

Dear SASH Staff,

Happy spring everyone! Well, it isn't spring in the north country yet, but the strength of the sun tells me it is not far away! It has certainly been a long cold 'real Vermont' winter. I have burned more wood and fed more hay than ever before. New England is a challenging place to live with frozen pipes, ice and snow, and high heating costs. Why do people choose to age here instead of moving south as so many others do? Surely some would if they had the means, but most New Englanders stay because this is home. The challenge, the adversity, the community, is all a part of our home. There is familiarity with the seasons and the ever-changing world outside. Helping people stay in their home is our mission.

To stay at home means having heating oil delivered when you forgot to pay the bill. It means advocating on a participant's behalf with housing on an inappropriate damage bill. It means figuring out a way to manage medications, stay mobile, get enough food, or get to appointments. Your advocacy, connections, programing, and education make it possible for so many SASH participants to age in their own home.

Age friendly healthcare is what we do at SASH. We meet people in their homes, we take the time to listen, and we offer a comprehensive assessment of their strengths and needs. We find out what matters to them. Supporting participants in healthy aging with the 4M's means starting with what matters most (asking), and then addressing mobility, medications, and mentation (mental health and cognition) so that what matters most is possible. Many of you joined our [webinar last month on the 4M's and What matters most](#). I hope that you are trying out the question with your participants; What matters most to you? I hope that you are asking yourself the same question.

It is an honor to work with all of you.

Casey & Liz