



# NEWSLETTER

No. 19

March 2024

## UP-TO-DATE NEWS

### **Officers**

President Janice Havins  
Co-President Patrick Lane  
Treasurer Beth Acree  
Secretary Sandy Miller

### **New Coordinator**

The Board is delighted to announce that Janet Burt has agreed to be our new Coordinator, assuming the responsibilities from Jim Austin. Janet is well known to many of us for the various tasks to which she has lent her many talents over the years: cooking for our Social lunches, Smooth Moves, Safe Home, Produce Delivery, and *lots of driving!* Janet, thank you!

### **Transportation**

Requests for transportation to medical visits and for errands have multiplied, more than ever since some insurance programs no longer provide rides to doctors. We are asking you to book your rides as soon as possible – even up to a month ahead! If you are calling for a ride to the grocery store and it's not urgent, think about requesting a Saturday ride.

**Call: 520-248-6882**

### **Reminder:**

***No scheduled rides between 10:00 and 2:00 on the third Tuesday of the month.***

### **Staying in Touch**

Dear Clients:

We love you and love talking to you – but sometimes contacting you is difficult. You can make it easier for us by having a working phone.

Is it hard for you to get to the phone? Or are you receiving calls you don't want to answer, like salesmen, scammers, and people who want your attention when you're busy?

***We understand, and recommend that you don't answer any call from a number you don't recognize.***

An answering machine or voicemail is very helpful. If you have one and you don't answer, we will leave a message, identifying ourselves as being from LEND A HAND.

Please call us back if we ask you to do so. We may be calling about transportation, or something special, like counting the number of tables and chairs needed for the next social lunch, or how many bags of fruit and vegetables we need to prepare for delivery.



## BY THE NUMBERS

	Jan-Dec 2022	Jan-Dec 2023
<b>Clients Enrolled in LAH, monthly average</b>	124	127
No. of Volunteers, monthly average	63	60
No. of Outside Volunteers	10	6
Total Client Miles Driven	26,647	27,011
Total hours in service (not including Produce Deliveries)	4,793	4,673
 <b>PRODUCE DISTRIBUTION PROGRAM</b>		
No. of Deliveries (2/mo. to approximately 100 recipients)	24	24
Clients Served (including Lander Garden)	2,625	2,546
No. of Volunteers / Delivery	8-10	9-10
Total Spent All Deliveries	\$13,282	\$11,685
 <b>SENIOR ACTIVITIES</b>		
Monthly Sr. Social deliveries: Avg. # of Clients/Vol drivers (Lunches were home-delivered monthly from Jan. 22 to May 23)	79/13	76/12
Monthly in-person Senior Social lunches: Avg. # of Clients/Vol drivers (beg. June 23)	---	30/14
No. deliveries (last one May 23)	942	378
Writers Group: No. of Clients, Guests, & Volunteers	5/2	4/2
No. of Monthly Meetings	10	5
Senior Exercise: No. of Clients, Guests, & Volunteers		10-15
No. of Meetings		4
Total Spent All Activities	\$5,036	\$4,601
 <b>SAFE HOME / YARD</b>		
Safe Yard Projects-Hours	16-16	20-14.5
Safe Home Projects-Hours	37-39.25	30-33
Total Spent	\$418	\$84

### Fund Raising

Last year, lots of LAH friends and neighbors participated in the Jim Click “*Millions for Tucson*” raffle by purchasing \$25 tickets. Prizes were a beautiful new vehicle or one of two other great prizes. No ticket sold on behalf of LAH won, but we raised a total of \$4,355, which will help pay for the programs above.

The 2024 raffle will be held in December; tickets are already available; they are \$25 each or 5 for \$100! Call Gracie at 520-270-3236.



## THANK YOU

*Grateful thanks to our generous grantors and donors in 2023*



### GRANTORS

Arizona Food Bank Network  
Lewis Hertz Foundation  
HSL Family Foundation  
Franklin Family Fund  
Pima Federal Credit Union Grant Funds

### INDIVIDUAL DONORS

Andrea Abkarian	Thomas Farmer	John & Pamela Patton
Paula Aboud	Joan Groff	Peter Pierri
Beth Acree	Richard Harkins	Bonnie Poulos
Kathleen Allen	Thomas Hildebrand	Atifa Rawan
Sandra Andringa	Jane Hoffmann	Pam Reid Duffy
Jim Austin & Barbara Hoffman	Junie Hostetler	Tom Richardson
Shirley Ballentine	Lea Hostetler Evans	David Rubin
Priscilla Barton	Earl Kern	Nancy Ruhl
Debbie Bengault	Linda Khumalo	Ronald Ryan
Constable Bennett Bernal	Wallace Kinkade	Secrest Family Fund
Dorothea Bradley	Robert Lees	Steven Slaff
Dale & Arthur Brenneman	Olga Lopez	Lucinda Smedley
Joyce Broan	Stuart Lorch	Gregory Smith
Roger Caldwell	Yvonne Lorch	Sara Spicer
Aaron Chatterson	Katrina Mangin	Thomas Tobin
Ronnie & Joseph Conour	Carla McClone	Constance Trecartin
Lauri McCanless & Margaret Crawford	Kathryn MCGovern	Sam Tripas
Jim and Christie Cummins	Katherine Miller	Linda Voorhies
Murray DeArmond	Jon & Sandra Miller	Sheila Bourque & Janet Walker
Bruce Deschamps	Vicki Mills	Janet Warner
Greg Dooling	Jerri Moisant	Barbara Warren
Fran Dostillio	David Nuesse	Nando Zepeda
Gene Einfrank	Estate of Natalie Montgomery	

*We sincerely apologize if your name has been inadvertently omitted*

## CLASSIFIED

**WANTED:** Volunteers to help Lend A Hand. Our top need is drivers, and there are openings for representatives to serve on the board. You can help a senior neighbor! Call our Coordinator, 520-248-6882.

**YARD SALE:** Planning has begun for a spring yard sale to be held on April 12 & 13. You can drop-off gently-used housewares, artwork, small furniture, etc. in the car-port at 4309 N. Radin Ave. or call us at 520-323-2142. **NO CLOTHES!**

### Neighborhood - Representative

Campbell/Grant NE	Vicki Mills
Campus Farm	Gracie Brettholle
Hedrick Acres	Abby Eason
Jefferson Park	Lisa Jones
	Trish Gehlen
Limberlost	Lois Mastrangelo
Mountain/First Avenue	Sarah Studd
Mountain View	Janet Burt
Richland Heights East	Sandy Miller (Secretary)
Richland Heights West	Patrick Lane (Co-President)
RillitoBend	Wallace Kinkade
	Janice Havins (President)
Samos	Junie Hostetler
Winterhaven	Dorotha Bradley
Member At Large	Beth Acree, (Treasurer)
Coordinator	Janet Burt

## My Life Broken Down Into Segments



## FAREWELL

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



Dorothy Carr  
Rhonda Garrison  
Jane Hoffmann  
Bill Holmes  
George Hubbard  
Cathy Kershaw  
Richard Kestler  
Jeff McGrath  
Brenda Miller  
Frances Perry  
Helen Rishel  
Sylvia Rivera  
John Sliffe

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

-- Leo Buscaglia

*"By the time you're 80 years old, you've learned everything. You only have to remember it." -- George Burns*



## SOCIAL ACTIVITIES

After a long Covid pause, we're meeting again for lunch at St. Frances! In September, we especially loved the Tucson Prunes. As always, three cheers for our talented cooks.

Smooth Moves exercise classes started up again, meeting at Sonora Cohousing from 10:00-11:00 the 2<sup>nd</sup> and 4<sup>th</sup> Tuesdays of every month. We're working on flexibility, strength and balance using chair exercises based on tai chi and qi gong. Join us, it's fun!

Call Janet at 520-203-6878.



*The Tucson Prunes delighted us with their costumes and dancing*



### Social Lunches IN 2024

Mar 19	Aug 20
Apr 16	Sep 17
May 21	Oct 22
Jun 18	Nov 19
Jul 16	Dec 17

*Happy New Year from St. Frances*





REMEMBERING YEAR-END HOLIDAYS with COOKIES and CHOCOLATE!



PRODUCE DISTRIBUTION IN 2024

Mar 2	May 18	Aug 10	Oct 19
Mar 16	Jun 8	Aug 24	Nov 2
Apr 6	Jun 22	Sep 7	Nov 16
Apr 20	Jul 13	Sep 21	Dec 7
May 4	Jul 27	Oct 5	Dec 21