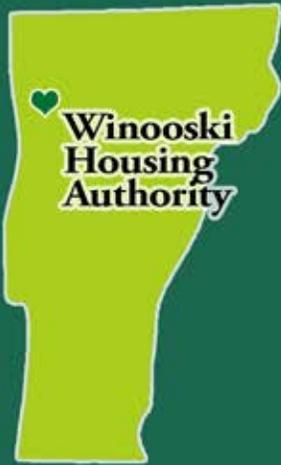


# SASH Panel Overview



## SASH Partners

Winooski Housing Authority

Visiting Nurses Association

Champlain Valley Agency on Aging

Howard Center

## Panel Age

2 Years 3 Months

## Panel Size

100  
Participants

Including  
14%

Community Participants

## SASH Coordinator

Kathy Morrison

kmorrison@winooskihousing.org  
ph 802.655.9320

## Wellness Nurse

Samantha Mitchell

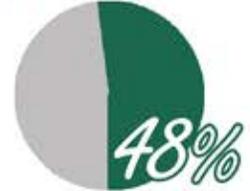
mitchell@cathedralsquare.org

## Proactive Measures



### Participants with hypertension

**Services offered:** monthly blood pressure clinics and blood pressure stations with self-monitoring cuffs available for sign out



### Participants with arthritis

**Activities offered:** Free Range of Motion class offered weekly.

## Services & Activities

Range of Motion Seated Exercise, Exhale to Wellness Breath & Yoga Exercise, Blood Pressure Clinic, Blood Pressure Station, Smoking Cessation Workshops, Healthier Living with Chronic Conditions Workshops, Aging Well Discussion Group, SASH Forum Health Education Presentations, Live Music Events, Traveling Library, Senior Farm Share, Movie Time Matinee, Hearing Screening, VT Association for the Blind and Visually Impaired Presentation, VAPTA Balance Screening, Aging well.



## Community Connections

Community Action/CVOEO  
Community Health Center of Burlington  
CVAA Meals on Wheels  
Healing Leaves Herbalist  
Move for Well Being/VT Senior Games Association  
Northeast Organic Farming Association  
SASH Health Systems Educator  
Senior Medicaid Patrol  
St. Francis Xavier Parish  
University of VT Health Network  
VT American Physical Therapy Association  
Winooski Library  
Winooski Senior Center

## Accomplishments

Blood Pressure Station, Indoor Winter Walking Group, Live Music with Eric George, Monthly newsletter including a calendar of events which increased attendance at social and educational events. Hiring a high school student to assist with office work so SASH staff can focus on giving SASH participants.



## Success Story

After reviewing the profile of her WHA panel, SASH Coordinator, Kathy noticed many participants were dealing with Hypertension. She asked her nurse if they could address this by increasing Blood Pressure Clinics to twice a month. This was not an option but shortly after Kathy received the Hypertension training from SASH and learned how to set up a Blood Pressure station. Kathy reports:

*"I did my first Blood Pressure Station at WHA's Courtyard in the Community Room. 12 people visited the tabling event, used the Auto BP Cuff and took the educational materials home! I spent time talking with everyone and believe the outreach effort to be very successful. I am planning to set up Blood Pressure Stations at the other three buildings in July."*

Kathy also reports that she has had success in turning conversations/concerns about Blood Pressure in to Healthy Living Plans with actionable goals the participants can work on!