



Newsletter

No. 9

January 2018

Our History, Our Future

In early 2004, local citizens in Ward 3 began working with Pima Council On Aging, Neighborhood Care Alliance, local neighborhoods, churches, and Campbell Avenue businesses to form Lend A Hand.



In October 2005 a United Way grant was awarded to Lend A Hand, which allowed us to be self-sustaining in our first year and led the way to our success. Michele was hired as coordinator.

During our first year, we served 28 seniors in 5 neighborhoods with 43 volunteers. We have since grown to include 145 clients in 13 neighborhoods.

In 2017 our 80+ volunteers worked hard to make small home repairs, do yard work, plan social activities and drive 15,807 miles to doctors, pharmacies, grocery stores and delivering produce !

Michele, the greatest asset in the growth and success of our organization, announced to the board that she planned to retire in early February.

The coordinator's position was advertised and six very qualified candidates were interviewed by a committee composed of members of the board.

The position was offered to, and accepted by, Patricia (Trish) Gehlen.



Trish earned three degrees from the University of Arizona, and began working in 1995 for the City of Tucson as a Planner in the Zoning Enforcement Section. She retired on January 2 as a Project Manager in the Planning and Development Services Department.

Her volunteer experience, in addition to delivering produce for Lend A Hand, has included the Make-A-Wish Foundation and Literacy Connects.

Trish is presently spending time with Michele, learning all about us. You can contact her at our main number:

248-6882

Welcome, Trish !!

Celebrating Thanksgiving, November 14, 2017



77 seniors, guests
and volunteers
celebrated together



Canteen Senior Socials

Johanna Alley and Vicki Mills, our Senior Socials committee, has been hard at work putting together this year's list of fun activities. Here it is:

JAN 16	Lunch at St. Frances Cabrini -- chili, cornbread, coleslaw
FEB 20	Trip to the Botanical Garden --Lunch at St. Frances Cabrini
MAR 20	Picnic at Reid Park
APR 17	Lunch at St. Frances Cabrini
MAY 15	Lunch at St. Frances Cabrini -- shared memories of mother / grandmother
JUN 19	Lunch at St. Frances Cabrini -- shared memories of father / grandfather
JUL 17	Lunch at St. Frances Cabrini
AUG 21	Lunch at St. Frances Cabrini
SEP 18	Lunch at St. Frances Cabrini
OCT 16	Trip to the Museum of Art -- Lunch at St. Frances Cabrini
NOV 20	Thanksgiving celebration at St. Frances Cabrini
DEC 18	Holiday meal and cookie distribution at St. Frances Cabrini

Other Senior Activities

Exercise Class	Meeting every Tuesday from 10-11 for low-impact exercise to promote strength, flexibility & better balance. Led by Johanna Alley & Bill Crouse. Call Janet, 203-6878 .
Writers' Workshop	Weekly meeting of those interested in expressing their thoughts and feelings through writing. Call Vicki, 248-8621 .

Coming soon: New Medicare cards

To fight fraud, the government is removing personal information from your ID. The new Medicare cards will not include your Social Security number, gender or signature.

The new cards start going into the mail on April 1, 2018. Each will feature a computer-generated Medicare beneficiary identifier (MB) assigned just to you. This will consist of 11 numbers and letters to be used for billing, to verify eligibility for services, and to check the status of a claim.

WATCH OUT: Rip-off artists are calling beneficiaries requesting personal information or payment for the card, and threatening loss of benefits. **HANG UP !!** The card is *free* and your benefits will remain the same.

NOVEMBER ELECTION OF NEW OFFICERS OF LEND A HAND

Co-Chairs	Jane Hoffmann	Nancy Ruhl
Secretary	Vicki Mills	
Treasurer	Junie Hostetler	

This website has authoritative articles on matters of concern to seniors. It also has up-to-date information of every possible option in our community. Use of the website and listing is free. Good and bad reviews are shown.

Need a ride ?



Call Carolyn at the
LAH Transportation Request Line,
312-7143

TRANSPORTATION ALTERNATIVES

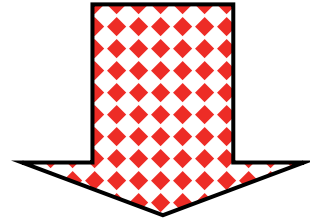
LAH cannot always be available

Register with:

- SunVan, 791-5409 (good for wheel- chairs, walkers, people who need TLC in transit) \$1 - \$3 / ride
- Interfaith Community Services, 297-6049 (free; reserve in advance)
- Road to Recovery, 694-0826 (for cancer patients)
- Other options: family, friends, neighbors; taxis & city bus (\$)

CLASSIFIED

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

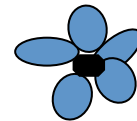


YARD SALE

This year's Spring yard sale will be in March. When you're cleaning house, think of us. If possible, we will store your items until the sale. The date and location of the sale will be announced as the date approaches.

EMERGENCY NIGHT LIGHTS

Clients who have not already received an emergency night light and would like to have one, may call Sandy Miller, **325-6496**,



FAREWELL

We are saddened to report the passing
of our dear friends

Lucie Andersen

Dottie Stenger