

Henry (Hank) Hall, honored professor of chemistry at UofA, cherished LAH friend and long-time resident of Jefferson Park, left us the following message before he died, age 94, in October 2018.

HALL'S RULES FOR AGING GRACEFULLY - JULY 21, 2018

- 1 Be proud that you are old ! Aging is a perfectly normal stage of your life. It means that you have successfully navigated the cross currents and riptides of life and are heading into peaceful waters.
- 2 Your age is just a number on your calendar. It does mean that you are gradually physically less capable of doing the things you're accustomed to doing. However, your mind and your spirit will go on unchanged.
- 3 Your body was given to you as a precious gift. You are responsible for maintaining it in excellent condition
- 4 Your mind was given to you as a precious gift. You are responsible for maintaining it in excellent condition.
- 5 Do everything you can do for yourself. Don't be a nuisance or a burden to other people.
- 6 Learn to take orders from your caregivers and advisers. They probably know better what's good for you than you do.
- 7 Get out among people. You're a social animal.
- 8 Now that you have plenty of time look back over your life. If you are pleased with what you see, purr. If you are not pleased, you still have time to make corrections.
- 9 Have fun! This is the only life you'll ever have, so enjoy it to the utmost.
- 10 Paste this on your refrigerator door and review from time to time.

Ward 3 Shred-It Event
April 2019



April was a very busy month for LAH volunteers. Paul Durham and Bennett Bernal organized another big Shred-It event at Sacred Heart Church on Ft. Lowell and First Avenue. These events attract a pretty big crowd of homeowners and business people who clean out their old tax and office files. Cars start lining up an hour before the arrival of the shredding truck, while volunteers set up a table with brochures and a cash box. Boxes are unloaded into trash containers that are emptied into the truck.

Refreshments were exchanged for donations, while the grinding roar from the truck assured confidentiality and document destruction.

A week later our huge Spring yard sale, held in the sanctuary of the Benedictine Monastery on Country Club, was organized by Sandy Miller and her team. This beautiful, delightfully cool location was offered by Steve Kozachik of Ward 6 and Ross Rulney, owner of the Monastery. Mr. Rulney has generously opened the Monastery to Catholic Community Services (CCS) as temporary housing for refugees.



The intake area was relocated for 3 days to accommodate our sale. LAH donated clothing to CCS and in turn received donated extra blankets from them for the sale.

Earnings from these important fundraisers are earmarked for LAH's various free services and fixed expenses. Grateful thanks to everyone's efforts, large and small!



A salute to the Diaper Bank which has been our partner for several years, providing more than 750 incontinence products free of charge to LAH seniors in 2018. If you need incontinence supplies, contact Trish, 520-248-6882, and she will arrange delivery. Thank you, Leslie Pike, Diaper Bank Programs Manager.



Let's talk about Lend A Hand's free transportation service. The Board is enclosing revised guidelines and we are asking that you read and respect them. You may wonder why we have guidelines. Here is why:

Ride requests registered only through the Transportation Coordinator: LAH is not insured and miles not reimbursed for rides not properly registered.

Friday 5PM ride request deadline for the following week: We are using a sign-up program on the internet. Advance planning is necessary.

2 rides/week, 2 stops/ride: LAH has almost 150 seniors on its membership list, any one of whom can ask for a ride. There are only about 35 rotating drivers. An 'average' medical ride from door to door takes about 2 hours. Additional stops = additional time. LAH does not want to over-burden drivers, and seniors are asked to respect this limitation. First priority is medical. If a non-medical ride request cannot be filled, it may need to be cancelled or rescheduled.

Information for the Transportation Assistant: We aren't being nosy! Drivers submit monthly reports on which rides, destinations and destination addresses are noted -- information that is entered into a database and submitted to PCOA. This data is critical. We ask for grants and donations to support the programs you appreciate (social activities, fresh produce, and home repairs), and prospective grantors and donors want data.

We also need to know if you use a walker or wheelchair because some drivers are not strong enough to lift a wheelchair, or they drive a car too small to accommodate mobility equipment.

Lend A Hand's mission is to help seniors, and to the best of our abilities we do. Thank you for understanding that we are not perfect, that we never stop trying, and that these guidelines were approved by the Board.

Bits and Pieces

→ REMINDER: If you need to cancel a ride you have booked, don't wait until the last minute to call the transportation number, 520-312-7143. If you have an urgent, last-minute need for a ride or errand, such as doctor's sick call or prescription pick-up, call the same number or 520-248-6882.

LAH phone hours:
8:00 – 5:00 Monday – Friday
After hours, leave a message.

→ Food for pets: Homebound seniors needing supplemental pet food and other pet services can call the helpline at Pima Council on Aging (PCOA), 520-790-7262.

→ Alert: As political campaign season heats up, political entities may be using "census" lookalike mailers to solicit donations. The U.S. Census Bureau will NEVER ask for money. Some of these mailers may be legitimate political activity; however, they do not originate with the U.S. Census Bureau.

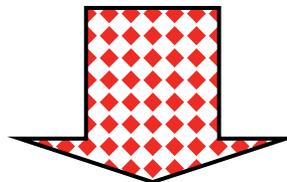
→ When phonies phone: Do some research. Don't react out of fear. Trust your instincts. Don't take on face value any stranger who wants your money. Impostor frauds are *everywhere*.

Random Thoughts

One of the many things no one tells you about aging is that it's such a nice change from being young.

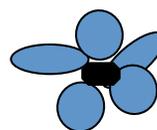
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WANTED: Volunteers to help Lend A Hand with its many services. Spend only a few hours and help a senior neighbor. Call Trish, **520-248-6882**.



NEEDED: Lend A Hand needs a **shed**, about 10x10, in which to store tools, building materials, and miscellaneous equipment, such as folding tables and chairs.

If anyone knows of a shed looking for a new home, please contact Trish at **520-248-6882**.



FAREWELL

We are saddened to report the passing of our dear friends

Lois Galbreath

Bill Logan

Rita Harrington

Irene Russo

Virgie Lee Smith

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. Our mission is to support the needs of our senior neighbors. Your gift is 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, donations and grants. **Donations are always welcome.**