**SASH Panel Profile**

**Grand Isle**

**SASH Partners**
- Champlain Housing Trust
- Champlain Valley Agency on Aging
- Franklin County Home Health
- Northwestern Counseling & Support Services
- VNA Chittenden/Grand Isle

**Panel Age**
- 3 Years

**Panel Size**
- 32 Participants
- Including
  - 14 Community Participants

**Proactive Measures**
- Participants with Hypertension: 41%
- Participants with Arthritis: 38%
  - Activities offered: Weekly blood pressure
  - Services offered: Tai Chi is offered weekly

**Services & Activities**
- Health Presentations
- Coffee Hours
- Monthly Luncheon
- Crafts

**Community Connections**
- CIDER
  - Community Action
  - Franklin County Home Health Agency
  - Island in the Sun Senior Center

**Accomplishments**

The SASH team works closely together to respond to isolation, a considerable concern in the Grand Isle area. Sonya, SASH Coordinator, offers activities at SASH sites; covering five towns and over 40 miles. Todd, SASH Wellness Nurse, makes it a priority to meet with participants for weekly visits while he travels from one site to the next.

**Success Story**

SASH has been able to help Frank, Round Barn SASH Participant, stay mentally and physically active. Frank enjoys regular coffee hours and preventative health presentations, he never misses one!

Frank participates in activities by helping with food and sharing entertaining stories. Frank has been able to talk with Todd about his health and maintain his blood pressure through regular check-ins. Frank gets involved in Tai Chi and we really get participants laughing.