

Centenarians to be Honored at Casa Special Event on May 2

Are you 100 years old, or turning that milestone age this year? Do you know someone who is? Casa Community Center will be the place to be on May 2 for a luncheon in honor of centenarians.

This elegant annual event is hosted by staff from several La Posada departments, including Casa Community Services, as well as committee members from the community. Lunch is catered by La Posada.

Highlights include Regina Ford as emcee and Mary Lou Catania as pianist. A commemorative booklet featuring community centenarians is in progress.

What can you do? Let us know if you or someone you know should be invited to the celebration.

Even if you can't attend the lunch, the committee would like to honor you. Please call Casa Community Services at 625-2273 for information.

Registration Now Open for Summer Program at Los Niños

Ten weeks of fun and learning are in store for children enrolled in Los Niños del Valle's summer program. The program for ages 5-8 combines academic enrichment with fun, field trips, swimming lessons and art projects. The program begins May 27 and is held each weekday except for Friday, July 4. Flexible registration allows for family activities and vacations. Call 393-6823 for more information.

PosadaLife.org...

A New Way to Find Us Online!

Casa Community Services has had a web site for many years. It has evolved over time to include news, photos, calendars of events, the senior lunch menu and much more. Now, it has evolved again and become part of an entirely new web site called PosadaLife.org.

Take a spin around the site! Look for us under Community Services. The new web site is a comprehensive one that includes information about La Posada, home and community services, the Posada Life Foundation and career opportunities.

Tea and Mystery *at the Casa Community Center!*

Intrigue! Scandal! A mysterious death. No, it's not the script for a popular TV show, it's a story that will play out at the Casa Community Center on May 9.



The event is both for fun and for funds that support the nonprofit Center and its activity and nutrition programs for area seniors.

Murder at Uppity Manor – An English Tea Mystery will feature a cast of costumed suspects in the death of the Lord of the Manor. Guests, who also are welcome to come in costume if they wish, will dine on tea sandwiches and sweets as they hear clues as to the culprit.

Tickets are \$25 per person or groups may purchase a tables for six or eight for group seating.

Call 625-2273 to make your reservation or you may purchase tickets at Casa's reception desk.



Casa Community Center



Day Trip Fun



Large groups came along for two recent Day Trips — to the H.F. Coors Dinnerware Factory in Tucson and to the Kief Joshua Vineyards in Elgin. Day trips make experiencing area museums, attractions and events easy.

Reserve Your Place for Senior Lunch!

If you're 60 or over, we would love to have you join us at the Senior Lunch Program. We serve a nutritious lunch Monday through Friday, with the option of a serve-yourself Salad Bar on Tuesdays and Wednesdays. Menus are published well in advance.

Our lunch guests play bridge on Mondays, pinochle on Tuesdays and Mexican Train Dominos every day. Other games are just as popular with this lively group.

We also offer two Day Trips each month—in April, we're going to a Diamondbacks baseball game on the 3rd and we are having a picnic in Sabino Canyon on the 17th.

In addition, we go Out to Lunch once a month. The Hibachi Grill in Tucson will be our destination on April 24th.

To be a part of this program, call Kip at 520-393-6814 to get registered. Lunch must be reserved in advance. A \$3 donation is suggested. Transportation is provided if needed. Grab a neighbor or friend and come on in!

VICTORY VOLUNTEERS

Would you like to volunteer your time but don't want a lot of responsibility? Do you want a volunteer job that fits your busy schedule? Victory Volunteers meet every Thursday morning at 10 a.m. to work on tasks for community groups. Call Ellen for more information and to get started—520-393-6840

Health & Wellness

A Course in Miracles—Mondays, 3:30 p.m.

Alcoholics Anonymous—Mon. & Sat., 7 p.m.

Blood Pressure Checks—Mondays, 11:00 a.m.

GV Meditation Group—Sundays, 10:30 a.m.

Nutrition with Dee—3rd Wed., 11:00 am

Tension Release Exercise—April 1, 9:30 a.m.

(Call Diann for details—834-7698)

Thrive Survivorcise—Saturdays, 12:15 p.m.

(Call Joy for details—425-2589)

Weight Watchers—Wednesdays, 8 a.m.



Behavioral Health Services

Tips for Helping a Friend Who is at Risk for Suicide

Someone recently asked me a tough, but good question. “How do you help someone who you think may be at risk for suicide?” Here is practical advice that may help to answer that question.

First, take the big leap and talk to your friend as soon as possible. You may be surprised how easy it is and how much better you feel after doing it. You don’t need to have all the answers or solve the problem, just open the door to a conversation and then be willing to listen. It’s not the job of the helper to have the answer or tell the person what to do, only to be willing to introduce the topic and *listen!*

Always use “I” statements, not “you” statements. “I get concerned when I hear you talk about suicide”

not “you scare me when you talk about suicide”. Ask “what” questions. Asking questions that starts with the word “what” opens up the conversation and gives you an opportunity to listen. “What do you think would help?” “What happened when...?”

Offer to find help. It’s fair to say, “well I can’t do that for you, but I can help you find someone who can.” And then follow through to the best of your ability.

Professional behavior health support is a call away through Pima County Crisis Response at 622-6000.

Last, be sure to take care of yourself. Doing too much can be detrimental to you and the person you are attempting to help. Casa can help, too. Call us at 393-6839 to learn about our counseling services.



Volunteering

Volunteer Appreciation Event Set for April 22

Volunteers bring talent, expertise and heart to Casa’s programs. To show appreciation for all that volunteers do, Casa will host a luncheon on April 22. Volunteers will receive invitations for this event and may RSVP with their choice of lunch entrees.

“This is a highly anticipated annual event,” commented Casa Director Bill McCreery. “Not only do we as Casa staff enjoy having volunteers here to have lunch with us, the children at Los Niños del Valle, the participants in Adult Day Services, and the ‘regulars’ at the Senior Lunch program all enjoy giving due recognition to the people who bring so much value to these programs.”

Watch for your invitations and please join us! For more information, call Diane at 625-2273.



Stylin’ for Fun

Lunch program volunteers wanted to give their new black aprons a special touch to surprise Program Coordinator Kip Young, who had teased them about showing up “in uniform.” These ladies – Cindy Stevens, Sharon Craig, Ann Fury and Eva Rice did just that, including donning lace, a bowtie and crisp white shirts for extra pizzazz.



Adult Day Services



Generations Together!

Favorite activities with children from Los Niños del Valle include table activities and group story time, sing-alongs and guessing games.



In Appreciation of Volunteers

We are absolutely delighted that April is Volunteer Appreciation time! The volunteers who work with us in our Adult Day Services program every day are warm, thoughtful, loving people.

Day after day volunteers keep a close watch on what we need next, what they can bring for their next time here and what would make the day for a participant whom they are getting to know better. We are looking forward to this extending our appreciation at a special lunch on Tuesday, April 22.

Wednesday Lunches Continue

Our next Wednesday Lunch to introduce Adult Day Services to prospective participants will be on April 23. You may have received a postcard in the mail alerting you to this chance to learn more about our Adult Day Services program.

Please consider joining us for the short presentation, activity, lunch and entertainment. Call Adult Day Services Director Jeannie Maldonado at 393-6835 to make your reservation.

Memory Screening

Director Jeannie Maldonado provided memory screening to area residents during the Green Valley Health Fair. This service is an outreach activity of Casa Community Services. To learn more or to schedule us for a community event call 393-6835.

The Value of Holidays

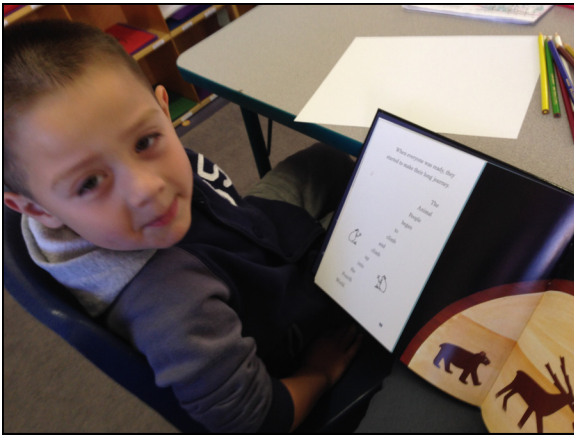
In our Adult Day Services program, we never let a holiday pass without a celebration. Holidays are more than an excuse for special foods, decorations and music... they are beneficial in evoking happy

memories, traditions and time spent with loved ones. Here are a couple of smiles that popped out during the Valentine's Day celebration.





Los Niños del Valle



Star Room Scenes...



Discovering new words, finding locations on maps, and playing together. That's what's been keeping children in the Star Room busy lately. These are some busy young learners!

Ready for Kindergarten? Here's How Los Niños Helps

For many children at Los Niños del Valle, Kindergarten is just around the corner. Preparing children for this important event is an ongoing process for families as well as our staff.

Beginning in January, parent/teacher conferences provide an opportunity to discuss questions and concerns about kindergarten readiness. Standardized assessments and individual portfolios are a highlight of the conference, giving parents important information about their child's development.

In February and March, dental, hearing and vision screenings are offered to address any potential areas needing further examination. While teachers prepare lesson plans focusing on literacy, science and mathematics, activities promoting social skills are given a high priority assuring a smooth transition to public school. Parents receive a packet with valuable phone numbers, checklists and helpful hints.

Visits to Sahuarita and Continental primary schools are planned in April and May to give the children visual experiences of what they can expect their first day of kindergarten.

In celebration of all the hard work and accomplishments of the children, we will have a graduation ceremony this year on May 22 at the Casa Community Center. All families and friends of our 2014 graduating class are encouraged to attend.



Dates to remember:

April 28-May 2: Scholastic Book Fair

May 2: Los Niños Birthday Carnival

May 22: Preschool Graduation

May 27: Summer Program Begins



**780 S. Park Centre Ave.
Green Valley AZ 85614**



Foundation News

*By Mark N. Dugan,
Vice President, Posada Life Foundation
520-648-8910*



Gifts of Remembrance

There are many ways for you to make a gift in remembrance of someone special that will have meaningful significance for years to come.

A memorial gift of cash or property:

With a gift of cash, you receive a tax deduction for the value of your gift to us. If you are making a memorial gift of appreciated stock or real estate, your deduction may depend on the type of property.

Make a deductible gift and receive life income:

You may wish to make a memorial gift while providing current life income for yourself. If you are looking for ways to increase your income you might consider a gift annuity or unitrust for memorial gifts.

Gift annuity: With a memorial gift annuity, you make

a gift of cash or appreciated property in honor of someone, and we promise to pay you fixed income for life (with rates based on your age). You receive a charitable deduction for the value of your gift. The amount remaining after you pass away comes to Casa Community Services in the form of a gift in memory of your loved one.

Unitrust: If your memorial gift is made to fund a charitable remainder trust, you can receive income monthly, quarterly or annually. You benefit from a charitable deduction for your gift this year and avoid paying capital gains tax on the sale of your appreciated assets. The remainder passes to Casa as a gift in memory of your loved one.

Please call us to discuss these and other options.

**Adult Day Services • Counseling • Casa Community Center
Los Niños del Valle Preschool and Child Care • Volunteer Opportunities**