just consuming it alone.

SASH Team Resources and Updates

Building Better Health - Brick by Brick

LEGOs (those small, colorful, interlocking blocks) have long inspired creativity in children, but a New Hampshire organization called UNLEASH (United Network of LEGO Enthusiasts at Senior Housing) believes the blocks have a lot to offer older adults, as well.



UNLEASH User Group Ambassador Loretta Sanford visited the Wright House on August 18th to lead a workshop, showing residents how LEGOs can "unleash" the imagination. Sanford works to create builder clubs, using the toys to build a sense of community and reduce social isolation. She believes the toys also stimulate the mind and are a useful tool for improving dexterity.

If you have questions about the workshop or forming a builders club, contact SASH Coordinator [Mary Crowley](#).

The New SASH Website is Live

Please take a look at the new and improved SASH website and explore all the features. Visitors now have the opportunity to Learn, Connect and Discover the platform for care that makes SASH the success that it is.

[Check it Out Here](#)

Stay Steady Vermont Events

Physical Therapists all over the state are volunteering their time at 35 sites, 24 of those hosted by SASH, preparing to host Stay Steady Vermont Events on or around National Fall Prevention Awareness Day September 22nd, the first day of fall. The event raises awareness about how to prevent fall-related injuries among older adults. Time to get some Falls Prevention education and individual assessments.

The UVM Center on Aging is hosting information on [times and locations](#).

Join Falls Free Vermont this September to Raise Awareness & Take Action!

[Learn More Here](#)

[Algorithm for Fall Risk Assessment & Interventions](#)

[Working Together to Prevent Falls Conference September 15, 2016 in Bedford, NH](#)

Falls Awareness Month Resources

Remember we have some great resources posted on the SASH Forum!

[Falls Resources](#)

House continues to fund SHIP (State Health Insurance Assistance Programs) and many Older Americans Act programs

The National Council On Aging (NCOA) organized a House letter signed by 65 organizations urging at least level funding. More information about the bill and advocacy efforts will be in next week's NCOA newsletter.

[See what was funded](#)

National Senior Center Month 2016

This September, the National Institute of Senior Centers (NISC) invites you to celebrate the many ways your participants Find Balance as part of National Senior Center Month 2016!

Every day, older adults find balance and whole person wellness at senior centers. SASH has many great partnerships with our local Senior Centers, joining forces for group programming, blood pressure clinics, community meals and more. We make a great team!

[Access Great Ideas Here](#)

Wellness Nurse Corner

Save the Date: Upcoming Nurse Events

- **Nurse Health Coach - Part II** - October 4th is the follow-up training to the first Nurse Coach training that was held in June. A big "thank you" to our partner, Central Vermont Home Health Hospice, for having us. [Please register here.](#)
- **Wellness Nurse Webinars** - we will return to our format of monthly SASH Wellness Nurse calls starting in November. The exact agenda will be offered twice in the month in hopes to have higher attendance.

Upcoming Professional Development Opportunities

[Statewide Opportunities](#)

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

- September 7 - Alzheimer's Association Community Educator Training, Bennington
- September 14 - Skillbuilder: Tai Chi Playing with our Feet!, Rutland
- September 14 - VA Mental Health Summit, White River Junction
- September 15 - Working Together to Prevent Falls, Bedford NH
- September 15, 16, 22 & 23 - Chronic Pain Leader Training, St. Johnsbury
- September 26 - The Clinician Effect: How Human Connection Impacts Outcomes, Burlington
- September 26 - Elder Abuse, Exploitation and Self-Neglect, Randolph
- September 28 - SASH Privacy Officer Training, on-line
- October 4 - Nurse as Health Coach, Part 2, Barre
- October 18 - The Senior Aging Process/Death & Dying, Grief & Loss, Randolph
- November 15 - Suicide Prevention Awareness Training of Trainers, Montpelier
- November 17 - Fall Prevention Tai Chi - Advanced Moves, TBA
- December 12 - Worker Safety, Randolph
- January 25, 2017 - A Day with Dr. Gabor Mate, 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 or 802-324-0104 for further information.

SASH Staff & Panel Updates

Welcome

- Randi Crofut, Wellness Nurse, Northshire, Bennington

Help us keep the SASH directories up to date:

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

[Learn More Here](#)

Monthly Webinars

SASH Coordinator and Wellness Nurse Call

Wednesday, September 14, 9:00-10:00 a.m.

Register for the Call 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.



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