



# NEWSLETTER

No. 18

March 2023

## UP-TO-DATE NEWS

### *Officers*

President Janet Burt  
Co-President Janice Havins  
Treasurer Beth Acree  
Secretary Sandy Miller

### *New Board members*

We are very pleased to welcome three new board members: Gracie Brettholle, Abby Eason, and Lois Mastrangelo. Board members are dedicated to the smooth running of LAH. You may have met them when they drove up to collect you for a ride or when you received delivery of lunch or produce. Here is the updated list.

### *Notes from Jim*

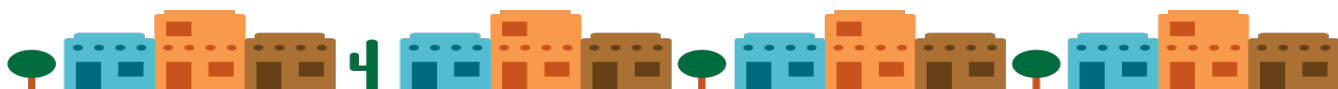
One of the pleasures I get from this job is learning new things and finding resources that are useful. How about a discount on an internet service plan or a free phone? Perhaps you might be interested in meal deliveries, a senior companion, budgeting assistance, or low impact exercise activities. If any of these capture your interest, or you have other requests, call Jim, the Coordinator, at **520.248.6882** to find out more.

### *Neighborhood Representative*

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

**Masks :** LAH strongly suggests that everyone in a car continues to wear masks, even after the pandemic is officially over. It is the driver's prerogative to ask that everyone wear a mask.

**Reminder:** *No requests between 10:00 and 2:00 on the third Tuesday of the month.*



## HOW WE REMEMBER THE HOLIDAYS



Preparing to deliver Thanksgiving lunches and cookies for Christmas

## FRIENDS AND FOOD

Speaking of life's pleasures, we would like to recognize three friends of LAH who supply food for PDP, our popular Produce Distribution Program.

**Iskashitaa Refugee Network** and founder Barbara Eiswerth create opportunities to integrate United Nations refugees into the Southern Arizona community and reduce local food waste. Grant Rd. is the collection point for volunteers to re-distribute beautiful seasonal citrus and produce harvested locally. Their new second location is on the St. Mark's Church property at 3<sup>rd</sup> St & Alvernon where they will have office space, a new garden, orchard and outdoor meeting space. If you have or know of someone with surplus fruit, call 520-440-0100.

**Felicia's Farm**, on River Rd., is home to a 4-acre organic vegetable garden that produces a long list of everyone's favorites, including cabbages, carrots, broccoli, tomatoes, lettuce, squashes, chiles, and peppers. There is also a large, hard-working flock of chickens, and occasionally Director Cathy Lolwing, adds eggs to our basket.

**Food City** on Wetmore is our familiar meeting place where we purchase 'regular' items. Produce Manager Steve and his assistant Luis greet us with cheerful smiles; they are always efficient and helpful.

## PRODUCE DISTRIBUTION IN 2023

Mar 18	Jun 3	Aug 19	Nov 4
Apr 1	Jun 17	Sep 9	Nov 18
Apr 15	Jul 8	Sep 23	Dec 2
May 6	Jul 22	Oct 7	Dec 16
May 20	Aug 5	Oct 21	

### 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.

### FUND-RAISING

Last year's main fundraising activities were focused on a yard sale in April -- sales were brisk! We also partnered with Ward 3 and our friend Bennett Bernal for a *POST TAX DECLARATION DAY* shred-it event to clean out our files. We also sold tickets for Jim Click's 2023 raffle. All our efforts raised \$4,574.

### FAREWELL

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



Terry Berg  
Electra Brashears  
Rose Fuhs  
Sophie Katz  
Tom Miller  
Judy Mires  
Marlene Probst

## About growing older .....

When you are dissatisfied and would like to go back to your youth, think of algebra....

I swear if my memory was any worse, I could plan my own surprise party.

## THE UGLY SHEPHERD

I don't know when or how this manger collection had its start. I remember it from way-back-when, and I know it had begun before my time. Most of the cows and sheep had wooden matchstick legs. Their own legs had broken away over the years, and Dad replaced them with kitchen matches that he used to light his pipe. Much of the animals' coatings also were ragged. The waxen angels were dirty and somewhat distorted from partially melting in storage over time.

One of the shepherds did not resonate with me at all. Of all the statuettes, this poor character was the ugliest to my three-year-old eyes. Dad had placed him near the manger overlooking the Baby Jesus, but I thought that he was so unattractive that he scared little Jesus. So, I flipped him around. Now he had his back to the manger.

When Dad saw this, he asked Mom and Big Sister which one of them did it. Neither one, came their replies. Mean- while, I sat by waiting for someone to ask me if I did it. I would have said yes, but nobody asked me. So, I kept quiet. The next time I saw the manger, the ugly shepherd was overlooking Jesus again, and I flipped him back around. This happened several more times, and Dad was getting mad. Nobody still asked me, so I kept quiet.

Then one evening we were all sitting around the living room. When I looked into the manger underneath the Christmas tree and saw that ugly shepherd looking down at Baby Jesus again, I shouted out "No!" and immediately went over and flipped him around.

"Were you the one flipping the shepherd?" Dad finally asked.

"Yes," I replied. "He scares the baby."

"Why didn't you say it was you?"

"Because nobody asked me."

Mystery solved. But now the ugly shepherd faced in again as Dad turned him back and told me that he had to stay that way because he was honoring Jesus. Still not convinced that he didn't scare Jesus, I took the shepherd and placed him outside the manger, saying that he should then be put here.

"No," said Dad. "He belongs inside," and returned the ugly shepherd near the manger. This time, though, Dad placed two sheep just ahead of the ugly shepherd as guards. Ok. Now I was satisfied. The sheep were watching over the Baby so that the ugly shepherd didn't scare Him anymore.

*Chele Logan*



Rare rains bless my trees.  
Light-filled drops glisten on leaves.  
Clouds curtain mountains.

Night times have lengthened.  
Tucson summer has faded.  
Dawn soon melts all frost.

Winter solstice past  
Longer days come too slowly.  
Deep darkness prevails.

Spring: "Here comes the Sun."  
Thanks, George Harrison, nice tune!  
But here comes the heat!

In sky blue, So(u)l sets.  
Its time, a long "day", is done.  
Luna, reborn, shines.

*Dennis McCormick*



## BY THE NUMBERS

	Jan-Dec 2022
Clients Enrolled in LAH (120-128)	123
No. of Volunteers (61-65)	63
No. of Outside Volunteers	8
Total Client Miles Driven	24,027
Total hours in service (not including Produce Deliveries)	4,793
<b>PRODUCE DISTRIBUTION PROGRAM</b>	
No. of Deliveries (2/mo. to approximately 100 recipients)	24
Clients Served (including Lander Garden)	2625
No. of Volunteers / Delivery	9
Total Spent All Deliveries	\$ 13,282
<b>SENIOR SOCIAL ACTIVITIES</b>	
Monthly Sr. Social: avg . # of Clients / month	78
# of home-delivered lunches prepared/delivered by 20-24 volunteers	940
No. of Monthly Meetings	12
Writers Group: No. of Clients, Guests, & Volunteers	5-7
No. of Monthly Meetings	11
Senior Exercise: No. of Clients, Guests, & Volunteers	0
No. of Meetings	Suspended
Total Spent All Activities	\$5,036
<b>SAFE HOME / YARD</b>	
Hours Safe Yard Projects	17
Hours Safe Home Projects	41
Total Spent	\$418
<b>KEEPING IN TOUCH</b>	
Hand-written greeting cards & notes sent by volunteers to clients	>500

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**Senior Social :** Since the pandemic began in March 2020, we have had 36 “stay-at-home” socials (one per month). We are now planning to go back to in-person socials at the church, beginning in June at St Frances Cabrini. We are excited to get back to meeting again. Here are dates to remember:

Mar 14	April 18	May 16	June 20	July 18
Aug 15	Sep 19	Oct 17	Nov 21	Dec 19

**Smooth Moves :** These in-person exercise classes were cancelled during the pandemic. We tried to start up again in October 2202, but then Covid reappeared, and we again stopped. We hope to start again in May.

**Writing Group :** This small, casual and fun group now meets once a month, usually on a Thursday at 1:00. Members write whatever they feel like - poetry, memoirs, fiction and non-fiction. We would like to get more people interested in joining the group. Contact Vicki Mills, **520-248-8621**, if you are interested in learning more. We share our written pieces with each other.



## THANK YOU

*Grateful thanks to our generous grantors and donors in 2022 and 2023*



### GRANTORS

Arizona Food Bank Network  
Louis Hertz Foundation  
H.S. Lopez Family Foundation  
Community Foundation for Southern Arizona  
Community Foundation for Southern Arizona,  
Franklin Family Fund

### INDIVIDUAL DONORS

Beth Acree	Melissa Einfrank	Wendy Lienhart
Sandra Andringa	Jim Elder	Olga Lopez
Brunilda Arriaga	John Fernie	Yvonne Lorch
Jim Austin & Barbara Hoffman	Holly Finstrom	Donna Madden
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*We sincerely apologize if your name has been inadvertently omitted*