



Support Network at Penn National

Membership includes volunteer services and reduced rates on services by some Preferred Providers. These services are managed by the Executive Director. Members attending special activities, events, and day trips will usually incur additional expenses.

Communication:

- SNaP website, quarterly newsletters, E-mail news
- Annual membership meeting
- Personal telephone calls

Transportation:

- Grocery shopping, pharmacy, appointments, physical therapy, service station or garage, and the airport or train station

Home Maintenance:

- Electricians, carpenters, plumbers, heating and air conditioning specialists, appliance repairmen, painters, masons, roofers, light housekeeping, handyman, and more

Quality of Life – Health:

- Seminars and wellness programs on timely topics
- Discounts on membership and classes at local health and fitness clubs
- Home safety inspections
- Registry of local support groups
- Assistance with personal needs and meal preparation
- Medical alert systems
- In-home services from local organizations at reduced rates

Quality of Life – Learning:

- Penn State Mont Alto and the Osher Lifelong Learning Institute classes
- Occasional SNaP seminars of interest to members

Social Support:

- Social visits, companionship
- Daily reassurance calls
- SNaPbacks – A support group for widows, widowers, and singles to share experiences and attend dining, social and cultural events together

Other Benefits and Services:

- Realtor
- Financial planning
- Massage therapy
- Legal services and real estate transactions
- Ambulance Association reduced membership rates
- Computer tutoring (your home and your computer)
- Auto maintenance and detailing
- Dog grooming

Activities and Special Events:

- Organized day trips and cultural activities planned yearly
- Annual pot luck dinner

Information:

- Social and cultural events around the county (free or at cost)

Call the Executive Director at 352-2612 for more information or to arrange for services.