



NEWSLETTER

No. 21

April 2026

UP-TO-DATE NEWS

From our coordinator, Janet

Over the past month, 10 volunteers and many clients completed the annual Pima Council on Aging/Lend A Hand client/volunteer survey. While the results have not been tabulated, the message is clear: We're fulfilling our mission of helping our seniors age in place in their homes. This makes me so proud of being a part of Lend A Hand.

Volunteer comments reflect very positive experiences. We get to know seniors who come from all walks of life, and over time they become part of our lives. For the number of seniors we serve, the statistics in this newsletter are pretty impressive.

Behind every number is a neighbor giving up time and driving miles to make a senior's life easier. These are simple things that we do, but things that most take for granted.

We have room for improvement. The ongoing challenge is a shortage of volunteer drivers, which has forced us to put prospective new clients on a waiting list. As the person who answers the phone, often from a senior asking for help "for the first time in my life," it is difficult to turn someone away, even for what we hope is a short time.

Now we are approaching the season when many volunteers head back to their summer homes, a critical time for us. If you aren't an active volunteer already, please consider stepping up and lending your hand. There are seniors in our neighborhoods who need you.

Neighborhood - Representative

Campbell Grant NE	Vicki Mills (Co-President)
Campus Farm	Gracie Brettholle
Hedrick Acres	Adrian Wurr
Jefferson Park	Lisa Jones (President)
	Trish Gehlen
Limberlost	Lois Mastrangelo
Mountain/First Avenue	Sarah Studd
Mountain View	Jo Lynn McNeil
Richland Heights East	Sandy Miller (Secretary)
Richland Heights West	Pat Lane (Treasurer)
RillitoBend	Wallace Kinkade
	Janice Havins
Samos	Junie Hostetler
Winterhaven	Dorotha Bradley
Coordinator	Janet Burt

Stay Safe

- When walking outside, carry your phone
- Wear sturdy shoes (no flip flops)
- Watch out for uneven pavement and rocks



BY THE NUMBERS

	Jan-Dec 2024	Jan-Dec 2025
CLIENTS ENROLLED IN LAH, MONTHLY AVERAGE		
No. of Volunteers, monthly average	141	149
No. of Outside Volunteers	67	74
Total Client Miles Driven	0	0
Total hours in service (not including Produce Deliveries)	33,383	35,221
	5,230	6,112
PRODUCE DISTRIBUTION PROGRAM		
No. of Deliveries (2/mo. to approximately 120 recipients)	24	24
Clients Served (including Lander Garden)	2,621	2,781
No. of Volunteers / Delivery	9-10	9-10
Total Spent All Deliveries	\$13,837	\$15,809
SENIOR ACTIVITIES		
Monthly Sr. Social lunches: (No. of clients/Vol drivers)	40/14	40/14
Senior Exercise (# of Clients & Guests,/Volunteers /mtg.)	8/3	5/4
No. of Monthly Meetings (Lunch & Exercise)	23	36
Total Spent All Activities	\$4,042	\$5,196
SAFE HOME / YARD		
Yard Work Projects/Hours	17/45	16/27
Safe Home Projects/Hours	51/48	39/65
Total Spent	\$320	\$346

Jim Click Raffle

Everyone can support Lend A Hand again this year -- tickets for the raffle will be available soon! They are only \$25 each; if you buy 4, you get one free! They are great gifts.!

Thanks to the Jim Click's generosity, LAH keeps all the proceeds from sales of their tickets. Give yourself a chance to win a new 2026 Nissan Frontier Pro-4x Roush, two round-trip first-class airline tickets to anywhere in the world, or \$5,000 cash.. You will support LAH at the same time. The drawing is in December.

Please call Sarah Studd at 520-437-2660 (c) 520-882-4698 (h)

Thank you!



THANK YOU

Grateful thanks to our generous donors in 2025

ORGANIZATIONS

100+ Guys Who Give	PayPal Charitable Giving Fund
Amazon	Pima County ECAP
Franklin Family Fund	Secrest Family Fund
Give Lively Foundation, Inc.	Shelley E. Phipps Charitable Donation Trust
Jim Click Millions For Tucson Charity Raffle	The Blackbaud Giving Fund
Fidelity Charitable	The Lewis Hertz Foundation
Kroger Community Rewards	Tucson Realtors Charitable Foundation
Long Realty Care Foundation	

LEND A HAND NEIGHBORHOOD ASSOCIATIONS

Campbell Grant NE	Mountain First
Campus Farm	Mountain View
Hedrick Acres	Richland Heights East
Jefferson Park	RillitoBend
Limberlost	Samos

INDIVIDUALS

Beth Acree	Corinne Cooper	Susan Loughren
Sandra Andringa	Jim & Christie Cummins	Jon & Sandy Miller
Marilyn Anthony	Cullen Fisher	Jerri Moisant
Lesley Bailey	Edward Flores	Bonnie Poulos
Shirley Ballentine	LaVerne Foster	Anna Quick
Priscilla Barton	Patricia Frennea	Gloria Rand
William Bayne	Trish Gehlen	Tom Richardson
Susan Behrendt	Maxine Goodman	Lori Rieth
Susan Black	Janice Havins	David Rubin
Dorotha Bradley	Ben Howenstine	Beverly Ruddick
Dale & Arthur Brenneman	Rita Irwin	S Janell Schultz
Gracie Brettholle	Sue Katzer	Andrew Skroch
Janet Burt	Earl Kern	Steven Slaff
Jeffrey Burton	Linda Khumalo	Cynthia Sorrensen
Roger Caldwell	Wallace Kinkade	Jane Titley
Aaron Chatterson	Pat Lane	Janet Walker
Chayan Roy Choudhury	Florence Lemke	Judith Weiser
John Cioffi	Olga Lopez	

We sincerely apologize if your name has been inadvertently omitted



Is your phone ringing constantly ?

AARP has just told us that phone scams were the second most common way scammers reached victims in 2024. Medical and prescription scam calls were cited as the most common complaint.

Scammers use auto-dialers to blast out millions of robocalls. They also employ caller ID 'spoofing' so that calls may appear to come from legitimate government agencies, companies, or local numbers.

Common phone scams: government impostor calls claiming urgent tax issues or Social Security problems; fake charity requests; car warranty expiration calls; and grand-parent scams where someone poses as a family member needing immediate money.

Government agencies, public utility companies or major tech firms like Microsoft or Apple will rarely call unless they have first communicated by other means or you have contacted them. The IRS never calls.

Don't answer calls from unknown numbers. If the call is important, they will leave a message. Robocalls do not leave messages. If an unexpected call appears to be from an entity you do business with, be suspicious – call back to verify that they are trying to reach you.

DO NOT share personal and financial data, such as your Social Security number or bank / credit card account numbers.

Your PCP ?

Eddie walked into a doctor's office and the receptionist asked him what he had. Eddie said: 'Shingles.' So, she wrote down his name, address, medical insurance number and told him to have a seat.

Fifteen minutes later a nurse's aide came out and asked Eddie what he had.

Eddie said, 'Shingles' So, she wrote down his height, weight, a complete medical history and told him to wait in the examining room.

A half hour later a nurse came in and asked Eddie what he had. He said, 'Shingles.' So, the nurse gave him a blood test, a blood pressure test, an electrocardiogram, and told him to take off all his clothes and wait for the doctor.

An hour later the doctor came in and found Eddie sitting patiently in the nude and asked him what he had.

Eddie said, 'Shingles.' The doctor asked, 'Where?'

Eddie said, 'Outside on the truck. Where do you want me to unload 'em?'

FAREWELL

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



Al Day
Marie DiPalma
Ed Flores
Virginia Gremillion
Brent Grimsley
Joanna Osuna
Joseph Payne
Robert Shieve

Falsehood flies, and the truth comes limping after it. *Jonathan Swift*

A man sued smart water for not making him smart. I'd like to formally announce my lawsuit against thin mints.

This newsletter is a publication of Lend A Hand Senior Assistance, Inc., a 501(c)3 tax-exempt organization and an Arizona Qualified Charitable Organization (QCO code: 21029). Our address is 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 LAH fund-raising events, donations and grants. Donations are always welcome.

SOCIAL ACTIVITIES

Our last lunch at St. Frances Cabrini, our Social “home,” took place in December 2024. Since then, Grace St. Paul’s Church has generously lent us the use of its kitchen and dining hall, where the atmosphere is warm and friendly. (There are even two pianos waiting for a player to entertain us!) Just recently, we learned that our return “home” will be further delayed as the sanctuary is now being re-modeled. Awaiting final renovations, Grace St. Paul’s has kindly extended its gracious hospitality for 2026.



One highlight of the year was a trip to Sabino Canyon, where 27 clients and 12 volunteers enjoyed a picnic lunch together. Despite sporadic wind and chilly weather, everyone had a wonderful time.



In October, we were visited by members of *100+ Guys Who Give Tucson*, who brought a symbolic check representing the \$14,293 donation they had sent earlier.

During lunch in November, John Hughes — an outstanding saxophone and clarinet performer— played a selection of golden oldies that guests could sing along with or dance to. He strolled among the tables, and everyone really enjoyed the music.

Our volunteer cooks continue to provide delicious lunches, such as Janet’s famous pasta salad, shepherd’s pie, and very tasty lasagna soup. The Thanksgiving and December meals were especially well attended and memorable, and included the distribution of calendars, greeting cards, and holiday cookies.

Thanks to all the volunteers who drive clients to the lunches and who cook, serve the meals, and decorate the tables. It takes a whole crew to offer these lunches.



Holiday Cookies

In mid-December, LAH volunteers, friends, and neighbors turned on their ovens again to prepare for the long-awaited *Happy Holiday Cookie Project*. When the fun began, tins were packed with delicious treats for distribution at the December Social lunch, then by produce drivers and volunteers to clients who may have been missed. ***Return your empty tins and we’ll refill them in December!***



PLANT SALE



PRODUCE DISTRIBUTION in 2025



2026 LAH Produce Delivery Dates

Month	1st delivery	2nd delivery
April	11	25
May	9	23
June	6	20*
July	11	25
August	8*	29
September	12	26
October	10	24
November	7	21
December	5	19*

*3 week gap



Deliveries are a mix of fresh fruits and vegetables purchased from Food City : apples, bananas, citrus, mangos, pears, kiwis, avocados, bell peppers, carrots, cucumbers, onions, potatoes, and tomatoes. Bread is donated by Beyond Bread through the Bread Ministry at Grace St. Paul's. Gifts of grapefruit and lemons are donated by volunteers, friends and neighbors.