

# SASH Panel Overview



Town Meadow Senior Housing  
Essex Junction, VT

Jeri-Hill Independent Living  
Jericho, VT

## Host Organization



Opened in  
2012

# SASH Participants  
115

Including  
35%  
Community Participants

## SASH Team Organizations

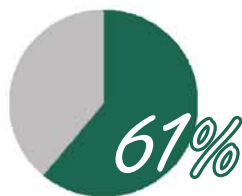


## SASH Coordinators

**Emily Hood-Pouliot**, *Jeri-Hill*  
hood-pouliot@cathedralsquare.org  
ph 802.859.8857

**MJ Merchant**, *Town Meadow*  
merchant@cathedralsquare.org  
ph 802.859.8866

## Proactive Measures



**Participants with arthritis**  
Programs offered: *Strength Training, Walking Program, Chair Yoga*



**Participants with moderate to high nutrition risks**  
Services offered: *Onsite dietetic visits*

## Services & Activities

*Walking group*

*Chair Yoga*

Spoke Model for social activities

**Strength Training**

*Pharmacy and Psychology Interns*



## Community Connections

- Move for well-Being
- Senior Farm Share Program
- Volunteer Groups



## Accomplishments

Participant featured on "Across the Fence"



Brought 4 panels together for their walking group to help create a larger sense of community and help combat Social Isolation among participants.

## Success Story

**SASH Community Member**, *Referral from the VNA*, self-neglect client  
SASH worked with CVA and VNA to present the idea of guardianship to participant. SASH Wellness Nurse worked closely with participant and caregivers on medication management and setting up bubble packs.

After working with SASH and our partners participant has become more socially engaged and will often attend musical performances and movie hours at both Town Meadow and Jeri-Hill. Participant is moving into Memory Care Assisted Living in the near future and is looking forward to the move.