Proactive Measures

Participants with arthritis

Activities offered: Walking group, Walk and Rock, Bone Builders

Participants with hypertension

Services offered: “Work out to go”, Wii Games, BP Clinics at Coffee Hour with SASH RN, SASH RN Educational talks around self-management and nutrition, exercise, stress. Individual BP monitoring, BP Monitors for self monitoring available

Services & Activities

Harvest Program, Meals on Wheels, Current Events Corner, Work Out to go, Birthday Parties, Food Drop Bible Study, Walking Group, Pot Lucks, Holiday BBQ, File of Life

Community Connections

McClure Library book exchange
Kumada’s Market (Home delivery)
Bible study
Pittsford Food Shelf home delivery
VT Food Bank Drop Site
Local Volunteers
Residents helping residents
Free Local Farm Fresh Produce and Eggs

Accomplishments

Change in attitudes and behaviors the participants have adopted concerning their health and wellness; they are using the information we provide through our educational and wellness programs to better manage their health and chronic conditions.

Crafting to help others! Reduces stress and promotes socialization! Several participants have decided to share their skills by teaching and sewing together in the community room. They are making Pet Beds for the Humane Society and Walker Bags for Residents with walkers! The fabric they are using is being recycled from scraps and used clothing!

Success Story

79 year old male has been struggling with hypertension for several years. He states his PCP frequently was adjusting his meds. SASH is providing him with information and tools to be more pro active concerning his BP. He is now self monitoring his BP, eating better (healthier) and walking regularly (with his wife!). Last week he reported that his PCP actually lowered the amount of medication he was taking and he is feeling so much better!