SCR Foundation Newsletter

PO Box 819 Roseville, Ca 95678

(916)774-9040

Coming Up: **Night Golf - Oct 1, 2026 • Bingo Nov - 22, 2026**

Grants: **DelOro Caregiving • ACASA Cargiving • Sun Shade Sail • Portage Stage**

Programs: **CPR Training • Suvivorship Guide • Home Maintenance**

What is Wellness?

The Foundation's mission seeks to support Wellness by promoting engagement and connection with neighbors to reduce social isolation through supporting programs and services that enhance social connections emotion and physical well being for Sun City residents. Wellness is a lifestyle that promotes and helps individuals to maintain their health and wellbeing. Wellness is crucial for senior citizens to maintain independence, manage chronic conditions, and improve overall quality of life. It enhances physical strength, balance and mental clarity while reducing social isolation and emotional stress. Engaging in Wellness programs promotes healthy aging, prevents injuries, and helps us remain active and engage in our Sun City community. By boosting mental and cognitive health it supports memory and reduces the risk of dementia and depression as well as reducing social isolation. For us here in Sun City, Wellness can be a proactive approach for improving overall quality of life, maintaining independence, developing resiliency, and increasing longevity. As seniors we can support our own Wellness by participating in activities ranging from walking and swimming, eating a nutrient dense diet, hobbies, group activities and community involvement, to having regular medical screenings and check ups. To date, the Foundation has sought to provide opportunities to increase resident Wellness through such programs as our Home Maintenance Program, CPR Training, Caregiver relief through Del Oro, Alternative Living Resources booklet, Survivorship Guide, and sponsorships of various social activities. Going forward, our goal is to expand our support in the areas of community outreach, caregiving, and creating resident connections through a proactive and holistic approach that improves longevity, self esteem, cognitive function and emotional resilience. We'd love to hear your thoughts on how the Foundation could support your health and Wellness. What's working come? What's not? What would you like to see in the future? Let us know and forward your thoughts to Judy Webster at scrfoundationjw@gmail.com