Proactive Measures

Participants with arthritis: 60%
Participants with hypertension: 57%

Activities offered: Bone Builders, Seated Yoga, Move for Well-Being

Services offered: BP checks available at meals, Wellness Programs, BP by SASH Wellness RN at visit or upon request, diet education (DASH DIET) nutrition programs (Road to Better Health, SASH Bucks) Hypertension education, BP machines available to self monitor

Services & Activities

- Breakfast and Dinners, Senior Farm Share, Foot Clinics
- Grocery Bus, SASH RN Talks, Sheriff Dept Talks, File of Life, Craft Corner, Men’s Group, Kitchen Klatch, Chair Yoga, BINGO WELLNESS BBQ, Move for Wellbeing, Blood Pressure Clinics
- DRUG Take Back through Sheriff’s Dept and Beau/Champ and O’Rourke Pharmacy, Health Care Share, Chair Massage

Accomplishments

- The panel has worked hard at earning trust of their SASH Participants and know them all well. They come to the SASH Coordinator with a variety of issues and concerns and can usually get to the underlying issue and make participant’s life better because of the trusting relationship that has developed over time.
- We have a panel that is rich with programming. Our residents are open to letting others join in on the various programming that is offered.
- At one site, in the beginning many of the residents were isolating. The residents have really blossomed. Now we have many residents that come out for dinners. They are now active in developing activities among themselves from pot lucks to movie night.
- At another site, participants get together every Friday for a craft corner. They decided to make lap blankets for Vets at the VA in White River Jct. 31 blankets were knotted and just before Christmas of last year the participants and SASH Coordinator delivered them in person. On the way home stopped and had lunch. All were feeling great about what they had accomplished. They learned that by giving they received more than they gave.

Success Stories

A 72 year old female came to an activity. It became apparent that she was sweating and short of breath. SASH Coordinator took Blood Pressure which was low. Checked O2 and it was low. Pulse was very high. SASH Coordinator encouraged participant to go to the Emergency room as something was wrong. SASH Participant did not want to go in the ambulance. SASH participant finally stated she would drive her own car. The SASH Coordinator met her at the hospital. SASH participant was hospitalized. It was determined that she had A Bi-lateral pulmonary emboli. She later returned home on blood thinners and is comfortable and healing.