Proactive Measures

Participants with Hypertension
Responsive Activities & Services offered
Hypertension Initiatives, Monthly Blood Pressure Clinics, Blood Pressure Cuff Stations, and DASH Diet Counseling

Participants with Arthritis
Responsive Activities & Services offered
Bone Builders Classes & MOVE for Wellbeing

Services & Activities
- Fall Prevention Workshops
- Foot Clinics
- Advance Directive Workshops
- Bi-Monthly Newsletters
- Hearing Clinics
- Chat & Fun Stuff

Community Connections
- Monthly Community Health Team (CHT) meetings
- Bi-Weekly Learning Collaborative Case Management meetings

Accomplishments
- SASH Volunteer Program in partnership with United Way and RSVP
- Community Building Workshops at housing sites in grant partnership with Home Share and Lamoille Housing Partnership
- Developed a chart for cataract patients and the SASH Coordinator to enlist friends that will remind and supervise Participant’s prescribed eye drop regime when advised by physician

Success Stories

Grace, a 71 year old participant on both Medicare and Medicaid with multiple chronic diseases and conditions, was overwhelmed with all her medications and physician visits. After working with Maxine, her SASH Coordinator, she reported, “SASH has helped smooth the way to a more positive relationship with doctors.” Grace continues to live successfully in her own apartment and enjoys pursuing her religious writings.

81 year old SASH Participant, Patricia, was severely underweight and subject to falls. When she met Susan, her SASH Wellness Nurse, she could not hear or afford hearing aids. Susan helped her access dietary advice and encouraged her to visit her physician; who diagnosed Patricia’s kidney cancer. Thankfully, her treatments were successful and she is now at a normal body weight. SASH also encouraged Patricia to communicate her financial struggles with her son; who was grateful for this information and purchased hearing aids for Patricia. Since working with SASH, Patricia has had no recent falls and is more socially engaged and back to working at her sewing hobby.

SASH Panel Profile
Lamoille County

SASH Partners
- Central Vermont Council on Aging
- Community Health Services of Lamoille County
- Copley Hospital
- Downstreet in Barre
- Lamoille County Mental Health Services
- Lamoille Home Health Hospice
- Lamoille Housing Partnership (LHP)
- The Manor nursing home
- Washington County Mental Health Services

Panel Age
3 years

Panel Size
80 Participants

Including 54 Community Participants

SASH Coordinator
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Wellness Nurse
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