

Senior Village at SaddleBrooke

Neighbors Helping Neighbors



January 2023

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SaddleBrooke Friday Quilters Honors Senior Village

This year the SaddleBrooke Friday Quilters Club has selected Senior Village to share the proceeds of their live quilt auction on Tuesday, February 21. President Connie Rank-Smith says, "we chose Senior Village because of the number of people here who need their help."

The art of quilting in America has a rich history of providing comfort, raising funds and celebrating the events of life. For early settlers, quilting repurposed scraps of fabric for warm blankets. Quilters raised money during the Civil War to give comfort for soldiers. The quilting bee has served as a social gathering to share friendship. Every stitch tells a story or celebrates a major life event.

The SaddleBrooke Friday Quilters carry on the traditions of creating beauty while sharing talents and friendship for a good cause. Senior Village is deeply honored to receive this gracious gift.

Quilt Auction

February 21, 5:30—8:00 pm

HOA1 Activity Center

20 quilts will be auctioned.

\$15 ticket includes wine and appetizer reception. Tickets sold in advance due to limited space.

For Tickets Call:

Connie Rank-Smith, 520-861-7747 **or**
Barb Turner, 847-975-0244 **or**
tickets@seniorvillage.org—use QUILT
in subject line.



From the Desk of the Executive Director

The Senior Village Commitment – Today and Tomorrow



Serving the SaddleBrooke community is not just what we do, it is what we **love** to do. Volunteers say their experiences with Senior Village have added a new awareness of compassion for their neighbors in SaddleBrooke. For many, the volunteer experience has expanded their social lives and broadened their horizons. A wise man once said, "Nothing else in all life is such a maker of joy and cheer as the privilege of doing good."

Senior Village is committed to delivering quality services to the people of SaddleBrooke who call upon us now, and those who will call in the future. Some who live here have yet to experience the relief felt when a vetted and trained volunteer helps reduce the list of household tasks. Or the compassionate care received from the Moving On Team when the difficult decision is made to move

from SaddleBrooke. Or the fun of sharing a birthday with others of the same birthday month at the ice cream party.

Somewhere, there are people who will be the SaddleBrooke residents of the future. Wherever they are and whatever they are doing, they have no idea that we are thinking about them. The leadership of Senior Village is imagining the needs of the SaddleBrooke resident of the future. We want to prepare for the predictable and the unexpected. It is our commitment to the community. And we take it seriously.

When you donate to Senior Village, you hold us to the commitment, and you help us achieve it! Thank you for believing in the vision.

Linda Hampton

Executive Director

Why We Need Senior Village

Thanks for all the help when I had my surgery. My new knee is working well. I couldn't have done it without your help. MJ

The Planning Ahead handbook is invaluable, and I appreciate your assistance more than I can convey. BB

Three hours after your visit, we received a call from the AZ Department of Veterans to set an appointment on VA benefits and hearing aids. Thank you so much. JP



Senior Village Welcomes New Board Member

Kurt McMillen was recently elected to the Senior Village Board for a three-year term. Kurt and his wife Cheryl just bought a home in SaddleBrooke in 2022, but Kurt is by no means a stranger to SaddleBrooke or Tucson. Kurt was drawn to SaddleBrooke because of the community, the activities, and the opportunity to build relationships with neighbors. When he and his wife moved to SaddleBrooke, they already had many connections and friendships because they had helped her father host several neighborhood parties here over the years. Kurt joined Cyclemasters before moving here and will soon be president of that group. He is an avid hiker.

He retired in March from Raytheon where he worked in program management, business development, and software proposal development. He brings those considerable skills and his passion for giving to Senior Village.

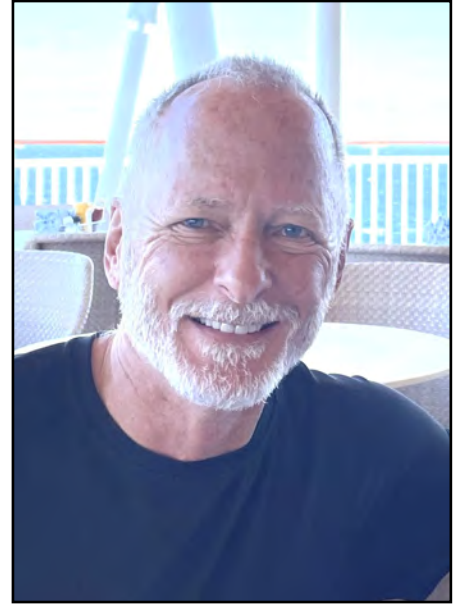
When Kurt met Senior Village Board member, David Bull, a fellow member of Military Officers Association of America (MOAA), Catalina Mountains Chapter, he was interested in David's conversations about Senior Village. Kurt comments,

Throughout my life, I've enjoyed being in positions to help others whether through team or leadership roles. I've always seen my purpose as making others around me successful.

Kurt has developed an appreciation of how important Senior Village can be to its members and to the entire community. He sees Senior Village as a unique benefit that SaddleBrooke offers which is not found in similar communities. Says Kurt,

I want to be sure that Senior Village continues to offer real benefits to current and future residents because that is something SaddleBrooke has that is special.

Kurt has traveled the world during his career. We are glad he chose to settle in SaddleBrooke and we look forward to his service on the Senior Village Board.



Kurt McMillen

I Didn't Know Senior Village Did That!



Friendly Contact Team

You may be surprised to learn that a favorite activity of this team is making social visits to members in person or on the phone just to chat — the topic doesn't matter. It's a pleasant time of visiting each other and enjoying time together.

The Friendly Contact team is a Senior Village team whose purpose is to bring the benefits of social interaction to members.

Call Senior Village at 520-314-1042 and ask for a social visit. It's a team favorite!

Caregiving Over the Long Term

The bottom-line concern for all of us in SaddleBrooke is: How long will we be “55+ active adults” and what do we do when medical/physical challenges impact our lives? Whether we move here as a single or with a spouse, it is important to have resources in place in the event of a fall, injury or debilitating illness. It is a well-known fact that the health of spousal caregivers is dangerously threatened the longer they try to be the primary caregiver.

Senior Village Can Help. Members receive basic services such as transportation to appointments or errands, simple home repairs and odd jobs, technology assistance and social visits. If you live alone or if you are a caregiver for a spouse, you soon learn that you cannot handle all the responsibilities of personal and medical care by yourself.

What are your options when your needs outgrow SV?

- ♦ **Independent caregivers:** These non-medical assistants are not associated with a licensed care agency. They may or may not be bonded. While their hourly rates are less than hiring an agency caregiver, there are certain risks with independent caregivers. Find out if they carry workers' compensation insurance which would protect you from litigation arising from potential injury in your home.

Private caregivers may file for unemployment if the client lets them go— you, as the client, become the employer and may be held responsible for that unemployment claim. Another advantage of an agency is access to a larger pool of caregivers.

If you, the client, have a private caregiver and they cannot show up for a shift, you are left without options for care when the private caregiver is not able to work.



- ♦ **Home Care Agency:** Certified businesses provide private-duty, non-medical home care to assist with activities of daily living: showering, dressing, transferring (from sit to stand), light housekeeping, meal preparation, running errands and providing transportation to doctor's appointments. They may also offer medical alert devices and remote patient monitoring. When you interview a home care agency, ask to see their license, inquire if they vet caregivers in person, perform background checks and require applicants to pass a written test, have CPR & First Aid certification, TB clearance, and go through an orientation. The home care agency will work with a home health agency to coordinate services if skilled medical attention from licensed nurses and physical therapists is needed.

Currently, rates for home care agencies typically begin at \$32/hour with a 4-hour minimum shift up to 24/7 care. Rates may go up with higher levels of care or providing care for 2 people in the household. Agencies can also help clients process long-term care policies, submit claims and research eligibility for VA aid and other forms of financial support.



There may come a time with chronic or progressive illnesses like cancer, dementia or Parkinson's that the spouse or agency cannot provide adequate care for the patient in the home.

The **Senior Village Support Team and Moving On Team** will work with you to discuss the next level of safe and loving care in an assisted living residence with 24/7 personal attention.

Caregiving is rewarding but stressful.

Caregiving can have many rewards. For most caregivers, being there when a loved one needs you is a core value and something you wish to provide.

But a shift in roles and emotions is almost certain. It is natural to feel angry, frustrated, exhausted, alone or sad. Caregiver stress — the emotional and physical stress of caregiving — is common and can strain even the most resilient person.



Strategies for Dealing with Caregiver Stress

Remember, if you don't take care of yourself, you won't be able to care for anyone else. To help manage caregiver stress:

Accept help. Be prepared with a list of ways that others can help you, and let the helper choose what he or she would like to do. [Senior Village](#) can help with transportation, fix-it jobs around the house, technology assistance, social visits for you or your spouse.

Focus on what you are able to provide. It's normal to feel guilty sometimes, but understand that no one is a "perfect" caregiver. Believe that you are doing the best you can and making the best decisions you can at any given time.

Set realistic goals. Break large tasks into smaller steps that you can do one at a time. Prioritize, make lists and establish a daily routine. Begin to say no to requests that are draining, such as hosting holiday meals.

Seek social support. Make an effort to stay well-connected with family and friends who can offer nonjudgmental emotional support. Set aside time each week for connecting, even if it's just a walk with a friend or a Music Matinee with [Senior Village](#).

Set personal health goals. For example, set goals to establish a good sleep routine, find time to be physically active on most days of the week, eat a healthy diet and drink plenty of water.

See your doctor. Get recommended vaccinations and screenings. Tell your doctor that you're a caregiver. Don't hesitate to discuss your concerns or symptoms.

You aren't alone. If you're like many caregivers, you have a hard time asking for help. Unfortunately, this attitude can lead to feeling isolated, frustrated and even depressed. Rather than struggle on your own, [call Senior Village](#) to see how we might help.



Stephanie Thomas wrote this article to describe the progression of our lives at Saddle-Brooke from that of active adults to the need to make difficult decisions about additional care. Learn how Senior Village can help with information and support in locating the next level of loving care when your needs change.

This is an excellent article to save for future reference.

Upcoming in SaddleBrooke

Beach Bash—April 1



Watch for the Happy Parrot. Mark your calendar for the exciting Beach Bash at the Brooke on April 1. Raffle tickets on sale now.

Recycle—March 25



Bring your electronics, computers, phones, paint and household chemicals.

Senior Village volunteers disable your electronic castaways and unload your paint. Mark your calendar for March 25, 9 a.m.—Noon, MountainView Parking Lot.

Free to all SaddleBrooke!

SaddleBrooke Senior Safety Seminars

The SaddleBrooke Public Affairs Commission and the Patrols of HOA1 and HOA2 have partnered with Senior Village to present a series of safety seminars. Each group brings a unique perspective on safety including protection from crime. One meeting quickly revealed that the four groups working as a team would be a very effective partnership.

Seminars are from 2:00 – 4:00 pm.

January 19: Living Safely with our Wildlife Friends, MountainView Ballroom

February 8: Scams, Fraud & Identity Theft, MountainView Ballroom

March 22: How Safe is Your Home? HOA1 Activity Center

**April 5: Safe Movement: Does Your Body Keep You Safe?
HOA1 Activity Center**

If you would like to propose a topic **OR** if you are knowledgeable on a subject and would like to be a speaker or panelist, email events@seniorvillage.org and write SEMINARS in the subject line. **Seminars are free to all SaddleBrooke.** Come and bring a friend.



Birthdays—Not Just for Kids Anymore!

How will you celebrate your birthday this year?

The *Friendly Contact* team invites Senior Village members to share their special day with new friends and Senior Village hostesses. Enjoy dessert and a gift.

Third Wednesday of the Month

When you receive your card and invitation, call our dedicated phone line and RSVP a big YES! If you can't attend, please respond, also.

The party is for Senior Village members and is absolutely free.

Photos by Bill Grinnoneau



More Member Activities

Book Club—Third Thursday of the Month, 2:00—4:00 pm

RSVP: bookclub@seniorvillage.org

Game Day—Third Tuesday of the month, 1:00 pm

RSVP: games@seniorvillage.org

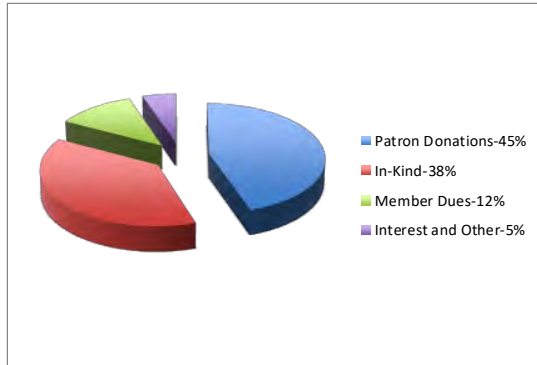
More Community Activities

Music Matinee—February 20, Sonoran Room, MountainView, 2:00 pm

The Senior Village 2022 Annual Report

The Mission of Senior Village at SaddleBrooke
is to provide simple, non-medical services for members
and to serve as a resource to the greater SaddleBrooke community.

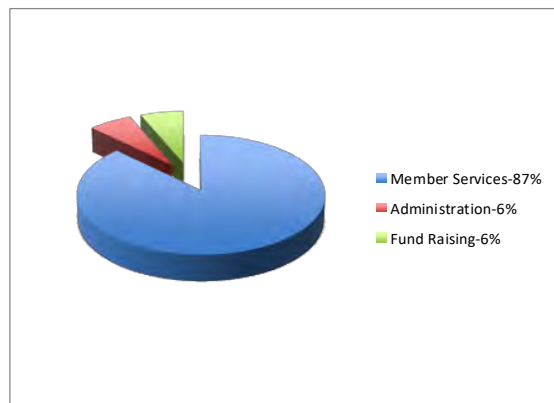
REVENUE-FY22



Patron Donations-45%	\$	300,129	
In-Kind-38%	\$	252,928	(added to ledger)
Member Dues-12%	\$	80,238	
Interest and Other-5%	\$	34,414	
	\$	667,709	

In-Kind Value=8445 hours @ \$29.95/hour
as defined by the University of Maryland
Do-Good Institute

HOW YOUR \$'s ARE USED-FY22



Member Services-87%	\$	477,869	(Includes In-Kind)
Administration-6%	\$	34,830	
Fund Raising-6%	\$	34,246	
	\$	546,945	

Board of Directors

Chair	Mardie Toney
Vice Chair	Carol Kiker
Director	David Bull
Director	David Eisenhauer
Director	Kimberli Karmenzind
Director	Kurt McMillen
Director	Bonnie Westra

Team Leaders

Administration	Mona Sullivan
Dispatch	Shawne Cryderman
Forms & Documents	Stephanie Thomas
Friendly Contact	Peggy Ogier
Going-My-Way	Jan Maresca
Helping Hands	Randy Zimmerman
Home Automation	Seth Rosenblum
Journalists	Phyllis Ketrang
Membership	Jaci Nissen, Betty Crawford
Moving On	Liz Levaro
Support Team	Sandy Morse

Senior Village at SaddleBrooke

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520-314-1042

www.seniortillage.org

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