



## SASH News

### NPR Highlights SASH as Promising Practice

NPR's News Program "Here and Now" features SASH for its impact on reigning in Medicare spending and improving the health of older Americans. Here and Now highlights, that "in the U.S., an average trip to the Emergency Room costs more than \$1,200. A one-month stay in a nursing home will run about \$7,000 a month."



These skyrocketing costs, coupled with the nation's aging population, are pushing the government to focus on programs like SASH with proven results. SASH, by linking health care and other services to affordable housing complexes in Vermont, is doing both. As Nina Keck of Here & Now contributor Vermont Public Radio reports, it may become a model for other states.

[NPR Here and Now Story](#)

[Vermont Public Radio Full Story](#)

## SASH in the News Across the State

SASH teams and programs are making an impact across the state. Please take a moment to read the following articles from Northeastern Vermont and Randolph that show how effective, and appreciated, SASH is in these communities.



[NVRH Corporators Learn about SASH](#)

[SASH Offers Support And Services At Home to Randolph Area Seniors](#)

## Cathedral Square Volunteers Honored at Luncheon

Cathedral Square, a nonprofit organization that develops and manages affordable housing communities for seniors and people with disabilities, honored approximately 100 volunteers at a luncheon held June 3rd at St. John Vianney Catholic Church in South Burlington. Last year volunteers contributed 25,000 service hours to the organization.



[Continue Reading](#)

## Featured SASH Site

### Rutland Team Improves Lives of Vermonters

- Blood Pressure clinics to help manage the 57% participants with hypertension
- Reduce Isolation through innovative programming

[Learn More Here](#)



## Partner Announcements

### Vermont Department of Health Unites Vermont in Chronic Disease Prevention

The first step to preventing chronic disease is understanding it. The Vermont Department of Health created



this resource to unite Vermont in that effort. This is 3-4-50. Together, we can find strength and knowledge in numbers.

3 Behaviors lead to 4 Diseases which result in more than 50% of Deaths in Vermont.

[Learn More Here](#)

[VT Digger Article](#)

[Brattleboro Reformer Article](#)

---

## Elder Abuse Prevention

Elder abuse is a silent problem that robs seniors of their dignity, security, and-in some cases-costs them their lives. Up to 5 million older Americans are abused every year, and the annual loss by victims of financial abuse is estimated to be at least \$2.6 billion.



[June 15 is World Elder Abuse Awareness Day](#)

[Continue Reading](#)

---

## The Wake Up To Dying Project

Traveling Exhibit Event Scheduled for July 12-17, 2016 in Burlington, VT

The Wake Up to Dying Project aims to shift our cultural perspective on death from fear and avoidance toward acceptance - by inviting people to acknowledge death, be prepared for it, and live more fully for having done so.



[Continue Reading](#)

## Professional Resources

### Go4Life

The National Institute on Aging at NIH invites you to join their team to receive free resources, support, and materials on how to fit physical activity into our daily lives.

[Learn More Here](#)



## Professional Development Training

### Statewide Opportunities

- June 22 - Nurse as Health Coach, Barre
- June 29 - 2016 Vermont Suicide Prevention Symposium , Burlington
- June 29 - Healthy Living Self-Management Refresher Training, Manchester
- July 12-17 - The Wake Up to Dying Project, Burlington
- July 18 & 19 - Person-Centered Counseling Training, Waterbury a.m. session, p.m. session
- July 19 - Using Community and Clinical Resources to Support Vermonters in Asthma Self-Management, Randolph
- August 13 & 14 - Fall Prevention Tai Chi - Basic Moves (offering to become a new leader), White River Junction
- August 18 - Person-Centered Counseling Training, Waterbury
- August 19 - Person-Centered Counseling Training, Waterbury
- September 2016 - May 2017 - Effective Facilitator Training, Burlington
- September 14 - Skillbuilder: Tai Chi Playing with our Feet!, Rutland
- September 15, 16, 22 & 23 - Chronic Pain Leader Training, St. Johnsbury
- November 17 - Fall Prevention Tai Chi - Advanced Moves, TBA

Check Forum Listings for Further Updates

## SASH Online

### SASH Forum

For **current training information**, as well as current tools and resources visit our [SASH forum](#). It is accessed through our website.

### SASH Website

For the most **up-to-date contact listing and referral forms** visit our SASH website [sashvt.org](http://www.sashvt.org).

