

Senior The Village Voice

Fall Newsletter, 2017

SaddleBrooke, AZ

Sandy Morse, Editor

FEATURE SPOTLIGHT

A Heartfelt Thank You to the Health Fair Planning Committee

Each year, the SaddleBrooke Health Fair has earned the reputation as being one of the largest and best in the Tucson area. The seven-member Health Fair Planning Committee makes the annual fair the amazing success it is for they are the moving force behind the fair, followed by hundreds of SaddleBrooke volunteers

These fine folks are also generous supporters of our SaddleBrooke Senior Village program, and on a warm June afternoon, the Senior Village was graciously presented with a generous grant donation from the Health Fair Planning Committee.

What great teamwork, the SaddleBrooke Health Fair and Senior Village, both working for a common cause: to keep you healthy and informed so you can maintain your independence and enjoy your senior years in a very special place.



L-R: Senior Village Board Members Sandy Morse, Stephanie Thomas and Gary Hammond receive a generous grant donation from SaddleBrooke Health Fair Planning Committee members David Eisenhauer, Ken Siarkiewicz, and Marjorie Eisenhauer

NEWS & VIEWS

MESSAGE FROM OUR VILLAGE BOARD



DUES AND DONATIONS: Senior Village at SaddleBrooke is proud to report that, among the more than 200 Villages in the U.S., **our annual dues are lower than 99% of all Villages.** To provide our many services at such a reasonable rate, we rely on the generosity of current members, concerned SaddleBrooke residents and community organizations to supplement our dues income with their **much-appreciated donations.** Please remember us as your make year-end **tax deductible** donations: **PO Box 8584, Tucson, AZ 85738.**

VOLUNTEERS IN ACTION



Membership: Current Senior Village enrollment, under the leadership of **Mardie Toney** is a whopping **414 members**. Of that number, **111 are couples and 188 are single households**. As to be expected, members who live alone and cannot turn to a spouse or partner for support look to our volunteers for driving assistance, odd jobs around the house and social interaction. Just as important are our services for couples when one of them is incapacitated.



Helping Hands: Thanks to **Randy Zimmerman**, the go-to person this summer while team leader **Pete Giljohann** has been on vacation. Due to insurance liability issues, the SV Board adopted **two new policies**: Helping Hands volunteers will not accept service requests for **plumbing** that requires a seal or joint to be broken nor will they clean **roof gutters**.



Lockbox: Welcome to incoming Lockbox Team Leader **JoAnne Sanden** who will be helping her team to meet lockbox installation deadlines. A special thanks to **Nancy and Doug Springer** for guiding this team for almost two years. Your commitment is much appreciated. In the past six months, the Lockbox Team has installed **33 boxes** for added security and peace of mind to our SaddleBrooke neighbors.



Friendly Contact: We continue to increase our social activities and now have a **Village Putters** group, organized by **David Loendorf and Chuck Sanden**, that will be meeting monthly. No experience necessary...we'll even find a putter for you. Thanks to team leaders **Peggy Ogier** and **Lois Violanti**, monthly birthday lunches are a great hit while **Pat Gabric** keeps a lively pace calling our bingo games. To join any of these fun events, call us a call at the Village: 520-314-1042.



Going My Way: With 66 volunteers, this is the largest Village team, led by **Karen Jahn** and six co-team leaders: **Jim Becker, Marsha Bellsey, Atissa Campbell, Laurie Foster, Lynn Hobbs and Ginny Jackson**. In the past six months, volunteer drivers have logged **12,930 miles** giving generously of their time, cars and gas to transport members far and wide in Tucson.

Thank You, Thank You...The Rotary Club of SaddleBrooke has designated Senior Village as the principal charitable beneficiary of its annual fundraiser "Celebrating Art of the Southwest". We are honored to be the recipient of their generous donation. When you **purchase a ticket**, you will not only be enjoying an afternoon of art, wine, food and shopping but also contributing to the continued growth of Senior Village. Please mark **December 3** on your calendars from 12:00-3:00 pm. More details on the enclosed flyer.

Do You Shop at Amazon? Did you know you can help Senior Village when ordering thru Amazon online? Amazon will donate 0.5% of the price of eligible smile.amazon.com purchases to Senior Village which is now an **AmazonSmile** charitable organization. On your first visit to smile.amazon.com, you will be asked to name a charitable organization to receive donations from eligible purchases before you begin shopping. Just enter **Senior Village at SaddleBrooke** where indicated, and Amazon will remember your selection. Then every eligible purchase you make at smile.amazon.com will result in a donation to Senior Village. AmazonSmile has the same products as regular Amazon, and now you can also help Senior Village while shopping. How great is that!!

Community Outreach & Education: The **SaddleBrooke Sunrise Rotary Club** extended an invitation to Senior Village Board member **Stephanie Thomas** to attend their August breakfast meeting where they heard about the mission, structure and activities of our Village as well as stories about the lives that our volunteers have touched. Remember: if you belong to a club or want to invite friends to a home gathering, **Senior Village will schedule a presentation** so that you can learn more about and become part of "neighbors helping neighbors".

ASK THE VILLAGE...



QUESTION: I take many medications, and with all the talk about side effects, I'm worried. How can I protect myself?

ANSWER: You are wise to be concerned because today's medicines are complex and powerful. The average senior takes four to five prescriptions daily plus many over the-counter medications; thus the potential for problems are real. Medication-related injuries affect over 1.5 million people yearly. You should know what each medication is for and when to take it.

Here are some common myths about medications:

- Myth: My husband's medication will work for me. The truth is every person is different and how a medication performs for one person may not be the same for another.
- Myth: Non-prescription medications are safer than prescription medicine. In reality, all medications, even without prescription, have the potential to cause harm.
- Myth: Splitting pills is a good way to save money. Some medicines can be safely split, but others require the pill to remain intact to work; don't split a pill unless instructed.
- Myth: It's OK to take expired medications. All meds have a life expectancy. When expired, you should safely get rid of all expired medications.

Please send "Ask the Village" questions to Sandymorse@centurylink.net or call 520-314-1042

IN APPRECIATION OF OUR PATRONS

We acknowledge with gratitude our recent donors:

Robert & Felicia Bloom	James Leising	Janet Schmidt
Patricia Broers	Jeanne Moehn	Barbara Smith
Mary Alice Carbeck	Joann Obear	Larry Wilhelm
Patricia Gabric	Steve Penner	

OUR TEAM



Officers

President	Gary Hammond
Vice-President	Ron Bechky
Vice-President	Jet George
Vice President	David Loendorf
Vice-President	Sandy Morse
Vice President	Stephanie Thomas

Coordinators

Technology	David Loendorf
Training	Jet George
Volunteers	Stephanie Thomas
	Jet George

Team Leaders

Administration	Mona Sullivan
Community Relations	Sandy Morse
Dispatch	Shawne Cryderman
Friendly Contact	Peggy Ogier, Lois Violanti
Going-My-Way	Karen Jahn
Helping Hands	Pete Giljohann, Randy Zimmerman
Lockbox	JoAnne Sanden
Membership	Mardie Toney
Support Team	Sandy Morse

And over 150 more dedicated volunteers!