



# Newsletter

No. 2

July 2013

## Neighbors Helping Neighbors in 13 Tucson Neighborhoods

Lend A Hand is pleased to announce that our organization has grown to include 13 central Tucson neighborhoods:

Campbell-Grant NE  
Campus Farm  
Hedrick Acres  
Jefferson Park  
La Madera  
Limberlost  
Mountain/1st Avenue  
Mountain View  
Prince-Tucson  
Richland Heights East  
Richland Heights West  
Samos  
Winterhaven

A warm welcome to all our new senior neighbors !



## LAH Meets Market on the Move

Have you seen or heard about the hundreds of people lined up in your neighborhood church parking lot alongside a large trailer truck ? It's Market on the Move (MOM), a weekly project for the sale and distribution of fresh produce.



Alan Adler, co-president of Lend A Hand, has jumped in and organized a special group of LAH volunteers who meet the truck at 7:30 one Saturday a month. The volunteers load their cars with the week's purchased fruit and/or vegetables, then deliver them to our Seniors' homes.

Initial funding was provided by a donation from Tucson Supervisor Sharon Bronson's office. Everyone has enjoyed the food, and the LAH Board is committed to continuing this worthwhile program for the foreseeable future. For more information, call Alan at 909-5204.

## More Food for Thought – and Funds

Lend A Hand continued its culinary-themed fund-raising this past Spring with three events in private homes, each featuring a special menu.

- A Valentine Dinner where chocolate was an ingredient in every dish;
- A beautiful buffet Sunday Brunch in the Garden accompanied by delightful music; and
- A Mexican Fiesta with entertainment by a children's mariachi band.



Guests signed up and paid for the event of their choice -- and some people even attended all three!

Our heartfelt thanks to everyone who helped make these parties fun and delicious, especially our friends Sandy Kennedy and Nando Zepeda who welcomed over 50 people to their home, and to Sprouts, Trader Joe's and Whole Foods who donated some food. Gracias !!

## Farewell

Our **Senior Writing Group** is saddened to report the passing of our dear friend, Ruth Awad, at age 95. We will remember with affection her wit, lively spirit and energy.



Jim Kennedy, another long-time member, has moved to Chandler to be close to his family.

Ruth and Jim will be greatly missed, though Jim will send stories for posting. The group continues to meet every week, and new members are most welcome. Call Vicki, 248-8621 or Michele, 248-6882 to join. Stories are for you to read and enjoy. <http://lahseniorwriters.wordpress.com>

## Did You Know ?

Pima Council on Aging offers **balance classes** on a regular basis. Balance is critical to our safety, so if you are interested in improving yours, call PCOA: 790-7262 .

PCOA reports in NEVER TOO LATE that Tucson is home to 86,750 adults age 60 and older (16.8% of Tucson's total population).

By 2020, 1 in 4 Arizonans will be age 60 and older.

Adults whose numbers are expected to double by 2020 are age 85 and older.

## New Volunteers

We have some new volunteer help to assist with our various projects, including Market on the Move. Please welcome: Ken Coe, Megan Coe, Laurence Cohen, Cat Crawford, Ron Frable, Trish Gehlen, Patricia Hillyard, Tom House, Craig Ives, Kirsten Menke, George Milan, Tom Porter, Sylvia Rayce, Milton Shaw, Greg Smith.

LAH thanks you !



## Volunteer Appreciation Brunch October 5, 2013

### Enjoy our 'New Look' – Online!

Website address: [lahseniorhelp.org](http://lahseniorhelp.org)

We've been working hard to keep you up to date on what's happening at Lend A Hand - especially our available services, senior life news and upcoming events. Our growing website delivers all the news !

Michele keeps us informed and entertained through her 'Short Notes' blog on the very front page. It's always fun to read! Easy-to-find contact forms guide you to information you may need: questions about services and volunteer opportunities.

Tribute card requests may also be submitted through the website and your donations may be offered there, too! Come and browse around [lahseniorhelp.org](http://lahseniorhelp.org) to see what we do and how we might help you and your loved ones.

You can also find us on Twitter  
@LendAHandTucson.

## What is 5Star Urgent Response ?

Perhaps you've seen the ads ? It's a high-performance, wireless security device that works nation-wide, inside or outside the home. It's easy to use and affordable. There are no contracts, no cancellation fees, and no installation charges. Available at Walmart, Sears, Best Buy, and Radio Shack. For further information:

<http://www.greatcall.com/FiveStar>



### Thank you, Michele !!

At a surprise brunch on May 20, the Lend A Hand Board of Directors honored Michele Brubaker for her dedication to our Seniors.

Michele works tirelessly -- interviewing clients, recruiting and training volunteers, connecting drivers with Seniors, and driving, driving, driving!! We couldn't do it without you, Michele!



Photo of Michele by Yvonne Tellez

## ACTIVITIES

The Senior Canteen has been meeting the third Tuesday of every month from 1:00-3:00 p.m. to provide fun and interesting outings for participants. During springtime's cooler weather, visits were made to the Franklin Car Museum, DeGrazia's gallery, and the San Xavier Mission.



Now that we're wrapped in the heat of summer, meetings will be indoors, mainly at the Mountain Avenue Church of Christ. Programs for the following months will tentatively include: July: bingo and Independence Day; August: Miniature Museum; September: school memories and new beginnings; October: Botanical Gardens; November: pumpkin pie and what we are thankful for; and December: X-mas holidays, international and Jewish.

### **Everyone is welcome !**

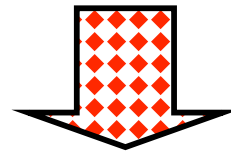
*To join or arrange transportation,  
please call Michele at 248-6882.*

## CLASSIFIED

Looking to buy - looking to sell

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

**WANTED:** Items in good condition for our next yard sale: furniture, appliances, books, kitchen equipment, clothing, miscellaneous. Call Wallace, 323-2142 or Jane, 323-9299.



### **FALL YARD SALE October 19, 2013**

The Spring yard sale was a big success -- it raised \$1,422 to help fund LAH activities ! Sales are held in the Samos neighborhood at Jane Hoffmann's house, 1545 E. Water St. Bring your items there starting on October 13 or call 323-9299 for pick-up. You will be supporting LAH by your donations. The things you are not using may be just exactly right someone else, so let's recycle -- it's a good thing! Unsold items are stored for the next sale or donated.

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