

MAY 2021

SASHFlash

**BROOKSIDE APARTMENTS and
BENNINGTON COMMUNITY**

May Holidays

**May 5
Cinco de Mayo**

**May 9
Mother's Day**

**May 31
Memorial Day-
Office Closed**

**SASH OFFICE
802-447-1656**

**In-person office
hours
Monday, Wed 10-1
Fridays 10-2
Tuesdays and
Thursdays 9-12**

**Amanda Robson,
RN**

**Kira Breard
SASH Coordinator
413.652.9244 Cell**

**Becky Arbella
Supervisor
802-442-8139
Ext 3**

HAPPY MEMORIAL DAY



May Word Search Puzzle

I T H T W O R G I S U N C C H
E R S Y A D E N O Y T R I H T
Y A D Y A M T S A I N H N O N
A W T H I E U M N O N T C H O
D O F N Y R G M R A Y G O O M
A T I Y U L N I O T S N D A H
I E L A G N I T H G I N E M T
R S T D E B M L T N A U M W F
O T P S I T O S W I P R A O I
T B A R B L O Y A N N R Y A F
C M E E I D L M H E M A O F T
I E R H M N B A I D A R O M A
V N G T O D G D S R E W O L F
M E M O R I A L D A Y E S S O
F S E M E R A L D G P R I N G

BLOOMING
CINCO DE MAYO
EMERALD
FIFTH MONTH
FLOWERS
GARDENING
GEMINI
GROWTH
HAWTHORN
LILY

MAIA
MAYDAY
MEMORIAL DAY
MOTHER'S DAY
NIGHTINGALE
SPRING
TAURUS
THIRTY-ONE DAYS
VICTORIA DAY
WARM

Nurses Corner

Food Bank Info

Brookside May 5 11:30

Applegate May 6 11

Walloomsac May 19 11

Senior Farm Share

This month we will be completing applications for this FREE weekly delivery of farm fresh vegetables this summer. Please sign up outside fo the SASH office. I will help you to complete the application when they are available.

Do you have a FILE OF LIFE on your refrigerator?

This FREE and important tool is a way to keep your medical information in one place for EMS in the event of an emergency. If you do not have one, please contact Kira

Did you know..

As a SASH Participant you can receive FREE access to the Bennington Commnity Center. Please see or call Kira to obtain your SASH Participant card if you do not have one already

Advanced Directives

Have you completed advanced directves to outline your wishes in the event you are not able to make decisions for your self? Have you appointed someone as your health care proxy? Please call Kira for more information

Corn Hole

Thanks to Colleen Sweet, Brookside is going to have some sweet new cornhole boards and bags! Want to play? Pick a teammate and sign up outside my office. Games will be Monday-Wed and Fri at 10am outside (weather permitting)
Corn Hole Opening Day is May 10!

Spring in here!!! This season is one of my favorites as I love to go for long walks in the woods foraging for wild mushrooms and other wild edibles. With this hobby also comes those pesky and dangerous ticks. Just last weekend after a long hike I felt a tickle on the back of my neck and found a deer tick. Yuck, I hate these bugs!!! Ticks carry many dangerous diseases, most commonly Lyme disease. Lyme disease causes joint/muscle pain, fatigue, fever, joint stiffness or swelling, bulls eye or redness around bite area and headache. If not caught early it can have long term/chronic health effects. VT has one of the highest rates in the US. Luckily there are precautions that can be taken to prevent these ticks from making you a snack.

- Wear shoes, long pants tucked into socks and long sleeved when out in an area with deer ticks. Areas like woods and fields with high grasses.
- Use insect repellent with 20% DEET or higher. Some natural repellents with essential oils also help but are not as effective. Top 2 essential oils are eucalyptus and lavender.
- Check for ticks, especially around the armpits, groin, scalp, belt line, neck and head.
- Take a shower then put on a fresh change of clothes after a hike.
- Remove the tick as soon as you see it. This is how to safely remove a Deer tick
- With tweezers, grasp the tick as close to the skin as possible. Pull gently and steadily. Do not twist as this may make the mouth break off into the skin. After clean area and hands with either rubbing alcohol or soap and water. Do not crush the tick. Dispose by wrapping tightly in tape or flushing down the toilet.

As always if you have any health questions please call 802-558-8957