



NEWSLETTER

No. 20

April 2025

UP-TO-DATE NEWS

Message from Janet, our Coordinator

It's been just over a year since I was turned loose as LAH Coordinator, and I'd like to thank everyone for their support and encouragement. Many of you were here when I first started at Lend A Hand as the Social Activities leader, and that support has never changed. I particularly thank Jim Austin, who I've tested to the top of a saint's patience. It's still a learning experience every day, which goes with what I always knew – the more you learn, the more there is to learn.

Our seniors are such a mix of people, from all walks of life and backgrounds. I really enjoy the endeavor and interaction with them, many of whom I have never met in person or have only spoken with on the phone. Every day is a reminder that what we do is very important -- seemingly simple things can go such a long way to make others' lives better. Our LAH volunteers are folks willing to step outside their routine and give their time to help fill an enormous need. I'm so proud of them and happy to be a Lend A Hander!

Neighborhood - Representative

Campbell/Grant NE	Vicki Mills
Campus Farm	Gracie Brettholle
Hedrick Acres	
Jefferson Park	Lisa Jones
	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 (Co-President)
RillitoBend	Wallace Kinkade
	Janice Havins (President)
Samos	Junie Hostetler
Winterhaven	Dorotha Bradley
Member At Large	Beth Acree (Treasurer)
Coordinator	Janet Burt

Smooth Moves

For those who might want a different kind of exercise, try our Smooth Moves, a class for both seniors and volunteers. The movements are a modified combination of tai chi and qigong, the goal is to improve flexibility, balance, muscle tone, and relieve stress..

Classes meet the 2nd and 4th Tuesdays each month. Rides are provided to Sonora Cohousing, near 1st Avenue and Roger Road, where we use their community room.

If you'd like to try Smooth Moves, call Janet at **520-248-6882**.



BY THE NUMBERS

	Jan-Dec 2023	Jan-Dec 2024
Clients Enrolled in LAH, monthly average	127	141
No. of Volunteers, monthly average	60	67
No. of Outside Volunteers	6	0
Total Client Miles Driven	27,011	33,383
Total hours in service (not including Produce Deliveries)	4,673	5,230
PRODUCE DISTRIBUTION PROGRAM		
No. of Deliveries (2/mo. to approximately 100 recipients)	24	24
Clients Served (including Lander Garden)	2,546	2,621
No. of Volunteers / Delivery	9-10	9-10
Total Spent All Deliveries	\$11,685	\$13,837
SENIOR ACTIVITIES		
Monthly in-person Senior Social lunches: No. of Clients/Volunteer helpers (per month)	30/14	40/14
Senior Exercise: No. of Clients & Guests/Volunteers (per mtg.)	15/9	8/3
No. of Meetings (2x/month)	4	23
Total Spent All Activities	\$4,601	\$4,042
SAFE HOME / YARD		
Safe Yard Projects-Hours	20-14.5	17-45
Safe Home Projects-Hours	30-33	51-48
Total Spent	\$84	\$320

Jim Click Raffle

Support Lend A Hand again this year by purchasing a ticket for the Jim Click Raffle. Tickets are \$25 each or 5 for \$100.

Thanks to the generosity of Jim Click, LAH keeps all the proceeds from the tickets that we sell. You can give yourself a chance to win a Kia Carnival Hybrid, two round-trip first-class airline tickets to anywhere in the world, or \$5,000 cash and support LAH at the same time. Raffle tickets make great gifts.

The drawing is in December. Please call Gracie, 520-270-3236, to purchase.

Thank you!



THANK YOU

Grateful thanks to our generous grantors and donors in 2024



GRANTORS

The Lewis Hertz Foundation
The Franklin Family Fund
The Tucson REALTORS Charitable Foundation (2025)

Donations from Lend A Hand Neighborhood Associations

Campbell Grant
Campus Farm
Richland Heights East
RillitoBend
Samos
Winterhaven

INDIVIDUAL DONORS

Beth Acree	Angela Gill	Tom Richardson
Johanna Alley	Joan Groff	Nancy Ruhl
Sandra Andringa	John H. Harris	Anny Rutten
Shirley Ballentine	Janice Havins	Tina Schivone
Priscilla Barton	Gloria Hirsch	S Janell Schultz
Constable Bennett Bernal	Sue Katzer	Deenna Schunk-Peru
Regina Bennetts	Earl Kern	Steven Slaff
Leilani Bew	Linda Khumalo	Lucinda Smedley
Barbara Booth	Kimberly King	Gregory Smith
Bourque/Walker	Wallace Kinkade	Cynthia Sorrensen
Dorotha Bradley	Georgina Lambert	Cheryl Southall
Dale Brenneman	Pat Lane	Southwest Investment Advisors
Nancy Busey	David Larson	Stillpoint Natural Medicine PLLC
Roger Caldwell	Kate LePage	Jane Tobin
Aaron Chatterson	Scott Loomis	Thomas Tobin
Linda Cohen	Olga Lopez	Helen Turner
Ronnie & Joseph Conour	Vicki Markizon	Barbara Warren
Laddie Cox	Dennis McCormick	Ernestine Welch
Jim and Christie Cummins	Barbara Miller	David and Martha Wright
Murray DeArmond	Sandra Miller	Linda Wurzelbacher
Fran Dostillio	Vicki Mills	
Melissa Einfrank	Jerri Moisant	
Julie Estes	Diana Norquist	
Thomas Farmer	Cheryl Ormsby	
Carolanne Flagg	Shelley Phipps	
Edward Flores	Bonnie Poulos	
Nancy Forrest Kaye	Anna Quick	
Patricia Gehlen	Atifa Rawan	

Tributes and Memorials

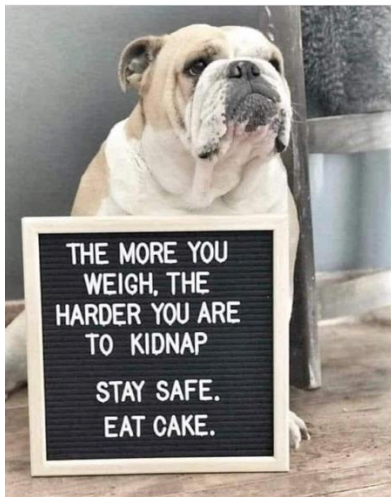
Susan Black, in honor of Murray and Sue DeArmond
Kristin Dauphinais, in honor of Patrick Lane
Michelle Giardinelli, in honor of Patrick Lane
Chelsey Pestello, in honor of Margaret Polka
Tonya Vargo, in honor of Gracie Bretthole
Karen Walsh, in memory of Lynn Walsh

We sincerely apologize if your name has been inadvertently omitted

Looking for a new doctor ?

- ✓ Visit [Medicare.gov/care-compare](https://www.Medicare.gov/care-compare). Select "Doctors & clinicians," enter your location (street, city, ZIP code or state) or search by specialty (general practice or internal medicine).
- ✓ Review details about the doctors you're interested in: contact information, practice locations, hospital affiliation, or if they offer telehealth services.
- ✓ You can also select the "compare" button for a side-by-side comparison of up to 3 different doctors.

Once you're ready to schedule a visit with a new doctor, be sure to call ahead to verify office location, if they're accepting new patients with Medicare, and if you need a referral.



CLASSIFIED

WANTED: Volunteers to help Lend A Hand. Our top need is drivers, and there are openings for representatives to serve on the board. You can help a senior neighbor! Call Janet, our Coordinator, 520-248-6882.

PAPER SHREDDING: There will be a free paper shredding event at Jacob's Park on May 10 from 8-12. Call 520-248-6882 to ask for pick-up.

WE CARE TUCSON, 3029 N. Stone Ave, maintains a loaner bank of donated medical equipment that is provided free of charge (there is an administrative fee upon pickup). This service, including wheelchairs, walkers, crutches, shower benches and toilet risers, is of immeasurable assistance to those people needing it. Call 520-514-1588 to confirm hours.

FAREWELL

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



Marie DePalma
Shelley Furgason
Josel Escalante
Marilyn McKay
Carlos Nagel

I'm done with my 90-day trial of 2025.
How do I cancel my membership?

*Old is good in some things :
old songs, old movies, and best of all,
OLD FRIENDS!!*

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



We love getting together every month for lunch and fun, eating lots of good food prepared and served by our talented volunteers. We've even learned about line dancing!



Renovation at St Frances Cabrini will be starting in April. Grace St Paul's Church has generously lent us their kitchen and dining hall until we can go back to our Social home. Everyone remarks about the warm, friendly ambiance of the dining room, and Tom (the guy in the red sweatshirt) makes coffee for us. There are also two pianos waiting for a player to entertain us.

Anyone up for it?
THANK YOU, Grace St. Paul!



We have just taken our first field trip since COVID, which is a good sign we're back to normal. Our trip to Sabino Canyon was chilly and windy, but almost everyone remembers having a great time.

Do you have ideas for a future field trips? Bring them on!

Social Lunches in 2025

Mar 18

Apr 15

May 20

Jun 17

Jul 15

Aug 19

Sep 16

Oct 21

Nov 18

Dec 16

REMEMBERING YEAR-END HOLIDAYS with COOKIES



PRODUCE DISTRIBUTION in 2025



April	5	26
May	10	31
June	14	28
July	12	26
August	9	23
September	6	20
October	4	18
November	1	15
December	6	20



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. Other donations of organic produce and eggs from Felicia's Farm; grapefruit from friends and neighbors.