

Your SASH Team

SASH Coordinators

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Wellness Nurses

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Implementation Manager

Becky Arbella
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March Birthday's

Brown S. 3/01
Kenneth S. 3/02
Holvey D. 3/02
William E. 3/03
John R. 3/04
Grant G. 3/12
Clyde T. 3/15
Jennifer F. 3/21
Larry J. 3/25
Frances K. 3/27
Selma S. 3/29

The March birthstone, **aquamarine**, was thought to cure heart, liver, and stomach diseases—all one had to do was drink the water in which the gem had been soaking. Early sailors believed that aquamarine talismans, etched with the likeness of the sea god Neptune, protected them against ocean dangers.

[Birthstones by Month: Colors & Meanings](#) | [What's Your Birthstone?](#) | [The Old Farmer's Almanac](#)

SASH a caring partnership

SUPPORT AND SERVICES at HOME

MARCH 2021

HAPPY ST. PATRICK'S DAY !!!!

MARCH is a month for WOMEN.... GIRL POWER!!!

"A strong woman stands up for herself..."

Are you doing a self care? Share your ideas with other participants, on these very tough times in our lives.

March is National Nutrition month, a great time to think about gardening it's almost time again.

DON'T FORGET turn your clock Forward one hour on Sunday March 14th!

COVID Support Vermont is offering a series of workshops to help Vermonters cope with the mental health challenges associated with the pandemic. Learn more here! <https://www.eventbrite.com/o/covid-support-vt-32129973389>

When the vaccine is available for your age group and you need help please let us know:

Call Tina and Edna to arrange the time to assist you:

SCAM'S are real, please be careful about giving out your information. If you are in doubt, don't give it out!!! It's better to be safe than sorry.



Say Hello Around the World

O	D	I	A	D	U	I	T	Z	V	P	J	U	J	O
N	H	S	N	O	N	R	O	I	G	N	O	B	E	A
A	Y	X	Z	R	U	O	J	N	O	B	O	T	I	C
R	O	A	H	I	N	J	Y	G	G	E	I	G	G	K
Y	S	P	W	O	A	I	O	A	A	U	F	H	O	M
R	H	X	I	F	A	E	T	Z	V	T	A	N	B	A
B	A	Z	F	S	D	N	J	T	Z	B	N	I	B	L
O	L	X	O	E	E	A	S	Y	A	I	X	K	Q	A
D	O	U	N	T	M	V	A	H	C	I	P	R	E	S
O	M	D	U	B	A	L	R	H	P	T	D	T	I	O
E	A	G	O	R	O	A	I	A	L	K	S	M	H	H
G	T	L	D	H	M	W	T	S	W	A	K	A	O	H
Q	C	Z	A	O	A	H	C	S	M	K	L	T	E	B
P	E	A	W	X	A	V	T	A	C	O	G	J	H	D
A	H	N	N	Y	E	O	N	G	H	A	S	E	Y	O

AHN NYEONG HA SE YO (Korean)
ALOHA (Hawaiian)
BOM DIA (Portuguese)
BON GIORNO (Italian)
BONJOUR (French)
CHAO (Vietnamese)
DIA DUIT (Irish)

DOBRY RANO (Czech)
GOEDENDAG (Dutch)
GUTEN TAG (German)
HEJ (Swedish)
HOLA (Spanish)
KONNICHIWA (Japanese)
JAMBO (Swahili)
MARHABAH (Arabic)

NAMASTE (Hindi)
NI HAO (Chinese)
SALAM (Arabic)
SHALOM (Hebrew)
SZIA (Hungarian)
YIA SOU (Greek)
ZDRAVSTVUIE (Russian)



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