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Come to the *Concerts for Casa* at The Shoppes

What could be better than good music on a mild winter afternoon in the comfortable courtyard at The Shoppes at La Posada? The Saturday concerts scheduled for Feb. 21 through March 28 will benefit Casa Community Services. Casa’s programs are the recipients of funds raised through sponsorships and sales at Posada Java during the concerts.



First on the schedule (pictured here) is *Forever Young*, featuring Kip and Dale Young, Larry Conley and Benny Young. Their traditional cowboy, western and country music performances have entertained audiences in a variety of venues including resorts, the Community Performance and Arts Center of Green Valley and

area churches. Those who come to Casa Community Center and participants in Adult Day Services are familiar with Kip’s high-energy talents as she frequently and generously shares her talents. Kip is the program coordinator for Casa’s Senior Lunch.

Following concerts will be filled with a wide array of music, ranging from the Sonoran Dogs bluegrass band to “For the Luvva Music,” performing Broadway tunes and standards.

Each concert begins at noon. Admission is free. Sponsorship opportunities still exist — call Bill McCreery at 520-393-6815 to learn about sponsor recognition packages. The full concert schedule is listed on PosadaLife.org.

Changes Coming at Casa: Watch Us Grow!

We at Casa have our own list of “New Year Resolutions” and we think those who come to our programs will like the changes we have in mind. By the end of 2015, it’s our goal to complete several projects that will make access to Casa easier, create more comfort in our public areas, and open new doors for program participation.

The physical changes we have in mind include making our reception area more functional and wheelchair accessible. The Community Center lobby will get a fresh look and the restrooms will be remodeled. Coming into our main buildings also will be easier with a parking lot and sidewalk project that will help access and make dropping off passengers easier and safer.

Not all the changes are in the realm of “bricks and

mortar.” We are considering new ways to adapt the programmatic offerings within Adult Day Services to broaden our outreach to seniors with a variety of preferences and needs. We also are reviewing cutting-edge therapies for people with dementia.

At the Community Center, people who enjoy coming for the Senior Lunch will have new options, including choices in soups and salads.

Planning work and curriculum training already is underway at Los Niños del Valle in preparation for the new Outdoor Classroom. Not only will our children benefit, but we will be a showcase and learning center for other preschools planning their own environmental classrooms.

Stay tuned in 2015 for news about these projects!



Casa Community Center



A large group enjoyed one of the 2014 Day Trips.

Trips and Parties Planned for February

Tues., Feb. 10: Day Trip to Tucson Rodeo Parade Museum and lunch at Silver Saddle Steakhouse

Fri., Feb. 13th: Valentine's Day Party

Fri., Feb. 20: Day Trip to Rooster Cogburn Ostrich Farm and picnic

Thurs., Feb. 26: MYSTERY Out to Lunch

Day Trip Space is limited so please make your reservations well in advance. Call Kip at 520-393-6814 or sign up at the Community Center.

Special Events

LA FRONTERA WESTERNERS

Meeting Monday, Feb. 2

3:30 p.m.

Speaker: Bernard Siquieros
of the Tohono O'Odham Nation

AARP DRIVER SAFETY CLASS

"SMART DRIVER"

Saturday, Feb. 28

8:30 a.m. to 12:30 p.m.

Cost is \$15 for AARP members,
\$20 for non-members

Call Diane Stanard at Casa to
register: 520-393-6800

Appointments Available for Story Keeping at Casa

Only four recording appointments are left in this school year for Casa's Story Keeping Program.

The Sahuarita High School students who do the actual filming and recording of the interviews will be on campus on Feb. 24 and April 28.

Available appointments are at 3 and 4 p.m. on each of these dates. For further information about this acclaimed program or to schedule your interview, call Ellen March at 520-393-6840.

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 meets Thursday mornings at 10 a.m.. We would love to have you join us to work on tasks for community groups.

Call Ellen at 520-393-6840 for more information and to get started.

Health & Wellness

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

Blood Pressure Checks—Mondays, 10:30 a.m.

Thursdays, 11:30 a.m.

Elder Circle—Mon., Feb. 23, 3 p.m.

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

*Hand & Neck Massages—Tuesday, Feb. 10, at
10:30 a.m.*

Nutrition with Dee—3rd Wednesday, 11 a.m.

Tension Release Exercise—Sat., Feb. 7

9:30 a.m (Call Diann for details—834-7698)

Weight Watchers—Wednesdays, 8 a.m.



Behavioral Health Services

Mindfulness Groups Offered at Casa

Second in a two-part series by Casa Therapist Cynthia Beanblossom

Casa's Behavioral Health Services offers mindfulness as a tool to help us in many areas of our lives through individual and group services. In last month's newsletter, we introduced a breathing technique that encourages mindfully experiencing our world. In this issue, we continue to explore how tuning in to our own breath can help us tap into a renewed sense of grace, ease and joy.

Mindfulness lets us observe and see the beauty that surrounds us with a deeper appreciation. That beauty may be the melodic sound of a bird's song, the colors of a sunrise or the crisp wet coolness of sips of water which nourish and invigorate us.

As we begin to think more gently and simply, our hearts begin to feel a deeper sense of appreciation and gratitude for all which is within us and around us. When we take a moment to tune into the delicate sense of our own breath and the beauty which naturally and consistently surrounds us, we lift our hearts and minds to appreciation and gratitude, simple and delicate keynotes of happiness.

Mindfully experiencing our world is to see and sense delight within and around us. To make an appointment or join a mindfulness group, call Diane at 520-393-6800.



Volunteering

Former Librarians Bring Organization Skills to Los Niños

Two volunteers have been making a huge difference with the large collection of books at Los Niños del Valle. Helen Hanselmann (right in photo) and Ruth Gosman (on the left), who are residents of La Posada, have put their librarian skills to work reorganizing the children's growing book collections. They've also devised a way for children to learn where to return borrowed books.

"Our goal is to make the books accessible, to both the teachers and kids," commented Helen. She said she appreciates having a flexible volunteer opportunity that fits her schedule. An added plus for the former teacher is being around children.

Ruth's love of books also extends to La Posada's La Joya, where assisted living residents discuss the books she chooses for their monthly club meetings.

Los Niños Director Susie Simmons said the volunteers have helped make it easier for the children to choose books to take home to share with their families. As they search through the organized book baskets, they can easily find what appeals to them.

"This project has been a collaborative effort between Make Way for Books, which assisted in creating the lending library, Libraries Ltd., whose members granted the money for the first 13 baskets, and a high school volunteer, Abigail Abbott, who has offered to help with the labeling of the books," Susie notes.





Adult Day Services



Meet Carla Castañeda

Working with seniors is something Carla Castañeda has enjoyed doing for 10 years in Green Valley and for the last year and a half, we've drawn on her experience in Adult Day Services as a health aide.

"I've enjoyed helping with family members. I'm a people-person. I like to be around people and seeing new faces," Carla said.

Carla's co-workers report that she is dedicated to the people that she serves. They count on her to be creative and know how to put a finishing touch on everything she does.

"She is particularly valued for her efficient and organized way of keeping the center running through planning and keeping us well stocked," mentioned Program Director Jeannie Maldonado.

Carla has a rich home life centered on her family. She has three very active children, ages 8, 13 and 18. And Carla is the ultimate UA Wildcat fan — every team, every season!

February's Lunch and Learn

We are pleased to announce that we will have Mark Willis back by popular request for our Feb. 11 *Spread the Love* celebration.

Mark (known for performances with his wife in *For the Luvva Music*) was our Tea with a Twist entertainer, leading us in singing and dancing to popular tunes.

Whether you are familiar with our program because you are a regular attendee or someone who wants to learn more, please join us on Wednesday, Feb. 11, at 11 a.m. in our Center. You and your loved one are guaranteed to have fun, share a meal at no cost to you, and get a feel for our Adult Day Program. Call Jeannie Maldonado at 520-393-6835 to reserve a place for yourself and the person you are caring for at home.



New Year Celebration Scenes

Party hats, 'bubbly' and music helped Adult Day Services ring in 2015. Together with guests, staff and program regulars enjoyed a lively and festive occasion.



Nap Time = Learning Time at Los Niños

The atmosphere becomes quiet at Los Niños in the early afternoon. That's when the children take a break from the activities of the day on their cots. Most nap, some just spend



the time quietly resting. A recent article by Rebecca Gomez, a University of Arizona associate professor of psychology, explained how important this “down time” is for young children.

Gomez reported that in her research with colleague Michelle Sandoval, it is clear that there is a connection between learning and napping. The researchers taught 3-year-olds two verbs. Then, half of the children, including those who rarely take naps, napped after learning the verbs. The other half stayed awake for at least five hours.

“Verbs are particularly hard for young children,” Gomez wrote. “Children who napped soon after learning recognizes the new verbs the next day. The children who stayed awake did not remember the verbs.”

Brain development is different for different children, but the UA researchers’ findings reveals that naps are still important for learning among 3-year-olds.

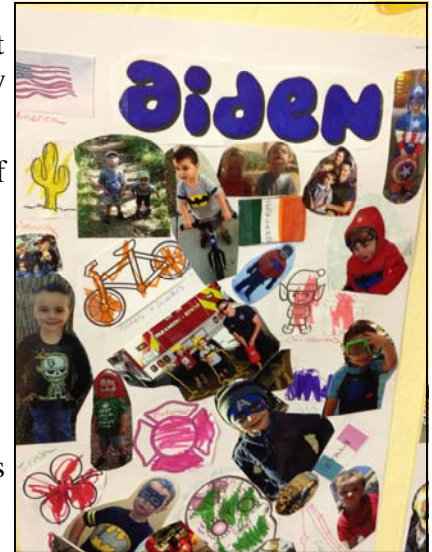
So, when it’s “quiet time” at Los Niños, it’s also a crucial learning time for our children.

Sharing Between Friends

We often write about the intergenerational activities that are shared between the children at Los Niños del Valle and the older adults who take part in Casa’s Adult Day Services.

A recent example of the friendship and trust that is fostered between the programs came about in a very touching way.

Aiden is one of the children who enjoys visiting the “Grandmas” and “Grandpas” in



Adult Day Services. A bond between Aiden and a gentleman 7 decades older has been fun to observe.

One day, as Miss Fair, our intergenerational teacher, brought the children back to the school from their visit, Aiden had a request. Could he take his family photo board back to Adult Day Services and show tell about them? Miss Fair is always looking for ways to “bridge the gap” between generations. So, back she came with Aiden, where they found Aiden’s friend having coffee with some of the other men in the center.

Pictured is the display Aiden was proud to talk about and answer all the questions his Grandpas had about the pictures. There were smiles all around!

What’s Happening in February

Coming Up: The children will be making valentines with the residents at La Posada’s La Hacienda assisted living community and decorating cookies with Adult Day Services. Also: Watch for news about Parent Involvement Network meeting to help us develop our outdoor classroom.



**780 S. Park Centre Ave.
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Foundation News

*By Mark N. Dugan,
Vice President, Posada Life Foundation
520-648-7910*



What's your DREAM? To go to your high school reunion? Attend the wedding of your granddaughter? Fly over the Grand Canyon? Perhaps Casa Community Services and the Posada Life Foundation can make your dream a reality through our *DREAMS Come True* program. Initiated in late 2014, the first *DREAM* winner was announced in December 2014. We are now accepting applications through March 27 for our second *DREAMS* award.

A committee of community representatives and Casa staff has established parameters for the program and will meet to evaluate the *DREAM* applications and select the Spring recipient in April 2015. The nominee must be 55+, a resident of Green Valley,

Sahuarita, Amado, Arivaca or Tubac, and a legal U.S. resident.

How often do you get a chance to really make a difference in someone's life? In many cases, the dream will have a positive impact on more people than our *DREAMS* Come True recipient. Imagine how a beloved granddaughter will feel when her favorite grandma from Arizona is able to be there and watch her marry the love of her life.

You can nominate yourself or a deserving friend, neighbor, or relative. The simple application form can be found at PosadaLife.org. Click the Community Services tab, then select Casa Community Services. Or, call Ellen March at 520-393-6840 for information.

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