



NEWSLETTER

No. 17

May 2022

UPDATING OUR SPECIAL PROGRAMS

Who can forget the pandemic? It kept everyone at home, except a dedicated group of LAH volunteers. And it's still not over.

The **Senior Socials** team started delivering lunches to seniors' homes -- 2,186 of them between April 2020 and May 2022 !! Early in the lockdown, we purchased from eegees, Baggins, Pollo Feliz, PieZanos and the Golden Corral. Since St. Frances Cabrini re-opened, food has been prepared in the kitchen there by volunteers, keeping a careful eye on dietary needs (vegetarian, vegan, or gluten-free). Beginning January 1, we have spent \$1,392.

We are able to offer this service thanks to the 100s of hours given by volunteers, calling all our seniors, shopping for and preparing food, and delivering to eager recipients.

Meanwhile, volunteer **Produce Delivery (PDP)** teams have continued to deliver fresh fruit and vegetables twice a month to more than 100 seniors signed up for the program. Future deliveries will be on the dates below. Since January 1, we have spent \$5,752.

Jun 4	Jun 18	Jul 9	Jul 23	Aug 6	Aug 20	Sep 10
Sep 24	Oct 8	Oct 22	Nov 5	Nov 19	Dec 3	Dec 17

Our grateful thanks to the *Arizona Food Bank Network* for quickly recognizing the need to help. Through two generous grants, funds were provided for these popular and important programs.

Smooth Moves: We are planning to re-start this gentle exercise program soon. The tentative plan is for two Tuesday meetings per month. Call Vicki Mills, **520-248-8621**, if you are interested.

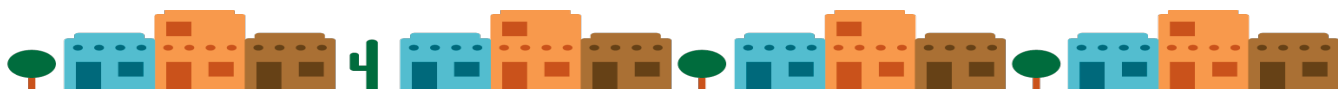
FOOD BOX DELIVERY

Monthly delivery of free supplemental food boxes and bags through two programs connected with the Community Food Bank can be arranged for qualified recipients.

Call Jim Austin, **520-312-7143** for details.

NEW OFFICERS

President	Vicki Mills
Co-President	Janet Burt
Treasurer	Beth Acree
Secretary	Sandy Miller



SUMMER IS ALMOST HERE

As you have probably read and heard on TV, this summer is likely to be very hot – hotter than ever. In an effort to meet the possible need for respite, City of Tucson has opened cooling stations in each ward. Ours is at Donna Liggins Center, 2160 N. Sixth Avenue, from noon to 6:00 PM any day temperatures exceed 110 degrees.

General Recommendations:

- ✓ Avoid outdoor activities and direct sunlight.
- ✓ Stay indoors during the hottest times of the day.
- ✓ If you do go outside, wear loose, light-colored clothing and use a shade hat or an umbrella to block the sun.
- ✓ Don't rely on a fan as your primary cooling device.
- ✓ Drink more water than usual. Don't wait until you're thirsty to drink.
- ✓ Take cool showers or baths.



Call **520-248-6882** or **520-312-7142** if you need help.

About growing older

Old age comes at a bad time! When you finally know everything, you start to forget everything you know.

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 LAH fund-raising events, donations and grants. Donations are always welcome.

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.

.NOTARY: If you need a document notarized, call Jim Austin at 520-312-7143..

FUND-RAISING

On May 14, our good friends Bennett Bernal and Ward 3 Councilman Kevin Dahl sponsored a successful Shred-It event where lots of old files were safely turned into confetti.



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



Camille O'Neal
Jeff Reisner
Ray Smedley

There are so many scams on out there these days. For only 9.99\$ I can tell you how to avoid them.



THANK YOU

Grateful thanks to our generous grantors and donors in 2021



Grantors

Arizona Food Bank Network
 Louis Hertz Foundation
 Community Foundations of Southern Arizona
 Community Foundations of Harrisburg-Rockingham
 Schwab Charitable
 Carl & Mabel E. Shurtz Foundation
 Vance Foundation

Individual Donors

Beth Acree	Henry & Ruth Jacobson	Christopher Pray
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Thomas Hildebrand	Diana Norquist	Samos
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Junie Hostetler	Elizabeth Perez	
Michael Hyatt	Gayle Poe	

SNAPDRAGONS

by Chele Logan,
Member of LAH Senior Writers Group

Legend holds that a farmer once befriended a dragon to guard his crops from thieves. The dragon would fly overhead, snapping its jaws at the thieves causing them to flee empty-handed. When the dragon died, the farmer planted a vine over its noble body, which grew into a vineyard. Each harvest, the spirit of the dragon continues to inspire the creation of great wines.

Dragon flowers, or snapdragons, are so-called because of the flowers' fancied resemblance to the face of a dragon that opens and closes its mouth when laterally squeezed. In the rural area outside of Pittsburgh, PA where I grew up, Mom was known from all around for her green thumb for cultivating flowers. Our yard thrived with roses, three dogwood trees, raspberry and blackberry shrubs, grapevines, two cherry trees, and a variety of flowers bordered by colorful rows of snapdragons..

By way of the legend, I was guilty of squeezing the throat of her snapdragons, delighting in the opening and closing of their mouths. Sometimes I'd put a fingertip in its open mouth and let the snapdragon close over it, just to see how hard it would bite me. But the gentle flower never did.

I never picked the flowers or squeeze them so hard as to harm them. I just let them talk to me in their own flower-like way. It was just plain fun.

BTW, do I now enjoy a good glass of wine? Oh yes.

THE LAY OF THE ANCIENT HOUSEHOLDER

It is an Ancient Householder who telleth his woes to all.

It is a tree, mesquite by name, that splitteth trunk in two. Alas, alack where does it fall, across the neighbor's driveway all. Poor neighbor stuck at home.

The rains they come, the leaks they come, the roof has many holes, drip, drip, drip. Wallet leaks as painter fix.

Ancient awning gave much shade, now in need of much first aid, wind and sun have turned to rags.

Kitchen drawers acting funny; carpenter man did change much money.

Chomp, chomp, chomp the termites gnaw. Will the pillar on the porch now fall? Nix, nix, dollars fix.

Zing, zing, zing, will they sting? Carport wasp nests cause much fear, people loath our house to near.

Water bill is far too high; dripper hose has gone awry.

Will our troubles forever stay, or now at last go far away?

So ends the Lay of the Ancient Householder.

by Bill Holmes, Ancient Householder,
Member of LAH Senior Writers Group