

HEALTH & WELLNESS



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.

MARK YOUR CALENDAR:

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.

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.

MEETINGS:

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

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WEBSITE:

www.sbhearingdiscussiongroup.com.

MEETING CONTACTS:

Jennifer Jefferis, jenjefferis4u@gmail.com, Lyle Larson, lllarson72@gmail.com

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.



STROKE/NEUROLOGICAL SUPPORT GROUP

Welcome to 2025. Hoping there will be many of you coming to our Stroke/Neurological Support Group meetings this 2025. We work to help the care-givers learn more about the neurological impairment of their loved ones. Through the speakers, discussions, exchange of ideas, the care-givers find hope, relief, friendships, that make this impairment of our loved one, easier to understand, our lives have hope, for the future.

We meet the second Saturday of the month in the Arts & Crafts Center, HOA#1, Room #4 From 10-Noon.
Mark these dates on the calendar now,

May 10

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) 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.
