



July 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:

Journaling Workshop

* Friday, July 19th, 2:30–3:30
Battleboro COOP Community Room
(entrance by 9 Canal Street)

Tai Chi for Balance w/ Elena

* Wednesdays, July 10th and 24th
11:00–12:00
Snow Block Community Room

Ongoing:

Coffee, Tea, & Conversation

w/ Jeff Rose, MA, LCMHC

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

Art in the Neighborhood

See next page for details...

Enter **Raffle** at any **Event** or during **Community Room hours Market 32 gift card!**

* June's winner is **Bill Reimer**

Your *SASH for All* Team

Elena Luring

SASH for All Coordinator
eluring@HomeMattersHere.org

Cell: (802) 689-0842

Work Days: Monday thru Friday

Barbara Carey, RN

SASH for All Wellness Nurse
bcarey@HomeMattersHere.org

Cell: (802) 416-1656

Work Days: Wednesday thru Friday

Community Room Hours: Thursday 11–12 @
Birge Street

Jeff Rose, MA, LCMHC

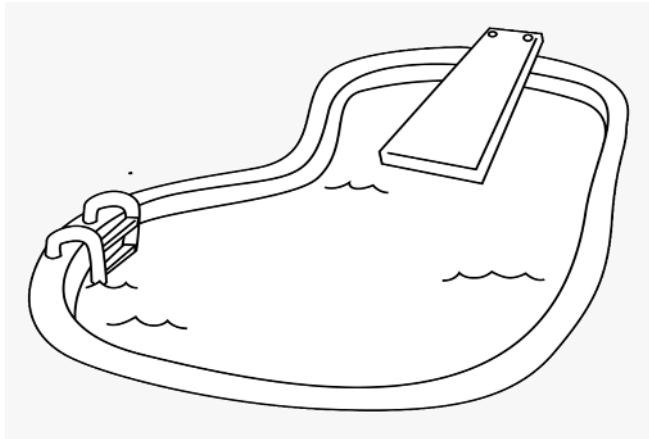
Social Emotional Wellness Clinician
jrose@BrattleboroRetreat.org

Cell: (802) 490-9000

Work Days: Monday thru Wednesday

www.sashvt.org

Attention swimmers!
Living Memorial Park Pool



IS OPEN !!

SASH has Free Day Passes to offer
WWHT residents.

To get yours call, text, email, or stop
by to see Elena or Barbara.

Sunlight and Your Health

Exposure to sunlight can have healthy effects. For example, we need a little natural light every day to help us sleep well. The light-sensitive cells in our eyes play a role in our bodies' natural wake-sleep cycles. This is especially important as we age and become more apt to get insomnia.

Spending time outdoors in the daylight can also help prevent nearsightedness in kids. Take your children outside to play to help lower their risk for this myopia. Just don't forget those hats, sunscreen, and sunglasses if expecting lots of sun exposure!

<https://www.aao.org/eye-health/tips-prevention/sun>

Art in the Neighborhood is a non profit that offers free art classes for kids. You do not need to sign up, your kid can just show up. We offer an art class at WWHT with supplies and snacks provided.

Classes happen on Wednesdays in the Birge Street Community Room from 3:30-4:45 starting **July 10th** and going thru **August 14th**.

~ Sarah Lavigne, artist & teacher