

## Special Edition: 2014 in Review

Welcome to the second annual Special Edition of *snapshots*—  
A review of 2014.



Jeff Bartell

At the end of my first year as SNAP President (and third year as a SNAP board member), I am extremely proud of the progress we have made growing our volunteer corps, expanding our donor and funding base, and raising the public profile of SNAP as an organization that enhances the quality of life for senior, disabled, injured or isolated residents of Sunrise neighborhoods. In this Special Edition we will review some of SNAP's 2014 successes and honor our supporters.

Last year, we provided transportation, household assistance, meals and personal support to approximately 73 neighbors (we call them "clients"). In doing so, we believe we made it possible for many to age-in-place and remain at home, without having to move to assisted living facilities. No one doubts the great value of that!

We held education programs and provided social networking opportunities to an expanding circle of residents. We recruited and trained new volunteers.

This year our SNAP Annual Appeal was extremely effective with new donors and an increase of nearly \$5,000 over last year. In addition to receiving several significant gifts for repair of SNAP's Tortuga Trail (a walkway north of Territory Drive), we have applied for a major grant to expand our senior living/end of life education series.

Finally, I want to mention what I consider a public relations coup – a wonderful television feature on SNAP produced by Tony Paniagua of Arizona Public Media. It focuses on one of our good-humored clients for whom SNAP provides essential services, and whose story graphically highlights the value we add to our community. You can see this TV feature on YouTube at: <http://www.youtube.com>. In the SEARCH field, enter "Arizona Public Media Sunrise Neighborhood Assistance Program."

As we move into our next year, I want to acknowledge the significant contributions of our dedicated board members – Bill and Lu Salisbury, Norma Patrick, Dottie Lewis, Charlie Finlan, Mimi McMahon-Melo, Tom Cahill, and of course, Tiny Read, whose work as SNAP Coordinator keeps us all on task in fulfilling our vital mission of "neighbors helping neighbors."

Be sure to check our web site at [www.sunrisesnap.org](http://www.sunrisesnap.org) to see the latest about SNAP and/or to make a tax deductible contribution on PayPal. Thanks for your continuing support.

Jeff Bartell  
SNAP President

**Our Vision: Enhance the quality of life for senior and/or disabled, injured or ill residents residing in the SNAP service area (Craycroft, Sunrise, Kolb and River Rds.) as they age-in-place in their own homes.**

**Our Mission: To provide an array of "neighbors helping neighbors" volunteer services, educational programs and social events that assist and support residents in their own homes.**



Tiny Read

Welcome to Springtime! We recently celebrated our 6th birthday and service to the community and are pleased to report that SNAP is thriving! When you look at the charts and graphs on page 4, you will see we were busy indeed!

However, Pima County is aging and many seniors need help. The 65 and older group has grown 26.2% in Pima County between 2000 and 2010 versus 15.1% nationally. Today, one in 9 people age 65 and older has Alzheimer's disease. Between 2012 and 2022, the 80+ year old group is projected to grow to nearly 35% of the total population and the annual number of new cases of dementia is expected to double by 2050. SNAP helps our aging senior clients/neighbors preserve their independence so that they may live their lives to the fullest and make appropriate end-of-life decisions themselves. Through SNAP's affiliation with the ELDER Alliance, we stay tuned to the "voices of the neighborhood" identifying what they want and need to age-in-place successfully and keep our community strong and vital. That neighborhood "voice" continues to guide the development of SNAP programs and services.

Thank you for your continued support and assistance. All of us with SNAP will work hard to keep SNAP at the heart of the community.

Lucy W. Read ("Tiny")  
SNAP Coordinator

## SNAP: Not a HOA?

To follow is an explanation about the relationship between Sunrise Neighborhood Assistance Program (SNAP) and a Homeowner's Association (HOA):

SNAP is a non-profit, 501(c)(3) organization formed in 2009, of neighbors helping neighbors who are experiencing temporary or chronic illness, mobility issues, infirmity or social isolation, giving them an opportunity to live safely and comfortably in their home—to age in place.

SNAP volunteers offer transportation services, caregiver relief, minor household maintenance, friendly visits and phone calls, social and educational programs plus health and well-being advice to “clients” (or residents) living in our service area bordered by Kolb/Sabino, Craycroft, River and Sunrise Roads. SNAP is funded entirely by individual tax deductible donations, corporate sponsorships, community partners and grants.

HOAs are formed pursuant to Arizona law by an Amended Declaration of Covenants, Conditions and Restrictions, under which the association governs the condition and use of the properties – lots and common areas. HOA funds come mainly from homeowner dues and assessments.

HOA responsibilities include maintaining sidewalks, streets, and

signage, area beautification such as landscaping, erosion control, watering and preservation, recreation facilities, walls, fences and other improvements, association utilities and services, and enforcement of common aesthetic neighborhood standards, among other things.

SNAP has officers and a nine-member board of directors consisting of residents of various neighborhoods and HOAs in this area, who are elected by the other directors.

HOAs have a board of directors, all of whom must be members of the representative HOA and who are elected by members of that particular Association.

So, the two organizations—SNAP and a Fairfield HOA—have entirely different functions, geographic boundaries and governance, as well as tax status. We are separate, but we have at least one thing in common: we both enhance the quality of life in our community.

As President and Board Chair of SNAP, I am very grateful to the HOAs in our service area for their encouragement and support of SNAP, both as individuals and on behalf of their homeowners' associations.

Jeffrey Bartell  
SNAP President

## SNAP Snippets

Someone recently asked about our SNAP Client Population...

- Our client population numbered 72 (unduplicated) persons served is 29% male and 71% female
- 61% of the 72 persons are between the ages of 65 and 95
- 58% of the 72 person live alone
- 15% have been diagnosed with Mild Cognitive Impairment or Dementia
- 100% live in Tucson year around; less than 1% have children who live in town

*snap*  
Sunrise Neighborhood  
Assistance Program

2015 OFFICERS AND  
DIRECTORS

Jeff Bartell, President  
Lu Salisbury, Vice-President  
Norma Patrick, Secretary  
Dottie Lewis, Treasurer  
Tom Cahill  
Charlie Finlan  
Mimi McMahon-Melo  
Bill Salisbury  
Tiny Read, *SNAP Coordinator*

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P.O. Box 30494, Tucson, AZ 85751-0494  
520-437-9556  
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**Please call with any questions!**

## HIGHLIGHTS AND RECOLLECTIONS

- Over 6,300 hours of free “Neighbors Helping Neighbors” services provided to friends and neighbors in our service area
- New, lovely and nearby office space at the Lutheran Church of the Foothills



- A special Dedication for the pedestrian pathway (north of Territory Drive) called Tortuga Trail; repair work has been completed for your safety and enjoyment.
- A successful Health Fair and Home and Garden Tour in 2014
- A SNAP Circle / 6th Birthday Party worth remembering.



- Walgreen’s brought a Flu Shot clinic to us in the Sunrise Mountain Ridge clubhouse and to our Health Fair at St. Alban’s Church.
- A great new website at <http://www.sunrisesnap.org> .
- Continued support from ELDER Alliance for mobilizing this pilot neighborhood as a community in which residents want to age-in-place OUR way
- Joining forces with PCOA’s Ambassador, Judy Watkins, to provide resources for senior adults.

- Ongoing education for Senior Living through presentations on legal, social and life planning topics. Progress in building a dementia-friendly community and creating opportunities for support for family caregivers through Brookdale at Ventana Canyon (formerly known as Freedom Inn).
- A \$1200. grant award from United Way of Tucson and Southern Arizona for benches along the Tortuga Trail.
- Participation in PCOA’s “A Matter of Balance” class in an effort to reduce the risk of falling.



- Early planning for interactive Senior Living / End of Life education series to begin this summer. Submission of grant to Community Foundation for Southern Arizona. The goal of this series is to help residents transition from denial and fear of aging and death into their end of life living stage with peace of mind and acceptance of the inevitable.

## VOLUNTEERS EXTRAORDINAIRE

Each year at the SNAP Circle Celebration/Birthday Party, a few volunteers are recognized for their exceptional service.

Over the years, Nancy Hofstetter has delivered a multitude of SNAP flyers in her neighborhood, cut up and served at least 100 pounds of fresh fruit for Home and Garden Tour receptions, appeared multiple times in a PSA announcement with Mayor Jonathan Rothschild and regularly cooks gourmet-style meals for other clients. She is also a client who no longer drives much and appreciates rides to appointments from her special volunteers.

Pete Read has “cooked” the SNAP books with Quick Books for Non-Profits since 2011, is the master of the clubhouse PA system and bartending team for SNAP events, has changed many light bulbs in streetlamps, has been known to drive clients to Phoenix and delivers mail to a client’s home every day. During SNAP’s Annual Appeal, he records donations and makes a daily deposits. He is truly the “organizer of the organization!”

We thank both Nancy and Pete for their exceptional service to SNAP and for “Paying it Forward!”

### HEARD IN THE “HOOD”...

“We used to spend our time between Tucson and California. Now we’re in Tucson all the time and a big reason for this is SNAP.” (CM)

“The donation you recently received was motivated by a Saturday walk I took along the Tortuga Trail. SNAP has made such a wonderful improvement to that neighborhood asset.” (JM)

“The SNAP Birthday Party was so lovely and fun. Thank you for all the things you do for me. I am very grateful!” (RH)

“I never knew my neighbors across the street until they got involved with SNAP. Now they take me to some of my appointments and we enjoy going out for breakfast together.” (A client)

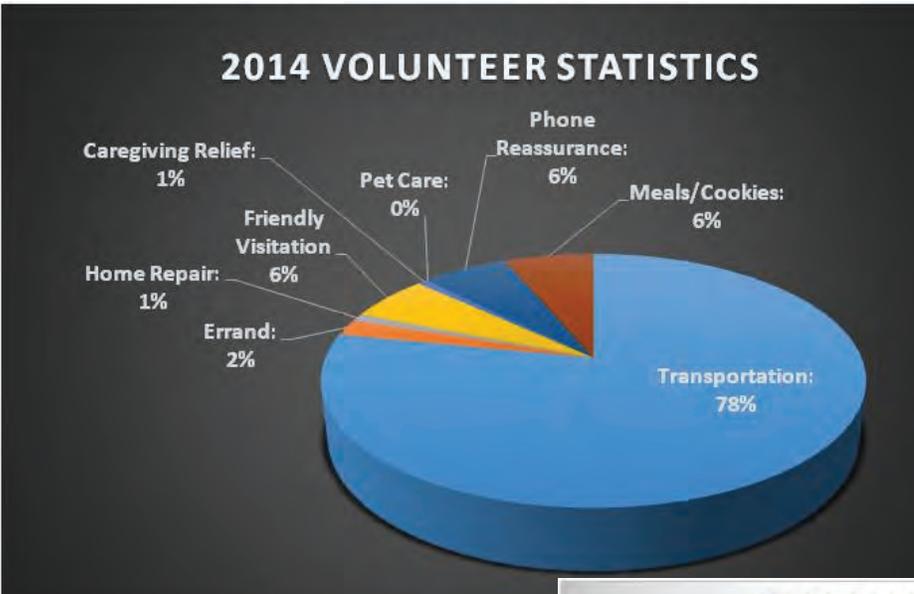
“SNAP has allowed me to stay in my own home longer than I ever thought I could.” (JP)

“Your work with the aging in your area is priceless. I was pleased to be involved.” (BF, Tortuga Trail Contractor)

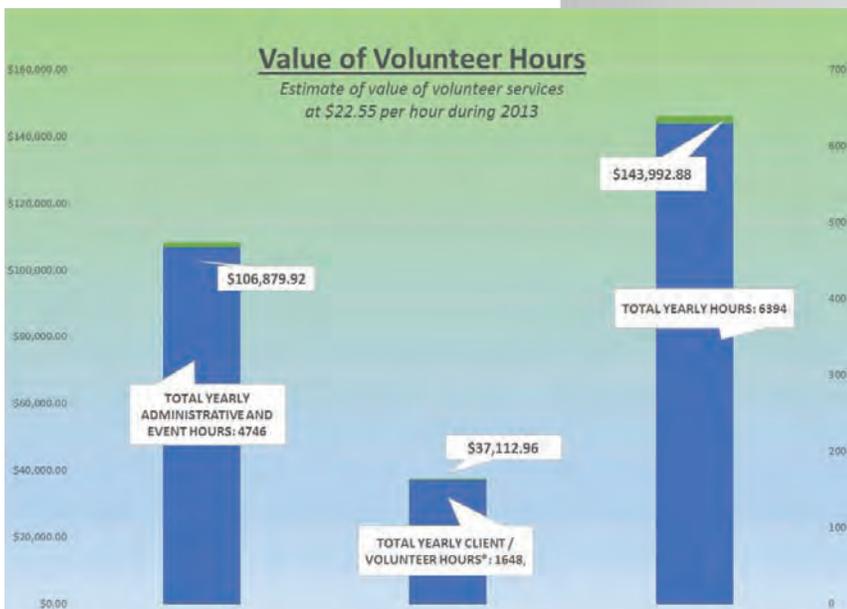
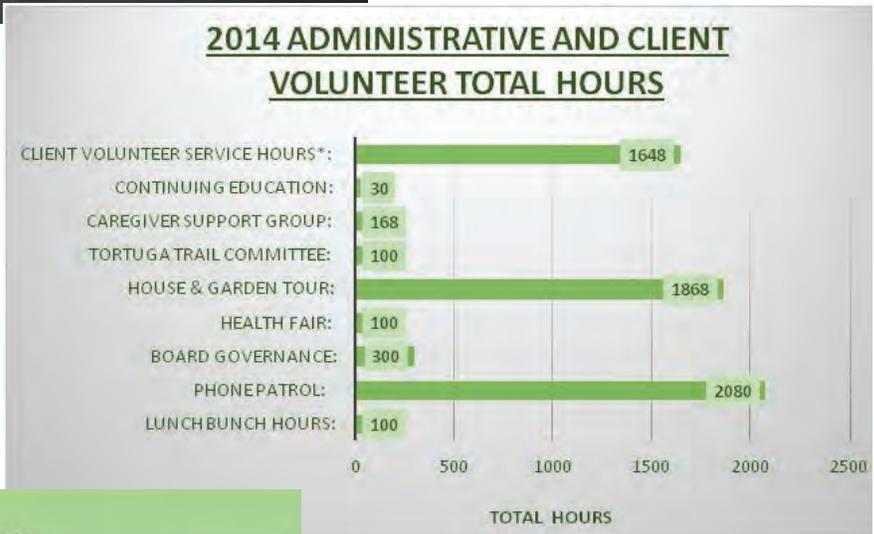
# Financial Management

SNAP's most valuable resource is by far, its volunteer force and the services provided. The charts below show the breakdown and value of volunteer work.

The chart at the left represents the percentage of services offered by SNAP volunteers during 2014. Transportation is the service most utilized for those no longer driving. Rides are provided for appointments to the doctor, dentist, hair salon, physical therapy, grocery store, exercise classes or wherever, Monday through Friday. Other services are shown on the pie chart. SNAP has a garage full of gently used items for loan—walkers, canes, shower stools, wheelchairs, electric lift chair, elevated toilet seats, bedside commodes and crutches. If you have any gently used medical equipment to donate for the Loan Chest, please call the SNAP line (520-437-9556) for more information.



Direct service volunteers that work with clients in our “neighbors helping neighbors” program are a significant part of SNAP statistics, but there are also administrative, operating, fundraising, community projects and educational programs that require dedicated volunteer time. We’ve tried to account for these hours in the accompanying charts.



What does this mean to the SNAP communities? The Independent Sector in Washington, D.C. calculated the value of volunteer time at \$22.55 per hour in 2013. In applying this hourly rate to the amount of time for each of the different SNAP service categories, it is evident that this has great value to you as a resident in this community because of the cost savings for time and services provided. The greatest reward volunteers have is seeing the smile it brings to those we can help and knowing that we’ve been able to do something of worth right in our own backyard.



## ***SNAP CIRCLE SUPPORTERS***

*An inclusive group of community partners,  
corporate sponsors, clients, volunteers and donors*

*"At the heart of our community"*

### **2014 Community Partners**

- Pima Council on Aging: (PCOA) The premiere resource for senior adults in southern AZ. SNAP is a member of PCOA's Neighbors Care Alliance. "When you don't know where else to turn, start here."
- ELDER Alliance: A collaborative effort aimed at helping Pima County residents implement their own ideas, programs and services that support older adults growing old gracefully in their own homes and communities.
- Jewish Family and Children's Services (JFCS): Provides significant grant award for repair work on Tortuga Trail plus oversight for Community Mobilizer through ELDER Alliance.
- Brookdale at Ventana Canyon (formerly Freedom Inn): A nearby assisted living facility that provides support for SNAP's Caregiver Support Project (for residents caring for loved ones at home with dementia). A SNAP Health Fair Sponsor.
- Lutheran Church of the Foothills and St. Alban's Episcopal Church: Both organizations have provided space for SNAP meetings and programs in 2014. SNAP's office is now located at the Lutheran Church of the Foothills.
- Infinity Earthworks: A local landscape company providing in-kind contributions of labor, project management and volunteer service.
- TMC Senior Services: Provides extensive education, outreach programs, wellness presentations and more for senior adults. A SNAP Health Fair Sponsor.
- Remedy Intelligent Staffing: A full service staffing company which has provided in-kind contributions too numerous to mention over the past 6 years---creative design work, copying, food and volunteer service.
- Catalina In-Home Services and Bayada Home Health Care: Both companies are SNAP Health Fair Sponsors and Home Tour Sponsors.
- Walgreens at River Center: Provides on-site Flu Shot clinics and is a SNAP Health Fair Sponsor.
- United Way of Tucson and Southern Arizona: Provided grant for Tortuga Trail benches and oversight for Community Mobilizer through ELDER Alliance.

## *2014 Corporate Sponsor Support*

Home~Garden and Treasures  
Tour sponsorship is open to  
companies and services doing  
business with residents in the  
SNAP service area.

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Brett's Kitchen and Bath  
Catalina In-Home Services  
Conway Tile Co.  
Deppe's Landscape & Design

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Karla Smith-Karla & Co.  
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Remedy Intelligent Staffing  
Republic Services, Inc.  
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Roof Tek's, Inc.  
Sierra Fitness  
STL Manufacturing  
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Landscape  
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## *2014 SNAP Circle Donors*

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Jeff & Angela Bartell  
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Cliff & Ester Bergstrom  
Lexie Bivings  
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Claudia & Brian Bray  
Monte Brewer  
Tom & Nancy Brock  
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Sandie Businger  
Harry & Susan Bussman  
Tom Cahill  
Fran Calene  
Ruth Campbell  
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Norma Zimdahl  
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Anonymous (17)

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Emma Lee Crosby  
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Joyce Nichols  
Richard O'Grady  
William Peiffer  
Don Pelley  
Helen Rose  
Max & Annie Sandherr  
Jack Thompson  
Eljana Walker

### **Gifts were given in Honor of:**

Janet Andrews  
Cynthia & Hal Bohner  
Nancy Bower  
Dick Grisham  
Ruth Hoefler  
Robert Leffler

**WE ♥ OUR SUPPORTERS:**  
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and 174+ individuals*  
**A big THANK YOU to each and every one of our Supporters**

## A NEIGHBORHOOD CONCERN...

If you are caring for a loved one with dementia at home on a 24/7 basis, you are probably all too familiar with the Symptoms of Caregiver Stress. If you have a friend or neighbor who is caring for a spouse, child or parent at home, then you too are probably aware of some of these symptoms, as identified by the Alzheimer's Association.

1. Denial about the disease and its effect on the person who has been diagnosed.
2. Anger at the person with Alzheimer's, anger that no cure exists or anger that people don't understand what's happening.
3. Social withdrawal from friends and activities that once brought pleasure.
4. Anxiety about the future.
5. Depression that begins to break your spirit and affects your ability to cope.
6. Exhaustion that makes it nearly impossible to complete necessary daily tasks.
7. Sleeplessness caused by a never-ending list of concerns.
8. Irritability that leads to moodiness and triggers negative responses and actions.
9. Lack of concentration that makes it difficult to perform familiar tasks.
10. Health problems that begin to take a mental and physical toll.

Getting help, understanding what's happening, knowing what community resources are available and taking care of yourself are key to reducing the harmful effects of caregiver stress. Call 1-800-272-3900 for the Alzheimer's Helpline which is open 24/7.

SNAP offers residents with dementia and their caregivers a social respite program and a Caregiver Support Group at Brookdale at Ventana Canyon (fka Freedom Inn) on the first and third Thursdays of each month from 2-3:30 P.M. There is no cost for this service. For additional information, please call the SNAPLine at 437-9556 and request a call back from one of our Caregiver Support Project team members.

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## Another Neighborhood Concern...Hoarding

Hoarding refers to accumulating excessive clutter and frequently meets the criteria for classification as obsessive-compulsive. Hoarding is a failure to dispose of possessions of little or no value and can present serious health and safety risks for older adults living at home. These include the potential risks of fire, slips and falls, infections and respiratory illnesses.

The most serious symptoms of hoarding occur in middle-aged and older adults and are present in all

socioeconomic levels. Hoarding is more common in men than women, though women are more likely to seek treatment for a hoarding disorder than are men. Hoarding may result in intervention by professionals (Law Enforcement, Fire Safety or Adult Protective Services) or even in removal from homes for those with serious hoarding problems or powerful emotional attachments to those possessions.

Cognitive-behavioral therapy (CBT) is an effective treatment for a hoarding

disorder. Public education is also helpful. Tucson boasts a new support group for persons who are "buried in treasure," and need assistance in breaking the cycle for compulsive acquiring, saving and hoarding. If you suspect a friend or neighbor has a hoarding problem, please contact Jennifer Hagan at Pima Council on Aging (790-0504) or [www.azhoarding.com](http://www.azhoarding.com) for more information about the "Buried in Treasure" Support Group.



P.O. Box 30494  
Tucson, AZ 85751-0494

### ***LOOKING AHEAD TO 2015***

As a nonprofit 501(c) (3) organization, SNAP relies on charitable contributions from individuals and businesses to offset expenses we incur helping our neighbors live at home and to fund special projects. Gifts made to SNAP are fully tax deductible as allowed by law. Your support of SNAP can take many forms: checks, cash, stock, bequests, memorial gifts, in-kind donations, special project or event contributions and gifts of your time and talent. Please call 437-9556 to discuss any of these opportunities with a SNAP representative.

#### **What is the time commitment for volunteering with SNAP?**

There are no minimum hours of service required and SNAP welcomes winter visitors and parttime residents. Please call 437-9556 for an application and more information. SNAP needs you!

#### **Who can use SNAP?**

Any resident 55 years old and over in the SNAP service area. Think of SNAP following discharge from a hospital or rehab facility, when you are ill, when respite is needed for a family member, if you feel alone or isolated or have a long-term disability.

#### ***Please join us for SNAP's Come and Learn Programs:***

Walk-n-Talk on the  
Tortuga Trail or in the church

#### **Ask the Pharmacist... All About Pain Medications**

Lutheran Church of the Foothills

**April 12, 2015**

**2 p.m. - 3:30 p.m.**