



Home Sweet Home



After more than 11 years, during which Lend A Hand grew from a good idea to a functioning non-profit that benefits so many, we were sadly informed that our happy partnership with the Mountain Avenue Church of Christ was over : the church was closing and we would have to move.

With the help of co-chair Carolyn Maki, a cloud of uncertainty was lifted by the warm welcome extended by Rev. Msgr. Robert Fuller at St. Frances Cabrini. and his Administrative Assistant Kathryn Fiems.

The Lend A Hand Board is delighted to announce that beginning June 20, Board meetings and canteen events will be held in their spacious facilities.

Thank you, St. Frances Cabrini !

Help Yourself and Your Family: Prepare for Incapacity

Lend A Hand is strongly recommending that all our clients and volunteers have a signed Medical Power of Attorney and a Living Will. We will help you with these documents, please just ask us.

Medical Power of Attorney

- **What it does:** it grants to a family member, friend, or other designated agent, the power to make health care decisions if you are unable to do so yourself.
- **Why it's needed:** If you are incapacitated, unable to communicate or to make decisions, and do not have this Power of Attorney, doctors may order treatments you might otherwise refuse, or withhold those you wish to have. If you cannot make your decisions known and do not have a Health Care Power of Attorney, the Court will have to appoint a guardian, a process that is slower and more expensive than executing the above document.

Living Will

- **What it does:** States that if you are in a terminal condition, irreversible coma, or persistent vegetative state considered incurable, you do wish to have pain and suffering alleviated, but you do not wish to be resuscitated, or artificially administered food, fluids, or antibiotics that will prolong life, nor do you wish to be taken to a hospital, if at all avoidable.

This document only goes into effect if, or when, you become incapacitated.

A DO NOT RESUSCITATE (DNR) card on your refrigerator is NOT a substitute for a Health Care Power of Attorney.

DRINK !!

Avoid dehydration: **drink lots of water** during hot weather. Some of the symptoms of dehydration in adults:

- Less frequent urination
- Extreme thirst
- Dizziness
- Dark-colored urine
- Fatigue
- Confusion



Call your family doctor if you or a loved one has diarrhea for 24 hours or more, is irritable or disoriented and much sleepier or less active than usual, can't keep down fluids, has bloody or black stool.

Dehydration can lead to serious complications, so drink lots of water !!

Produce Delivery



Meet Rick Valdez, Food City's Produce Manager. His expert advice ensures the quality and selection of Lend A Hand's twice-monthly deliveries to your door. Thank you, Rick !

Volunteers who are lined up in advance by Alan Adler meet twice a month at Food City at 7:45 on designated Saturdays. Crates and bags of fruit and vegetables are transported to the parking lot where volunteers sort and bag them, then load their cars – and off they go !



Need More Food Delivered ? Lend A Hand Can Help

You can obtain small emergency food bags from the Food Bank by registering and providing certain documents / information: Photo ID, date of birth of any family living with you, and an electric or gas bill showing that you live within the service area. There are no age or income requirements.

Food Plus is another federal program specifically for seniors, 60 or older. Supplemental food, particularly protein (tuna or cheese) is provided. In addition to documentation required for the above program, you will need to show proof of income to qualify: for seniors living alone, this is less than \$1,287/mo. Two people in your household will qualify with income less than \$1,736 /mo. To certify your income, you can submit a copy of your annual Social Security statement or a recent bank statement. Call 724-9545 or 724-9548, Tues-Fri, to set up a preliminary appointment.

Then call LAH volunteer Alan Adler (909-5204) for further details. He will arrange transportation to offices to register for both programs. Once registered, deliveries are monthly.

Senior Activities

2017 has been a great year for enrichment and fun, thanks to Janet Burt, Johanna Alley, Vicki Mills, Sandy Miller, and Deena Sortland, our tireless Canteen Committee, whose ideas and organization made possible three outstanding outings, to the Desert Museum, Sabino Canyon and San Xavier.



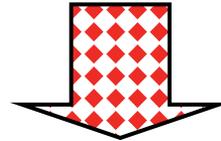
When we “stayed home” at the church, we exchanged greetings and stories with friends and ate lots of good food.

You won't want to miss what's on the schedule for October, November and December: a visit to Tucson Museum of Art, our Thanksgiving feast, and the annual Holiday Party. More fun for all !



CLASSIFIED

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



YARD SALE

This year's Fall yard sale will be on November 3 and 4. When you're cleaning house, think of us. If possible, we will store your items until the sale. The location of the sale will be announced as the date approaches.



FAREWELL

We are saddened to report the passing of our dear friends

Fosi Burritt

Warner Burritt

Judith Corse

Winnie Hall

Ellaine Lerner

Anthony Liosatos

Maude Roberts

Rose Terrence

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 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 Country Board of Supervisors, Pima Association of Governments Regional Transportation Authority (PAG/RTA) and PCOA.