

## SNAP HEALTH & WELLNESS FAIR ASKS “ARE YOU LIVING DANGEROUSLY?”

**Come to SNAP’s Health & Wellness Fair on Sunday, November 3 and find out if you are living dangerously!**

SNAP wants you to stay in the driver’s seat and learn about life’s detours and stop signs! At the Health Fair, experts will provide vital information concerning brain health; mobility and balance; legal issues and crime prevention; and tackling those “tough conversations.” The Health Fair will also feature community resources for staying healthy and living independently and safely.

The afternoon’s programs, beginning 1 p.m., will kick off with *Brain Aerobics* presented by L’Don Sawyer, Director of Tucson Medical Center Senior Services. *Brain Aerobics* will demonstrate techniques to keep your mental sharpness with a stimulating interactive presentation.

Next, and on a more serious note, District Attorney John Evans will discuss *Elder Abuse, Fraud and Neglect*. Everyone, not only seniors, but caregivers and those with aging parents will want to learn more about self-protection and living more safely.

The Health Fair program will also feature local and leading edge resources including presenter Ann Rose Dichov of Independent RN Patient Advocates (iRNPA) on *Advocating on Your Behalf*; Carol Ostrander of Care Coordinators on *Geriatric Care Management*; Capt. Mike Sindrich on Rural Metro’s “*Caring about Seniors*” Program; and Judy Clinco, Founder, Catalina In-Home Services and Caregiver Training Institute on *Home Care Services*.



On the left, SNAP Program Coordinator Tiny Read, RN and SNAP Board Vice-President Dottie Lewis, RN plan an exciting and informative Health & Wellness Fair, scheduled November 3.

Following a break for refreshments and the opportunity for “table time” with presenters will be Tani Bahti, Founder and Executive Director of Passages: Support and Education in End of Life Issues, who will take up “Tackling those Tough Conversations.”

An interactive and fun “Exercising to Improve Your Balance” presentation by Pima Council on Aging Instructor Susan Bloomer will wrap up the afternoon’s program.

### SNAP HEALTH & WELLNESS FAIR

**SUNDAY, NOVEMBER 3**

**from 1 to 4 p.m.**

**St. Alban’s Church, 3738 N. Sabino Canyon Road.**

**SEATING IS LIMITED**

**RSVP TODAY, 437-9556**

**or email: [sunrisesnap2@aol.com](mailto:sunrisesnap2@aol.com)**



Volunteers from the American Legion, above, and on the right, Rick Merlino, one of TEP's Crew Leaders all helped clear Tortuga Trail.



### SNAP MEMOS

Plan to attend the Health & Wellness Fair on November 3! Bring neighbors and friends to this important and informative event for seniors, those living on their own, caregivers or people concerned about aging parents. SNAP presents the Health & Wellness Fair free of charge as a service to our neighborhood.

Don't forget that SNAP's Lunch Bunch meets at 11:30 a.m., the last Wednesday of every month at Sunrise Mountain Ridge Clubhouse, 6940 E. Loma del Bribon. Bring your lunch, meet your neighbors, share friendship and stimulating conversation!

## VOLUNTEERS TAKE ON TORTUGA TRAIL

Over twenty volunteers from Tucson Electric Power and the American Legion recently participated in a work day to clear cactus and vegetation along SNAP's Tortuga Trail in preparation for paving and repair.

Tortuga Trail aims to improve a pedestrian walkway for Sunrise neighbors to enjoy a safe, accessible pathway for health benefits, education, social contact and enjoyment of our desert environment.

The work day was supervised by Darrin Seidel, his wife Selene, son Ian and their crew from Infinity Earthworks, the landscape

contractor for Sunrise Mountain Ridge. "Thanks go to all the volunteers who worked so hard to widen the Trail for the paving work to begin," says Jim Kercheval, a member of SNAP's Tortuga Trail committee.

For more information about how you can participate in the Tortuga Trail project call SNAP, 437-9556.

## SALUTE TO SNAP's VP

Meet **Dottie Lewis**, one of SNAP's outstanding volunteers\* who serves as our board vice-president; provides transportation to clients; assists with client scheduling; and most recently helped plan our upcoming Health & Wellness Fair.

Dottie is a retired U.S. Air Force Lt. Colonel and served as a medical-surgical nurse and administrator. Her husband **Jim**, also retired from the Air Force, joins her as a SNAP volunteer.

Be like Dottie and Jim! Find great satisfaction in helping SNAP as a volunteer—providing transportation, friendly visiting, assisting with events and much more! Call SNAP 437-9556 for more volunteer information.

*\*Each issue of snapshots features one of SNAP's more than 100 volunteers.*



**THE TURTLE IS A SYMBOL OF LONGEVITY & WISDOM**

*snap*  
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Assistance Program

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