



Newsletter

No. 10

July 2018

YEAR TO DATE -- 2018

The New Year always brings hope and anxiety, sometimes in equal measure.

The Board is extremely pleased that Trish Gehlen, our new coordinator, has so quickly met the challenges of her new position. Her long experience as a planner and project manager with the City of Tucson has proven to be beneficial in dealing with the myriad administrative details in our organization's day-to-day operations.

Since assuming Michele's responsibilities in February, she has met many, but not all our LAH seniors. When she calls, open your doors wide so she can get to know you – or call her at 248-6882.

Anxiety has centered on an on-going concern that touches us all: *money*.

Grants

In early 2018, we were honored and grateful to receive grants from the Hertz and Shurtz Foundations and the Kautz Family Foundation; all are generous past donors.

In March, a generous grant from the Lucille Williams Foundation, a new grantor, was received.

These grants are specifically to fund our free programs :

- Produce Delivery (PDP)
- Safe Home (minor repairs)
- Senior Socials

In addition, we have applied to the Pascua Yaqui Tribe and the Tohono O'odham Nation for grants from their 12% gaming distributions. Both responses are hopefully awaited in early September.

Arizona Tax Credit Program

In March Lend A Hand was officially notified that we now qualify for Arizona Tax Credit.

This means that every dollar donated to LAH by you, a family member or friend living in Arizona, will receive a dollar-for-dollar Arizona tax credit, up to \$400 for an individual or \$800 for those filing jointly.

YEAR TO DATE– 2018

Fund-Raising

In March, for the first time, we had our semi-annual yard sale at St. Frances Cabrini. With a mountain of donations displayed in a perfect, covered and secured location, the sale was *huge*. Revenues from this sale came to \$1,809.

In April our good friend Bennett Bernal at Ward 3, organized a Shred-It event in the Sacred Heart Church parking lot on Ft. Lowell. In only two hours, the special mobile shredder reduced our neighbors' old files and junk mail to 8 tons of confetti – while LAH earned a little over \$1,018.

Lynda Cannon, our new Board member representing Mountain View neighborhood, organized a Community Bash on May 12 at the HighWire Lounge downtown, owned by her friend Nick Wayne.

This celebration of senior citizens featured a book-signing by Tom Miller, LAH senior and award-winning author of “*Jack Ruby’s Kitchen Sink*,” live music; a silent auction of handsome and interesting

items, and a 50/50 raffle. The weather was perfect; everyone had fun, Councilman Paul Durham rolled up on his bike, and we raised around \$2,248. Thank you to Nick and Tom, their friends, and those of LAH, for their generosity and thoughtfulness.

All past and future fund-raising activities involve a lot of time and effort for outreach, planning, and communication + a few flashes of inspiration. For their valuable contributions, we are very grateful to:

- ♥ Carlos Ortiz of *Carlos & Co.* on Ft. Lowell who always offers LAH the use of his property as a parking lot during the Greek Festival.
- ♥ The dozens of volunteers (students, drop-in neighbors, and SUV/truck owners) who help manage our yard sales – next one in November.
- ♥ Kathy Rinn, *Right Touch Massage*, offered the use of her parking lot on Ft. Lowell across from Winterhaven during the December Festival of Lights -- and to Cheryl Carter and friends for managing it so efficiently.

NEED A RIDE NEXT WEEK ?

LAH Transportation Line

312-7143

TRANSPORTATION ALTERNATIVES

LAH cannot always be available

Register with:

- SunVan, 791-5409 (good for wheel- chairs, walkers, people who need TLC in transit). \$1.60 - \$3.20 one way, depending on income.
- Interfaith Community Services, 297-6049 (free; reserve in advance)
- Road to Recovery, 694-0826 (for cancer patients)
- Arizona Medical Transit, 792-0944, has a contract with Mercy Care for free non-emergency transportation. Other round-trip rates from \$36 + \$2.75/mile (more for wheelchairs)

Canteen Senior Socials

Below is a list of this year's remaining Senior Social activities. Join us !!

JUL 17	Lunch at St. Frances Cabrini with Cartoonist David Fitzsimmons
AUG 21	Lunch at St. Frances Cabrini with musical entertainment
SEP 18	Trip to the Museum of Art -- Lunch at St. Frances Cabrini
OCT 16	Lunch at St. Frances Cabrini
NOV 20	Thanksgiving celebration at St. Frances Cabrini
DEC 18	Holiday meal and cookie distribution at St. Frances Cabrini

Reminder: New Medicare Cards Are Coming

The new cards started going into the mail on April 1, 2018. Each will feature a computer-generated Medicare beneficiary identifier (MB) assigned just to you. This will consist of 11 numbers and letters to be used for billing, to verify eligibility for services, and to check the status of a claim.

WATCH OUT: Rip-off artists are calling beneficiaries requesting personal information or payment for the card, and threatening loss of benefits. **HANG UP !!**

*The card is **free** and your benefits will remain the same.*

Beware of Other Scams

- * Charitable giving schemes
- * Home improvement schemes
- * Travel scams
- * Debt collections
- * Sweepstakes / IRS / lottery scams
- * Send money to a relative in jail scam

Staying Safe

- ✧ Keep your doors and windows locked when you are home, going to bed, or leaving your house. Don't open the door to strangers !
- ✧ Secure all lawn and gardening equipment.
- ✧ Put all ladders and other tools away in a secure place.
- ✧ Be aware of home improvement scams. Do not do business with people you haven't personally contacted.
- ✧ Get to know your neighbors !

What To Do in Case of an Emergency

- ◆ Call 911

RESPONDERS WILL DO A FREE WELL CHECK.

- ◆ If necessary, take the ambulance to the hospital with your spouse or a companion.

Move It !!

Have you heard of Silver Sneakers? It's a free fitness program for seniors provided through some Medicare supplemental insurance programs. Below are carriers that participate in this program:

- > AARP
- > Aetna Medicare
- > Caremore Health Plan of AZ
- > Humana Medicare Advantage & Supplement

Silver Sneakers gives you unlimited access to gyms nearby that offer weights and machines, as well as group classes. Offerings vary by gym; here are a few that participate:

- Chuze Fitness
- Lighthouse/City YMCA
- Tucson Jewish Community Center
- Tucson Racquet & Fitness Club

That's not all!! Don't forget Lend A Hand's very own **Smooth Moves**, weekly chair exercise and meditation classes with Johanna Alley.

Join the fun -- sign up by calling Johanna at **370-1306**.

CLASSIFIED

WANTED: Volunteers to help Lend A Hand with its many services. Spend only a few hours and help a senior neighbor. Call Trish, 248-6882.



YARD SALE

This year's Fall yard sale will be November 9 & 10 at St. Frances Cabrini Church. Gather up unused items and donate them to LAH. If possible, we will store them until the sale. This is a major fund-raiser for LAH, so let your friends and family know about it.



FAREWELL

We are saddened to report the passing of our dear friend

Kristine Larsen

* * * *

We regretfully report that La Madera neighborhood has been dropped from the LAH 'family.' Repeated efforts have been made since last summer to recruit a volunteer living there (Ft. Lowell to Glenn; Tucson Blvd to Country Club) to represent their neighbors on the LAH Board. We will continue to provide services to La Madera clients already enrolled in LAH, but will no longer enroll new ones.

VOLUNTEER NEWS

Mayor Jonathan Rothschild declared February 22, 2018 Michele Brubaker Appreciation Day in honor of her dedicated 12-year service to Lend A Hand. For all you gave, Michele, everyone in Lend A Hand thanks you.

Volunteer Dennis McCormick is known as LAH's tech expert, freely giving advice and assistance with electronic challenges of modern life. Phone doesn't work? Which is 'any button' on my keyboard? Why did my screen go black? A tablet? Isn't that a pill you take 3 times a day for a headache?

Recently, expanding his services that also include providing transportation, Dennis answered a call from one of our seniors who had fallen in his backyard. Though uninjured, he was not quite steady on his feet. A walker would help, but he doesn't like to use it, and has trouble moving it in and out of the house.

Dennis is spending more time with him, encouraging him to eat regularly, and is helping him think about the future when he may need more help. Thank you, Dennis, for being so good to our senior neighbor.

Lend A Hand's volunteers offer their time to their neighbors, accompanying them and cheering them on as they navigate the sometimes rocky path so familiar to seniors. Not every day is happy, but caring attention and assistance reduce pain, distress and loneliness.

FOOD



After self-declaring that you meet DES income guidelines, you can receive a monthly Emergency Food bag (canned & packaged food, such as pasta, juice, tuna) from the Community Food Bank. You may also be eligible to receive food through the Food Plus Program (income limit: \$1,287 per month). Call Trish at 248-6882 for information & help registering.

NOT COOKING ANY MORE ?

For information about receiving home-delivered meals in Pima County, call:

- ✓ PCOA, **790-7262**
- ✓ Mobile Meals of S. Arizona, **622-1600**
- ✓ Interfaith Community Services Mobile Meals, **526-9303**

SPECIAL THANKS



To **Carmen Duarte** at the ARIZONA DAILY STAR for providing the information for non-cooks in her revealing 6/18/18 article on home-delivered meals. In a sidebar, she wrote about LAH's produce delivery program (PDP).



To **Stephen Hymel** at Grace St. Paul Episcopal Church's *Bread for the Pantry*. Delicious bread, picked up nightly from Beyond Bread, is donated to PDP.



To **Rick Valdez**, Produce Manager at Food City, whose helpfulness and good cheer make PDP possible.



Prime Time dancers looking good !



Fun and food at a Senior Social



Thank you, Betty White, for showing us that we can enjoy our golden years !



Councilman Paul Durham admiring the beautiful donated Mata Ortiz auction item



Author Tom Miller signing books for eager readers



A small section of our HUGE yard sale: bargains !

Paula Aboud
John Altman
Judith Anderson
Bruni Arriaga
Bennett Bernal
Beyond Bread/Bread
for the Pantry
Dorothea Bradley
Mary Breshears
Robert Burt
Lynda Cannon
Carlos & Co.
David Cherson
Malana Watt Corn
James & Christine
Cummins
Diana Dawson
Melissa & Gene
Einfrank
Ed Flores
Food City, Flowing
Wells/Roger
LaVerne Foster
Trish Gehlen
Thomas Giannini
Henry Hall
Rita Harrington
Eric Hegstrom
Jane Hoffmann
Junie Hostetler
Gary Houston
Robert Houston
Ben Howenstine
Gerald Hughes
Wallace Kinkade
Olga Lopez
Dalton McClelland
Bam Miller



Thank you !

Lewis Hertz Foundation

Carl & Mabel E. Shurtz
Foundation

Elizabeth Read Taylor
Foundation

Kai Family Foundation

Kautz Family Foundation

Tohono O'odham Nation

Lucile E. Williams
Foundation

Charles Miller
Gay Davis Miller
Michael Miller
Roslyn Miller
Sandy Miller
Vicki Mills
Geraldine Moisant
Patrick & Ann Monahan
Anna Morales
Louise Newman
Terry Nordloff
Diana Norquist
Vera & Roger Pfeuffer
Christopher Pray
Kathy Rinn
Kim Rosenfeld
Ron Ryan
St. Frances Cabrini
Catholic Church
Rich Schulman
Frank & Betty Shayka
Greg Smith
Cynthis Sorenson
Susan & Lee Stamford
Joby Swingle
Technicians for
Sustainability
Tylia Records
Ramon Vasquez
Maureen Walden
Larry Ward
Sharon Ward
Barbara Warren
Nick Wayne
Mary White

Our sincere apologies to anyone whose name may have been inadvertently omitted from this list.