



# Newsletter

No. 3

July 2014

## LEND A HAND UPDATE

It has been a busy year for Lend a Hand ! We have welcomed a number of new clients, and we're proud to say that we are now serving 141 seniors in 13 neighborhoods. From July 1, 2013 to June 30, 2014, 47 volunteers (not including those who help deliver produce) have driven more than 14,000 miles, transporting clients to various places (doctor, dentist, grocery store, pharmacy, library, exercise class, etc.), or running errands for them when they're unable to go out. There have been friendly visits and phone calls -- all in all, almost 4,500 hours of service.

Among our clients are two homes occupied by a brother and sister, 5 homes that include parents and children, 2 with a grandparent and grandchild, and 5 married couples.

### Current projects:

- Produce Delivery Program
- Senior Writing Project (meets weekly)
- Senior Canteen (meets monthly)
- Refugee Elders
- Junior League C.A.R.E.S (home upgrades)
- Fundraising meals
- Yard sales

### In process:

- Food box delivery

## PRODUCE DELIVERY

The Produce Delivery Program initiated last year has gained momentum. Once or twice a month 8 teams of volunteers meet early in the morning to sort and fill bags to be delivered to clients.

During the first six months of the year fresh fruit and vegetables were delivered to clients 805 times. We spent over \$2,500, funds that were granted by the Lohse Foundation and Tohono O'odham Nation.



## NEED A RIDE ?

Call the LAH transportation service number: **312-7143** by Friday of the week prior to your appointment to avoid disappointment. Please let us know the number of stops you need to make so we can advise our volunteer drivers of the approximate length of their assignment. *Remember, it's possible to request another ride to shorten the transport time.*

## **WISDOM AND REVERIE**

Our **Senior Writing Group** led by Vicki Mills will be marking 6 years in September !! They meet regularly, every week, and have recently published WISDOM AND REVERIE, a compilation of stories and poems.



Vicki Mills introduces the book

We celebrated the book's publication – this year's most exciting event – at a book-signing party held on June 17 at Mountain Avenue Church of Christ. Authors, friends and relatives enjoyed a tasty summer lunch of hot dogs, salads, and desserts, and afterward were treated to readings from the book by Michele Brubaker for Ruth Awad; Kat Davis; Samantha DeFretas for her father, Dennis; Jim Kennedy;



Vicki Mills for Leslie Holmes and herself; Betty Morphew; Ginnie Chavez; Sally Tako; and Deena Sortland.

Additional copies of the book are available by contacting Vicki Mills at 248-8621. Suggested donation \$8.

We can continue to enjoy the writers' work by reading and posting comments to them on our blog.

<http://lahseniorwriters.wordpress.com/>

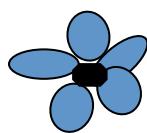


Michele Brubaker reading for Ruth Awad

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**Need home maintenance help ?  
Call Michele, 248-6882**

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## **FAREWELL**

We are saddened to report the loss of several members of our Lend A Hand family who will be greatly missed.

Gene Chadwick	Nick Deligiannis
Allice Dendooven	Ruth Offret
Mary Oswald	Mary Lou Palmer
Eddie Pecktol	Sylvia Sterling
Joyce Sutton	

## **ALERT SYSTEMS**

In a previous newsletter we told you about 5Star Urgent Response, a wireless security device that works nationwide inside and outside the home. It is available at Walmart, Sears, Best Buy and Radio Shack. For further information: [www.greatcall.com/FiveStar](http://www.greatcall.com/FiveStar). Below is general information on two other alert systems:

### Guardian Alert911

Is billed as the world's first personal emergency response system connecting the user directly to two-way voice communication with local 911. It features complete coverage in and around your home, with 24/7 emergency protection. There are no monitoring fees, service charges or contracts.

### FreedomAlert

Offered by LogicMark, the same company as GuardianAlert911, it is also a two-way emergency pendant communicator with up to 4 programmable contacts to call anytime. There are no activation costs, no contracts and no monthly fees.

Information on both of the above systems can be obtained through  
Catalina Community Services, 825-0009.

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### **MEXICAN FIESTA**

On April 26, in a further demonstration of generosity to Lend A Hand, Nando Zepeda again hosted a gala fundraising dinner in the lovely garden shared with Sandy Kennedy in Richland Heights East. Friends, neighbors and guests from near and far enjoyed good music, delicious food and a welcome break in the threatening weather.



Chef Nando and Albert Adler

Two donated items – a paella dinner for 10 to be prepared by Chef Nando and a hand-turned mesquite salad bowl created by

Alan Adler – were the focus of a silent auction that added to the success of the evening.

Thank you everyone, and especially Nando and Sandy -- it was great fun!

### **BOOKS ON WHEELS**

The Pima County Public Library, through a partnership with the Pima County Bike Ambassadors, has made it convenient for homebound book lovers to enjoy good reads through a monthly delivery service called Books on Wheels, recently started at three Tucson branches.

Library volunteers select books for customers based on their reading interests, and Bike Ambassadors deliver them once a month.

The library closest to Lend A Hand neighborhoods is Himmel Park. If you're interested, call Brian there at 594-5305.

## YARD SALE, SPRING 2014

The Spring yard sale on April 5 & 6 was a resounding success, earning more than \$2,000. Donations poured in and were snapped up by eager buyers. With the cancellation of the annual Greek Festival, yard sales have taken on even greater importance as fund-raisers.

The most unusual item recently sold was a pair of size 14 sparkly red extra high **high** heel shoes -- proof again that almost everything sells!

Another unusual yard sale story reported by Co-President Sandy Miller:

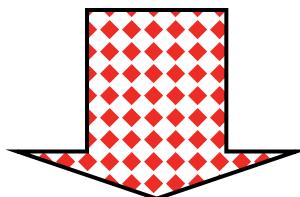
"At last October's yard sale, a shopper flipping through a donated book found a photo inserted between two pages. After looking at it carefully, she handed it to me, thinking she was returning it to its rightful owner. Not having donated any books to the sale, I couldn't figure out how my photo could have found its way there. I studied it long and hard : there was a young woman (I was young once), wearing zip-off shorts, Teva sandals, a hat and sunglasses (all items I owned and wore) standing in front of a tent similar to the one my husband and I took on our frequent camping trips. The woman in the photo looked just like me -- but she wasn't !! How did I know ? She was wearing a purple shirt, and I've never owned one like that. Even my husband was fooled for a while. I still have the photo to remind me of a truly unique yard sale find."

## CLASSIFIED

Looking to buy - looking to sell

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

WANTED: Items in good condition for the yard sale: furniture, appliances, books, kitchen equipment, clothing, miscellaneous. Call Jane, 323.9299.



## YARD SALE

### ***Mark your calendars !!***

October 11 & 12, 2014

7:00 a.m. - 1:00 p.m.

Bring your items starting 10/5 to  
1545 E. Water

We've already collected some great items, including books, videos and CDs, kitchen equipment, standing lamp, microwave, linens, a few garden tools, some furniture...AND THAT'S JUST THE BEGINNING !

When you're cleaning out the house, think of LAH. We can arrange for a pick-up for our sale in October-- call Wallace (323-2142) or Jane (323-9299).

This newsletter is the publication of Lend A Hand Senior Outreach, 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 County Board of Supervisors, Pima Association of Governments Regional Transportation Authority (PAG/RTA) and PCOA.