SASH Panel Overview

SASH Partners
Rutland Area VNA and Hospice
Southwestern Vermont Council on Aging
Rutland Mental Health
Rutland Regional Medical Center CHT

Panel Age
3 Years

Panel Size
104 Participants
Including 47% Community Participants

Proactive Measures

Participants with hypertension
Activities offered: Bocce, MOVE for Well-Being, Bone Builders, BP CLINICS, SASH Nurse talks

Participants with arthritis
Activities offered: Seated Yoga, Bone Builders, Move For Well-Being, Bocce

Services & Activities
Foot Clinics, Seated yoga, Blood pressure clinics every other Wednesday with SASH Nurse, Move for Well Being, Senior Farm Share, State Commodities, BROC, Marty Irons (Beauchamp and O’Rourke Pharmacy) Med Adherence GTHU, Brown Bag Lunch with SASH Coordinator, Bone Builders, File of Life, Dinner three times a week, Grocery Bus once a week, Castleton Nursing Intern

Accomplishments
SASH Participants go to programs at different sites
Growth and success of the “MOVE for Well-Being” program

Community Connections
At Home Senior Care
Bayada Home Health & Hospice
Vermont Psychiatric Survivors
The Pines, Genesis, Rutland Health and Rehabilitation
CHCR of Rutland
Interage
BROC
Greg Cox Boardman Hill Farms
The Bus
Bridges and Beyond volunteer program thru RRMC
One to One
Godnick Center

Success Story
Parker House, Linden Terrace & community Panel, Rutland
82 year old female participant called the office stating she thought she was having a stroke. SASH Wellness RN went directly to the participant’s apartment. A quick evaluation revealed that she was having a stroke and possible cardiac issues. SASH Wellness RN pushed the participant’s life line button and asked EMTs for transport to RRMC for further evaluation. SASH Wellness RN stayed with the participant until the ambulance arrived to keep her calm as she was scared and crying. Participant told SASH Wellness RN that she has had multiple deaths in her family over the holidays and is very emotional about this.

Report from RRMC indicated she had a stroke and mild heart attack and suggested Rehab. At first participant didn’t want to go, but her daughters encouraged her. She went to rehab for a short stay. SASH Coordinator continued to check in on patient when she was at the SNF for rehab. They used her transition plan for a smooth return home. When the participant came home she had services follow her, and SASH Wellness RN, SASH Coordinator and Resident Services Coordinator continue to check on her to make sure she was doing okay. She remains independent in her home and continues to do well.