Proactive Measures

Participants with Hypertension
Responsive Activities & Services
Blood pressure and “Getting Sodium Savvy” clinics
Exercise classes and walking groups

Participants with Isolation
Responsive Activities & Services
Regular visits from SASH Coordinator and Wellness Nurse
A variety of social clubs and gatherings offered throughout the year

Services & Activities

Movie and Coffee Afternoons
RSVP: Bone Building
Stretch and Strengthen Classes
Walking Groups
Wellness Programming
  • Hypertension Education
  • Wise up on Medication
Blood Pressure Clinics
Foot Clinics
Food Drops
Home Safety Education
Nutrition Education
Meals on Wheels
Farm Share
Community Resources

Community Connections

Capstone
Green Mountain Transit Authority
Montpelier Housing
Montpelier Senior Center
Move for Wellbeing
Project Independence
RSVP
UVM Central Vermont Medical Center
Vermont Food Bank
Woodridge Nursing Home

Accomplishments

Montpelier SASH helps residents connect with neighbors in their buildings.

SASH participants:
  • Join for conversation in previously underutilized social spaces
  • Participate together in exercise clubs, educational wellness clubs, blood pressure clinics, social gatherings and other on-site events
  • Enjoy better health, attitudes and moods due to reduced social isolation

Success Story

Jen, a SASH Coordinator, visited a participant, Ruth, during her regular check-in. Jen wasn’t surprised when Ruth told her she didn’t feel well: Ruth’s face was drooping on one side and her speech was slurred. Ruth was apprehensive about receiving medical attention, but agreed to meet with the Wellness Nurse. The Nurse was concerned about Ruth’s blood pressure and called 911. Physicians at the hospital found Ruth was experiencing mini-strokes, and she was admitted for five days. It’s very likely the SASH Team’s quick response saved Ruth from having a stroke and requiring assistive care for the rest of her life. She called the SASH office as soon as she got home and requested that her SASH services continue and “never go away!”