

PLACE
STAMP
HERE

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 1/21/16 to reserve a spot!



SASH will be hosting a monthly foot care clinic with Rena Prevencher from the VNA at 15 Butterfield Drive. 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 our new resident, will be holding Blood Pressure Clinics on the First Wednesday of each month/at 2PM First Clinic is 1/6 in the Library at 15 Butterfield Drive after the Luncheon and Understanding Cholesterol.

FYI

This is an important election year and Osher Lifelong Learning Institute is presenting a series entitled The Future of American Politics on 3 Mondays during January. FYI cost is \$6.00 per session starts Jan 4, and held at the Vermont Learning Collaborative 471 Rte 5 in Dummerston

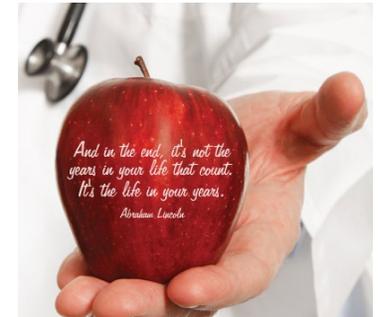
SASH Deerfield Valley

P O Box 2561 West Dover VT 05341

January the first month, a time of renewal.

January SASH FLASH

SASH will be hosting great programming in January. Managing Cholesterol, Hip Kits demonstration and Advanced Directive informational presentations. We will also have great fun activities like Name that Tune and a wonderful Holiday Luncheon. Our Blood Pressure and Foot Care clinics begin.



JANUARY HAIKU

blow New Year's trumpets

commence it with smiles
and cheers

have a joyful year

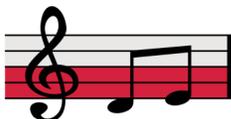


Understanding Cholesterol & Cooking Healthy is an informational get together and then an interactive cooking healthy class with Becky on January 7th. We will incorporate Spend Smart Eat Smart into this class. We will discuss cholesterol levels and what we can do to help maintain or lower your level. We will be making and enjoying delicious Butternut Squash Enchiladas and Banana Pudding Parfait \$2.50 per person. **You must sign up by January 4th**



Our Holiday Luncheon will be held January 13 at noon and will be followed by Name That Tune. There is no charge for this annual event. **You must sign up by January 8th** so that I have a head count. There will be Ham, Turkey, Homemade Lasagna, salad, vegetables and Desert.

NAME THAT TUNE! Come and enjoy music from the 30's, 40's, 50's and 60's. Wednesdays 1/13 and 1/27 at 1pm



Friday, January 1st and Monday January 18th the SASH Offices will be closed in observance of New Years and Martin Luther King Day.



It's Really about Love

Advance Care Directive- How it Works & Why It Helps!

- ◆ Why every adult needs an advanced care directive
- ◆ How to fill out an advance care directive
- ◆ The key decisions that need to be made
- ◆ Any questions that come up

Presenter: Joanna Rueter, LICSW, Respecting Choices® certified Facilitator and Instructor, Taking Steps Brattleboro Volunteer Coordinator

Being Held at Butterfield Drive on Tuesday 1/19 at 1pm, and Thursday 1/21 at the Whitingham Free Public Library 1pm—**Please call by January 12 to sign up.**

Hip Kit Demo Becky will be giving a demo on January 25th highlighting the Hip Kits which are made up of items that are for individuals with hip issues but can benefit anyone with hip, back or bending problems. There will be a "Hip Kit" on hand to try out. There will also be handouts on how to order, listing individual items so that you will be able to build your own kit if you wish. **Please call to sign up for this informative demo**



Contact Us

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