

A program for area seniors hosted by

SASH FLASH



Anyone interested in riding in the 4th of July parade this year on a SASH float? If so, let me know your interest ASAP so we can start planning ☺



The SASH office # 728-3310 Catherine or Dede ***** You are welcome to join in on events going on at sites different from your own. Come join the fun!

SPECIAL EVENTS FOR JUNE & JULY 2018



Social Health



Heart/Physical



Learning



Get Involved

We wish to thank those of you who STEP UP and OUT to participate and volunteer with our programing. It makes a world of difference to have your support and help. We encourage all of you to join us for some of these prevention programs, to call us with questions and ideas, AND to take advantage of the lovely weather ~breathe in some of that beautiful 'Summer in Vermont' air.



Summer tips from the SASH Office:

We're entering that season of long-awaited SUN (hopefully – but never promised)! Please remember to take care of yourselves as you enjoy the outside air in the areas of: Sun safety, protecting your eyes, the tendency to 'overdo it,' keeping your balance on uneven surfaces, sidewalk safety and staying hydrated!

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Early summer is a great time to re-think the way we are eating.

The warm growing season gives us an abundance of fresh healthy recipes and choices.

"Eating well is important at any age, but even more necessary for seniors because nutritional needs change. Adequate nutrition is necessary for health, quality of life and vitality.

Unfortunately, for a variety of reasons, many seniors are not eating as well as they should, which can lead to poor nutrition or malnutrition, easily being mistaken as a disease or illness."

Come re-examine your food & drink choices, with Gifford's Registered Dietician, Kim Swartz Doyle as she leads you through some up-to-date facts and information about aging and nutrition.



Registered Dietician Kim Swartz Doyle



Shares her knowledge about Nutrition and Aging

Wednesday June 6th - 2 locations:

Red Lion – 1:00 - 2:00 (No Tai Chi)

Randolph House – 2:30 – 3:30



Survival SKILLS for Diabetes with Jennifer Stratton



This presentation/conversation will help people with diabetes (and their families) to understand the basics of their disease and what steps they can take to control it.


July 25th - 11:00-12:00 the Joslyn House


July 26th- 11:00-12:00 @ The Red Lion, then 2:00 – 3:00 @ The Randolph House

OUR RECURRING WEEKLY SASH ACTIVITIES

ALL SASH PARTICIPANTS, RESIDENTS AND COMMUNITY MEMBERS ARE WELCOME
TO JOIN IN ANY OF THESE FREE ACTIVITIES OR WORKSHOPS OFFERED:

 **Tai Chi for Arthritis - Wednesdays @ The Red Lion on at 1:00** IMPORTANT!! Re: the Red Lion class - *IF you want to do the class, but don't live in the Red Lion - CALL IN ADVANCE IF YOU WANT TO JOIN IN (so we can let you in)!*

 **Bone Builders - Wednesdays at 10:30 -11:30, Joslyn House Activity Room**
Gain strength, bone mass and balance with this evidence-based exercise program.
This class requires your Dr.'s prior approval (plan ahead).
For a copy of the needed form call us at the SASH office 728-3310.

 **Move to Music - Thursdays from 1:00-2:00, Randolph House Community Room**
Join us for this fun and lively chair & dancing exercise program – a good way to gain some flexibility, socialize, and put your laughing muscles to work.

 **Movie Night – Tuesday night movies in the Randolph House – Will be ‘On HOLD’ for June, July and August.**

 **NEW! Begins July 11th - Game afternoon at Randolph House Wednesdays 3:00 – 4:30!**

 **Game Night – Thursdays at the Red Lion Inn – 6:30 p.m. in the library (or hall if space needed). Got a friend at the Red Lion? You might be able to get dealt-in!**

** Please check the monthly calendar for any changes to the weekly schedule (indicated by a lightning bolt).

OTHER RANDOLPH AREA OPPORTUNITIES:

~ Sitting home alone and needing a little engagement? ~

The Randolph Area Senior Center - 728-9324 - serves up a ‘nice affordable noon lunch’ Mon.-Thurs.; They also offer some fun and interesting ways to socialize.

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For information on any of the Community Health Team workshops, please contact Megan Sault for information or to register – 728-7714.

Healthier Living Support Group is now offered every Tuesday 10:30-11:30 am.

Anyone who has completed a ‘Healthier Living Workshop’ is welcome to reunite for guided meditation, action planning and group discussions. Contact Stagecoach if you are in need of a ride.

You will be receiving an important letter from the SASH office with this SASH Flash, regarding your new Medicare cards – If you are enrolled as a SASH participant, please call us when your card arrives and let us know your new numbers for our records.

Also, BEWARE OF SCAMS - there is a scam phone call happening currently, in which someone poses as the Medicare office, informing you that they need updated or clarifying information in order to send your new card.

DO NOT GIVE OUT PERSONAL INFORMATION ON THE PHONE.

Scams seem to pop up every day and they also show up in the mail... take time to look mailings over carefully (‘Bank of America’ may have a new scam (thief/copy artist) on their hands).






When in doubt, call a trusted number for the company, or contact the Consumer Assistance Program

Phone: 1-800-649-2424 / 802-656-3183

Email: ago.cap@vermont.gov



~SASH ACTIVITIES CALENDAR~

JUNE 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
KEY: Joslyn House= JH Randolph House=RH Red Lion= RL Gifford Med.= GMC	Move 2 Music= M2M Bone Builders= B.B. Cabin Fever Conversations = CFC BP = Blood Pressure	Questions about SASH or our upcoming programs? Call Dede or Katie at the SAH OFFICE: 802-728-3310 Change = 			1	2 When was the last time you flew a kite? How about went fishing?
3 PIE IN THE SKY – Fundraising event at Joslyn House 2:00-4:00	4	5 10:30 -11:30@ RH BP clinic	6 10:30 @ JH Bone Builders 1:00 @ RL NUTRITION AND AGING 2:30 – 3:30 @RH – NUTRITION AND AGING 	7 1:00 @ RH M to M 6:30 @ RL – GAME NIGHT!	8	9 Have you walked in the Flood Plain Forest this summer?
10 How are your plans going to walk each week?	11	12 <u>NO BP CLINIC</u> 	13 10:30 @ JH Bone Builders 1:00 @ RL Tai Chi	14 1:00 @ RH M to M 6:30 @ RL – GAME NITE!	15 Take a drive ! The Quechee Balloon Festival is this Weekend – Crafts, music, food & amazing colorful sights	16 Feel like volunteering? The Pocket Park may be needing helpers soon
17 Happy Father’s Day to those of you Dad’s out there!	18	19 10:30 -11:30@ RL BP clinic	20 10:30 @ JH Bone Builders 1:00 @ RL Tai Chi	21 1:00 @ RH M to M 6:30 @ RL – GAME NIGHT!	22  Commodities	23 Welcome SUMMER! 
24 Where your attention goes – energy flows.... What are you focusing on?	25	26 10:30 -11:30@ RH BP clinic Community Dinner – 5:00 – 6:00 – Green Mt. Gospel	27 10:30 @ JH Bone Builders 1:00 @ RL Tai Chi	28 1:00 @ RH M to M 6:30 @ RL – GAME NIGHT!	29	30 How about a drive to the park then a walk? Check out the ‘fun in the sun’ at the river?

~SASH ACTIVITIES CALENDAR~

JULY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Where oh where does the time go ?!?!?!?	2	3 10:30 -11:30@ RL BP clinic	4 Happy 4th of July!!	5 1:00 @ RH M to M 6:30 @ RL – GAME NIGHT!	6	7 Give a call Give a care
8 A little Gardening perhaps?	9	10 10:30 -11:30@ RH BP clinic	11 10:30 @ JH Bone Builders 1:00 @ RL Tai Chi 3:00-4:30 RH – Game <i>Afternoon starts up!</i>	12 Dede Vacation <u>NO Move to</u> <u>Music</u> 6:30 @ RL – GAME NIGHT!	13	14 Exercising? Hydrating? How about a walk? Got water?
15 Check in on a friend or family member	16	17 10:30 -11:30@ RL BP clinic	18 <u>NO Bone Builders</u> NO RL Tai Chi 3:00-4:30 RH – Game Afternoon	19 <u>NO RH M to M</u> 6:30 @ RL – GAME NITE!	20	21 Invite a friend to lunch or dinner
22 Breathe in the GLORY of SUMMER in FULL BLOOM ~	23	24 10:30 -11:30@ RH BP clinic Community Dinner – 5:00 – 6:00	25 <u>10:00 @ JH</u> B.B <u>11:00 JH - Survival</u> Skills for Diabetes. 1:00 @ RL Tai Chi 3:00-4:30 RH – Game Afternoon	26 11:00 RL - Survival Skills for Diabetes 1:00 @ RH M to M <u>2:00 RH - Survival</u> Skills for Diabetes	27 Commodities	28 It all starts with a seed... Let's plant some kindness! 
29 I am at peace... All is well... 	30	31 10:30 -11:30@ RL BP clinic		KEY: Joslyn House= JH Randolph House=RH Red Lion= RL Gifford Med.= GMC	Move 2 Music= M2M Bone Builders= B.B. Cabin Fever Conversations = CFC BP = Blood Pressure	Questions about SASH or our upcoming progrms? Call Dede or Katie at the SASH OFFICE: 802-728- 3310 Change = 