Another *DREAM* to Come True!

It was cold, there were bears, and very little to do “off hours” when Jack Gray served in the Navy on Kodiak Island during the Korean Conflict. His job as a communication specialist involved transmitting information between the U.S. and bases in Japan or South Korea. His service there ended abruptly when he developed a severe infection requiring hospitalization. Still, Jack has fond memories and has often wished he could see Kodiak again. The Posada Life Foundation and Casa Community Services’ *DREAMS* Come True program plans to make that happen.

Jack and his wife of 63 years, Dorothy, will be able to see Alaska from a ship (so appropriate for a former Navy man!) with a cruise stop in Kodiak Island to explore Jack’s former station, which is now a large Coast Guard Base. Having a partial disability due to Parkinson’s Disease has slowed his activities, but *DREAMS* Come True has opened the door to the special adventure to take place late this summer.

*DREAMS* Come True seeks nominations from area residents age 55+ for whom an experience would make lifetime memories and have special meaning. For Jack Gray, the idea of seeing Kodiak Island once again has stirred old memories. He remembers the “cheap beer” in the only off-duty location where he and his friends could stave off some of the loneliness of their service duties. He recalls having to wear a helmet and being on high alert when Canadian seamen reported seeing Russian submarines off the coast – only to learn later that what they actually spotted was a pod of whales. He tells about being warned in a very graphic way not to feed the bears that congregated around the Navy’s garbage dump site. The officers showed newly arrived men photos of a sailor who came between a bear and her cubs, resulting in his grisly death.

“I didn’t enjoy it, but I don’t regret it,” Jack says. One wonderful outcome of his service was making friends with whom he has remained in contact. A cherished family memory book (pictured below) includes photos of Jack in uniform.

Jack reported to Kodiak in September 1952. By January, he had severe tonsillitis that caused an infection that nearly shut down his kidneys. On June 13, while recovering in a Navy hospital in Bremerton, Wash., he had his tonsils removed. That date was significant in another way: Dorothy gave birth on the same day to the first of their two sons.

Casa and the Posada Life Foundation wish the best for this special *DREAM* recipient!
Casa’s ability to provide programs and services to the Green Valley community is strengthened by support from businesses, organizations, foundations and churches. These are our Partners that Care.

$5,000 and More

- Bank of the West
- CareMore Health Plan of AZ
- Caterpillar Foundation
- Community Foundation of Greater Green Valley
- Diversified Design and Construction
- FICO/Green Valley Pecan Co.
- The Gordon Foundation
- Desert Hills Lutheran Church
- Freeport-McMoRan Foundation
- Valley Presbyterian Church (USA)
- Green Valley News and Sun
- First Things First
- PCOA
- United Way

$1,000 to $4,999

- La Canoa Lions Club
- Legacy Smiles of Southern Arizona
- Long Realty Cares Foundation
- Masonic Charities of Arizona
- Patio Sales Group of Green Valley Community Church
- St. Francis-in-the-Valley Episcopal Church
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- Patio Sales Group of Green Valley Community Church
- St. Francis-in-the-Valley Episcopal Church
- Green Valley Lions Club
- Green Valley Pecan Company

$500 to $999

- Bill’s Home Service
- Bud’s Drapery Den, Tucson
- Continental Self Storage
- CBIZ Benefits and Insurance Services
- Edward Jones – Skip Breither
- Good Shepherd United Church of Christ
- —Women’s Fellowship
- Green Valley Cooling and Heating
- Green Valley Lions Club
- Green Valley Pecan Company
- Hickey Automotive
- Lockton Companies
- The Mundt Foundation
- Native Gardens of Green Valley
- Northwest Medical Center
- Ranchers’ Mercantile of Amado
- Sunland Asphalt
- US Foods
- W.F. Stevens Financial Advisors
A Quick Assessment: What is Your Quality of Life?

How would you answer if someone were to ask you “what’s your quality of life?” As we go on with our daily lives, we may not think of all the aspects of what is going well and what is not. Here’s a quick assessment tool that can help you identify your strengths and areas that could improve. Give yourself one point for each “yes”, then add the points in each category.

**Physical Health**
- Does physical pain prevent me from doing what I need to do? ___
- Do I have enough energy to do the activities of daily living that I need to do? ___
- Am I satisfied with the quality of my sleep? ___
- Have I had recent changes in my medications? ___

*How many ‘yes’ responses in this category? ___*

**Psychological**
- Do I have skills in problem solving? ___
- Do I have a history of successful transition through life’s big changes? ___
- Do I possess a sense of purpose or meaning in life? ___
- Am I able to concentrate well? ___
- Have I had more than one major loss in the last year? ___

*How many ‘yes’ responses in this category? ___*

**Social**
- Are my connections to family and community support strong? ___
- Do I possess the potential for understanding, relating and benefiting from experience and knowledge? ___
- Do I eat lunch by myself more than three times a week? ___
- Am I involved with a church/synagogue or other spiritual support group? ___
- Am I able to accept or ask for help? ___

*How many ‘yes’ responses in this category? ___*

**Environment**
- Is lack of transportation or geographic isolation a barrier for me? ___
- Do I worry about financial security? ___
- Do I participate in leisure activities? ___
- Is my environment conducive to pursuing my passion? ___

*How many ‘yes’ responses in this category? ___*

The category with the lowest score is where you might want to begin to make some changes. Casa’s counselors can help. Please call 520-393-6839 to inquire about our services or to make an appointment.

Volunteering

Summer Time = Volunteer Time at Casa

Are you looking for a way to stay busy this summer? If there is less going on in your life in the summer, or if you are a student looking for experience and a way to help others until school resumes, Casa might be just the place for you.

Whether it is assisting teachers at Los Niños del Valle, serving lunches at the Casa Community Center, being part of the activities in Adult Day Services or coming on Thursday mornings for the short-term projects tackled by the Victory Volunteers, there are many opportunities at Casa.

Contact Volunteer Manager Barbara Salazar to learn more: 520-648-7999 or barb@laposadagv.com.
As part of the Senior Lunch Program’s Mother’s Day celebration, CareMore Health Plans of AZ provided manicures and hand massages for our Moms as well as goodie bags and pink carnations. Above, Nora Bos and Arlene King enjoy the attention. Join us for our Father’s Day Celebration on Friday, June 19th. You’ll never guess what surprises we have in store for our Dads! Make your reservation with Carla at 520-393-6814.

New Classes Planned
An area volunteer has come forward with some great ideas for new classes for us at the Community Center in the upcoming months.
• Would you like to be a part of a Drum Circle?
• Learn how to make Creative Mandalas?
Look for information about these and others in upcoming newsletters. OR—perhaps you have a topic you can teach? We’re open to ideas!

It’s YOUR Community Center!
The Casa Community Center is available for rent to outside groups. We have flexible rooms with audio-visual equipment and wi-fi.
Your meeting experience is enhanced by excellent, well-lit parking and access to limited kitchen facilities. Call Ellen at 520-393-6840 for details or to book your group.

What is it?
Look up the next time you enter the Casa Community Center... it’s our new light fixture, one of the improvements recently made to the entry and restrooms.

Story Keeping at Casa
This video biography program is on hiatus for the summer as the Sahuarita School District is not in session. Consider booking your filming session for fall—Call Ellen at 520-393-6840 to set up your Appointment.

Victory Volunteers
This group meets weekly on Thursday mornings to complete tasks provided by the Coordinator. We stuff envelopes, assemble booklets and packets, clip coupons for our troops overseas, fold bags for the Country Fair White Elephant—whatever the community needs. Call Ellen to join (520-393-6840) or just come on over on Thursdays at 10 a.m.
June 2015 Events

Every Monday through Friday, join us for lunch at the Community Center. Stop in, pick up a menu or call Carla at 520-393-6814 for a reservation.

Our June 3 trip to the Arizona Diamondbacks game is full but we have space available in two other Day Trips in June.

On Friday, June 26th, we’re going Out to Lunch at the Quail Creek Grill right here in Green Valley.

On Sunday, June 28th, we’re attending a performance at the Gaslight Theatre in Tucson—a wonderful air-conditioned way to spend a Sunday afternoon in the desert.

For our day trips, contact Carla to reserve your seat on the bus. She can tell you times and costs involved.

COME JOIN US!

Trudi Fletcher, pictured at the 2014 Centenarian Celebration with Ellen March, is one of 13 area individuals age 100 or more invited to this year’s celebration, to be held on June 12.

Health & Wellness

A Course in Miracles Book Study—Mondays, 3:30 pm  Admin. Bldg. Conference Room

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

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

Elder Circle—on hiatus until fall

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

Nutrition Talk—3rd Wednesday, 11 a.m.

Tension Release Exercise—on hiatus until fall

Weight Watchers—Wednesdays, 8 a.m.

Look for Brain Aerobics classes later this summer.

Call 520-393-6840 for more information.
New Program: Music Therapy Offered in Adult Day Services

Music is something we never forget, whether a tune that gets us singing along or one that makes us want to get up and dance. Our new program will do just that and it’s open to area residents.

Music therapy builds on the joy each of us can find in music, with a focus on movement, cognitive language and social interaction. Casa’s Adult Day Services is pleased to host a music therapy program on the third Wednesday of each month. Consider joining us at 11 a.m. on Wednesday, June 17, for Music with Jane.

Cost is $18 for individuals who are not enrolled in Adult Day Services. Space is limited; call Rosanna Nelson at 393-6834 to reserve a spot. We look forward to seeing you!

Above: Accomplished with leather tooled projects, Erv is responding to a question from JW about a key fob that JW has started. Right: Franc is pleased to celebrate Mother’s Day with wife, Doris, by presenting her a gorgeous red rose.
Teacher Profile: Joy Baldwin Guides Terrific Two’s

Please meet one of our very talented and devoted teachers in our Terrific Two’s Program, Joy Baldwin. A veteran teacher at Los Ninos, Miss Joy has been teaching in our program for 2-year-olds since 2007. After a few years experience working with our toddlers, she decided it was time to go back to school!

Her interest in learning the most recent research and best practice in early childhood development resulted in her attainment of a Child Development Associate Certificate, giving her the flexibility to assist in the preschool and the knowledge to provide a quality learning environment for our young two’s.

Our families have come to depend on Miss Joy as a loving and positive role-model and a well-informed provider for their children.

We are very pleased Miss Joy made the decision to further her education and continue to devote her years of experience to Los Niños del Valle.

Thank you, Miss Joy!

Los Niños Carnival Scenes!

Joy Baldwin, pictured at the recent book fair and carnival, brings experience and devotion to early childhood education to her role at Los Niños.
Philanthropy is an expression of your generosity with the understanding that your gift to Casa can make a difference. There are several different ways for you to make a current gift to us and know that there are immediate benefits.

CASH. A cash gift is usually the easiest and most convenient way to make a gift to charity. We are able to make use of your cash gift right away and you receive a valuable income tax charitable deduction to offset your taxes on this year’s return.

SECURITIES. A gift of stocks or bonds may provide you with an even greater tax benefit. If you have owned securities for more than one year and the value has increased, you can avoid capital gains tax and receive a charitable income tax deduction equal to the fair market value of your gift to us.

REAL ESTATE. A gift of your real estate that has been held for more than a year also has the advantage of providing you with a charitable tax deduction based on the current value of the property, as well as enabling you to avoid capital gains tax on the sale of your property.

MEMORIAL GIFT. This type of giving honors someone whose life has touched yours — or who perhaps has benefited from Casa services. An example is someone who attended Adult Day Services or who enjoyed the Senior Lunch program.