### 2018 By the Numbers

<table>
<thead>
<tr>
<th>Category</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clients enrolled in LAH</td>
<td>144</td>
</tr>
<tr>
<td>Number of Clients Served in 2018 (all services)</td>
<td>1,488</td>
</tr>
<tr>
<td>Number of Rides</td>
<td>340</td>
</tr>
<tr>
<td>Total miles driven in 2018</td>
<td>22,249</td>
</tr>
<tr>
<td>Total hours in service to clients</td>
<td>5,260</td>
</tr>
</tbody>
</table>

#### FOOD

<table>
<thead>
<tr>
<th>Category</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total number of Produce Deliveries (PDP)</td>
<td>24</td>
</tr>
<tr>
<td>Total Amount Spent on Produce</td>
<td>$11,362</td>
</tr>
<tr>
<td>Average Number of Recipients / delivery (including Lander Gardens)</td>
<td>120</td>
</tr>
<tr>
<td>Food Bag / Food Box Deliveries / Month</td>
<td>17</td>
</tr>
</tbody>
</table>

#### SENIOR ACTIVITIES

<table>
<thead>
<tr>
<th>Category</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of Senior Socials</td>
<td>11</td>
</tr>
<tr>
<td>Total Attendance at Senior Socials (clients, guests &amp; volunteers)</td>
<td>574</td>
</tr>
<tr>
<td>Total Attendance at Writers' Group &amp; Smooth Moves Exercise Classes (clients, guests &amp; volunteers)</td>
<td>203</td>
</tr>
<tr>
<td>Total Spent for Senior Activities</td>
<td>$3,023</td>
</tr>
</tbody>
</table>

#### SAFE HOME / YARD

<table>
<thead>
<tr>
<th>Category</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hours Spent for Safe Home / Yard</td>
<td>160</td>
</tr>
<tr>
<td>Amount Spent for Safe Home / Yard</td>
<td>$2,295</td>
</tr>
</tbody>
</table>
Preparing for Later
Taking Charge of Your Life Now

On Saturday, March 30, 2019, Lend A Hand will organize its second End of Life workshop at St. Frances Cabrini from 10:00-11:30. The goals of the workshop are to provide information and education to participants about End of Life Care Planning, tools and resources.

We encourage everyone to join us. You will receive valuable information on:
• How to start a conversation with your family
• How to talk to your doctor
• Questions to ask your doctor, yourself and family
• The person you want to make care decisions for you when you can’t
• How you want to be treated
• The kind of medical treatment you want to have
• Living Will and Power of Attorney – why they are important
• What can solo seniors do?

Call the transportation number, 520-312-7143, to book a ride to this important meeting.

Avoid Scams on the Phone and at Your Front Door
• Phone calls demanding payment for unpaid utility bills
• Arrival of self-described technicians for inspections
• Impostor cable-company reps. offering service discounts
• Techs offering alarm systems
• Unsolicited contractors
• Overpriced magazine subscriptions
Never provide a credit card, check or personal information to a front-door stranger or to a robot phone caller.

Pet Stickers
Notify first responders that your beloved companion is inside. Removable 5”x4” vinyl stickers to Peel & stick on any surface.

Call Nancy Ruhl
520-954-3560 (c)
Arizona Tax Credit

The State of Arizona offers its taxpayers the opportunity to make contributions (up to $400 when filing singly, or $800 when filing jointly) to qualifying non-profit organizations, and in this way reduce the amount of tax owed to the state or increase the amount of the taxpayer’s refund dollar-for-dollar.

There is no net cost to the donor and deserving individuals around the state benefit.

It’s simple:
Lend A Hand Senior Assistance, Inc. is a 501(c)3 tax-exempt organization and your gift is fully tax deductible for federal income tax purposes. Make your donation as usual, then when you file AZ state taxes, include form 321 with the name of the organization: Lend A Hand Senior Assistance, Inc., and the qualifying Charitable Organization Code: QCO 21029.

Please send a check or money order payable to "Lend A Hand" to:
Lend A Hand
P.O. Box 41323
Tucson, AZ  85717-1323

Property Tax Credit / Renter’s Rebate

This is for individuals age 65 or older who have limited income. You may also qualify if you are under 65 and receive SSI. Forms must be submitted to the AZ Department of Revenue with receipts of property taxes paid in the prior year by the April 15 deadline.

Income limit:  non-Social Security income may not exceed $3,751 for one person or $5,501/year for married couples.

Renters can reclaim a portion of their rent that would be paid in property tax by the landlord.

Pima Council on Aging (790-7262) can give you advice and help with the paperwork.
Celebrating Thanksgiving, November 20, 2018

86 seniors, guests, and volunteers celebrated together.

Turkey, cranberries, and all the trimmings.
At the November Board of Directors meeting, the following volunteers agreed to continue serving as officers of Lend A Hand:

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

In addition, Donna Jacob has volunteered to be our Transportation Assistant, replacing Carolyn Maki. Thank you, Carolyn, for your many years of service to our organization. If you need a ride, call Donna at the Transportation Request Line:

520-312-7143

Don’t forget to call for transportation during the week preceding the date of your request. Remember that medical transportation is our No. 1 priority, followed by grocery shopping or errands. Try to avoid scheduling appointments on the third Tuesday of the month – that’s the day the Senior Social meets at St. Frances Cabrini for lunch and fun.

Mark your calendars! Here are the Senior Social dates:

February 19
March 19
April 16
May 21
June 18
July 16
August 20
September 17
October 15
November 19
December 17

Other Senior Activities

Smooth Moves  Meeting every Tuesday (except on Social dates) from 10-11 for low-impact exercise to promote strength, flexibility & better balance. Led by Johanna Alley. Call her at 520-370-1306.

Writers’ Workshop  Weekly meeting of those interested in expressing their thoughts and feelings through writing. Call Vicki, 520-248-8621.
Fruit and Veggie Talk

If you’ve noticed a few interesting bits of greenery in your produce bags recently, whisper “thank you” to Felicia’s Farm, a 4-acre organic urban non-profit farm on River Road here in Tucson.

We’ve seen broccoli, greens, radishes, and carrots – all organically grown and donated to Lend A Hand for the enjoyment of our PDP recipients. Thank you, Cathy Lolwing!

Thank you also to Corinna Cooper and Greg Goodspeed for harvesting and donating beautiful lemons and grapefruit!

A Successful Fundraiser on 1/12/19: Shred-It at Woods Library

THANK YOU
Paul Durham, Ward 3 Councilman,
Bennett Bernal, our good friend,

and

Woods Memorial Library.
Your good idea and valuable help made it possible for LAH to earn $810!

Another Shred-It Event is tentatively scheduled in April following tax season, when we’ll all be eager to toss out old files.
Our grateful thanks to our generous donors in 2018

Special thanks to
Lewis Hertz Foundation
Carl & Mabel E Shurtz Foundation
Kautz Family Foundation
Lucille Williams Foundation

Paula Aboud  Robert Houston  Terry Nordlof
John Altman  Gerald Hughes  Diana Norquist
Judith Anderson  Michael Hyatt  Christopher Pray
Bruni Arriaga  Henry & Ruth Jacobson  Kathy Rinn
Dorotha Bradley  Marilee Kelsey  Milton Riise
Dale Brenneman  Richard Kestler  David Rubin
Lynda Cannon  Bob & Nancy Kaye  Nancy Ruhl
David Cherson  Wallace Kinkade  Ron Ryan
Malana Watt Corn  Olga Lopez  Rich Schulman
Mary Lou Coronado  Jim Kennedy's friend  Gwen Scott
James & Christine Cummins  Bam Miller  Frank & Betty Shayka
Bruce DesChamps  Charles Miller  Derek Silva
Pam Reid Duffy  Michael Miller  Greg Smith
Paul Durham  Sandy Miller  Cynthia Sorrensen
David Fossdahl  Gay Davis Miller  Susan & Lee Stamford
Trish Gehlen  Roslyn Miller  Joby Swingle
Rita Harrington  Vicki Mills  Technicians for Sustainability
Eric Hegstrom  Gerri Moisant  Cristina, Tylia Records
Nick Wayne, Highwire Lounge  Patrick & Ann Monahan  Maureen Walden
Jane Hoffmann  Anne Morales  Larry Ward
Junie Hostetler  Alison Newman  Barbara Warren
Gary Houston  Gurumeet & Khalsa Nirvair  Mary White

We sincerely apologize if your name has been inadvertently omitted
→ Lend A Hand keeps in regular contact with seniors. Volunteers call to ask:
  • If you would like to receive produce;
  • If you will be home to accept delivery of food boxes and bags;
  • If you would like to come to the Senior Social.

And, sometimes just to say hello or to update your personal information or emergency contacts. If you would like a regular friendly phone call or a friendly visit, ask Trish by calling 520-248-6882.

→ If we are unable to reach you by telephone and you don’t answer the door when your driver comes to collect you, we may request a wellness check by the police.

→ If you move, be sure to update your address with Social Security and LAH.

→ If you need incontinence supplies, contact Cheryl Carter, 520-204-2226(c) or 520-792-2253.

→ If you need to cancel a ride you have booked, don’t wait until the last minute to call the transportation number, 520-312-7143. If you have an urgent, last-minute need for a ride or errand, such as doctor’s sick call or prescription pick-up, call the same number or 520-248-6882.

**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**

There will be another yard sale in the Spring, so 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.

**FAREWELL**

We are saddened to report the passing of our dear friends

Ben Coronado  Hattie Harris
Ira Freeman  Ray Vasquez
Hope Greenwell  Anne Vogel
Henry Hall

**REMINDER**

LAH phone hours:
8:00 – 5:00  Monday – Friday
After hours, leave a message.