

July Beat 2026 Nurse Corner

Casey Doerner, BSN, RN, CPAFH SASH Wellness Nurse Lead

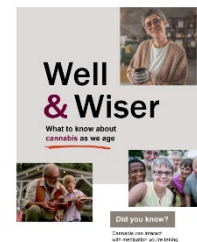
Hello SASH Nurses,

Happy summer! I am enjoying connecting with many of you and seeing you at our monthly networking meetings.

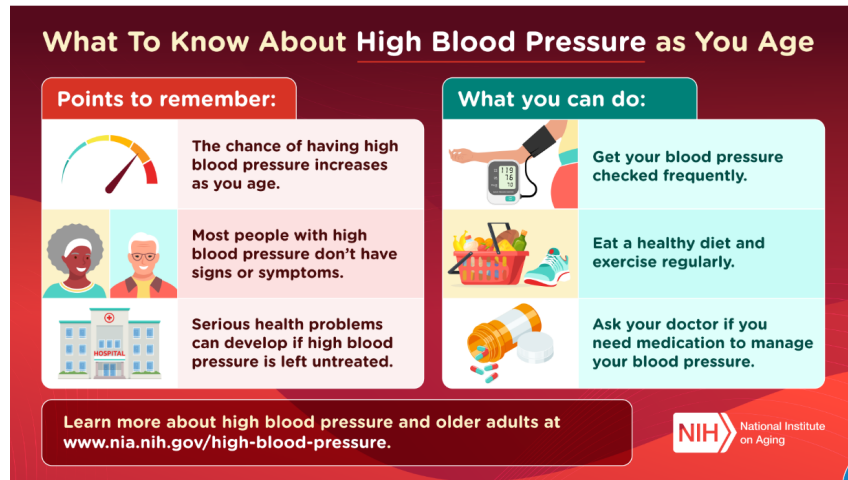
I wanted to let you know of some nurse education opportunities coming up. On August 20th is a webinar presentation on Food is Medicine and at the nurse breakout session on September 30th at our virtual SASH conference will be pharmacists Lauren Bode and Emily Sutton on Advances in Diabetes Care: Medications and Technology Updates.

Nurse resources to share:

- [Great training on THC and CBD products](#)
- New Cannabis handout from VDH: [Well & Wiser What to know about Cannabis as we Age](#)
- Did you know?
 - Of SASH participants who were screened, 14% (396) reported that they use cannabis.
 - 47% of cannabis users use daily; this was the most common frequency.
 - The most common reason for participants using cannabis was pain (48%), followed by anxiety (41%) and sleep (39%).
- New Vermont Department of Health Well & Wiser brochures for [Alcohol](#), [Medications](#), and [Opioids](#). These are available free to order or download.
- [You should be dancing, yeah. Moving to music offers all kinds of benefits as you age.](#)
- Medicaid coverage for blood pressure cuffs [BPM Rack Card VDHDOC0033.png](#)
- New infographics from the National Institute of Health to explore



- <https://www.nia.nih.gov/health/infographics>



Recipe of the month:

Sunrise Chia Pudding

Culinary Medicine, Nutrition Services

Serves: 1, Serving Size: 1/2 cup

Equipment: cup, bowl, or jar with lid or whisk or spoon

Ingredients

2 tablespoons chia seeds

Pinch of each, turmeric, cardamom, ginger, salt

1/2 cup unsweetened coconut milk

Dash of vanilla extract

1 teaspoon maple syrup

Optional toppings: blueberries, toasted pumpkin seeds, toasted macadamia nuts, hemp hearts, coconut flakes

Instructions

1. Place all ingredients except toppings in a medium-sized jar, cup, or bowl, and stir or shake to combine.
2. Cover with lid and place in refrigerator overnight (or at least 30 minutes).
3. Remove lid and stir—should be a pudding-like consistency.
4. Top with optional ingredients. Enjoy!

UVMHealth.org/MedCenter

THE
University of Vermont
MEDICAL CENTER

Sunrise Chia Pudding

Why We Like This Recipe

This slightly sweet pudding can be made 30-24 hours ahead of time for a grab-and-go breakfast or snack.

Chef's Notes:

- The base of this recipe is 1 tablespoon chia pudding to 1/4 cup liquid—use whatever you'd like (milk, tea, juice, water) and switch up the seasoning and toppings to keep it fresh.

Nutrition Notes:

- Chia seeds are anti-inflammatory due to their rich content of omega-3 fatty acids, antioxidants, and high fiber content. They are also one of the few plant-based proteins that contain all essential amino acids.

Gardener's Notes:

- These are the same seeds used to grow Chia Pets!



UVMHealth.org/MedCenter

THE
University of Vermont
MEDICAL CENTER