

November
2018

snap shots

NEWS FROM THE SUNRISE NEIGHBORHOOD ASSISTANCE PROGRAM

SNAP 1ST QUARTER 2019 EDUCATION

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

Mon., Jan. 28, 2019

Dementia Friends Workshop/Briefing

Presenters: Morgen
Hartford, Director,
Desert SW Chapter,
Alzheimer's Association

Jodi Goalstone,
Regional
Leadership Committee,
Alzheimer's Association

Mon., Feb. 25, 2019

The Power of Focus

Presenter: Jill Jones
The ability to focus and ignore distractions is the key to a sharp memory and healthy cognitive function. The purpose of this presentation is to help you develop the habit of focus with simple techniques that you can do every day.

Mon., March 4, 2019

Cultivating Gratitude

Presenter: Anne Moors,
Counselor,
TMC Hospice and TMC
for Seniors volunteer



SNAP's 2019 Home~Garden & Treasures Tour Co-Chairs: Above, left: SNAP founder Tiny Read with 2019 Co-Chair Jeff Bartell, at the 2018 fete. Right, 2019 Co-Chair Fran Calene is busy with many aspects of stewardship, including volunteering at Lutheran Church of the Foothills. She is pictured in the Church office, above, right. Left: Scene from reception at Sunrise Mountain View Estates Clubhouse.

Planning Underway for April 7, 2019:

SNAP's 2019 Home~Garden & Treasures Tour

Planning is well underway for SNAP's spring Home~Garden & Treasures Tour, scheduled for Sunday, April 7, 2019. Showcasing classic renovations in our Fairfield communities, this program gives attendees the opportunity to tour a diverse mix of home styles and inviting gardens, with a fabulous silent auction and reception capping the special event.

Approximately 200 people participated in the 2018 Tour, and this upcoming self-guided tour will be a good opportunity to speak with homeowners, ask questions and spark some new ideas for your own home and garden.

Co-chairs for 2019 are Fran Calene and Jeff Bartell of Sunrise Mountain Ridge, and the two already are at work on preparing the tour program and the reception.

We need a LOT of help to make this day a success, as always!

Volunteers are welcome to join in on the planning, with assignments available for a number of committees. Visit SNAP's website volunteer page to complete a volunteer application to get involved:

sunrisesnap.org/volunteer-information/

**Save the Date:
Sunday, APRIL 7, 2019
SNAP's ANNUAL
HOME~GARDEN &
TREASURES TOUR**

LEWY BODY DEMENTIA (LBD) FACTS

- An estimated 1.3 million individuals and their families are affected by this rare disease, which resembles other more commonly known diseases like Alzheimer's and Parkinson's dementias.
- Some individuals start out with memory or cognitive disorder. Symptoms that differentiate include unpredictable levels of cognitive ability, changes in walking or movement, visual hallucinations, sleep disorder and sensitivity to medications for hallucinations.
- The Lewy Body Dementia Association (LBDA) is a 501(c)(3) nonprofit organization dedicated to raising awareness of the Lewy body dementias (LBD), supporting people with LBD, their families and caregivers and promoting scientific advances.

Formed by a group of caregivers, the association is online at:

www.lbda.org/

Spotlight: Leon Radziemski

Lee Radziemski retires from SNAP's board in December, but he'll continue Lewy Body Dementia issue advocacy

Prepare to be wowed by inventor, physicist and SNAP Board member Dr. Leon (Lee) Radziemski, who stirs our imaginations, as well as our passions for advocacy of Lewy Body Dementia.

To visit the home of Lee Radziemski is to peer into a rich mix of artful talent and science. Throughout are framed needlepoint of native cultures and landscapes. Lee intends for his works to be storytelling that is part craft and part science, opening conversations around the precise technical concepts of his works that blend with his other interests in science and art.

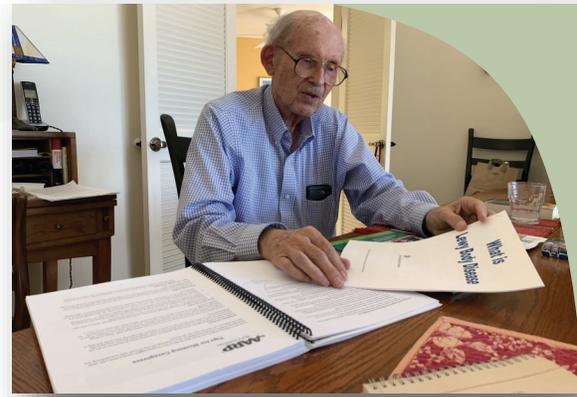
A current SNAP Board Member, Lee recently hosted a science demonstration as part of SNAP's education programming. He routinely hosts similar demonstrations for K-4 classrooms to inspire an interest in the sciences.

Lee also is the owner of a technologies corporation which conducts research to develop a means to improve battery life in implanted medical devices. He was Dean of the College of Sciences for Washington State University for 11 years.

Recent personal experiences have brought Lewy Body

Dementia into his learning equation. In 2017, his wife, Barbara, herself an educator, started experiencing unusual symptoms, which eventually led to a diagnosis of early onset Lewy Body disease with Parkinson-type symptoms. Lee now is learning a lot about that disease and intends to form a support group in Tucson for caregivers whose loved ones exhibit Lewy Body behavior.

We're always learning from the world around us, he explains. And now advocacy is part of Dr. Leon (Lee) Radziemski's explorations.



On November 12, Board member (and scientist) Lee Radziemski demonstrated several science experiments SNAP residents could use to help grandkids (and interested adults) learn about science.

At the Core of SNAP's Age-in-Place Mission Engaged Volunteers & Needed Services

Since early summer, a SNAP committee designated by the Board has been hard at work — studying ways to enhance SNAP's core services to clients, to develop and update volunteer training and engagement, to identify programs related to SNAP mission, and to develop evaluation tools. More than 16 from the SNAP community are engaged in the committee — including volunteers, clients and Board members. Much already has been accomplished: There

are new Client forms and Program Evaluation tools. The Volunteer roster is refreshed, and training as well as recognition programs are in the works.

What are Friendly Visits?

One project is helping clarify descriptions and guidelines for SNAP core services. For example: SNAP regularly conducts "Friendly Visits" for clients — usually one-hour visits that involve listening, companionship or informal social engagement with a

neighbor. It's the intention of a friendly visit by a Volunteer to enhance well-being in our community, and to support those aging seniors who wish to age in place.

Are you willing to become involved as a volunteer, whether it be to serve on a

committee, to drive a neighbor to an appointment, or to make a friendly visit?

Orientations for new Volunteers are conducted regularly. SNAP needs you! Learn more or download application on SNAP's website: sunrisesnap.org/volunteer-information/



SNAP volunteers at work, starting above, right, then clockwise: Lunch Bunch sign placement volunteers Marijo Nagle and Joey Curtis (who has moved to Green Valley). Volunteer (and Client himself) Tom Cahill has a friendly visit with SNAP's most senior Client, Elmer Hercher. Above, volunteers Gail Seale, Wendy Reed and Lexie Bivings work on Services & Programs committee projects.



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Raffle Benefits SNAP

The Jim Click Automotive Team sponsors a community wide campaign to benefit Southern Arizona charitable 501(c)(3) organizations — and that includes SNAP!

Time is running out! Purchase a ticket until early December— \$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.

Aging in Place News For Savvy Seniors

Betty Shepard (seated) speaks with Programs Director and SNAP Board member Norma Patrick.



Social isolation is a complex issue — especially stressful during holidays. The AARP Foundation created a network of resources for isolated older adults:

connect2affect.org/resources/

Do you know the cost of long-term caregiving? Read this study by The Associated Press-NORC Center for Public Affairs Research:

www.longtermcarepoll.org/

In home age-in-place assessment tool:

agefriendlyinnovators.org/available-homes/fall-risk-and-in-home-safety-assessment-app-design-and-development/#

Looking for Technology resources to help you live at home, as long as possible? Check these resources from Next Avenue:

www.nextavenue.org/alexaelectronic-assistants-might-let-live-home-longer/

In 2011, a **Research Report on Aging in Place** was published by the National Conference of State Legislators and the AARP Public Policy Institute. Its findings are still relevant and may be downloaded here:

assets.aarp.org/rgcenter/ppi/liv-com/aging-in-place-2011-full.pdf

Next Avenue suggests a winter project to preserve family memories and legacy, with the help of technology, including online services & digital applications:

www.nextavenue.org/preserve-family-memories/

In 2016, AARP accepted Tucson into its network of Age Friendly Communities — the first city in Arizona to become part of this network.

Read the 2017 Age Friendly community survey here: www.aarp.org/research/topics/community/info-2016/2016-aarp-age-friendly-community-survey.html



The Hacienda at the Canyon is a senior living community that promotes vibrant longevity.

Call 1-520-355-2200 for more information.



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How a Qualified Tax Distribution Can Support SNAP and Reduce Your Tax Burden

SNAP's Board member and Development director Ken Smith helps explain some 2018 IRS rulings regarding charitable donations from qualified accounts:

Thanks to recent tax-law changes, Qualified Charitable Distributions (QCD) are more attractive than ever for IRA holders.

Traditionally, people who itemize tax deductions, receive a tax deduction for their charitable contributions. However, under the

new law, the standard deduction has increased to a level so fewer people will benefit from itemizing. By not itemizing, there's no tax benefit from charitable donations. Financial planners are now telling their older adult clients who donate to charities – and want to pay less taxes – to use a QCD.

What is a QCD?

A qualified charitable distribution is a withdrawal from your IRA that your IRA Custodian sends directly to charity.

The money does not pass through you.

Who can do this?

Any holder of an IRA who has reached age 70 ½ or older at the time of the donation and is subject to an IRA Required Minimum Distribution (RMD).

How do I benefit from using a QCD?

The IRS allows a QCD to count toward your RMD, but there is no tax due on the money from the RMD. This reduces your taxable income, and allows you to “do good” and, at the same time, reduce taxes. Any reduction in taxable income affects the amount of Medicare premiums you pay and taxation of Social Security benefits.

Several steps must be followed for IRS compliance. If you're taking a QCD for the first time, work with your financial advisor and/or tax professional.

Left: Ken Smith at SNAP gathering. Below (l.-r.): Board members Tamela Nelson, Mimi McMahan-Melo and Martha Wright



SNAP Board News

SNAP's 2019 Officers will be:

Mary Becker,
President

Lu Salisbury,
Vice President

Mimi McMahan-Melo,
Secretary

Janice Stroh,
Treasurer

SNAP Sunrise Neighborhood Assistance Program

2018 Officers and Directors

Jeff Bartell, President
Lu Salisbury,
Vice President
Mary Becker, Secretary
Janice Stroh, Treasurer
Tamela Nelson
Norma Patrick
Lee Radziemski
Tiny Read
Bill Salisbury
Ken Smith
Martha Wright

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www.sunrisesnap.org

Fall programs engage community in diverse discussion: from advocacy to citizenship

How do you wish to spend your time? SNAP has programs, social activities and volunteer assignments — all to spark your interest.

Lunch Bunch meets at the SMR clubhouse on the last Wednesday of each month. Remember: Lunch Bunch continues in November & December, 11:30am–1pm. Check SNAP's website for more information.

Recent Educational programs provided info and resources on the impact of neighborliness on quality of life, on importance of voting-responsible citizenry, as well on as how community helps us cope with grief.

Senior Facility visits took SNAP and residents to The Forum and Splendido, supporting our goals to plan for future needs.



A group of 15 SNAP participants attended a facility tour of The Forum at Tucson.



PCOA's CEO and President W. Mark Clark spoke on September 24 about aging advocacy & power of neighborhoods.



Lunch Bunch welcomes the participation of all neighbors, for a shared bag lunch and conversation about our community.



VoteSmart founder Richard Kimball spoke to SNAP attendees as part of an education program on citizenship.



A GriefShare presentation and ice cream social was held August 28 and featured Penny Lundstrom.



A SNAP contingent visited Splendido at Rancho Vistoso on November 16.

Age-Friendly Communities are Dementia-Friendly, too

SNAP's own Tiny Read and Lu Salisbury participated in a "Virtual Dementia Tour" at La Cholla, and Tiny provided this reportback:

As the humans around the world enjoy increasing longevity, the incidence of dementia continues to rise. SNAP is part of a local and national effort to move communities toward dementia-friendliness.

Over 10 years, SNAP programming has helped reduce the stigma of dementia and create a "dementia-friendly" culture, including: Education programs about dementia; Caregiver relief volunteer service; senior living facility tours; monthly Caregiver Support Group meetings; participation in annual Walk and referrals to our local Alzheimer's Association.

But what is a "dementia-friendly" community? It's one that is "...informed, safe and respectful of individuals with the disease, their families and caregivers, & provides supportive options that foster quality of life." Recently, The Fountains at La Cholla offered the Virtual Dementia tour to 14 business & nonprofit community leaders.

The tour exposed the group to a multi-sensory experience intended to build a greater understanding of dementia. Several group members who participated expressed confusion, frustration, disappointment and anxiety. All came away with a greater awareness of what it was like to live with dementia---albeit for a very limited time---as well as how difficult it must be for caregivers to work with persons who have memory loss and /or confusion plus multiple health issues accompanying the dementia.

Learn more in 2019: January 28, 2019, SNAP's Education program will include a Dementia Friends presentation. **On website:** sunrisesnap.org/dementia-friendly



Photos from top, clockwise: Walker Sheryl Brown. Team members meet up with Desert Southwest Alzheimer Association Regional Director Morgen Hartford (second from right). To identify the Team members and learn SNAP standing in the Walk, head over to sunrisesnap.org

2018 Walk to End Alzheimer's

20 SNAP Walkers and additional SNAP donors —raised \$3,620—241% of goal.

Thanks to all who supported the 2018 SNAP Team:

Eloise Gore, Tamela and Jayson Nelson, Mary Becker, Kathryn Shields, Sheryl Brown, Bill and Lu Salisbury, Janice Strohl, Philip Finch, Cynthia Maier (plus granddaughter-in-law Elena with son Nicki), Pat Paulsel, Deb Shepard, Tom Cahill, Lee Crosby, Nancy Hayden, Leigh and Monica Spigelman



sunrise neighborhood assistance program
"neighbor to neighbor"

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www.sunrisesnap.org

Facebook: www.facebook.com/snapsunrise

Snapshots publishes 4x per year.

Monica Surfaro Spigelman, Managing Director

Annual Appeal — Have you seen SNAP's letter?

Thanksgiving celebrations are behind us, but the memories of our blessings live on. *SNAP is fueled primarily by neighbors helping neighbors in our commitment to helping our neighbors who choose to age in place in their own homes for as long as possible. Will you help SNAP to continue to help our neighbors? Please give generously to our annual appeal. Your contribution is so important to us! All donors (unless request otherwise) will be acknowledged in Snapshots February 2019, SNAPCircle.*

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?

Neighbors Helping
Neighbors

Any resident 55 years and over within SNAP service boundaries (Craycroft, River, Kolb, Sunrise)

Think of SNAP following discharge from a health facility, if you feel alone and would like a friendly visit or phone call, or have a disability.

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