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The Rural Edge SASH team - covering the Northeast Kingdom with pride.

## SASH in the News

### SASH Presents at the Aging in America Conference

SASH Wellness Nurse, Jessica Morrison, speaking about the success of the SASH Hypertension program and using housing as the platform for health in communities.

SASH staff enjoyed sharing our success with an international audience who were impressed with the comprehensiveness of the model and all that we do in Vermont.



## Your Best Shot Photo Contest Update

**First Quarter 2017 Winner!**

Thank you for the wonderful photo submissions to our contest. The first quarter winner of a \$25 Amazon gift card for programming of her choice is Lisa Gwoztz at Wright House in Shelburne.

Remember to submit your photos for the 2nd quarter drawing to take place on June 30th.

[Learn More Here](#)

## SASH Team Resources & Updates

### **RX for Social Isolation & Cabin Fever in Rural Northwest Vermont**

Enosburg-area SASH coordinator, Debra Mason, shares what she does to bring exercise and enjoyment to seniors in her neck of the woods during winter months. Among the tricks up her sleeve: juggling, which she says is an apt metaphor for being open to new experiences and learning from mistakes.

[Continue Reading](#)

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### **'Winter of Wellness' Fair Extends SASH Outreach in Winooski**

SASH coordinator, Hayley Williams, describes a successful two-hour wellness fair hosted by the Winooski Housing Authority, which featured door prizes, therapy dogs and a broad array of exhibitors that attracted participants.

[Learn More](#)

## SASH Flash Grab 'n' Go

### **The Emotional Benefits of Exercise - Feel Good with Go4Life**

We all know that exercise is good for your body, but it's also good for your emotional health! Whether it is biking, dancing, yoga, or tai chi, being active can help lift your spirits.

[Click for more info and to get free stuff to use at your sites](#)

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### **Host a TED Talk**

Consider hosting a TED Talk in your community. Invite participants to watch a short video, followed by a discussion. You may also consider inviting a local expert on the topic to lead the discussion. SASH Coordinator Andrea Bibeau has had great success with these talks:

- [How body language shapes who you are.](#)

- Stem cells-brain repair
- How to speak up for yourself
- Has technology changed love?
- The meaning of empathy

TEDTalks

## Living with Alzheimer's Training Series

### Living with Alzheimer's Series Includes 3 Sessions for Caregivers



The Alzheimer's Association will present five multi-day educational sessions – three of them for caregivers – starting April 5 on Wednesdays from 5:30-7 p.m. All are FREE but require advance registration and will take place at the Memory Program in Colchester. The Alzheimer's Association offers other sessions throughout the state for caregivers as well. All are free.

[Learn More](#)

Vermont Chapter Education and Support Center

## Wellness Nurse Corner

### Mindfulness-Based Stress Reduction (MBSR)

Dear SASH Wellness Nurse Team -

A member of the SASH Wellness Nurse team recently inquired if I had any plans for training the team on Mindfulness-Based Stress Reduction (MBSR). About a week later, one of our fellow SASH Wellness Nurses, Susan Schmidt, RN shared this website on MBSR which contains a host of free content and an 8 week online course. I would like to pass this along to you all as well -

[Learn More](#)

Many thanks to Susan Schmidt, RN for sharing this resource!

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### Nutrition and Eating with Dementia

The cognitive impairment associated with dementia and Alzheimer's Disease can make it difficult for clients to initiate and complete the steps required for eating, and caregivers may need to provide support to ensure an adequate intake of food and fluids. Because the causes and manifestations of dementia are complex and varied, it is difficult to find strong evidence to support a set of specific practices considered to be a gold standard for working with this population. Included below are articles that provide good overviews of strategies, as well as a promising new technique using the Montessori method.

## Monthly Webinars

### SASH Coordinator Webinar

Please join us Wednesday, April 12 at 9:00 am

[Register for the Webinar Here](#)

Agenda:

- **Statewide Updates**
- **Partnering with Senior Centers:** Join us for a lively discussion with Senior Center Directors from around the state and SASH Coordinators working with them. You'll hear how they partner and get some creative ideas on how to work together! We welcome any stories you have to share about the work you do with your local Senior Center. Email Amy ([perez@cathedralsquare.org](mailto:perez@cathedralsquare.org)) with any thoughts before April 12th.

### Wellness Nurse Webinar

Please join us Tuesday, April 11 at 8:30 am or Friday, April 14 at 8:30 am

[Register for one Webinar Here](#)

Agenda:

- Group Programming for the SASH Wellness Nurse

## SASH Staff & Panel Updates

### SASH Directory Updates

Welcome:

- [Vanessa Godfrey](#), Wellness Nurse - Townshend, Windham County
- [Julia Emery](#), SASH Coordinator - Grand Way Commons and Wright House, Chittenden County
- [Christine Wheeler](#), SASH Coordinator, Canaan, Essex County

Help us keep the SASH directories up to date:

- [Review Your Team](#)
- [Update Your Contact Information](#)

## Upcoming Professional Development Opportunities

### Statewide Opportunities

Click on the [calendar](#) for further details on the trainings below.

- April 6 - Nothing to Fear: Anxiety and its management across the lifespan, Burlington
- April 8 & 9 - Tai Chi Fall Prevention Basics & Teaching Method, TBA
- April 11 - Blueprint for Health Conference, Burlington
- April 13 - Fresh Start Refresher-Northern Tier, TBA
- April 17-21 - WRAP Facilitator Training for VT Recovery Education Project, Waterbury
- April 20 - Crazywise Film Screening, Burlington
- April 20 & 21 - Diabetes HLW Cross Training, Waterbury
- April 26, May 3 & 10 - Living with Alzheimer's for Middle-Stage Caregivers, Colchester
- May 1 - Tai Chi Fall Prevention Advanced Movements (moves 7-12), Barre
- May 1 - The Senior Aging Process/Death & Dying, Grief & Loss, Randolph
- May 3, 4, 10 & 11 - Chronic Disease Management Facilitator Training, Windsor
- May 17, 18, 24 & 25 - Chronic Pain Management Facilitator Training, TBA
- May 17, 24 & 31 - Living with Alzheimer's for Late-Stage Caregivers, Colchester
- May 18 - Mindfulness with a Capital M: Focus, goodness, and peace for an uncertain world, Burlington
- May 19 - 2017 Gerontology Symposium "Re-Framing Aging", Rutland
- May 22 - Perspectives at End-of-Life: Suffering, Consciousness & the Power of a Patient's Narrative, Fairlee
- May 24 & 25 - YMCA's Diabetes Prevention Program Leader Training, Waterbury
- May 25 - 2017 All SASH Staff Day, Dartmouth
- June 1 - Healthy Living Workshop Refresher-Northern Tier, Waterbury
- June 5 - Supporting Individuals Experiencing Mental Health Issues, Randolph
- June 5 - Vermont Suicide Prevention Symposium, Killington
- June 7, 14, & 21 - Living with Alzheimer's for People with Alzheimer's, Colchester
- June 10 & 11 - William Ting Workshop on Qigong & Tai Chi Principles, Burlington
- June 28 - Living with Alzheimer's for Younger-Onset Alzheimer's, Colchester

- September 19 - Person-Centered Interviewing, Randolph
- September 19 - Focus on Family Caregivers, Randolph
- September 27 - Medicare from A to D, Webinar
- October 2 - Elder Abuse, Exploitation and Self-Neglect, Randolph
- October 18 - VT Health Programs, Webinar
- November 6 - Alzheimer's Disease - Overview, Communication and Addressing Behavior Concerns, Randolph
- December 4 - Senior Legal Issues, Randolph
- December 4 - Veterans Benefits and Resources, Randolph

## SASH Online

### SASH Job Opportunities

Check out **current positions available** with SASH organizations around the state on the [SASH website](#).

### SASH Forum

For **current training information**, as well as current tools and resources visit our [SASH forum](#). It is accessed through our website.

### SASH Website

For the most **up-to-date contact listing and referral forms** visit our SASH website [sashvt.org](http://sashvt.org).



### Keep in touch!

SASH Referrals | Statewide Contacts | Admin Team | Website