

Subject: Thank You for What You Make Possible Every Day

Dear SASH Team,

I want to take a moment to thank each of you—wellness nurses, coordinators, supervisors, and partners across the state—for the extraordinary work you do every day. A recently published, [peer-reviewed study](#) has given us powerful evidence of what we have long known to be true: **your work is measurably improving health, extending lives, and helping participants age with dignity and independence.**

The study, published this month in *Health Services Research*, found that SASH participants gained more than a year of healthy life and experienced significantly reduced risk of catastrophic health events such as stroke, heart attack, and heart failure. These outcomes were achieved at a cost far below national benchmarks for value in health care—making SASH not only effective, but one of the most cost-efficient health interventions for older adults.

Behind every statistic in this research is the steady, compassionate work you do: building trust with participants, noticing subtle changes in health, supporting medication adherence, encouraging movement and connection, and helping people navigate a complex health system. The documented improvements in blood pressure control, smoking reduction, and sustained engagement in care are not the result of quick fixes—they are the result of **relationships**, consistency, and your commitment to meeting people where they live.

The researchers found that only 16% of SASH participants transitioned to long-term care—far lower than expected. That means thousands of people were able to remain in their homes, in their communities, with greater independence and quality of life. That is longevity with dignity, and it is happening because of you.

Importantly, this study measured only cardiovascular outcomes. It did not capture the full scope of what you support every day: improved mental health, social connection, stability in housing, confidence in self-management, and peace of mind for participants and their families. The true impact of SASH—your impact—is even greater than what the data can show.

Please know that this research validates your work at the highest level. You bring it to life panel by panel, participant by participant, in every county across the state (and one in RI!) You should be incredibly proud of what you have accomplished and what you continue to make possible.

Thank you for your skill, your persistence, your creativity, and your care. Thank you for showing every day that health happens in community—and that lasting change starts with trust.

With deep appreciation, Liz and Casey