

SAVE THE DATES: FALL PROGRAMS

Educational Programs are all held at Lutheran Church of the Foothills
(Craycroft & Territory)
from 2pm – 3:30pm

Monday, August 27

Grief-healing techniques & ice cream social, with grief counselor Penny Lundstrom.

Monday, September 24

Mark Clark, CEO,
Pima Council on Aging

Monday, October 1

Totally nonpartisan discussion led by Vote Smart's Richard Kimball.

Monday, November 5

Physics to Share with the Grandkids,
SNAP Board member Lee Radziemski

Flu Shot Clinic by Walgreens

Monday, October 8
1:00 pm – 3:00 pm at LCF
Email monicaspigelman@sunrisesnap.org for info. Bring Medicare card. No charge.



This Issue

- Meet the Phone Patrol P. 1
- Tech Talk Update P. 2
- PCOA's CEO to visit Sept 24 P. 3
- Alzheimer's Walk, Nov. 10 P. 5
- Senior Living Facility Tours P. 7

*Phone Patrol, l-r:
Lexie Bivings, Tiny Read, Dottie Lewis, Tamela Nelson, Linda Vogel, Norma Patrick and Jenni Bosma.
Not pictured here: Mickey Musé.*

SNAP Phone Patrol: Teamwork & Talent for Community

If you've called the SNAP line for resource information, you've met a member of SNAP's "phone patrol," the first line of SNAP support and information for our community. This dedicated, experienced team of seven women (plus 2 subs) is the core of SNAP's chain of service, and each volunteer is crucial in SNAP's mission:

Lexie Bivings, a Fairfield resident for 21 years, got involved in SNAP seven years ago, and today is both a client and Phone Patrol volunteer.

Jenni Bosma, a Fairfield resident for three years, came on board the Patrol in 2017;

Dottie Lewis, volunteer since 2010, settled in Tucson as a Fairfield resident in 1996;

Mickey Musé, who moved to Fairfield in 1993, began with SNAP in 2010, by helping Tiny enter volunteers or clients in SNAP's 1st database.

Tamela Nelson saw a flyer for SNAP volunteering when she landed in Tucson in 2014. Her interest in technology helped SNAP move to an automated scheduling program in mid-2016.

Norma Patrick, on duty since 2011, is a Fairfield resident for 30 years.

Tiny Read, SNAP founder and Fairfield resident for 17 years, tells us she received a grant to purchase a phone for SNAP's support line in 2007. In the earliest years, **Lu Salisbury** and **Hilde Clarke** also shared duty, responding to phone calls for support. Tiny remains as a Phone Patrol substitute.

Linda Vogel, volunteer since 2016, is a Fairfield resident since 2011.

(Learn more about the Phone Patrol on the website: www.sunrisesnap.org)

(Phone Patrol story continues, page 7)

SNAP TECH FACTS

- FOUR IN TEN SENIORS NOW OWN SMARTPHONES, MORE THAN DOUBLE THE SHARE THAT DID SO IN 2013**
 - AMONG SENIORS, ROUGHLY ONE-THIRD OWN TABLETS AND ONE FIFTH OWN E-READERS**
 - AROUND ONE THIRD OF SENIORS REPORT USING SOCIAL MEDIA**
- PEW RESEARCH CENTER, "TECH ADOPTION CLIMBS AMONG OLDER ADULTS," 2016 SURVEY

Tech Talk Update

Tech Talk volunteer Frank Judnich works with Lillian Essex

We're all becoming more tech-savvy – We need to be! SNAP is mindful of the role of technology in positive aging – and is exploring tech-minded programs and resources that support our constituents as they age in place.

"Tech Talk" sessions were held with four SNAP volunteers working with two local tech veteran volunteer consultants, providing training to residents. SNAP volunteers included: Edmundo Claros, Frank Judnich, Pat McMillin and Joe Steiner.

The program, facilitated by board member Martha Wright, was developed with the support of Warren Beneville and Monica Tervoort – who also provide free peer-to-peer technical help sessions at Dusenberry-River Pima County Public Library (call to register: 594-5345).

SNAP's Tech Talk Informal sessions, conducted at LCF in May and June, included advice on useful mobile device features, the pros and cons of video-chatting apps and options for e-readers like the Kindle, or tablets like iPad.

Tech Talk sessions also allowed SNAP clients and volunteers to "get comfortable" with their devices, according to Tom Cahill of SPTH.

"I had some questions about settings on my iPad, and through Tech Talk I was able to answer them," Tom notes about the program.

SNAP wants to learn about your technology needs, so we may best match these with available community resources. Participate in a SNAP Fall survey, by emailing monicaspigelman@sunrisesnap.org



RAFFLE Benefits SNAP

For 11 years, the Jim Click Automotive Team has sponsored a community wide campaign to benefit Southern Arizona charitable 501(c)(3) organizations — and that includes SNAP! All proceeds from sale of raffle tickets issued to SNAP benefit us — will you buy a ticket?

Tickets may be purchased between now and early December for \$25 each or 5 tickets for \$100. This year's prizes include a **2018 Jeep Grand Cherokee Summit**, **two round-trip first-class airline tickets to anywhere in the world, or \$5000 in cash!**

Call any board member for tickets, or request them from monicaspigelman@sunrisesnap.org.



Tech Talk in June: Sharon Bale learning from volunteer Pat McMillin, tech support consultant Warren Beneville and volunteer Joe Steiner.

Neighborly Placemaking:

PCOA CEO to Discuss Positive Aging and Impact of Supportive Services on Sept. 24

As CEO of Pima Council on Aging (PCOA), Mark Clark knows the value of everyday actions of neighborliness to ensure positive aging. He'll join SNAP for a discussion on the impact of neighborliness on quality of life – including an update on PCOA's plans in terms of advocacy and comprehensive services that support older adults' independence and enhanced well-being.

The SNAP educational program takes place on Monday, September 24, from 2:00 – 3:30pm at the Lutheran Church of the Foothills (at the corner of Craycroft and Territory).

More than ever, neighborhoods contribute to quality of life. There is a sense of ownership in community well-being that is inspired by neighborhoods and agencies that support them.

Vibrant neighborhoods perform critical functions, particularly for older adults who wish to age in place – from social networks to safety, from care-giving to companionship.

The SNAP-PCOA program also will highlight how PCOA works with neighborhood programs like SNAP through the Neighbors Care Alliance. An info table on this program will be set up at the gathering.

The Sept. 24 SNAP program also ties with National Neighborhood Day, celebrated the third Sunday of September since 2004. This non-sectarian, non-partisan annual celebration acknowledges the importance of simple neighborhood gatherings, which recognize and reinforce one foundation of community.

PCOA Serving the Community

Under the Older Americans Act, the Arizona State Plan on Aging was created as the master plan for coordination and delivery of supportive services for older

Americans, from October 1, 2018 through September 30, 2022. PCOA is the designated Arizona Area Agency on Aging for Pima County, charged with communicating about and delivering a multi-tiered approach for the region's eligible older Americans. PCOA CEO Clark will discuss the importance of neighborhood groups like SNAP...and how PCOA supports residents not only with a pipeline of information resources, but with programs that help residents remain healthy and active.



Neighbors Care Alliance *A program of Pima Council on Aging*

In 2003, PCOA created the Neighbors Care Alliance, a support network for neighborhood groups like SNAP, whose focus is on creating or strengthening volunteer programs that help older adults remain in their own homes for as long as possible through the support of their "neighbors." In 2017, there were 16 Neighbors Care volunteer programs affiliated with PCOA, encompassing more than 1300 volunteers

who serve more than 2100 clients across Pima County.

Neighbor Stats

According to PCOA, volunteers reported over 108,000 hours of service, in a variety of assignments including transportation, friendly visits, phone calls and relief for family caregivers.

SNAP became a member of the PCOA Neighbors Care Alliance in 2008.

SNAP Sunrise Neighborhood Assistance Program

2018 Officers and Directors

Jeff Bartell, President
Mary Becker, Secretary
Janice Stroh, Treasurer
Tamela Nelson
Norma Patrick
Lee Radziemski

Tiny Read

Bill Salisbury

Lu Salisbury

Ken Smith

Martha Wright

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Arizona Aging Facts

Arizona has nearly 1.5 million Arizonans over the age of 60.

Arizonans age 65 years and older comprise 22 % of Arizona's total population.

By 2030 there will be as many people over 60 years of age living in Arizona as there are children under the age of 17.

(from 2019-2022 AZ State Plan on Aging)

Aging in Place News For Savvy Seniors

John Walker, Lee Crosby, Norma Patrick at recent Education event.



The Department of Economic Security, Division of Aging and Adult Services (DES/DAAS) has produced the draft 2019–2022 State Plan on Aging, a tool for planning aging programs and tracking efforts on behalf of older adults in Arizona. You can read the report here: <https://des.az.gov/sites/default/files/media/Arizona-State-Plan-on-Aging-2019-2022.pdf>

Is there such a phrase as “normal aging”? Read Kaiser Health News: <https://khn.org/news/is-there-such-a-thing-as-normal-aging/>

According to the Center for Disease Control, falls are the top cause of fatal and non-fatal injuries in Americans aged 65 and older.

The CDC has created the STEADI initiative (Stopping Elderly Accidents, Deaths and Injuries) for healthcare providers who treat older adults who are at risk of falling. Learn more at: <https://www.cdc.gov/steadi/about.html>

There is a global competition to promote age-in-place innovation: <https://gex.brightidea.com/InGoodCompanyChallenge>

The National Alliance for Caregiving offers resources for family caregivers: <https://www.caregiving.org/resources/general-caregiving/>

The NextAvenue.org website reports:

“The new Chronic Care Act, which became law in February, gives Medicare Advantage plans more flexibility so they can now cover “non-medical” benefits like home bathroom grab bars and wheelchair ramps for the chronically ill. These benefits will begin in 2020.”



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Alzheimer's Statistics

5

2,943
is the # of deaths from Alzheimer's disease in 2015, in Arizona.

Alzheimer's is 5th leading cause of death in Arizona.

182 percent increase in Alzheimer's deaths in Arizona since 2000

In U.S., Over 5 million are living with Alzheimer's.

16.1 MILLION AMERICANS PROVIDE UNPAID CARE FOR PEOPLE WITH ALZHEIMER'S OR OTHER DEMENTIAS.

Get the facts:
alz.org/facts

2018 Alzheimer's Walk is Nov. 10

SNAP wants to take the lead in The Walk to End Alzheimer's — will you join our team to make a difference?

The Desert Southwest Chapter of The Alzheimer's Association is the leading local service organization in Alzheimer's support, care and research, and conducts the Walk as part of the world's largest event to raise awareness and funds.

Last year SNAP's team of 14 raised more than \$3,000!

JANUARY 2019 DEMENTIA AWARENESS

SNAP wants to turn Alzheimer's awareness into action!

On Monday, January 28, 2019, from 2–3:30pm at Lutheran Church of the Foothills, SNAP will welcome the Alzheimer's Association Regional Director Morgen Hartford and the Chapter's communications and training specialist Jodi Goalstone.

They'll host a "Dementia Friends" Information Session about changing people's perceptions about dementia.

There are more than 16 million family members and friends across the U.S. who currently are caring for a person living with Alzheimer's. Over 430,000 of those Alzheimer's caregivers live in Arizona and Southern Nevada, according to the Desert Southwest Chapter newsletter.

The Chapter staffs a hotline and conducts educational programs, groups and other activities to support local caregivers.

Dementia is caused by a number of diseases that affect the brain, including Alzheimer's and also vascular dementia, dementia with Lewy bodies and Pick's disease.

Help learn how you can create "dementia-friendly" communities! Save the date of SNAP's important education session (01/28/2019).



Alzheimer's Disease touches all of us. Please consider being part of SNAP 2018 Team:

- **Show Your Purple!**
In August, watch for SNAP's special surprises as we kick off our awareness campaign about the SNAP team.
- **September Snap to it!**
In September, SNAP will host information tables at our Educational events to talk up our team and fund-raising progress.
- **All in for SNAP walkers!**
In October and November, we'll finalize our plans and mementos for our super SNAP walkers.
- **Be part of the action!**
Watch your email and the website for details.
Sat., Nov. 10, 2018!



Out and About this Summer: Workshops, Lunch Bunch, Oh My!

Photos, below:

Lunch Bunch meets at the SMR clubhouse on the last Wednesday of each month.

The *Caregiver Support Group* meets the first and third Thursdays every month at Brookdale Ventina Canyon.

Check SNAP's website for more info, schedules or speakers.

Photos, right:

Recent Educational programs provided info and support on funeral planning and de-cluttering. *Top:* Lutheran Church of the Foothills (LCF) Pastor John Lillie discusses the LCF Memorial Garden.

Bottom: PCOA's Jennifer Carragan discusses Hoarding awareness resources.



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Service in Action: SNAP's Phone Patrol

Story continued from Page 1

While SNAP's phone line started informally with a paper monthly calendar, pencil (and giant erasers "because there were always changes," according to Tiny!), an actual Phone Patrol was organized in 2012, when phone calls for assistance had grown so numerous and rapidly, that a formalized team was required to respond to needs.

The seven share duties in staffing the phone line, handling phone duty on weekdays, from 8am until 5pm. Each team member works

a weekly assignment in a rotating schedule that is determined annually among team members. Although years of service have given Phone Patrol volunteers the wisdom to expertly respond to each call, there is a procedural binder used as reference, with maps, notes, SNAP policies, resources and contact numbers. The phone and binder are stored in the Patrol's pink bag that is ritually passed among each assigned member of the team. When a client needs a service, from a ride to a

reassuring phone call, the requests are entered into an online scheduling system called RideScheduler, where SNAP volunteers are able to review/select assignments.

The Phone Patrol is well-armed with enthusiasm and expertise. They've taken calls that range, some weeks, from an anxious resident needing a calming, reassuring voice, to introducing SNAP to a potential new client or volunteer. Or calls that assist residents in locating volunteers to provide caregiver relief, or pieces of equipment for in-home health care.

It's gratifying, each member notes, because of SNAP volunteers who want to spend time to help the clients in need. "I am constantly reminded how many 'good people' are around us in our neighborhood," reflects one.

Join SNAP for Facility Tours

Tucson's independent living, memory care, skilled nursing/rehab, assisted living and full-service communities are diverse, with each facility offering unique amenities. SNAP has developed a Senior Living Facility Tours program to assist residents in understanding the differences. It also helps us visit the communities in the comfortable, unpressured atmosphere of a group tour.

Join SNAP for two upcoming opportunities to assess living arrangements and plan for possible future alternatives:

**Tuesday, Sept. 11 —
The Forum at Tucson,
11am—3pm
Bus pick up at Lutheran
Church of the Foothills.
Free, lunch is included.
Reservation deadline:
August 31!**

**Friday, Nov. 16 —
Splendido at Rancho
Vistoso, 11am—3pm
Lunch included**

Reservations are essential. Email monicaspigelman@sunrisesnap.org to sign up for either tour.

SNAP Loves Our Supporters:



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A big THANK YOU to everyone who is willing to help shape the quality of life in our community.

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Willing to help? Learn about the Phone Patrol and other vital SNAP volunteer assignments, and/or call if you need service: 520-437-9556. Or contact SNAP at RideScheduler@sunrisesnap.org.



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520-437-9556

www.sunrisesnap.org

Facebook: www.facebook.com/snapsunrise

Snapshots publishes 4x per year.

Monica Surfaro Spigelman, Managing Director

Remember us!

SNAP's Annual Appeal Coming in October

*SNAP is committed to helping our neighbors who choose to age in place in their own homes, for as long as possible.
Please help SNAP continue our mission. When you see our envelope, please give as generously as possible!*

SNAP's 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 roads) as they age-in-place in their own homes.

SNAP's 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.

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.

Who can use SNAP?

Any resident 55 years and over in our SNAP service area!

Think of SNAP following discharge from a health facility, when respite is needed for a family caregiver, if you feel alone or have a disability.

Neighbors Helping
Neighbors

Volunteers:
We need you,
too!
No minimum
hours required.

Call: 437-9556

2018 Community Partners

Pima Council on Aging (PCOA)
Jewish Family and Children's Services (JFCS)
Brookdale at Ventana Canyon
Lutheran Church of the Foothills
St. Alban's Episcopal Church
Infinity Earthworks
TMC Senior Services
Remedy Intelligent Staffing
Catalina In-Home Services
Bayada Home Health Care
Walgreens at River Center
Ron Zack, PLC (Elder Law Attorney)
United Way of Tucson & So AZ: Elder Alliance
Albertson's and Safeway Foundation