

SASH Panel Overview



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

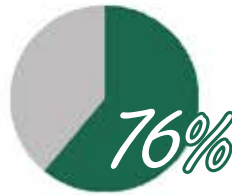
Includes
55%
Community Participants

Upper Valley SASH Coordinator

Sarah Kler

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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

Tai Chi for Arthritis

Learning to Talk to your Doctor

Walking Groups

Blood Pressure Clinics

Tai Chi for Arthritis



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!