



March 2024
Monthly Newsletter for the
SASH for All program

Support and Services at Home (SASH®) for All

local agencies working together to help individuals and families stay housed and healthy.

SASH for All is voluntary and free!

Upcoming Events:

Coffee, Tea, and Conversation with Jeff Rose, MA, LCMHC

- * Tuesdays, ongoing
4:00–5:00 pm
Birge Street Community Room

Art in the Neighborhood - afterschool art program

- * Wednesdays, ongoing
3:30-4:45 am
Birge Street Community Room

Open Community Room hours

- * Thursdays, ongoing
11:00-12:00 am
Birge Street Community Room

Attend any Event or come to
Community Room hours to be
entered into a raffle!

Congratulations to last month's
raffle winner: Kim Ougribe

Your *SASH for All* Team

Elena Luring

SASH for All Coordinator

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Barbara Carey, RN

SASH for All Wellness Nurse

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In Office: Monday, Thursday & Friday

Jeff Rose, MA, LCMHC

Social Emotional Wellness Clinician

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Cell: (802) 490-9000

In Office: Monday, Tuesday, & Wednesday

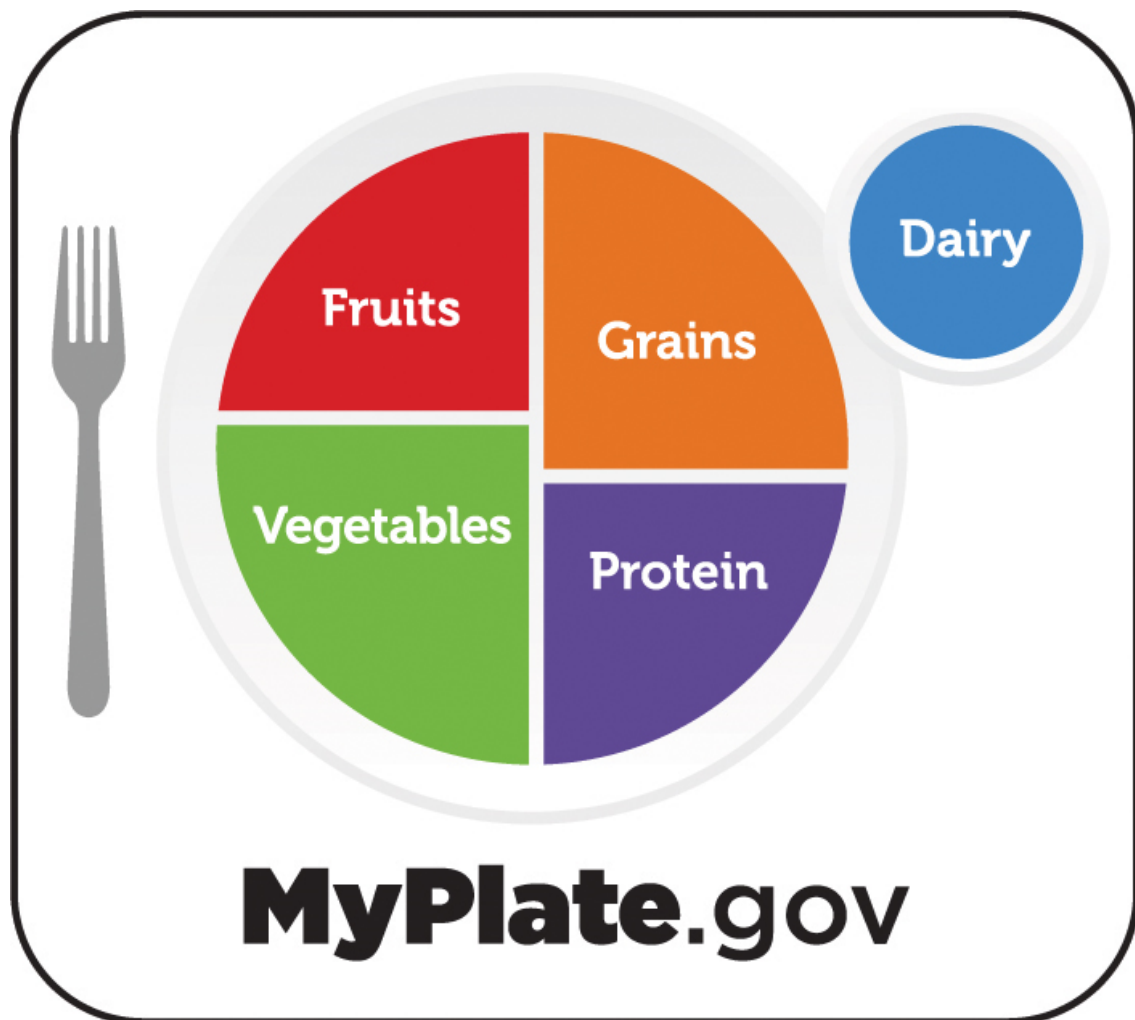


The spaghetti dinner was a success. The food was plentiful and satisfying. Many thanks to our chef, Dave Woods. And thanks to all who helped before, during, and after the meal, especially Nelly Frost who pitched in several hours to get the Community Room ready for a big dinner.

~ Elena, Barbara, and Jeff



March is National Nutrition Month



Some of us remember the Food Pyramid.

The newest nutritional guidelines are... MyPlate!

*Notice that **half of the plate** (daily food intake) is **fruit and veggies!***

EATING HEALTHY on a BUDGET

Here are a few tips:

- * Have a meal plan & grocery list before shopping.
- * Eat before you shop so you don't impulse buy.
- * Keep meals simple - simple meals often cost less and take less time to make
- * Stretch recipes by adding rice to soups/stews, frozen vegetables to pasta dishes, or beans to burgers.