



April 2024
Monthly Newsletter for the
SASH for All program

Support and Services at Home (SASH®) for All

is a caring partnership of 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 pm
Birge Street Community Room

Open Community Room hours

- * Thursdays, 11:00-noon
Birge Street Community Room
(no CR hours on April 18)

COMING NEXT MONTH:

Journal Making for Adults

- * Thurs afternoons monthly (date, time tbd)

Your *SASH for All* Team

Elena Luring

SASH for All Coordinator

eluring@HomeMattersHere.org

Cell: (802) 689-0842

Barbara Carey, RN

SASH for All Wellness Nurse

bcarey@HomeMattersHere.org

Cell: (802) 416-1656

In Office: Monday, Thursday & Friday

Jeff Rose, MA, LCMHC

Social Emotional Wellness Clinician

jrose@BrattleboroRetreat.org

Cell: (802) 490-9000

Earth Day is April 22nd

On Earth Day, we are called to remember that we are just one species inhabiting our ecosystem. We start looking for ways to connect with the other living beings so that we, and our world, can be healthy together.



Where do YOU see or hear nature?

Research shows that being around trees, plants, and flowers makes us happier and healthier. We usually think of nature as somewhere we go to picnic, walk, hike, fish, or camp. The truth is, nature is everywhere! What's your favorite nature spot? How does it make you feel?

BACK YARD



SCAVENGER HUNT



ant



brown leaf



butterfly



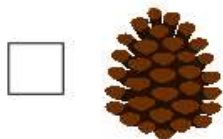
clover



cloud



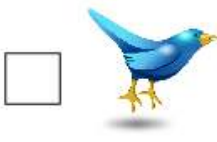
purple flower



pinecone



ladybug



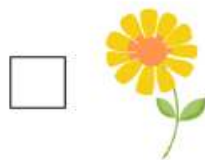
bird



grass



green leaf



yellow flower



feather



rock



sticks



recycling bin

Kids, bring your completed scavenger hunt to Elena or Barbara and get a prize.



Blood Pressure Matters

Do you know your blood pressure?

Text or call the SASH for All nurse, Barbara, to set up blood pressure check: 802-416-1656

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

Joyce demonstrates good technique with the automatic cuff.



Sleep & Blood Pressure

- ◆ Getting more sleep at night can lower your Blood Pressure!
- ◆ Most adults do not get the optimal 7 to 9 hours of recommended daily sleep time.
- ◆ Sleeping just 30 minutes longer a day can lower blood pressure AND help your body regulate appetite and blood sugar!

Fruit flies - are they hazardous to your health?



Fruit flies themselves are harmless pests... um I mean pests. However, they are able to transfer contaminants from one surface to another. So it's best to do what you can to prevent and remove them.

Prevent fruit flies by: Discarding overripe fruits into outside container (compost).

Keep fruit in the refrigerator.

Clean up areas where food scraps collect (sink, drain.)



DON'T USE OVER THE COUNTER PESTICIDE SPRAYS. Put rubbing alcohol into a spray bottle. Safer and effective per Martha Stewart. <https://www.marthastewart.com/1508657/super-simple-ways-get-rid-fruit-flies>

ECLIPSE

April 8, 2024

The **Solar Eclipse*** starts approximately 2:00 pm , peaks around 3:15 pm ,and concludes around 4:30pm. You can see the Eclipse anywhere that you see can see the sun.

DO NOT LOOK at the SUN DIRECTLY!! You must use a specified eclipse viewing device or you may damage your retinas.

Eclipse glasses available at the Windham & Windsor Housing Trust main office. Ask for SASH for All staff.

- * *In **solar eclipse**, the sun is obscured by the moon.*
- * *In a **lunar eclipse**, the moon is obscured by the earth's shadow. It's not a dramatic, but don't tell the NASA scientists that.*