



Newsletter

No. 1

October 2012

LAH Gives Meaning to Our Lives

As co-chairs of Lend A Hand, we have a unique overview of the organization. Our goal is to ensure that Lend A Hand is here for our senior neighbors when they need us. We work with our fellow board members and with Michele Brubaker, our Volunteer Coordinator, toward cooperative group decision-making, the key to our growing success.

Our main focus is providing **free** services to Seniors in the 12 central Tucson neighborhoods that we serve. Since its inception, LAH's most requested service is **transportation** for people who cannot drive but need to visit their doctors, the pharmacy, or to shop for food -- you may even have seen us in our cars with the LAH signs! In addition, our volunteers are pleased to provide a myriad of additional free services, such as **errands, minor home repairs, yard work, and friendly visits.**

Just ask -- we'll help if we can.

Happiness is knowing that we have made a positive difference in the lives of our fellow Seniors who are as important to us as our friends and families. In a real way, our lives are fuller with our involvement in Lend A Hand, and we feel more secure

because of the relationships that we are building.

We both are very thankful for the opportunity to belong to and work with such a great, grass-roots service organization.

*Alan Adler, Jefferson Park
Wallace Kinkade, Prince-Tucson*

Food for Thought -- and Funds

Every non-profit organization like Lend A Hand has an eye (or a hand) out for donations to meet essential expenses, which in our case include our Coordinator's stipend and operating expenses, such as telephone and office supplies.

This past year's fund-raising was not only successful, it was innovative, delicious and fun!

We held four dinner parties in private homes, each with a menu from a different part of the world: Morocco, Spain, India, and Latin America.

Guests signed up and paid for the dinner of their choice -- and some people even attended all four! We were also honored to be asked to cater a special birthday dinner.

Reports have been so positive that we plan to organize more dinners next Spring. We hope you will join us.

LAH Adds Meaning to the Lives of Our Seniors, too!

Interestingly enough, some of the more popular services which Lend A Hand provides are FUN and engaging activities designed to add to the quality of life Seniors may enjoy.

Among these are the newly formed LAH Canteens offering monthly gatherings centered around interesting topics and great entertainment -- gatherings that offer Seniors a chance to meet one another and socialize with neighbors.

Each gathering brings more opportunities for life-long learning and thinking, helping to prevent isolation and loneliness, while keeping ourselves richly engaged. We love learning from each other, our guest speakers, entertainers, and conversing with educators.

Since just last March, LAH Canteen attendees have enjoyed Laughter Yoga, meaningful exchanges of oral histories and heartfelt memoirs, and a field trip to the Arizona Historical Society Museum. We have also studied Bhutanese culture directly from our Bhutanese senior neighbors and sampled delicious food they prepared for us.

Our newly formed Canteen committee members (including our very own LAH Board member Milton Riise), are discussing more ideas and future opportunities for our group. Your ideas are very welcome.

Our **Senior Writing Group** celebrated 4 years on September 15! Lesley and Michele originally planned and offered what they thought would be a 5-week writing course for our senior neighbors in order to set down memories or family stories.

Guess what? Our LAH Senior Writing Group still meets regularly, every week.

A special luncheon celebration was enjoyed by current members and their support members who transport, type, post, and organize their work for online audiences.

Why not help us to celebrate them and their work by reading, enjoying, and posting comments to writers on our blog.

They are some of our LAH GEMS. Read what they've have to say : <http://lahseniorwriters.wordpress.com/>



Friendly Visits are currently in high demand. We have a lady in Winterhaven, a couple near Tucson Blvd. and Glenn, and a gentleman near Water and Tucson Blvd., as well as a gentleman at Glenn & Tucson Blvd.-- all terrific folks who would love a visit. They have stories to share and time to spare.

Would you be a friendly visitor each week or two?

Call Michele at 248-6882.

Please Bookmark our “New” Website!

Well... it isn't *really* new; but just in case you haven't been surfing the Internet and browsing for “Free Services for Seniors” lately, come take a peek at our new look!

We're still located at www.lahseniorhelp.org, where you will find our most current information and updates. Click through the Top Menu -- current service areas are listed, and our resources page is continually growing. *What's New* will keep you informed about what's happening or is coming up soon. Click on *Senior Life* and you can link directly to our Senior Writers blog.

All current contact details, including neighborhood representatives on the LAH Board, are listed on the *Coalition Members* page.

Best of all, you'll enjoy wonderful pictures of our Seniors and volunteers, our excursions and experiences (scroll all the way down on the Senior Life page). Contact LAH volunteer Lesley Potts with updates for the website: WebAdmin@lahseniorhelp.org.

Tucson Meet Yourself

A group of 5 organizations (4 NCA groups similar to and including LAH, plus the TIARC refugee organization whose elders are members of LAH) shared a table at this year's three-day **Tucson Meet Yourself** event, **Oct. 12-14**.

This annual event presents the living traditional arts and ex-pressions of everyday life of the folk and ethnic communities in our multi-national Arizona-Sonora region.

The five organizations, in turn, presented themselves and their objectives to the community through printed materials and information at a table near the Pima County building, facing Congress.

Home Sweet Home

For the past 3 years, LAH has partnered with Junior League in a

program called **JLT C.A.R.E.S.** (Creating Appropriate Residences for Every Senior) to help senior homeowners receive home safety and security upgrades.

After LAH identifies a potential recipient, JLT volunteers meet with the homeowner to identify improvements to be made.

Completed changes in homes have included: raised toilets, new faucets, shower chairs and grab bars; security doors, dead-bolt locks & lever door handles (instead of knobs); efficiency light bulbs & temperature controls; new mail-boxes; re-tiled floors; new fridge & A/C unit; interior/exterior cosmetic work; new clothesline; ramps, and more!

On November 3, the JLT C.A.R.E.S. team will be at Dennis' home for a full workday of improvements.

ACTIVITIES

The **Greek Festival** was held from September 20-23 at St. Demetrios on Ft. Lowell. Again this year, **Carlos & Co.** offered Lend A Hand the use of their property on the NW corner of Mountain and Ft. Lowell for event parking. Working in shifts, volunteers greeted festival-goers and collected a \$5 fee in exchange for a LAH brochure. Many thanks to everyone, especially to **Carlos** for his kind generosity, and to **Murray and Sue DeArmond** for taking charge of this important and successful fund-raising event.



Jane Hoffmann, Sandy & Jon Miller

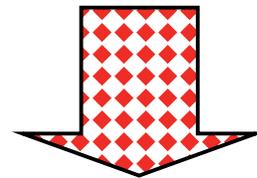
A **Volunteer Appreciation Brunch** will be held in the fellowship hall of the Mountain Avenue Church of Christ, at Mountain and Adelaide on **October 27** from 11:00-1:00.

CLASSIFIED

Looking to buy - looking to sell

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

WANTED: Items in good condition for the yard sale: furniture, appliances, books, kitchen equipment, clothing, miscellaneous. Call Wallace, 323-2142.



YARD SALE

Mark your calendars !!

November 10, 2012
3646 N. Prince Village Pl.
7:00 a.m. - 1:00 p.m.

We've already collected some fine items, including a handsome modern glass and steel desk, round kitchen table, baker's style bath linen storage rack, lamp shades, bed linens, standing lamp, rug, stereo, microwave, new steak & kitchen knives & cutting boards, kitchen equipment, books, an exercise bike, upholstered club chair, convalescent equipment (com-modes, walkers)...**AND MORE.**

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

Our heartfelt thanks to our friends and donors

2011

Laura Aldag/Kurt Reinbold
Jeff Balda/Leann Riley
Madelyn Bufe
Beednicks Designs
Carlos & Co.
Deep Designs
Elizabeth Dickey/ Patrick Kelly
Alice Dooven
Linda Drew
Kenneth/Jane Hill
Carol Kestler
Lisa Koziol
Katherine Norgard
Karen Olson
Greg/Vicki Hart
Elizabeth Harrison
Barbara Sattler/Kenney Hegland
Jane Hoffmann
Henry/Ruth Jacobson
Wallace Kinkade
Lisa Koziol
Mary MacEwan
Skkreko Martin
Mountain Avenue Church of Christ
Terry Nordlof
Karen Olson
Carmen Renteria
Sue Sanders
Theodore/Kathleen Schneyer
Elizabeth Smith
Deena Sortland
Sylvia Sterling
Thomas and Kim Taylor
Joan/Bill Tellam
Junior League of Tucson
Richland Heights West N/A

2012 (to date)

Paula Aboud
Alan/Albert Adler
Albertson's
Laura Aldag
David Allen/Mark Sammons
Amelia Gray Café & Catering
Christine Antony
Edward/Diane Arnold
Paul Barby
Paul/Elizabeth Baker
Michael/Jessica Mattia-Barry
Charles/Susan Bazzell
Marilyn Beller
Beyond Bread
Bruce/Judith Billings

2012 (continued)

Katherine Brady
E. Brashears
Joyce Broan
June LeClair-Bucko
Lisette Calderon
Cindy Callahan
Carlos & Co.
Suzanne Cohen
Kevin Dahl/Bam Miller
Joan Daniels
Lance/Patricia Davis
Dennis Defreitas
Murray/Susan DeArmond
Richard Demers
Ann Rose Dichov/Chet Gardiner
Pam Duffy
Ted Earle/Gloria Alvallar
Carole Edelsky
Hank Elias
Stacy Elliott
Patricia Fain
Campus Farm N/A
Alta Fly
Tom/Perky Genne
Yolanda Gil
Mary Gilmore
Wendy Girdosky
William/Judith Griffin
Joan Hall
Matt/Jamie Hampton (Granite
Construction)
Health and Wellness Marketing Group
Emily Heed
Kenney Hegland/Barbara Sattler
Jane Hill
Erica Hoffman
Jane Hoffmann
Leslie Holmes
Junie/James Hostetler
Susan Houser
George Hubbard
Jerry Hughes/Linda Voorhies
Henry/Ruth Jacobson
Eduria Johnson
Michaela Johnson
Deb Jones
Don Kalm, State Farm Insurance
Nicholaos Kehagias
John Kelly
Wallace Kinkade
Carol Kestler
Dr. & Mrs Barry Kriegsfeld
La Baguette
M. C. LaBarr
Bob LeCompte
Eleanor Lee
Robert/Sandra Linsell
Vicki Mills
Carolyn Maki
Clara Luna
George/Sharon Milan
Craig Miller
Sandra Miller
Karen Massoud
Sonia Massoud
Dennis McCormick
Mary MacEwan
Nancy Martin
Wendy Meeker
Elizabeth Mitchell
Jerri Moisant
Madeleine Moore
Brenda Neufeld
Alison Newman
Gretchen Nielsen
Peggy Nugent
Elizabeth Nuzum
Patricia Nye
Karen Olson
James/Tamiko Olson
Patricia Pine
Nanette Pageau
Marsha Peters
Linda Phelan
Lesley Potts
ReActivate New and Used Activewear
Gene Riggs/ Wm. Ziegenfus
Joanne Robinson
Regina Roncesvalles
David/Marsha Rubin
Barrie Ryan
Saint Francis in the Hills Church
Samos Neighborhood Association
Arlene Sikkink
Cindy Simms
Katherine Smith
Deena Sortland
Ruth Stokes
Lisa Straight
Svr. Sharon Bronson's Office
Mekdes Tamrat
Pauline Tang
Yvonne Tellez
Ted/Helen Turner
Meenakshi Vakkalanka/Robert Linsell
Maureen Walden
Barbara Warren
Paul/Elizabeth Weintraub
Jackie Weiss
Yoga Oasis

Our sincere apologies to anyone whose name may have been inadvertently omitted from this list.