



# Rocking the Kitchen to Engage Happy, Healthy Residents

*with Becky Arbella, SASH and Shires Housing of Bennington*

In this two-hour interactive session, the Shires Housing SASH staff will talk about several cooking events they facilitate throughout the year. They will talk about successes and challenges. You will be introduced to Eat Smart Spend Smart program, Rock The Crockpot program, Kids Cooking program to name a few.

Breakfast and Lunch will be included in the session. The recipes for the breakfast and lunch will be included in your packet. Some of the menu will be taken from Spend Smart Eat Smart and/or Rock The Crockpot. You will have a chance to participate in the preparation of some recipes. Not only will you be able to bring cooking ideas back to your residents, but you will be able to help them save food waste, money and show them how to use the nutritional labels to benefit their families' dietary needs.

**Please remember to RSVP so that we will have enough food for everyone that attends.**

Becky Arbella is the SASH Implementation Manager and Community Specialist of Bennington County and Deerfield Valley of Windham County Vermont with Shires Housing. Becky has been with Shires Housing since 2014. First as a SASH (Support And Services at Home) Coordinator in the Deerfield Valley of Southern Vermont and for the past 2 years in her current position as Implementation Manager. She is passionate about the work that Shires Housing and SASH does. Becky has presented at the Vermont Housing Conference in 2016, for the Tri State Learning Collaborative on Aging in 2017, for SASH earlier in 2018 regarding social isolation and engaging residents and she co presented at NHPHA Fall Forum Team Up, Take Action: Partnering for Health Equity Public Health and Health Care Systems with Shires Housing Executive Director, Stephanie Lane. Becky's ability to "think outside of the box" has helped her in engaging residents and community members.

**Wednesday, October 16, 2019**

**Royalton Academy Building - 4266 VT Route 14, South Royalton, VT 05068**

Registration 9:30 am—10:00 am

Training 10:00 am—12:00 pm

Lunch & Networking 12:00-12:30 pm

VRSC Member Meeting 12:30-2:00 pm

Admission is FREE for Vermont Resident Service Coordinators &  
Vermont Housing Managers Association members.  
Non-Members are invited to attend for \$10 (includes admission & lunch).

**RSVP at [www.vrsc.org](http://www.vrsc.org)**  
Questions, email [andrea@nerscinc.org](mailto:andrea@nerscinc.org)

**Sponsored By:**

Vermont Housing Managers Association, Shires Housing & VHFA

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