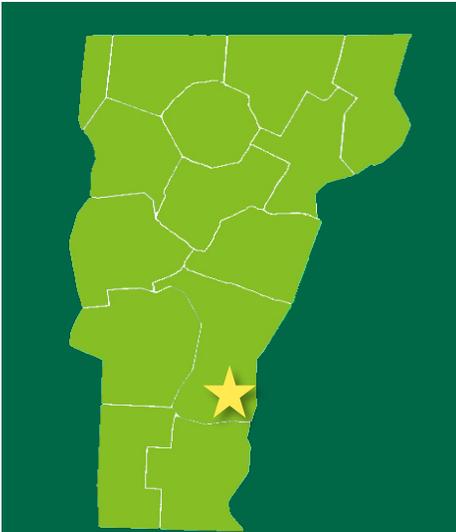


# Springfield

SASH is “Support and Services at Home,” a statewide partnership of housing, health and social-service providers who coordinate care for participants so they can stay safe and healthy and living at home. Participants are organized into groups, or “panels,” of approximately 100 people based on geographic location, with each panel served by a full-time care coordinator and a part-time wellness nurse. SASH is part of Vermont’s Blueprint for Health initiative; participation is voluntary, and services are provided free of charge.



## SASH PANEL PARTNERS

Bayada Home Health Care  
 Community Health Team of  
 Springfield Medical Care Systems  
 Health Care & Rehabilitation Services  
 Physicians & Care Coordinators  
 of Springfield Hospital  
 Springfield Fire Department  
 Senior Solutions  
 (the local Council on Aging)  
 Springfield Housing Authority SASH  
 VNA/VNH of Vermont & NH

## YEAR PANEL BEGAN

2011

## # PARTICIPANTS

105

### SASH Coordinator

Linda Husband  
 lhsha@vermontel.net  
 802-885-6034

### SASH Wellness Nurse

Diane Daniels  
 Ddaniels311@gmail.com  
 802-885-6034

## TOP CONDITIONS ADDRESSED

### ARTHRITIS & CHRONIC PAIN — 43% of participants

- “Living with Chronic Conditions” workshops
- “Move 2 Improve” exercise classes
- Tai Chi classes



### HYPERTENSION – 41% of participants

- Blood pressure clinics
- Visiting Nurse Assoc. foot clinic
- Pre-diabetes and diabetes workshops

## SERVICES & ACTIVITIES

- Regular foot and blood-pressure clinics
- Monthly drop-offs from the Vermont Food Bank
- “Move 2 Improve” and other cardio and strength-building classes
- Traveling clinic, with a nurse practitioner and social worker from Springfield Medical Care Systems, makes monthly visits to participants’ homes
- Yearly flu clinic through Rite Aid
- Tobacco-cessation classes



## COMMUNITY CONNECTIONS

Area churches  
 Edgar May Recreation Center  
 Meals on Wheels  
 Springfield Art Gym  
 Springfield Family Center  
 Food Shelf  
 Springfield Health & Rehab  
 Springfield Police & Fire Departments

## PANEL SUCCESS STORY

SASH stepped in to support Marguerite, a participant with worrisome heart issues and diabetes who had been attempting to manage her multiple chronic conditions on her own, without success. Marguerite was determined to stay at home and not end up in a nursing home. She started utilizing SASH services consistently and joined an adult-day program, where her blood-sugar levels are monitored twice a week. SASH coordinator Linda Husband supports Marguerite in keeping up to date with her medical paperwork, helping her develop a social community, and ensuring that her vital signs are monitored regularly. Marguerite’s health has now stabilized. She has avoided the need for specialized nursing care or hospitalization, and she remains living at home — something she says would not have been possible without SASH.



Marguerite