



## **GVR Members ENGAGE! With Casa**

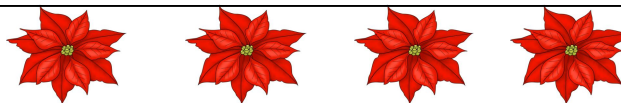
In 2015 the Freeport-McMoRan Foundation funded a grant to support collaboration between Casa Community Services and Green Valley Recreation. Early in 2016, Casa staff and GVR staff began working together to Engage! GVR members in Casa activities to improve well-being. Engage! is all about connecting GVR members to the services Casa offers, expanding their options for social engagement, supported recreation and wellness education, said Bill McCreery, Casa's Director.

Engage! provides discounted Adult Day Services at Casa for Caregivers care receivers. In the first half of 2016 Casa has enrolled 18 GVR members for Adult Day Services as a result of Engage!

Collaboration efforts also introduced 130 new GVR members to the Casa Senior Lunch that takes place 5 days a week in the Casa Community Center. A letter sent to select GVR members brought 75 people for lunch and a tour of Casa. We enjoy welcoming new people to the lunch at Casa, said Ellen March, the Community Center Director.

Engage! also offers a free class, open to the public, at a GVR facility every month on aging well. The class reviews all the latest research on how to age well and the variety of services that support aging well here in Green Valley. 108 people have attended the class as of the end of June. Classes will continue through the end of 2016.

To sign up for the class or to find out more about Engage! call Maureen McCarthy at GVR 838-0160 or Casa Community Services at 625-2273.



### **POINSETTIA SALE**

Casa Community Services is once again making beautiful poinsettia plants available to brighten your home or to give as a gift!

Your purchase supports our Adult Day Services, Casa Community Center, Los Niños del Valle and Counseling.

Choose from beautifully foil-wrapped red, white, or multi-colored plants at \$15 each.

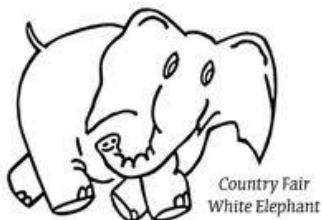
Please call 393-6800 or send an email to [poinsettias@casagv.org](mailto:poinsettias@casagv.org) and indicate your name, phone number and how many of each color you would like to order. Upon receipt of your order, we will contact you for payment preference.

**Order deadline is November 18 with  
pick-up on December 2.**



*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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*Ready for School. Set for Life.*

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## **\$1,000 to \$4,999**

- Diversified Design and Construction
- Greater Green Valley Community Foundation
- Homewatch Caregivers of Green Valley
- Jim Click, Jr.
- Long Realty Cares Foundation
- Masonic Charities of Arizona
- Patio Sales Group of Green Valley Community Church
- St. Francis-in-the-Valley Episcopal Church
- Southern Arizona Foundation
- Valley Presbyterian Church

## **\$500 to \$999**

- ◇ Billø Home Service
- ◇ Budø Drapery Den, Tucson
- ◇ Camilot Flowers
- ◇ CareMore Health Plan of AZ
- ◇ Continental Self Storage
- ◇ CBIZ Benefits and Insurance Services
- ◇ Desert Diamond Casinos and Entertainment
- ◇ Desert Hills Lutheran Church
- ◇ Edward Jones ó Skip Breither
- ◇ Good Shepherd United Church of Christ
- ◇ Womenø Fellowship
- ◇ Green Valley Lions Club
- ◇ Green Valley Pecan Company
- ◇ Hickey Automotive
- ◇ Interior Logic
- ◇ Lockton Companies
- ◇ Ranchersø Mercantile of Amado
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- ◇ W.F. Stevens Financial Advisors



# Behavioral Health Services

## **What a Wonderful Story!** by Sharon Sterling, LCSW

Writers and psychologists know that every life represents a powerful story of the human condition. Looking back, what genre would describe your story - comedy, drama or something else? What name would you give your story? If the answer is less than "wonderful," take heart. The cover of the June issue of *Psychology Today* magazine tells us "It's Never Too Late For a Rewrite."

No, we can't change the past. If it was great or even if it was less than ideal, we can appreciate it and value it for what it has taught us and who we've become. The key is to renounce the role of victim and embrace the knowledge that we are the unsung hero or heroine of our own story. When we *reframe* the story of our past, see it differently to honor it as growth-producing, it can improve our present and our future. Psychological studies show that people who told or wrote about important life experiences, either traumatic or enjoyable, had improved immune systems and moods that were more pleasurable.



It is back to school for sophomores Spencer and Trevor Lee and the 1<sup>st</sup> through 3<sup>rd</sup> graders who attended the Los Niños summer program. The young students looked forward to the days that Trevor and Spencer (twin brothers) would volunteer in their classroom. Miss Dara, lead teacher said "the teachers and parents are very appreciative of having young volunteers who are student role models spending quality time with the children." Spencer and Trevor assisted the children in many different activities: board games, building with Legos, walking to the pool for swimming lessons, and reading books. "Their modeling of kindness and positive social skills particularly in small group activities was so important for each child to witness." says Susie Simmons, director. Volunteering to Spencer and Trevor is not new to them for this summer; they also volunteer in "R.E.A.D.S." at Anza Trail elementary

If you welcome the challenge to review your past (reframe it) to improve your present, listeners are available. Very close family members, dear friends, clergy members or behavioral health professionals such as they psychotherapists at Casa Community Services may help.

Lastly, I'd like to share a truly wonderful story. It happened on November 18, 1999 at Lincoln Center, New York. Renowned violinist Itzhak Perlman began a solo performance for an eager audience. After the first few bars, a string on his violin broke with a sound like a gunshot. Usually in that situation, the first violinist trades violins with the soloist and restrings the violin if possible. On this occasion, the Master kept playing with only three strings. In the words of an audience member, he played "with passion, purity and power." At the conclusion of the piece, the audience went wild with appreciation at what he had done. Perlman had reframed that incident from disaster to opportunity. He told the audience. "Find out how much music you can make with what you have left." Yes, and rewrite your story as a triumph.

## Volunteering

school. This program helps children reading below grade level before school every Tues. and Thurs. for a half hour starting at 7:00 am. When asked, the twins, at the same time, said "yes, they would love to keep volunteering with young children" and added how they learned there are many differences in how children think about things and are so very accepting of each other. How fortunate for all of us at LNDV to have had Trevor and Spencer join our volunteer force for the summer. We ALL hope to see them back during school breaks.

*From left to right,  
Trevor Lee, Barbara  
Salazar, Volunteer  
Coordinator and  
Spencer Lee.*





# Casa Community Center

## Casa's Senior Lunch Program

Our program is open to all area residents over the age of 60. A nutritious lunch is served 5 days a week for a suggested donation of \$3.00. To enroll, call 393-6814 or drop into the Community Center some morning.

## Fall Presentations and Day Trips

### September

**7th at 10:30 a.m.** Senator Jeff Flake & Representative Melissa Martin will help with individual issues  
**8th at 11 a.m.** Dancing Divas  
**14th at 11 a.m.** Sheriff's Assist Volunteers Scam Squad  
**16th at 10:30 a.m.** Day Trip to Casino del Sol  
**21st at 10:30 a.m.** 43 Miles North performs  
**29th at 11 a.m.** Out to Lunch at Quail Creek

### October

**6th** Day trip to Tucson Botanical Gardens  
**10th** Out to Lunch at White Stallion Ranch  
**12th at 10:30 a.m.** 43 Miles North performs  
**13th at 11 a.m.** Dancing Divas  
**19th at 10:30 a.m.** Care More presents the Casa Oktoberfest featuring the Green Valley Bavarian Brass Band  
**26th at 11:00 a.m.** Around the World -Harry March  
Exploring the Sea of Cortez

### November

**1st at 1:00 to 3:00 p.m.** Hues n' Booze (sans booze!) Mobile Painting Party  
**2nd at 10:30 a.m.** Senator Flake & representative  
**4th** Out to breakfast at the Bisbee Breakfast Club (Tucson)  
**10th at 11 a.m.** Dancing Divas  
**11th** Day Trip to Greek Orthodox Monastery in Florence  
**18th** Day Trip to International Wildlife Museum, Tucson  
**23rd** Thanksgiving Feast with Blind Veterans  
**26th** Day Trip to Gaslight Theatre

## Health & Wellness

**A Course in Miracles Book Study – Thursdays**  
1:30 – 3 p.m. Call Gary for info at 625-5742  
or Judy at 648-7287

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

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

**Elder Circle**—Sept. 26, Oct. 24, Nov. 28—  
3:00 p.m. Call Ellen 393-6840

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

**Nutrition Talk**—3rd Wednesday, 11 a.m..

**Victory Volunteers**—Thursdays at 10 a.m..

**Weight Watchers**—Wednesdays, 8 a.m..

**Call 520-393-6840 for more information.**

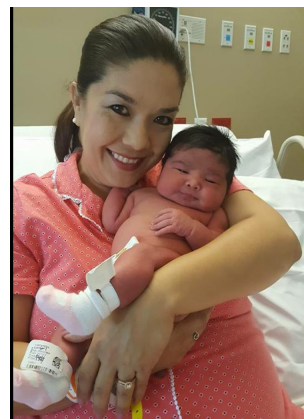
The Community Center has a new **Lending Library**.  
We welcome your book and magazine donations.

## NEW VOLUNTEER OPPORTUNITY “BE A PEN PAL”

The Casa Community Center begins a new partnership this fall with Continental School 4th-graders. Engage in monthly correspondence with local children throughout the school year. Call 393-6840 for details.



*The stork has arrived at the Casa Community Center! Congratulations to Carla Castaneda, Lunch Program Coordinator, Ronnie, the proud papa and family on the arrival of Ariana, who weighed in at 9 lbs., 4 ozs and 20” long!*





# Casa Community Center



## 2017 Casa Classics Calendars!



Purchase your Casa Classics 2017 Calendar beginning September 7. 12 different famous movie scenes are depicted by Senior Lunch members in this attractive 2017 calendar. Calendars are \$15 each. We will mail them to your gift recipients for an additional \$2.

You are invited to the Calendar Launch Party on Wednesday, Sept. 7 at 1:00 p.m. where you may meet the models and have your calendars autographed.

After Sept. 7, calendars may be purchased at the Casa Administration Desk, Posada Java, the Green Valley News, Community Connect and Native Gardens Nursery or by phone with credit or debit card: 393-6800.



*Casa Seniors Enjoying the Gaslight Theatre*

The Community Center hosts many outside groups providing educational information and entertainment to area residents.

**AARP Driver Safety Classes** will be held on the following Saturdays: Sept. 24, Oct 22 and Nov. 19 8:30 a.m. until 12:30 p.m. \$15 for members, \$20 for non-members. Call to register: 393-6800

**Arizona Scrapbooking** will meet Sept. 2 and 9, Oct. 16 and 23, Nov. 20 and 27 and Dec. 18. 1:00 p.m. until 8:00 p.m.

**Change is Happening** meets Sept. 18, Oct. 2, Nov. 6 and Dec. 4 at 2:00 p.m.. Meetings are open to the public.

**La Frontera Western History Group** meets Oct. 3, Nov. 7 and Dec. 5 at 3:30 pm. Meetings are open to the public.

**Matter of Balance**, an 8-session class presented by Pima Council on Aging, meets Sept. 6, 8, 13, 15, 20, 22, 27 and 29 -from 1:30 p.m. until 3:30 p.m. Cost is \$20 per person or \$30 per couple. Call PCOA to register: 790-7262.

**Osher Lifelong Learning Institute (OLLI)** classes begin in late September and end just before Thanksgiving. Visit [www.oli.arizona.edu](http://www.oli.arizona.edu) for class schedules and registration information.

**Parkinson's Wellness Recovery Class** -Tues. and Thurs. from 8:15 a.m. begins Nov. 17.

**The Silver City Jam Band** will begin performing on Friday evenings at 6:00 p.m., October 14 through the middle of April. The public is welcome no charge for admission.

**Valley Gourd Patch** meets at 6:00 p.m. on Oct. 26, Nov. 16 and Dec. 14

For further information on any of these meetings, classes or events, call 393-6840.



# Adult Day Services

## Let ADS bring out the artist in you!



Thanks to some very talented staff and volunteers, we have many craft options at Adult Day Services. Pictured here is Kathleen Martinson who has completed ceramic tiles with special alcohol paints. This new technique has a beautiful water color effect. Other crafts we have are jewelry making, leather and copper tooling, and seasonal crafts.

## Boy Scout Troop #365 visits Adult Day



To help us celebrate Flag Day, Boy Scout Troop #365 presented the colors at our celebration. Many of our Veterans in our program were inspired by their presence. From left to right are Robert Lowell, Ceasar Delgado, Troy Garcia, Theodore Lowell, Charles Anderson, Ricky Manriquez and Dennis Oliver.

## Be Our Guest Luncheons at ADS

Casa invites you to a no-cost, no obligation lunch and entertainment at Adult Day Services to experience the benefits of our program and met the staff and participants. Our upcoming luncheons are on September 14, October 12, November 23 and December 14th.

We have limited seating, so be sure to make your reservations early! We look forward to seeing you. Call Rosanna Nelson at 520-393-6835 to make your reservation.



*David Nelson and his daughter Colleen enjoy lunch at our "Be our Guest Luncheon". Our monthly lunches give people the opportunity to met staff and family members and enjoy a special lunch catered by LaPosada at no charge to you!*

## Drumming Circle



ADS is offering a drumming circle lead by Gale Quackenbush on the second Thursday of each month at 11:00. Participants enjoy mixing rhythm and fun to stimulate their senses, reduce stress and improve cognition.





# Los Niños del Valle

## Spanish as a second Language at Los Niños del Valle!

When Lourdes Tellez applied for a teaching position at Los Ninos, she came with a proposal. She asked if she could introduce the children to the Spanish language. Knowing young children are ready for language development during their preschool years, we were interested in her ideas.

She described a successful bilingual program she had experienced with using a "Show and Tell" technique connecting words with actions through songs, games, and plays. This summer she and the children used this fun and interactive activity in the afternoons singing songs and playing games. The children enjoyed it so much they were soon speaking Spanish words to their teachers, their friends, and to their parents! Positive feedback came from families commenting on how engaged their child was in learning to speak Spanish.

We are pleased to offer more "Show and Tell" activities in Spanish this Fall sharing with the children the many connections between the English and Spanish languages. Maybe *they will* be speaking both languages before the age of five!

*"An infant's brain is equipped to hear all of the sounds of all languages. A child who learns two languages before the age of five will be able to speak in both languages." - Lourdes Tellez*



Miss Lourdes is reading Spanish to Logan, Chloe and Aurora.

## Lending Library

Our library "runneth" over! You don't have to take our word for it. Just ask Ruth Gosman, Helen Hanselmann, and Cathy. They're our La Posada resident volunteers and they've spent more time in our library than our teachers have organizing, labeling, and sorting 1,500-2,000 books! Oh, yeah! and in tiny, little chairs too (no, not really! we wouldn't do that). But, oh my, what a project! And they all agreed, "If we had known there were so many! .." well, the end result is we have the best preschool library in town! Awesome! We all thank you from the bottom of our tiny little preschool hearts! Not only will our teachers and children benefit from this efficient system, but the children will be able to help with maintaining the organization by matching the emblem on the books with the label on the basket. We anticipate children and families using our "Lending Library" every day enjoying quality time together and sharing the many adventurous stories found in these wonderful books.



A view of our baskets full of books.



Helen and Cathy are working hard to sort and label our books.



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## Foundation News

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



### Secure Your Future

Have you reached the point where you don't want to listen to all the talking heads on TV telling you why the market is going up or down? Why interest rates will be going up or down? Do you want to simplify your life?

You might be wondering if there is any way to create true security for you and your loved ones. The good news is that with a charitable gift annuity, you can receive fixed income that never changes with payments made to you or your loved ones for life.

Why are charitable gift annuities a great way to support Casa Community Services? As the accompanying chart illustrates, donors can receive income for life; gain a current-year charitable tax deduction; support Casa's programs and mission; and avoid the angst over the stock market or low money market and CD rates.

### Charitable Gift Annuity Rates at Sample Ages

Single Life		Two Lives	
Age	Annuity Rate	Ages	Annuity Rate
70	5.4%	70-70	4.9%
75	6.2	75-75	5.4
80	7.1	80-80	6.2
85	8.2	85-85	7.2
90+	9.6	90-90	8.8
		95-95	9.4

Call the Foundation office for annuity rates for other ages or to receive a no-obligation sample calculation tailored to your specific needs.

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