

No Matter Your Age, *Engage!*

Free classes continue this month that offer practical approaches to personal well-being and insights into community support for successful aging.

Led by Casa Director Bill McCreery, the classes are part of the *Engage!* collaboration between Casa and Green Valley Recreation.



Topics include how to boost your resilience; shift your thinking about 'old age' and setting life goals.

The next class is set for March 22. Others follow each month through the year. The class is open to the public, begins at 9 a.m., lasts 1-1/2 hours and includes take-home materials.

Engage! also includes benefits for GVR members. To learn more about Engage or RSVP for the class, call Program Coordinator Ashley Coggins at GVR: 520-449-8776.

Drive Down the Road in a New Mustang

Jim Click has once again donated a very special vehicle for raffle by not-for-profit organizations.



Casa Community Services is once again participating. All proceeds from ticket sales at Casa stay at Casa! Ask at our reception desk for details and your chance to win a Mustang GT350 Shelby.

Your Dream Could Come True

The *DREAMS Come True* committee will be reviewing applications soon! Apply for your chance to have a dream fulfilled before March 31. The Posada Life Foundation and Casa Community services are proud to offer this exciting opportunity to a senior in our area. Details and nomination forms are online at PosadaLife.org or call Ellen at 520-393-6840.

Concerts for Casa Continue at The Shoppes at La Posada

The Concerts for Casa held at The Shoppes at La Posada on Saturdays continue this month with a great line-up of music. The free concerts begin at noon and extend through March 26:

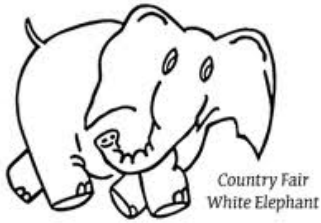
- March 5: Crossfire (Popular classic rock)
- March 12: Mike Finkelstein and Friends (Famous crooners and trumpet greats)
- March 19: The Arizona Banjo Blasters (Banjo)
- March 26: Tucson Retro Rockets (Rock oldies)

Meet staff at the Casa table and don't miss the Posada Java gift basket raffle! Proceeds from Posada Java during the concert and these sponsors help support each of Casa's programs: Diversified Design

& Construction; Homewatch Caregivers of Green Valley; Green Valley News; KGVY AM-FM; Interior Logic; Bill's Home Service; Bud's Drapery Den; CBIZ Benefits and Insurance Services; Green Valley Pecan Co.; SERVPRO; US Foods; Access Wisdom Eldercare; Edward Jones - Skip Breither; Green Valley/Sahuarita Association of Realtors; Merle's Automotive; Northwest Medical Center; PC Solutions; Ranchers' Mercantile-Amado; Sam Levitz Furniture; Silverado Technologies; Simutek; Two Girls Pizzeria; Wells Fargo Advisors, LLC - Mark Morales Financial Advisor; Lockton Companies; Desert Diamond Casinos & Entertainment; and Zona Concrete. THANK YOU!

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.



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Green Valley News
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- Masonic Charities of Arizona
- Patio Sales Group of Green Valley Community Church
- St. Francis-in-the-Valley Episcopal Church
- Southern Arizona Foundation

\$500 to \$999

- ◇ Bill's Home Service
- ◇ Bud's Drapery Den, Tucson
- ◇ CareMore Health Plan of AZ
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- ◇ 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
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- ◇ Northwest Medical Center
- ◇ Ranchers' Mercantile of Amado
- ◇ SERVPRO of SE Tucson/Sahuarita/Green Valley
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- ◇ W.F. Stevens Financial Advisors



Behavioral Health Services

Exercise is Good for the Body *and* the Brain!

When we think about the benefits of exercising, we usually think about how it will help improve our physical bodies—our cardio-vascular system, muscle strength, bone health, energy level, etc. But what about our brains? Can the brain be exercised? Based on growing research the answer is yes!

The best news from recent research shows that genetics (that which we can't change about ourselves) accounts for about 30 percent of our brain health, while non-genetic influences (our lifestyle choices) accounts for the other 70 percent. We can adapt our lifestyle and have a positive impact on keeping our brains healthy. That can mean better mental health (like feeling happier and more content) or better physical brain health (such as

lowering the risk of dementia.)

It has also been well documented that we can grow new brain cells even late in life. In fact, entire brain regions can grow in adulthood. Think of it this way: Lift weights, grow muscles; learn something new, grow more brain cells!

Speaking of lifting weights, the window of opportunity for beginning physical exercise extends to older ages. Other lifestyle habits also can improve your brain health, nutrition and social interaction being our two favorites at Casa. Attend the Senior Lunch at the Casa Community Center with a friend and you get two brain health exercises for the price of one! Lunch is served for a suggested donation of \$3, what a deal!



Volunteering

Friendship Formed Through Volunteering at Casa

One of the busiest volunteer positions at Casa involves serving the Senior Lunch. Volunteers help set up the lunch, serve and then clean the tables and serving area. It's not for everyone, but two who have been tackling the tasks for the past five years continue to feel the personal rewards of – in their words – making everyone feel welcome.

Debbie Shesgreen and Linda Tukenmez also reaped the reward of friendship by becoming Casa volunteers. Debbie first learned about Casa by coming to Weight Watchers meetings that are regularly held at the Center. Linda came to OLLI classes. When they learned more about what goes on in the building, they checked into volunteering. But for that, their paths may never have crossed and they would have missed forming a close bond. Linda said that volunteering also made her more aware of other Casa programs and now her husband attends Adult Day Services.

*Linda Tukenmez
and Debbie
Shesgreen,
ready to serve
Senior Lunch.*



While Debbie handles the salad bar and Linda serves the hot entrees, it's easy to see that the two “click.” Lunch Program Coordinator Carla Castaneda says she enjoys how easily they communicate with each other and solve any issues that come up.

“We’re the Tuesday team,” the two said simultaneously. And each had the same answer for what keeps them at Casa: “Volunteering here is a way to give back. We like serving seniors.”



Casa Community Center

Lunch Program Poet Vincent Barone Shares His Thoughts

What does it mean to be part of the Casa Community Center Senior Lunch? S. Vincent Barone put his thoughts in poetry recently and shared it with staff and friends. It speaks very well to the reason we have a Senior Lunch at Casa!



Vincent Barone at the Casa Community Center.

The Community Center

*My home is great, but it has silent walls.
Loneliness one day may make me and my home fall.
Fortunately, I have a second home at the Community Center,
That is where, each day, lives get better.*

*I look forward to lunch there at noon.
It is as pleasant as any dining room.
We all say a prayer before lunch is served.
Heads are lowered and a drop of a pin can't be heard.*

*During lunch, everyone puts on a smile,
Sometimes a piano player plays songs that rhyme.
The tours we take are interesting to visit,
This is the way the whole world should be.*

*The Community Center is part of our lives every day.
Our attendance will never let us go astray.
Most important, at times we share our respective talents.*

One of the best homes is at the Community Center.

The Senior Lunch is for all adults age 60+ and transportation is available. A \$3 donation is requested from participants (\$7 for guests). To register call Carla at 393-6814.



Seeking Centenarians

The annual Centenarian Celebration — an event that gives the community a chance to reflect on the

positives of aging, will be held on Friday, June 10, at the Casa Community Center.

Centenarians and guests will gather for an elegant tea-style event, honoring their life experience and contributions. A commemorative booklet is published to tell some of the highlights of each person's life along with "then and now" pictures.

Are you someone who is 100 or older in this calendar year? Do you know someone who has reached the century mark? If so, please call Ellen March at 520-393-6840 to learn how to be included.



Parties for 2016 began with a New Year event. Diana Salvatore and Carla Castaneda are pictured.

Casa Community Center



Derek Marshall, Digital Media Instructor from Sahuarita High School, adjusts the microphones of Erv and Sam Drabek as part of their Story Keeping experience. SHS students videotape biographies monthly at Casa. Would you like to have DVDs of your family's stories? Call Ellen at 520-393-6840.

Health & Wellness

*A Course in Miracles Book Study – Thursdays
1:30 – 3 p.m. Call Gary for info: 625-5742*

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

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

Elder Circle—3 p.m., Mar. 28, Apr. 25, May 23—Call Ellen at 520-393-6840

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

Nutrition Talk—3rd Wednesday, 11 a.m.

Tension Release Exercise—9:30 a.m., Mar. 5, Apr. 2 Call Diann for info: 520-625-8312

Weight Watchers—Wednesdays, 8 a.m.

Call 520-393-6840 for more information.

Two new groups are joining the Community Center family this month:

- The **SILVER CITY JAM BAND** will meet on Friday nights at 6 p.m. This eclectic group of musicians jams at every opportunity and each evening includes an audience sing-a-long. They're only scheduled for March but we hope they'll be back in the fall.
- **CHANGE IS HAPPENING** will begin meeting at Casa on the 1st Sunday of each month April through December.



SENIOR LUNCH PROGRAM DAY TRIPS

Day trips are an integral part of our popular Senior Lunch group. We schedule two trips each month as well as an *Out to Lunch* event.

The group at left is enjoying Tucson's Gaslight Theatre, which we visit twice a year. Other trips include Arizona Diamondbacks baseball games, various museums and attractions, festivals, symphony presentations—a myriad of opportunities for fun! Call Carla at 520-393-6814 for information and reservations.



Adult Day Services

Next *Be Our Guest Luncheon* is March 17; Call to Join Us!

Caregivers give love and support to their family members, devotedly making it possible for them to live as independently as possible at home. Casa's Adult Day Services also makes a commitment to helping people age at home, together. Participants benefit from a supportive daily program, lunch, entertainment and a busy activity schedule that regularly includes children from Los Niños del Valle Preschool. Staffing includes health aides, nurses and activity specialists.



Be Our Guest Dates:

- March 17
- April 15
- May 10
- June 21

While their loved ones participate within Adult Day Services, their caregivers have time to themselves. These precious moments are often spent shopping, meeting friends, attending to appointments or simply getting much-needed rest.

"A good way to experience the program is to come to one of our scheduled 'Be Our Guest' events," says Program Director Rosanna Nelson. "We serve lunch and offer insight into a typical day. Visitors see activities that focus on socialization, wellness and quality of life. They can meet the nurses who help with medical oversight and assistance with personal needs." Attendees also learn about Casa's Caregiver Support Group.

Be Our Guest luncheons are free and come with no obligation. They are held monthly with the next date being March 17. Reservations can be made by calling Rosanna at 520-393-6835.

Casa's *Caregiver Support Group* meets twice monthly and is for anyone from the community who is caring for a loved one at home. There is no fee and participation in Adult Day Services is not required. The group next meets March 3 and 17 and in April the dates are the 7th and 21st. RSVP to Rosanna at 393-6835.



A Peek into
Recent Special
Events in Adult
Day Services:
*Dancing
Gathering
Feasting
Fun!*





Los Niños del Valle

Summer Enrichment Program Plans are 'Full STEAM Ahead'



Children ages 5-8 who attend Los Niños' summer enrichment program have an active, engaging nine weeks in store. Based on a STEAM (Science, Technology, Engineering, Arts and Mathematics) curriculum, the popular summer offering includes field trips and water safety classes. Dara Good, who has taught at Los Niños del Valle for three years, will be the lead teacher. Her plans reflect her passion for science and nature, with creativity and inquiry blended with fun. The program will run from May 31 to July 29 and include four themed sessions. Families can pick weeks of attendance to meet individual needs. Among the field trips planned are the Flandrau Observatory, the Tucson Children's Museum and Colossal Cave. A guest scientist will visit during the final week. The fee is \$160 per week. Enrollment is now open. See the entire brochure on the PosadaLife.org web site or pick one up at Los Niños del Valle.

Success Springs from Quality Early Childhood Education

It's spring and at Los Niños del Valle we are at the midway point between celebrating the New Year and looking forward to having our 5-year-olds reach the milestone of our graduation ceremony in May. Although many will stay with us for a while, including in our summer program for ages 5-8, we – along with their families – celebrate with the children who have reached this point in their journey to success in school and life.

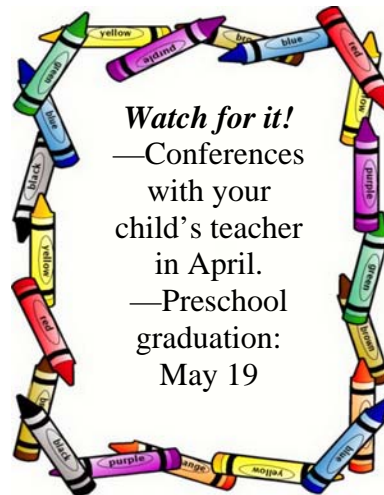
Our focus at Los Niños is firmly planted on the children's development and implementation of Los Niños' quality early childhood educational program! As we prepare for our conferences and we observe the children demonstrate their understanding of the learning objectives planned in their daily activities, we are delighted to see the progress in their development and growth happening before our eyes! This is truly the heart and soul of what we do...and we love it!

We use the Creative Curriculum designed to support children's learning through play-based activities and objectives. The Creative Curriculum objectives are

aligned with the AZ Early Learning Standards which provide guidance for implementing the "Teaching Strategies Gold Assessment" currently being used in the public schools. We are confident that the tools we are using to plan, implement, and assess each child's learning are consistent with the learning objectives and goals set forth by the school districts they will be attending.

With a strong emphasis on preparing the children for success in Kindergarten, participation by the children in group socialization, organization of responsibilities, and contributions to the activities of the day, play a significant role in the functioning of the classroom as a whole giving children ownership and a sense of belonging; two very valuable components of social/emotional development.

Los Niños continually seeks ways to further develop our curriculum and match our program to best practices in early childhood development. This year we look forward to the possibilities that will come with the outdoor classroom now under development and a lunch program aimed at assuring that we enrich children's minds *and* bodies.





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Foundation News

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



What did you like to do as a child? Go outside and look for bugs? Swing on a swing?

Play in the sandbox? Ride your trike? What fun! Bet you didn't know you were learning and stimulating your creativity while you were playing.

Helping children have a stronger connection to nature, especially in the age of pervasive electronic media, is the impetus behind this exciting project underway at Los Niños del Valle Preschool and Childcare. The "Certified Outdoor Classroom" project will renovate our current playground space with a child-size climbing wall, art area, music station, tire swings, and much more.

Will you help these children to explore nature?

These photos illustrate just two of the sponsorships that are available: garden boxes and water features. If bright, laughing, engaged children make you smile, then this opportunity is for you! Please call with any questions.



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