



# Newsletter

No. 7

January 2017

## Happy New Year 2017



True gifts for you and those you love

## 2017 Canteen Schedule

Jan 17	MACC	Social / Chili, Salad, Cornbread	12:00-2:00
Feb 21	MACC	Social / Lunch: Mac & Cheese / Jello Salad	12:00-2:00
Mar 21	Arizona-Sonora Desert Museum		9:30-2:00
Apr 18	Sabino Canyon Tram / Picnic		9:30-2:00
May 16	MACC	Ice Cream Social	1:00-3:00
June 20	San Xavier Mission / Box Lunch at MACC		9:30-12:00
July 18	MACC	Social / Lunch: Indoor Picnic	12:00-2:00
Aug 15	MACC	Social / Lunch : Pizza	12:00-2:00
Sep 19	MACC	Social / Lunch : Soup / Salad	12:00-2:00
Oct 17	Tucson Art Museum	Brown Bag Lunch	10:00-12:00
Nov 14	MACC	Thanksgiving Feast	12:00-2:00
Dec 19	MACC	December Joy	12:00-2:00

## Canteen

2016 was a great year for attendees at our monthly canteens. Thank you, Janet and your fantastic team of volunteers for organizing so many fun outings. Visits included the Flandrau Science Center, Mini Time and AZ History Museums, the zoo and the Japanese garden. When we stayed “home” at the church, we enjoyed tap dancers, tai chi, and an art fair.

Thanksgiving and the year-end holidays were celebrated with lots of special food, including traditional favorites like turkey, yams, mashed potatoes and gravy, stuffing, cranberry relish, green bean casserole, vegetables, salad, pumpkin cake and pies, brownies, cheesecake and fresh fruit. Sandwiches, salads and tins of assorted cookies were December treats. Seniors and guests enjoyed table service and after, leftovers to take home !!



## Donations to Lend A Hand

We are honored to have received generous grants from the Tohono O’odham Nation, and the Kai, Hertz and Elizabeth Read Taylor Family Foundations.

The monies are earmarked for Produce Delivery, the Canteen and Home Repairs and Accessibility Improvements.

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### NOVEMBER ELECTION OF NEW OFFICERS OF LEND A HAND

Co-Presidents	Carolyn Maki	Wallace Kinkade	
Secretaries	Johanna Alley	Dorotha Bradley	Vicki Mills
Treasurer	Junie Hostetler		

***Scammers, fraudsters and crooks are finding ever more creative ways to steal our money. Be on guard – these people never sleep !***

Channel 13 recently reported that the No. 1 scam here in Pima County is the IRS scam. The victim receives a phone call from someone claiming to be from the IRS. The caller says the victim owes money and will be fined or sued if he doesn't pay immediately. The caller then demands payment through a wire transfer or a prepaid debit card.

***HANG UP !! Do not give any personal information !***

The IRS never initiates phone calls demanding immediate payment by credit card, debit card or wire transfer. If you want to talk to them, call directly at 800-829-1040.

Another scam is the "Hello, Grandma" scam in which a young person impersonates a grandchild on the telephone. The story is that there has been an accident, or an arrest, and can you help by sending money for a lawyer? The scammer may have a lot of your personal information, except the name of your grandchild. Don't help him by saying, "Is that you, John?" (or whatever your grandchild's name is).

Again, **HANG UP** and contact your grandchild yourself.

## Summary of Lend A Hand's Free Programs

Produce Distribution	Fresh fruit & vegetables delivered to you. Not on the list and want to be ? Call Greg at <b>609-0283</b> .
Canteen	Monthly social gatherings or enrichment outings to interesting places in Greater Tucson. Volunteers will call you or call Janet at <b>203-6878</b> .
Exercise Class	Meets every Tuesday from 10-11 for low-impact exercise to promote strength, flexibility & better balance. Led by Johanna Alley & Bill Crouse. Call Johanna, <b>370-1306</b> .
Minor Home Repairs	Volunteers are willing to help with projects within the scope of their abilities. Call Michele, <b>248-6882</b>
Writers' Workshop	Weekly meeting of those interested in expressing their thoughts and feelings through writing. Call Vicki, <b>248-8621</b> .
Food Bag & Food Box Delivery	Everyone is eligible for the 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 (single income limit: \$1,287 per month). Call Alan at <b>909-5204</b> for information & help registering.

## PREPARE NOW for LATER

In my care-giving journey with my parents, now deceased. I was always aware of their wisdom in putting together a Living Will / Family Trust in 2001.

That document opened the door for my family to gain on-base (DMAFB) access to shopping and meds; pay bills through the bank or credit union checking accounts; represent them with the doctor or medical caregivers, lawyers, home health workers and hospice help. Yes, I was even working for them in Social Security, Veteran's Affairs, life insurance companies, funeral homes and cemeteries.

Mom's and Dad's foresight enabled us to conduct their business on their behalf. Even single persons can prepare for later. Some of our fondest memories are of single LAH neighbors who had a plan in place for "later."

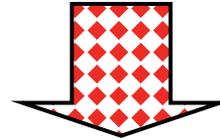
Last January, Lend A Hand conducted an end of life series of talks that educated us about looking ahead and preparing for our futures. Who will represent you?

More sources of information on this topic are available through PCOA, 790-7262.

Michele Brubaker,  
LAH Coordinator of Services

## CLASSIFIED

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



## YARD SALE

This year's Spring yard sale will be on March 17 and 18. When you're cleaning house, think of us. One of our board members allows us to store items in her garage, and your things will be safe there until the sale. **Call Jane at 323-9299.**



## FAREWELL

We are saddened to report the passing of our dear friends

Madelyn Bufe  
Warner Burritt  
Olive Colon  
David Donnelly  
Chris Ecke

Michaela Johnson  
John McGuire  
Ernest Parks  
Mary Tankesly  
Alice Zepeda

This newsletter is a publication of Lend A Hand Senior Assistance, Inc., a 501(c)3 tax-exempt organization, P.O. Box 41323, Tucson, AZ 85717, 520-248-6882, [www.lahseniorhelp.org](http://www.lahseniorhelp.org). Our mission is to support the needs of our senior neighbors. Your gift is fully tax deductible for federal income tax purposes. Lend A Hand (LAH) is a member of the Neighbors Care Alliance, a program administered through Pima Council on Aging (PCOA). Funding is through various LAH fund-raising activities and donations. Funding and support are also provided by the Tucson Ward 3 Office, the Pima Country Board of Supervisors, Pima Association of Governments Regional Transportation Authority (PAG/RTA) and PCOA.