

# HEALTH & WELLNESS

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## HEARING V-I-B-E-S

*Discussion Group for Better Hearing*

### WHO WE ARE:

We are SaddleBrooke residents who recognize the need in our community for a caring place of support and education for those experiencing hearing loss as well as those beginning to research this topic for themselves or a loved one.

### WHAT WE DO:

- (1) Discuss issues we face, learn tips and possible solutions, offer guidance and encouragement. Occasionally an audiology doctoral student from the University of Arizona assists us at our monthly meetings.
- (2) Submit articles for the SB newspapers covering hearing loss topics and personal testimonials from members of our community about their hearing loss journey.
- (3) Sponsor periodic "Hearing Night Out" community-wide presentations by local hearing professionals.
- (4) Advocate for assistive listening support in SB facilities for those living with hearing loss.

### MEETINGS:

Meetings are held the 2nd Friday of each month at 10:00 a.m. in the Catalina Room in the Mesquite Building.

### HAVE A SUGGESTION FOR AN ARTICLE?

We placed monthly articles in both the Saddlebrooke Progress and Saddlebag Notes. Do you have a suggestion for a hearing loss topic? Would you like to tell your hearing loss story? Contact Tim Gaule [tgaule@outlook.com](mailto:tgaule@outlook.com).

### WEBSITE:

[www.sbhearingdiscussiongroup.com](http://www.sbhearingdiscussiongroup.com).

### MEETING CONTACTS:

Jennifer Jefferis, [jenjefferis4u@gmail.com](mailto:jenjefferis4u@gmail.com), Lyle Larson, [lllarson72@gmail.com](mailto:lllarson72@gmail.com)

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## SaddleBrooke Bereavement Support Group

The SaddleBrooke Bereavement Group meets every Sunday at 4 p.m to 5:30 p.m. at the HOA1 Clubhouse. This support group will meet in the Javelina Room on the south end of the main floor of HOA ONE. Anyone who lives in SaddleBrooke 1 or 2 and has experienced a death in their family is welcome to attend.

For further information please call Dolores at 520-825-8980 or Pat at 520-282-0895.



## Plant Based Nutrition Group

The Plant Based Nutrition Group (PBNG) is the place to learn more about what it means to go plant-based, the effects this can have on your health, how to go about doing it, and how to deal with holiday meals, eating out, eating at friends' homes who are not plant-based and much, much more. All SaddleBrooke residents are welcome – whether you are already on a plant-based diet, or whether you are first considering what a plant-based diet is all about.

What brings people to be interested in plant-based nutrition? Some people change to a PB diet for health reasons, e.g. their cardiologist recommended it. Some people recognized they felt better when they switched to a PB diet. Some people are interested as a PB diet puts much less strain on our ecosystem. Some people are interested in a vegan diet because they are concerned about the welfare of animals. Some people have heard about a PB diet but don't know much about it and want to learn more. Some people want information and support on how to make a transition to a PB diet

PBNG holds potluck dinners, hosts guest speakers and other educational programs, and arranges trips to plant-based restaurants in the Tucson area. Go to the PBNG website ([www.sbpbwf.wixsite.com/website](http://www.sbpbwf.wixsite.com/website)) to learn more about the group and to sign up to receive e-mails of upcoming events or to attend the potluck dinners. For more information/questions email [pb.saddlebrooke@gmail.com](mailto:pb.saddlebrooke@gmail.com).

### Plant-Based Potluck Dinner – **March 16**

The next Plant-Based Nutrition Group (PBNG) Potluck Dinner will be Monday, March 16th at 5:00pm at the HOA1 Activity Center. Bring a dish to share and come sample many other dishes. It is a great way to explore the joys of plant-based eating. As always, please sign up for the dinner at the PBNG website ([sbplantbased.com](http://sbplantbased.com)) and bring two copies of the recipe (one to place alongside your dish and one to be scanned and posted on our website). More information on the dinner is available on the website. There is a \$5 donation per person to attend this event to cover the cost of renting the Activity Center. And note our other upcoming potluck dates are Monday, **April 13th**, Tuesday, **May 12th** and Monday, **June 8th**. Here's to happy, healthy eating!

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## Saddlebrooke United Caregivers

Our objective is to provide mutual compassion and support for people caring for loved ones. We hope to help those caregivers move forward through emotionally, physically difficult periods of their loved ones illness.

We will be meeting on the 2<sup>nd</sup> Saturday of the month, from 10am-noon, HOA1 Arts & Crafts center, Room #4, from September-May of each year.

Any questions please call: Bunnie Gill: 520-818-1835 or [bunniegill@gmail.com](mailto:bunniegill@gmail.com)

Janice Ranson: 520-404-7505 or [jfransom@wbhsi.net](mailto:jfransom@wbhsi.net)

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