SASH Panel Overview

Host Organization
Cathedral Square

Opened in 2012

# SASH Participants
115

Including
35% Community Participants

SASH Team Organizations
CVA
Howard Center
VNA

SASH Coordinators
Emily Hood-Pouliot, Jeri-Hill
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Proactive Measures

Participants with arthritis
Programs offered: Strength Training, Walking Program, Chair Yoga

Participants with moderate to high nutrition risks
Services offered: Onsite dietetician visits

Services & Activities

Walking group
Chair Yoga
Strength Training
Pharmacy and Psychology Interns
Spoke Model for social activities

Community Connections

• Move for well-Being
• Senior Farm Share Program
• Volunteer Groups

Accomplishments

Participant featured on “Across the Fence”
Brought 4 panels together for their walking group to help create a larger sense of community and help combat Social Isolation among participants.

Success Story

SASH Community Member, Referral from the VNA, self-neglect client
SASH worked with CVA and VNA to present the idea of guardianship to participant. SASH Wellness Nurse worked closely with participant and caregivers on medication management and setting up bubble packs.

After working with SASH and our partners participant has become more socially engaged and will often attend musical performances and movie hours at both Town Meadow and Jeri-Hill. Participant is moving into Memory Care Assisted Living in the near future and is looking forward to the move.