

Sip & Swirl is an interactive painting class especially for beginners. An instructor will walk you through starting with a blank canvas to signing your painting. The past 3 monthly classes have been a hit.

Cost for instruction, materials and snacks is \$15.00 we will need to collect your fee in advance due to minimum attendance numbers. Please call 464-0438 to register and pay by to reserve a spot!



SASH will continue to host a monthly foot care clinic with Rena Prevencher from the VNA at 15 Butterfield Drive. 2/25 There is a \$20 fee and it is suggested that clean socks and a basin and towel. We can book up to 5 people per week. Please call the SASH office at 464-0438 to get an appointment.

Betty Witt, RN will continue to hold Blood Pressure Clinics on the First Wednesday of each month at 2PM Clinic this month is 2/3 in the library at 15 Butterfield Drive ..

PLACE
STAMP
HERE

SASH Deerfield Valley

P O Box 2561 West Dover VT 05341

FEBRUARY SASH FLASH

SASH will continue hosting great programming in February. We will also be collaborating by letting you know what other programs are available to you in the Community. Homeowners: USDA information on 504 Grants for home access and improvement projects. We continue Our Blood Pressure and Foot Care clinics . 1:30 pm.

We are teaming with Bayada Home Health Care for some very informative programming, both here at Butterfield Commons and in Whitingham. At the Municipal Building



Spring waits in the wings.

Out of the earth, overnight,

One perfect snowdrop.

To All My Friends at SASH,

Many of you have heard that I will no longer be holding the position of SASH Coordinator in the Deerfield Valley. I have made the decision to move forward and heed the call of other responsibilities which go along with this time in my life.

I want to thank you all for such an open and welcoming experience these past few months. I have enjoyed meeting each of you and gathered wisdom from every encounter. I will be continuing on as a volunteer and participant: so you will see my face around at activities and the VT Food Bank deliveries and a presentation here or there. Watch for me at the Sr. Meal Site and the Library programs and other community events, I have no intention of disappearing entirely.

SASH is a very wonderful and needed program, and I believe in it whole heartedly. Becky has built a superb program and I know it will remain in good hands with Becky, Jill and Stacia. Again thank you all for the warm memories, laughs and Blessings I have received while I was with you as a SASH Coordinator. Elizabeth



Trivia Answers: 1)A sailor 2) in the Tower of London.

VALENTINE TRIVIA: If a woman sees a robin on Valentine's Day, what kind of a man will she marry?

The oldest known valentine that is still in existence today was written by Charles, Duke of Orleans to his wife. Where was Charles when he penned this valentine?



USDA Rural Development's Section 504 Home Repair program provides loans to very-low-income homeowners to repair, improve, or modernize their homes as well as grants to elderly very-low-income homeowners to remove health and safety hazards from their homes.

You may be eligible!! Come and hear about this wonderful opportunity right after the Senior Meal in Whitingham at the Library 1pm on Feb 25.

Presenter: Deborah J. Boyd

Rural Development Specialist

United States Department of Agriculture
28 Vernon Street, Suite 333 | Brattleboro,
VT 05301

SASH Deerfield Valley and Bayada Home Health Care is happy to present

Laughter is the Best Medicine

Sara Sherritt will be your hostess for this fun filled event .

Come on over and LAUGH!! @ Butterfield Common West Dover 2pm

A big thanks to all of you for all the warm wishes while I was out. It was great to know so many of you were thinking of me!!

February will be a little slow but things will pick up.

Calling all volunteers!! Now more than ever I could use some help. Please give me a call if you call assist or are curious as to how to help out

Contact Us

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