

SASH Deerfield Valley will be celebrating its 3rd year of being in the valley, in September. With that being said, I would like to remind you of what SASH is:

### **SASH Model**

*The SASH (Support And Services at Home) model is part of the **Blueprint for Health**, Vermont's statewide health care reform initiative. SASH helps Vermont's seniors and individuals with special needs access the care and support they need to stay healthy while living comfortably and safely at home. SASH is available throughout Vermont and serves primarily persons 65 and older or with disabilities. Participation is voluntary and free of charge.*

*SASH communities include a care coordinator and wellness nurse who work in partnership with a team of community providers to assist SASH participants.*

In the Deerfield Valley we are lucky enough to have one and one half panel, thanks in large to Shires Housing in Bennington. This means we are helping meet the needs of 150 people. Please remember to call your coordinator to let her know of falls, trips to the ER, and other medical changes. Also remember to call her if you need assistance. If we can not help you, we can direct you to someone that can.

The Vermont FoodBank delivery will be Tuesday August 9 from 9:30—10:30

Bette's lunch will be held Tuesday August 16 at Butterfield Commons

On Wed August 17 @ 1 pm come try your hand at "Puddle Painting" it is fun and very easy. Who knows maybe you'll want to frame it!! \$3/person covers supplies and a snack.

Please remember to call at least 1 week before an event to reserve your spot. Call if you have reserve a spot and can not attend. Leftover meals and excess supplies can become expensive! **(802)464-0438**

**SASH office will be closed August 1 for training**

SASH Deerfield Valley  
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# AUGUST SASH FLASH

July came and went in the blink of an eye. August is now upon us. We had such a successful July cookout, we want to invite you to another cookout on August 19 @ Jackson-ville Municipal Building 12:30 pm \$5 each



GoForLife demonstration with **FREE** Exercise DVD & Handbooks @ Pettee Library in Wilmington will take place Fri Aug 12 from 10-11 am. We look forward to seeing you there!!

Some exciting things happening in September!! SASH will host the second annual Health & Wellness Fair @ Butterfield Commons West Dover VT. Deerfield Valley SASH and Valley Cares SASH will be teaming up for a Living With Chronic Pain workshop...

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# AUGUST 2016

Whitingham/Jacksonville Meals are Monday, Tuesday, Thursday each week until further notice. Everyone is welcome.

Men's Coffee hour is at North Star Bowling Thursday mornings at 8 am

Deerfield Valley Cancer Support Group is the 2nd Wednesday of the month at Deerfield Valley Health Center. This is for cancer patients, family members care givers and friends.

SUNDAY	MONDAY	TUESDAY	WEDNSDAY	THURSDAY	FRIDAY	SATURDAY
	1 Bone Builders Wilm. Bone Builders Whit/Jack	2 Bone Builders Dover	3 Bone Builders Wilm. <b>Betty's BP Clinic 2p@ Butterfield Library</b>	4 Bone Builders Dover	5 Bone Builders Whit/Jack	6
7	8 Bone Builders Wilm. Bone Builders Whit/Jack	9 Bone Builders Dover <b>FoodBank 9:-10:30a</b>	10 Bone Builders Wilm.	11 Bone Builders Dover	12 Bone Builders Whit/Jack <b>GoForLife Petee Lib 10a</b>	13
14	15 Bone Builders Wilm. Bone Builders Whit/Jack	16 Bone Builders Dover Bette's Lunch	17 Bone Builders Wilm. <b>Puddle Painting 1p @ Butterfield Commons</b>	18 Bone Builders Dover	19 Bone Builders Whit/ Jack <b>SASH Cookout 12:30p Jacksonville Mun Bldg</b>	20
21	22 Bone Builders Wilm. Bone Builders Whit/Jack <u>*YOGA w/Jill see below</u>	23 Bone Builders Dover	24 Bone Builders Wilm.	25 Bone Builders Dover <b>Foot Clinic call for appt</b>	26 Bone Builders Whit/Jack	27
28	29 Bone Builders Wilm. Bone Builders Whit/Jack <u>*YOGA w/Jill see below</u>	30 Bone Builders Dover	31 Bone Builders Wilm.			

Bone Builders Wilmington—St Mary 's of the Mountain 9:30-10:30 am

Bone Builders Whitingham/Jacksonville—Jacksonville Municipal Building 10:30-11:30 am

Bone Builders Dover—Butterfield Commons –10-11 am except for 2nd Tuesday 10:-11:30 am (FoodBank day)

**YOGA w/Jill at St Mary's of the Mountain Monday 2pm starting Aug 22 through the month of Sept please call 464-0438 to sign up**