



NEWSLETTER

No. 15

April 2021

A COORDINATED EFFORT

Beginning April 1, the important coordinator's duties that keep Lend A Hand running smoothly were transferred to Jim Austin by Trish Gehlen. Jim joined us as a volunteer in May 2018, became Transportation Assistant in June 2020, and has now moved to the position of Coordinator.

Trish will continue to support Jim and Lend A Hand in an administrative position. Here are the contact numbers and email addresses:

	<u>Call</u>	<u>Email</u>
LAH Requests	520-312-7143	requests@lahseniorhelp.org
	<u>Call or Text</u>	
Lend A Hand General enquiries and information	520-248-6882	coordinator@lahseniorhelp.org

Covid: Vaccines & Transportation: We have all heard of, or experienced, the frustrations of getting COVID-related appointments. Lend A Hand is trying to ease that burden by helping our clients get transportation to their appointments or pre-procedure required testing. These appointments get special priority. We are scheduling appointments for any future date, and we have some rapid response volunteers who are standing by to give rides to those who may get a last-minute appointment. We have currently transported 21 people for testing or vaccination.

If you have not been able to get registered to be vaccinated and would like to be, please contact Jim at 520-248-6882, and he'll share the information he has.

THANK YOU

Our grateful thanks to the following grantors whose generous gifts have allowed us to continue and increase services to our senior neighbors during the pandemic:



- The Lewis Hertz Foundation
- The Carl & Mabel E Shurtz Foundation
- Arizona Food Bank Network
- Community Foundation for S. Arizona
- Community Foundation, Harrisburg-Rockingham
- Schwab Charitable
- Vance Foundation



Our Free Services

- *Transportation*
- *Errands*
- *Senior Social Activities*
- *Safe Home / Yard Program*
- *Friendly Visits / Calls*
- *Produce Delivery*

By the Numbers

	2019	Jan-Dec 2020
Clients Enrolled in LAH	136	127
No. of Volunteers	100	88
No. of Outside Volunteers	97	34
Total Client Miles Driven	27,228	23,490
Total Hours in Service	5,842	5,864
PRODUCE DISTRIBUTION PROGRAM		
No. of Deliveries (2/mo. to approx. 120 recipients)	24	24
Clients Served (including Lander Garden)	2,857	2,582
No. of Volunteers / Delivery	13	13
Total Spent All Deliveries	\$10,758	\$13,577
SENIOR ACTIVITIES		
Monthly Sr. Social: No. of Clients, Guests, & Vols. <i>(89 = average # of seniors receiving home-delivered lunch since April)</i>	598	896
No. of Monthly Meetings / Home-Delivered Lunches	12	12
Writers Group: No. of Clients, Guests, & Volunteers	79	21
No. of Weekly Meetings	24	7
Senior Exercise: No. of Clients, Guests, & Volunteers	267	68
No. of Meetings	34	7
Total Spent All Activities	\$3,062	\$4,945
SAFE HOME / YARD		
Hours Safe Yard Projects	66	83
Hours Safe Home Projects	142.5	132.75
Total Spent	\$1,036	\$928
SPECIAL COVID-19 SERVICES		
Hand-written greeting cards & notes sent to all clients		
Friendly Check-in Phone Calls (hours spent Mar-Dec)		748

LEND A HAND KEEPS ROLLING

Last March, the stunning announcement of the global coronavirus pandemic and subsequent quarantine had a nearly instant impact on Lend A Hand where personal connections are the heart and soul of everything we do. Nevertheless, we listened to the medical and scientific experts and heeded their warnings to eliminate contacts and stay home. This caused LAH to make some changes to our services.

Transportation: Following CDC guidelines, Lend A Hand, continued to offer transportation for medical appointments and grocery & prescription-related errand services. As trips to the grocery store were deemed safer, we began offering rides to individuals wanting to do their own shopping and other errands. We implemented COVID protocols, including mask requirements and sanitation procedures that all volunteers and clients followed.

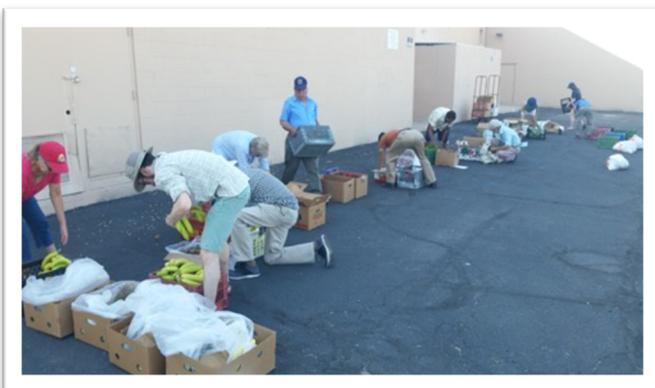
From March to July 2020, our request numbers dipped from the previous year. Since then, requests have increased from 93 in July to 153 in March of 2021, representing an average increase from 2019 of over 30%.

If you need a ride or an errand, remember to call 520-312-7143 to schedule it. You can leave a message and your call will be returned.

Produce Delivery (PDP). This very popular program, serving about 120 clients, has been running without interruption since mid- 2013. Working with our partners, *Food City*, *Felicia's Farm*, and *Iskashitaa Refugee Network*, LAH's dedicated volunteer drivers ensure that seniors continue to find free bags of produce on their doorsteps twice a month.

This combined effort starts two days prior to the scheduled Saturday delivery when inventory, availability and case prices are checked by the Food City Produce Manager. Based on his information, we place an order, which is supplemented by donations of seasonal vegetables naturally grown at Felicia's Farm, and other donations of fruit gleaned from local citrus trees by Iskashitaa.

At 7:30 AM on Saturday, the order is assembled: Food City is paid, and the cases rolled out to the parking lot behind the store. At 8:00, volunteers get started. For them, it's like going to an outdoor market, shopping for the 7-8 people on each driver's list. Individual bags are filled with fruit, veggies and bread. When drivers are finished, off they go.



Here are the dates of upcoming deliveries:

April 17	June 5	July 24
May 1	June 19	August 7
May 15	July 10	August 21
September 4		

LEND A HAND KEEPS ROLLING

Senior Social became Senior Stay At Home Social: Beginning in April 2020, we started a monthly lunch delivery program to replace in-person Senior Socials at the church. This lunch program will continue until we're able to sit down together again at St. Frances Cabrini. Volunteers call seniors to take lunch orders, giving both an opportunity to stay connected.

Friendly Visits and Calls: The friendly calls program has 17 volunteers who together call all LAH seniors who enjoy phone visits. Calls will continue throughout this crisis.

If your name is not already on our call list and you would like us to touch base with you, please call Jim, 520-312-7143. If you would like to be added to the existing list of seniors who receive friendly visits, call the same number.

Safe Home / Yard: The yard clean-up program is running again, and help is available if your weeds are overrunning your yard. Safe Home covers miscellaneous requests, such as minor repairs, computer / tech help, taking out trash and bringing in mail. Call the request line number (520-312-7143).

Smooth Moves: This program is still suspended. We hope it can be restarted in the near future.

Writers' Group: First established in 2008, the group met in members' homes once or twice a month until March 2020. The pandemic interrupted meetings until we figured out how to meet on Zoom, using our computers or smartphones. New members are welcome. Contact Vicki Mills, 520-248-8621, for information on how to join.

Shred-It: An event you've been waiting for! It's a fundraiser for LAH on Saturday, May 29, 8:00-10:00. Box up all your old files and bring them to Sacred Heart Church, 601 East. Ft. Lowell. Suggested \$5 donation per box / bag.

CLASSIFIED

WANTED: Volunteers to help Lend A Hand. Our top need is drivers, but there are other services as well. Do you like to chat on the phone? You can help a senior neighbor relieve loneliness. Call our Coordinator, (520) 248-6882.

WANTED: A big, warm hug from a loved one.

TAX SEASON 2021 : The IRS announced that the 2021 tax filing due date for individuals has been moved from April 15 to May 17. The due date for Arizona has also been moved to May 17 for individual filers.

NEW LAH OFFICERS

President	Vicki Mills
Co-President	Janet Burt
Secretary	Sandy Miller
Treasurer	Beth Acree

FAREWELL



We are saddened to report the passing of our dear friends:

Joyce Byers
Jimmie Conner
David Glick
Betty Morphew