

The American Spirit of Volunteerism

By Linda Hampton, Executive Director

"As our nation celebrates 250 years of independence, it's worth remembering another tradition that has always defined America."

As America celebrates its 250th anniversary, we naturally reflect on the courage and determination of those who built our nation. But there is another tradition that has quietly shaped our country from the very beginning — the willingness of ordinary people to help one another.

Long before there were organized charities or government programs, neighbors came together to build barns, care for the sick, harvest crops, and support families facing hardship. That spirit of volunteerism became woven into the fabric of America. It is one of the qualities that has always made our communities stronger.

Today, that same spirit lives on through the volunteers of Senior Village. Every ride to a medical appointment, every Helping Hands visit, every technology lesson, every friendly phone call, and every hour spent behind the scenes is a reminder that service to others is one of our nation's greatest strengths. Your generosity allows neighbors to remain independent, connected, and confident in their own homes.

While the headlines often focus on the challenges facing our country, volunteers remind us of what is best about America — compassion, kindness, and a belief that we are stronger when we care for one another.

As we celebrate America's 250th birthday, thank you for continuing a tradition that has endured for two and a half centuries. Your service honors our past and helps build a brighter future for SaddleBrooke.

Watch for Signs of Dehydration in the Members You Serve

By Mary Toth, Volunteer Coordinator

As a volunteer, you're often the first line of support for the members you drive, visit, or assist. Many older adults may not recognize the early signs of dehydration in themselves, so a little awareness on your part can make a real difference.

What to Look For

- Dry mouth or cracked lips
- Confusion, irritability, or unusual forgetfulness
- Dizziness or unsteady walking
- Headache or complaints of feeling "off"
- Fatigue or sudden weakness

If you notice these signs, encourage them to drink water, help them find a cool place to rest, and keep an eye on how they're feeling. If symptoms worsen or don't improve, they may need medical attention.

Gentle Ways to Encourage Hydration

- Offer water during rides or visits
- Bring a small cooler with chilled bottles on hot days
- Suggest a short break in the shade before continuing an activity
- Make hydration part of your friendly check in: "How's your water intake today?"

Remember to Take Care of Yourself First

Volunteers are natural helpers — it's in your DNA to look out for others. But in the heat, especially during busy days of volunteering your own well being has to come first. You can't support anyone effectively if you're overheated, lightheaded, or dehydrated.

Caring for yourself isn't selfish. It's responsible. It keeps you safe on the road, steady on your feet, and able to give your best to the people who rely on you.

A Few Self Care Habits to Prioritize

- Drink water before you start your volunteer shift
- Keep a bottle within reach while driving
- Take short cooling breaks between visits
- Wear lightweight clothing and a hat
- Listen to your body — if you feel off, pause and hydrate

When you stay well, you create a safer, more supportive environment for everyone you serve.

SENIOR VILLAGE PRESENTS A
MUSIC MATINEE



NOTEWORTHY NEIGHBORS

JULY 30, 2026, 2 pm
DESERTVIEW PERFORMING ARTS CENTER

www.seniorvillage.org



CALLING ALL MUSICIANS!

If you know a talented musician (or are one yourself!) who would be interested in volunteering their time and talents, please let us know!

We are scheduling monthly music matinees for the 2026 season.

Please contact JoAnn Wilbour at music.matinnee@seniorvillage.org.

Events and Benefits July 2026

Senior Village provides activities for members and the general SaddleBrooke Community throughout the year. Confirming the date, location, and time of an event is easy; just click [this link](#) and scroll down to the Activities & Events section for details.

Music Matinee: Noteworthy Neighbors

The community is in for an afternoon of harmony and humor as the newly formed musical and comedic ensemble, *Noteworthy Neighbors*, takes the stage for their debut performance. The group will present "The Kitchen Table Sessions". The show is designed to be an intimate yet hilarious look at a group of SaddleBrooke friends gathering around a kitchen table.

Date: Thursday, July 30 at 2 p.m.

Page Turner's Book Club at Senior Village Center in Catalina

Meeting on the third Thursday of each month. Open for new members. Interested? Contact Lynne Thompson at thomplynne@gmail.com.

Date: July 16 from 1 to 3 p.m.

Friday Fun Day at Senior Village Center in Catalina

Meeting on the fourth Friday of each month from 1 p.m. to 3 p.m. in the business office at 16460 N. Oracle Road in Catalina. Members who enjoy games, arts, crafts, and social connection are welcome. RSVP to events@seniorvillage.org.

Date: July 24 from 1 to 3 p.m.

Men's Social Hour

Social Hour will return in the fall. Watch for an update in the August newsletter.

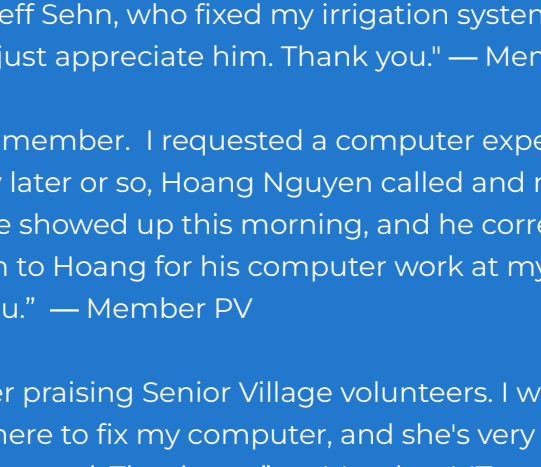
Welcome June 2026 New Volunteers

Six new volunteers joined Senior Village in June, bringing their talents and enthusiasm to our community. Welcome aboard.

Back row, left to right: **Jim Lucas**, Home Tech; **Joe Herr**, Home Tech; **Al Avery**, Going My Way. Front row, left to right: **Marcia Wells**, Membership; **Cheryl Shawlee**, Membership; **Betsy Bartelt**, Going My Way.



Photo by Mary Toth.



"A big thank you to Jeff Sehn, who fixed my irrigation system. He did a wonderful job, and I just appreciate him. Thank you." — Member CL

"I'm a Senior Village member. I requested a computer expert to deal with my computer. And a day later or so, Hoang Nguyen called and made an appointment. And he showed up this morning, and he corrected it. So please pass my appreciation to Hoang for his computer work at my home. Keep up the good work. Thank you." — Member PV

"I'm a happy member praising Senior Village volunteers. I want to just say Donna Stewart was here to fix my computer, and she's very efficient, wonderful person, and she's very good. Thank you." — Member MT

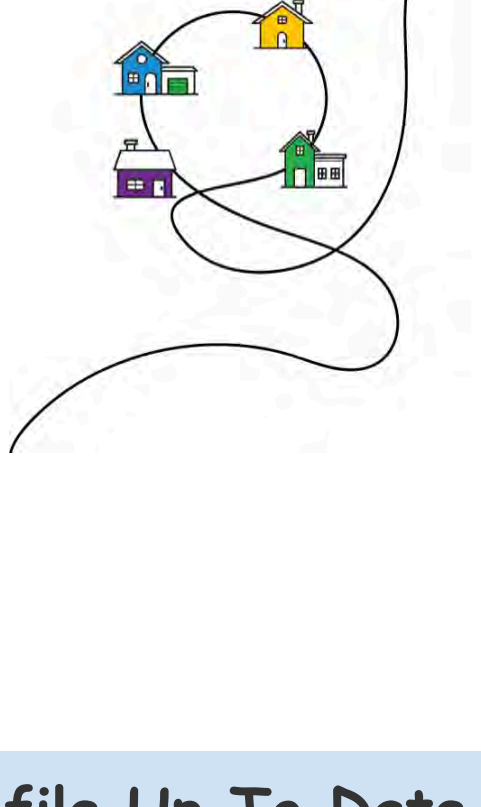
"Diane Barnett, once again you responded immediately to a Membership intake request, contacted the perspective members quickly, and completed and delivered another perfect intake packet (forms/dues/data entry). I sincerely thank you for your extra efforts as an SV Intake Volunteer. I feel very fortunate that our paths crossed (and continue to cross) several years ago." — Team Leader Jaci Nissen, Membership

Senior Village Mission, Vision, and Values

Mission — 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.

Vision — The vision of Senior Village at SaddleBrooke is to be a volunteer-driven organization aspiring to create a better everyday life for the people of SaddleBrooke.

Values — The leadership of Senior Village at SaddleBrooke is guided by a steadfast commitment to **integrity**, **empathy**, and **confidentiality**. These core values form the foundation upon which all decisions are made.



Please Keep Your Profile Up To Date

Volunteers, it is important that you keep your volunteer profile up to date. This is how we know which team(s) you are on and how to contact you.

When changes happen, please update your emergency contact, address, name change, email address and always away dates.

New Volunteer Orientations

If you would like to be on the Membership, Going My Way, or Home Tech teams, or you have a friend that is interested, please have them contact mary.toth@seniorvillage.org for details.

New volunteer orientations are scheduled for the following Wednesdays:

July 8
August 12
September 16

New Summer Hours

Through Tuesday, September 7:

Our office will be open: Monday, Wednesday, Friday, 10 a.m. to 2 p.m.

Our office will be closed: Tuesday, Thursday

Senior Village Office
16460 N. Oracle Road
Catalina, AZ 85739

Mailing Address
PO Box 8584
Tucson, AZ 85738

"For 250 years, history has been shaped by hands like yours—steady, generous, and full of heart."

