

# Senior Village at SaddleBrooke

October 2022

Neighbors helping Neighbors



## Senior Village Keeps Growing

The volunteer spirit of SaddleBrooke is the life-blood of Senior Village. Monthly orientation classes welcome new volunteers and, under the enthusiastic leadership of Volunteer Coordinator Mary Toth, explain Senior Village and how to serve. There are now 241 volunteers with many talents. It may be driving, fixing things, helping with a birthday party, making home visits to socialize with a member, helping with home automation or how to organize forms and documents, even comparing various kinds of living arrangements in Tucson. The list goes on.

Membership has grown dramatically since 2019, Some members join only to support Senior Village while others need short-term help. Some have ongoing needs. It isn't just mobility problems or physical challenges to cause someone to need a little help.

The value of social interaction is a well-proven component of good health. Teams make phone calls, organize book clubs, birthday parties and games days. Senior Village helps you live your best life on your own, but not alone.



Mary Toth



During Orientation classes, new volunteers learn about the various teams and their purposes. There are many ways to serve.

### Why We Volunteer at Senior Village

***I want Senior Village to be successful because one day I will need them. JS***

***Senior Village helped my family when we needed it most and I want to give back to them. GH***

***I've been a volunteer most of my life. I choose Senior Village because they help my neighbors, the people who are close to me here. RB***

## From the Desk of the Executive Director



My first meeting with David Loendorf was in a job interview for the position I now hold as Executive Director of Senior Village. David was very serious and difficult to read. I thought I was doing okay, but I had the sense that if there were any hidden flaws in my thinking that I was right for the position, David was going to root them out.

During my training I shared an office with David. I refer to it as Senior Village boot camp. I quickly learned a lot about the organization and about the man. I saw what most people see when they get to know him. He has a brilliant mind and can quickly get to the heart of any matter. He prefers to think with his mind rather than with his heart – but I sometimes wonder how he gets his big heart out of the way. His compassion for others is remarkable and it is the magic combination of

clarity of thought with deep caring that helped shape Senior Village into the successful organization that it is.

Organizing the appointments and traffic patterns for the vaccine clinics was no small feat. But as a computer programmer extraordinaire, completing the task was a great source of entertainment for David. I confess that in the small office we shared, I occasionally heard a whispered exclamation that I would not want my mother to hear, but that is the way David works. He sometimes badgers himself into a state of perfection.

As David's 6-year term on the Board of Directors expires, I can't help but think that Senior Village decisions of today and tomorrow will reflect the Loendorf influence for years to come. And that is a very good thing.

Linda Hampton,  
Executive Director



### The Gift of Music

Senior Village is hosting a series of free piano matinees for the entire community of SaddleBrooke.

Enjoy the music at HOA1 on the third Monday of the month until year-end and the third Thursday of the month at HOA2.

The Senior Village Friendly Contact team created this event to bring the benefits of social interaction to everyone in SaddleBrooke.



# Happy Seventh Anniversary to Senior Village



The month of October is Senior Village's *Give Where You Live* annual fund drive. The year of 2022 celebrates the seventh anniversary of Senior Village in SaddleBrooke. Those seven years have been action-packed with growth.

Senior Village began by helping people who needed rides. In the past 7 years, it has grown to include 12 teams that offer help with home automation, simple home tasks, a manual to organize financial/medical information and more. Senior Village plans to serve its members and the SaddleBrooke community now and in the future.

## How to Give Where You Live

- ◆ Automatic deduction from your checking account
- ◆ Send a check in recognition of a friend
- ◆ Join Senior Village even if you don't need services, \$60/individual, \$96/couple
- ◆ Legacy gift from your estate
- ◆ Arizona Tax Credit (QCO #20990)
- ◆ Direct your Required Minimum Distribution (RMD) to Senior Village—We Qualify!
- ◆ When shopping online, use Amazon Smile and select Senior Village as your charity of choice.



## I Didn't Know Senior Village Did That

It was seeing Senior Village in action during the Covid vaccine campaign that caused many people to give, join or volunteer.

Once involved, people often say "I didn't know Senior Village did that." The *Give Where You Live* fund drive is a way for SaddleBrooke residents to know that their charitable giving dollars stay in SaddleBrooke to secure the Senior Village services as an integral part of the community.

It is truly the gift of *Neighbors Helping Neighbors* to live their best lives on their own, but not alone.

Senior Village is a 501(c)(3) non-profit (Tax ID # 47-5552021)

Mail a check to PO Box 8584, Tucson, AZ 85738 or

Donate safely online at [www.seniorvillage.org](http://www.seniorvillage.org)



## Meal Delivery

### Who is eligible?

- ◆ Member returning home after a hospital or rehab stay
- ◆ Member with a physician-ordered limitation
- ◆ Arrangements for meal delivery require advance notice.

*This is generally a short-term service.*



# Happy Thanksgiving



The *Friendly Contact* team of Senior Village recognized that some Senior Village members will be without company on Thanksgiving. Their solution was to create a way for those people to enjoy the holiday together.

Senior Village has reserved a private dining area at the MountainView Clubhouse on Thanksgiving Day. The room seats twenty-three Senior Village members and a Senior Village hostess. Each member will pay for their own meal and enjoy the warmth of making new friends and new memories on this special holiday.

Details on the menu, cost and schedule will be announced as HOA2 refines their Thanksgiving plans. If interested, please send an email with your name, phone number and email address to [events@seniorvillage.org](mailto:events@seniorvillage.org). A Senior Village volunteer will contact you.

You must be a member of Senior Village to attend. Lois Violanti, *Friendly Contact* volunteer, will be your hostess.

At Thanksgiving we look forward to time together celebrating the bounty of life. Senior Village hopes that Thanksgiving will be caring and heartfelt for all. The making of new memories with your Senior Village friends is what we are about!



Lois Violanti

# Happy Birthday



Birthday Party Coordinator Jo Parsons welcomes members to a party honoring August birthdays.



This popular event is free to members during their birthday month. Members receive an invitation inserted in the birthday card created by the Paper Crafters.

There are special dessert treats prepared by HOA2, gift bags and fun galore. The SaddleBrooke Quilters Club makes fabulous quilted items for the raffle.

The Senior Village Friendly Contact team offers birthday parties to celebrate each member and to create relaxing interaction with other Senior Village members.

Social interaction is beneficial to cognitive function and healthy mental and physical capacity. It's great when a party can make us healthier and happier!



## The Senior Village Support Team: When you need a little more ....

The Support Team is a uniquely different Senior Village program. It was born early on when Senior Village first opened its doors. When I was a Membership volunteer, and began visiting folks, I



Sandy Morse  
Support Team Leader.  
Member of Board of  
Directors.

became acutely aware that many of these soon to be members had multiple needs; needs Senior Village could not address. Yes, we can change a light bulb but when issues like mobility, sight and hearing loss, memory, age-related fragility and inability to care for oneself are apparent, Senior Village cannot provide that needed level of care.

I knew something had to be done, because the Village cares about all our neighbors, thus the Support Team was born! Consisting of retired health care workers, doctors, nurses, social workers, case managers, physical therapist, etc., these dedicated volunteers visit those members who need more intervention and assistance than our regular services can provide.

Although we can't physically provide personal care, the Support Team helps by discussing the situation, like a geriatric case manager does.

They visit and identify problems, sort out priorities, provide resources and involve family members when applicable.

They do not prescribe or diagnose but offer suggestions, resources, and formulate a plan of action, all in a loving and caring way!

Senior Village identifies our more needy members as fragile members because they need personal intervention and caregiving. We are truly neighbors helping neighbors and although we don't have the capability or authority to provide the physical care that these fragile members need, the Support Team is standing with them, offering consultation, suggestions, resources and supportive care.



### Senior Village Members Comment on All Services

*You were a life saver for me when my husband passed away. PL*

*We discovered we can't do everything. We need help.  
The volunteers of SV are that help. JW*

*Thank you for putting smiles and happiness on our long unusual road. GS*

## Short-Term Home Health Care and What Medicare Covers

Sometimes, being an "Active 55+ Adult" in SaddleBrooke is not always possible. What happens when we need specialized home medical care after hospitalization or a stay in rehab? This article will focus on short-term home health care, while the January Village newsletter will explore options for care over a longer period of time.

The terms home health care and home care are often mixed up due to the similarity in their names. Home health care refers to medically prescribed treatment at home which can be covered by Medicare. On the other hand, home care refers to privately paid caregivers who can provide non-medical care to clients, and this is not covered by Medicare. Senior Village does not provide professional medical or home care services.

### HOW TO QUALIFY FOR SHORT TERM HOME HEALTH CARE?

You are covered by Medicare Part A and/or Part B and meet all these conditions

You must be under the care of a doctor, and you must be getting services under a plan of care created and reviewed regularly by a doctor

The doctor or other Medicare-designated healthcare provider must certify that you need one or more of these:

- o Part-time or intermittent skilled nursing care (other than drawing blood)
- o Physical therapy, speech-language pathology, or continued occupational therapy services with qualifying conditions

You must be homebound, and a doctor must certify that you are homebound

### HOW MUCH DO YOU PAY AND FOR HOW LONG?

You pay \$0 for covered home health care services

After you meet the Part B deductible, 20% of the the

Medicare-Approved amount for medical equipment

The home health agency caring for you must be

Medicare Certified and tell you, orally and in writing, what is/is not covered

Home care can't exceed 6 days a week or must be fewer than 8 hours per day over 21 days

### WHAT IS COVERED?

Part-Time or "Intermittent" Skilled Nursing Care

Physical therapy, occupational therapy and/or speech-language pathology services

Medical supplies for use at home

### WHAT IS NOT COVERED?

24-hour-a-day care at your home

Meals delivered to your home

Homemaker services (like shopping, cleaning, and laundry) not related to your care plan

Personal care with daily living activities (like bathing, dressing, or using the bathroom), when this is the only care you need



**HOW CAN SENIOR VILLAGE HELP? Call 520-314-1042 and request temporary meal delivery to your home at no charge as well as transportation and home social visits.**



## Upcoming in SaddleBrooke

Senior Village plans for 2023 include a repeat of two highly popular events—the Beach Bash fundraiser and the Recycle extravaganza.

Beach Bash 2023



Watch for the Happy Parrot. He signals fun for all of SaddleBrooke. Plans are underway for the exciting Beach Bash fundraiser on April 1.

### Recycle 2023

The recycle event accepts electronics, paint and household chemicals. Senior Village volunteers disabled hard drives, unloaded and organized “stuff” to make the day a super success. It will be back on March 25, 2023.



### Senior Village Delivers



Two local non-profits have come together with a plan to continue the delivery of SaddleBag Notes to the people of SaddleBrooke. Saddle Notes has been responsible for delivering the paper. Senior Village at SaddleBrooke has now assumed this responsibility. The transition will allow the Saddle Notes Board of Directors to retire knowing that the work of the organization will continue in good hands.

The leadership of Saddle Notes developed a smooth process and a collection of wonderful volunteers representing each unit who deliver the paper. Nothing about this system will change and the papers will be distributed as always. Chair of the Board of Directors, Mardie Toney, says “although Senior Village is a member-based organization offering services to members, we also play a role in ensuring that the entire community continues to be a great place to live.”

## 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.

## "I Didn't Know Senior Village Did That"



Last year the transportation team drove enough volunteer miles to make two round trips from Tucson to New York City.

*Transportation is still the most requested service by Senior Village members. Tucson area only.*

### Fun Facts:

What are other popular services?

*Changing lightbulbs in the ceiling*

*Changing furnace filters*

*Changing refrigerator filters*

*Flipping mattresses*

*Moving bags of water softener salt*



### Did you know?

*You can ask Senior Village for a notary at your home*

*You can request a home visit for a social call*

*You can call about Smart Phones, Smart TVs, Alexa, setting up a printer and many technology needs*

*A volunteer can link your car remote to the garage door opener*

Whether you need to return a borrowed wheel chair, arrange your patio furniture, tighten a wobbly fan or reattach your house numbers, Senior Village members can call Senior Village.

***Note on Lockboxes: A new supply of lockboxes has arrived and we are filling requests as soon as we can. If you are on a waiting list, you will receive a call from Senior Village to set up an appointment. We will continue as long as supplies last.***

Senior Village at SaddleBrooke

P.O. Box 8584 Tucson, AZ 85738

www.seniorvillage.org 501(c)(3)

Call us at: 520-314-1042