SASH Panel Overview

Upper Valley White River Junction, VT

SASH Partners

Twin Pines Housing Trust
Alice Peck Day
Dartmouth Hitchcock Medical Center
Health Care & Rehabilitation Services
Senior Solutions
Visiting Nurse Association of VT and NH
White River Family Practice

Opened in
July 2014

# SASH Participants
51

Includes
55%
Community Participants

Upper Valley SASH Coordinator
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Proactive Measures

Participants with hypertension

Services offered:
Monthly blood pressures clinics

Participants with musculoskeletal arthritis

Programs offered:
Tai Chi for Arthritis

Services & Activities

Aging Well
Learning to Talk to you Doctor
Blood Pressure Clinics

Tai Chi for Arthritis
Walking Groups

Community Connections

• Aging Forum
• Bayada Hospice
• Bugbee Senior Center
• The Haven

Accomplishments

Engaging Dartmouth Hitchcock as a participant in the SASH Team Meeting!

Success Story

One of the first things I learned about Norma is that she is a fantastic storyteller. She takes great pride in stories of her work as a kindergarten teacher and her family regularly asks her to organize her stories into a collection for them to keep. Six months after we started working together, I met a new SASH participant, Mary, who takes great pride in her writing and editing skills. Both Mary and Norma self-described as being “loners” who liked their private time but were feeling incredibly isolated. I was overjoyed to connect these two. Since their first meeting, they have continued to meet once or twice a week.

It has been a match made in heaven!