Proactive Measures

54% Participants with Arthritis

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

53% Participants with Hypertension

Services offered: Educational program with Wellness Nurse, blood pressure checks with SASH Coordinator and Wellness Nurse, “Eat This Not That” program and To Juice or Not to Juice demonstration

Services & Activities

Walk and Rock Walking Group
Gardening Group
Bone Builders
Pot Luck Lunches
Flower Boxes

Community Connections

Project Independence
Congregational Church
Food Bank (Commodities are dropped off at site.)
Vergennes High School (We have sent students to wash windows)

Accomplishments

Almost all people in the building signed up for SASH and panel has been close to full 6 months!

Success Story

The Vergennes SASH panel recently had a success connecting two SASH participants. They connected one participant who was needing assistance with grocery shopping due to visual impairment and needing help reading labels, with another participant who was able to drive to the store and help read labels. Diana, SASH Coordinator, was able to arrange for the local church to donate gas money for the trips. This has evolved into a friendship with occasional trips to Middlebury as well, with the daughter giving gas money for these trips. Both participants will now excitedly come into the office and tell Diana stories of their adventures, which she loves hearing!

Another success was with the panel’s gardening group. During a meeting Diana thought everyone should get a flower box for the front porch and decide together what flowers were to go in them, so they could all look the same. The residents wanted to each sign up for their own box and pick and plant their own flowers. Each box is unique and different and everyone talks about how beautiful the flowers are at Armory Lane. Diana shared that she is glad her idea didn’t work but instead the residents took ownership of their ideas and went with it and it worked perfectly.