



Support Network at Penn National

Neighbors helping neighbors live actively, safely and comfortably at home

www.snapn.org

NEWSLETTER

September 2011

Wednesday– September 14

Mini Golf Night

Penn National Golf Center

6 p.m.

Registration required



Join fellow SNaP members for a night of fun and a bit of competition playing miniature golf. Teams of two and groups of two teams will begin in a "shotgun start" at 6 p.m. A five-hole playoff between the four top-ranked teams will determine the champion, the group with the lowest score being the winners. Meet at the Penn National Golf Center at 5:45 p.m. to play or cheer for your favorite team.

\$1 per person in advance - \$2 per person at the event
Refreshments will be served at the pavilion.

Members: Call 352-2612 by September 9

Upcoming Events

Mini Golf Night

Gently Read Books

September 19—28

Gently Read Books

Once again, a book sale will take place at the October potluck and we are asking for your gently read books. Relatively new books, either paperback or hard-cover, top our bestseller list. No textbooks or magazines.

Drop Off

Dates: September 19 through 28

Location: 7008 Fairway Drive East



Identity Theft

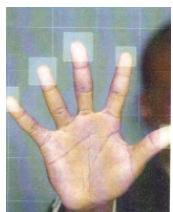
Wednesday—September 21

*Identity Theft—
What You Need to Know*

Grove Family Library

3 p.m.— 5 p.m.

Registration required



Identify theft happens. Don't let it happen to you. If your identity is stolen, it's more than an inconvenience. It puts your finances and credit rating at risk—and that's just the beginning.

Learn 12 ways identify theft happens, tips to protect yourself, and steps to take if it happens to you. Join fellow SNaP members for this important workshop.

Presenter: Mr. Marlin L. Maclay

Workbook included

Members: Call 352-2612 by September 16

Visit us on the web at www.snapn.org for more information about services and activities.

Become a SNaP volunteer today.
Call 352-2612 or fill out our SNaP Volunteer Interest Form on our web site at www.snapn.org.

Upcoming Events (cont.)

Sunday – September 25

Heart and Stroke Walk

Trellis Terrace

Registration - 12:30 p.m.

Opening Ceremony - 1:15 p.m.

Walk Begins - 1:30 p.m.

Heart and Stroke Walk at Penn National

As part of the Greencastle Mason Dixon *Heart and Stroke Walk*, Penn National will host a satellite 3-mile walk on September 25. Many SNaP members have already chosen to walk and others have committed their time to volunteer at the event.

If you are interested in walking with the SNaP Team or would like to volunteer, please call Donna at 352-2612.

4th Annual Potluck Supper and Book Sale

Theme: “Eating Healthy”

Wednesday—October 12

“Eating Healthy” Potluck Supper and Book Sale

Norlo Park Community Center

3050 Lincoln Way East, Fayetteville

4 p.m.— 6 p.m.



SNaP members and volunteers want to stay healthy and live in their homes for a long time. Eating right is one way to do this. So let’s start with healthy food choices for the potluck. Prepare your favorite family recipes or choose from the many recipes found at www.delish.com and www.eatingwell.com.

Hearty appetites and your bargain book savvy are a must to enjoy a relaxing afternoon of food, fellowship, and fun. The potluck will be held at the Norlo Park Community Center. Transportation will be provided for those who would otherwise be unable to attend.

We had a blast last year and the food was outstanding. Menu suggestions are listed on page 3.

Call Rosina at 352-2322 by October 1

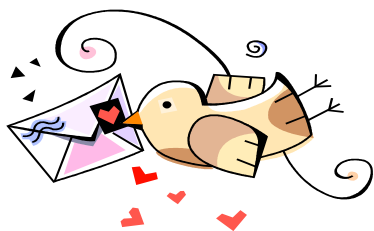
with number to attend and choice of dish to bring

Coming Soon

Planning is underway for the 2011 Holiday Bazaar. We have a variety of different and well-made crafts to showcase this season from the Penn National Community as well as the surrounding areas. If you are a crafter and would like to exhibit at the bazaar, please contact Donna at 352-2612.

- Pecan Sale—October and November
- Dinner at Hoss’s—November 2
- Holiday Bazaar—November 26

Greetings



Since our greetings program began, Sally McEwen has sent out over 45 well wishes to members who needed a bit of cheering up. Recipients have been very appreciative of the greetings.

If you know of a member who is ill, recovering from surgery, or in need of a bit of sunshine, please leave a message with Sally at 352-3242 or call Donna at 352-2612.

Sally, many thanks for your dedication to sending greetings to our members.

Fourth Annual Potluck Supper and Book Sale

for SNaP Members and Volunteers

October 12, 2011

4:00 PM – 6:00 PM

Norlo Park Community Center

Theme: "Eating Healthy"

Menu Suggestions

Appetizers: salsa and blue corn chips, vegetable trays, healthy dips and cheese

Main Dishes: chicken, turkey, meatloaf, meat or veggie lasagna, turkey or beef chili

Side Dishes: mixed greens salad, cucumber, tuna, potato, macaroni, broccoli salads, cole-slaw, cooked vegetables, deviled eggs, beans, pickles and olives, corn bread, rolls (whole wheat and gluten free)

Desserts: fresh fruit, angel food cake, or your low fat dessert of choice

Other Items: diet sodas, tea and coffee (regular and decaffeinated), cream, sugar and sugar substitutes, light salt and pepper, salad dressings, butter

RSVP: To Rosina at 352-2322 by October 1
with the number to attend and the dish you will bring

Optional

Bring your recipe on a 3x5 card to share with others.
Bring a container for leftovers for lunch the next day.



Book Drop Off - September 19—28

7008 Fairway Drive East

Support Network at Penn National
3872 Alfalfa Lane
Fayetteville, PA 17222

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Contributions

The Support Network at Penn National recognizes individuals and organizations who make contributions throughout the year. These tax-deductible contributions can be made “in honor” or “in memory” of a loved one or friend. All contributions may be made anonymously.

Thank you to all our contributors for your generosity and continued support.

SNaP Board of Trustees

Loaner Medical Equipment

Portable ramp—SNaP recently acquired a “like new” portable aluminum ramp that reaches to a height of 18 inches. Thanks to a friend of Don David, SNaP members can borrow the ramp when needed.

Walker—Joyce Etzler has a walker available to members when needed.

If you have equipment in excellent working condition that would be useful to SNaP or if you would like to use these items, call the SNaP office at 352-2612.

Recycle, Reuse

Do you have computers, printers, or other computer components that you are not using or that do not work? If so, let SNaP member Roland Foster know. All equipment will be recycled for use by non-profits. Call Roland at 352-9991 to arrange for drop-off.



Free tickets are still available for SNaP members to fly to or from the BWI-HGR route. Call the SNaP office for details and tickets before September 30.