

New Home, New Website for SNAP

Beginning in September, SNAP will move out of its Sunrise Mountain Ridge quarters and into a more central location at the Lutheran Church of the Foothills (5102 N. Craycroft / at Territory Drive). SNAP is grateful for this unique opportunity for continued growth and improved access to many types of information and services for clients, volunteers and interested residents. SNAP is the



fourth volunteer caregiver program affiliated with PCOA's Neighbors Care Alliance to partner with a church in Pima County. Members of the church will be encouraged to participate as SNAP volunteers and in

ongoing programs, projects and community events. Office hours will be posted at the south door of the church and on our new website.

Please take a look at www.sunrisesnap.org and share the address with friends and neighbors as well as far-away family members. Soon there will be a blog on the website with information about current programs, events, and news. We hope you will enjoy keeping up to date with SNAP— electronically.

Tortuga Trail Project

Thanks to two grants (from Jewish Family and Children's Services and from United Way of Tucson and Southern Arizona) plus many generous donations from HOAs and individuals over the past few years, we are pleased to announce that completion of the Project is in sight. Late in August the remaining repair work on the east end of the Trail will be finished, followed by bench placement along the pedestrian pathway. If you are interested in joining a committee that plans occasional social or educational programs along the Trail, please let us know of your interest.

This three year old project is the outcome of resident input from focus groups, surveys, questionnaires and neighborhood conversations. A major portion of the Tortuga Trail Project was funded "In Loving Memory of Rita," who had a deep appreciation for the Fairfield desert. Total cost of this Project exceeds \$20,000.

What's New in the Neighborhood?

Flu Shots! If you plan to be in Tucson on Wednesday, September 24th between 1:30 and 4:30 P.M., there is no need to schedule an appointment at your doctor's office for your flu shot. SNAP has teamed up Walgreens Pharmacy at River Center to offer local residents a convenient way to receive this year's Flu Vaccine—in your neighborhood—at the Sunrise Mountain Ridge Clubhouse (6940 E. Loma del Bribon). In order to assure an adequate supply of the vaccine and healthcare personnel, we ask you to let us know you are coming by calling the SnapLine at 437-9556 or email us at sunrisesnap2@aol.com by September 18th. Be sure to bring your Medicare card and a personal ID.



Volunteer Spotlight: Cynthia Clark

When there's no Spanish class scheduled for her to teach in Sunrise Mountain Ridge or greater Tucson, Cynthia Clark plays a variety of volunteer roles within SNAP. Every Friday afternoon she is seen taking Ruth to a hair appointment and picking up a few groceries for her. Other days find her transporting Ken to the food bank or a medical appointment for his Multiple Sclerosis, cleaning out kitty litter boxes for a post-surgical client, or helping Gina get organized around the house following hospitalization. She also attends SNAP Lunch Bunch gatherings and many of our education programs throughout the year.

Having "retired" to Tucson from the University of California at Santa Cruz about 12 years ago, Cynthia has a great deal of energy and expertise to share with friends and neighbors and continues to contribute to her community in positive ways. Thank you for caring so much about others, Cynthia.



Cynthia Clark

SNAP CALENDAR

Senior Living Support Group
July 29, 2014 2-3:30
"Knowing When It's Time to Make
Some Changes"
Sunrise Mountain Ridge Clubhouse
6940 E. Loma del Bribon

August 26, 2014 2-3:30
"A Matter of Balance"
(Prevention of Slips and Falls)
An Evidence-Based Program
from PCOA
Sunrise Mountain Ridge Clubhouse
6940 E. Loma del Bribon

SAVE THE DATES:

*September 24, 2014 (Wednesday)
Flu Shots 1:30-4:30 P.M. (Following
SNAP Lunch Bunch)
Sunrise Mountain Ridge Clubhouse
6940 E. Loma del Bribon
Bring Medicare card and personal ID

*November 2, 2014
SNAP Annual Health Fair:
"Launching Your Legacy"
1-3:30 P.M.
St. Alban's Church
3738 N. Sabino Canyon Road: Watch
for a bright green postcard in the mail!

The SNAP Lunch Bunch gathering is held the last Wednesday of each month. Bring your own brown bag lunch and enjoy a beverage, dessert and lively conversation "on the house."

Senior Living Support Group (SLSG)

In keeping with SNAP's goals to help residents remain vital and healthy at home as well as to provide support for residents who care for loved ones with dementia at home, the SLSG has been discussing issues related to aging and senior living. We've learned all too well that "Aging Isn't for Sissies" and that "If Aging Isn't Your Issue Now, It Will Be." We share insights from decisions about health, finances, housing, driving, doctors, emotions, etc. with others for our mutual benefit. This summer series is open to anyone in the SNAP service area (Kolb/Sabino, Sunrise, Craycroft and River Roads). Please see the Calendar below.

The names of Jean Koch, Jack and Clara Zimmerer and Joe and Joyce Steiner were mistakenly omitted from the listing of SNAP Circle Supporters in our last newsletter. We apologize for this error and thank these individuals for their continued support.

"Horizons: Conversations on Retirement Readiness"

...is a small group of working professionals that meets to discuss planning for a healthy, happy and purposeful retirement. If you are contemplating retirement in the not too distant future and wish to learn more about Medicare, Long Term Care options, financial planning for retirement, caring for elderly or disabled family members, housing choices, community resources and involvement etc., please email Ellen for details at emruss@gmail.com. (Many of us wish we had had this kind of information at our fingertips long ago!)

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Assistance Program*

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