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Name Change on the Horizon

Casa will join Community Connect, Posada Life at Home and Outpatient Therapies under One Banner...



2017 is the year La Posada celebrates its 30th anniversary. We certainly have grown dramatically since 1987, including in the community services programs. Since Casa Community Services merged with La Posada in 2011, the Casa programs have continued to grow by serving more people in *Adult Day Services, Behavioral Health, Los Niños del Valle and the Community Center.*

Growth has also occurred by adding new programs and services such as *Posada Life at Home and Community Connect.*

Outpatient Therapies is also one of the programs open to the public.

Consolidating under the name ***Posada Life Community Services*** allows us to more easily communicate all of the quality, community services we have to offer.

Future newsletters and other outreach will reflect this change. We hope you will benefit by knowing more about us.

We Love This Picture!



Adult Day Services participant Ruth B. (right) and ADS Health Aide Araceli Flores show the joy that comes from socializing and meaningful activity (creating a Valentine's Day card.) Thank you for the beautiful smiles!

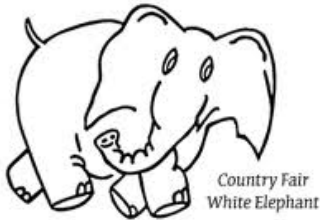
Annual Fund Drive is Underway

Spring is the time for our Annual Fund Drive. We appreciate the many donations we received in 2016 and we hope you will renew your support in 2017. If you are a past donor on our mailing list, a fund drive request will be mailed to you shortly or feel free to visit :

PosadaLife.org/community-services

and make a donation online. Donations can always be directed to any community service program of your choice. Thank you for your continued support!

Our ability to provide programs and services to the Green Valley community is strengthened by support from businesses, organizations, foundations and churches.



\$5,000 and More



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- Greater Green Valley Community Foundation
- Diversified Design and Construction
- Green Valley Pecan Company
- Homewatch Caregivers
- Jim Click, Jr.
- Kiwanis Club of Green Valley
- 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
- Continental Self Storage
- CBIZ Benefits and Insurance Services
- Edward Jones – Skip Breither
- Good Shepherd United Church of Christ
—Women's Fellowship
- Green Valley Rotary Foundation
- Interior Logic
- Lockton Companies
- Native Gardens of Green Valley
- Rancher's Mercantile
- Servpro of S.E. Tucson/Sahuarita
- US Foods
- W.F Stevens Financial Advisors



Behavioral Health Services

In-Home Counseling: An Important Service for Green Valley

An important service that our Behavioral Health program provides to the community of Green Valley is counseling, in the home of the client, at no charge. It is our mission to “connect people with a better life” and we believe that our in-home counseling sessions can make that happen for some individuals.

You might wonder why we are willing to go to the client’s home and not charge them for the service. It is our best effort to remove all barriers between a client and getting help.

With our in-home counseling program, we hope to reach people who would otherwise not be able to get help. Many people live in isolation in our communities, rarely leaving their home. Often times this behavior can be caused by depression, anxiety or in its most severe form, agoraphobia, a condition where fears of being out in the community are so overwhelming that people feel unable to leave their home.

In-home counseling can be the first step to getting help. Getting the first appointment with someone needing help is often the most difficult step. Are you able to introduce our counselor to someone needing help? If you would like more information about counseling, either in your home or in our office, call 393-6839 and ask for Diane.



Volunteering

Flexible Volunteer Opportunities Just For You

Volunteering provides individuals an opportunity to get involved, learn new skills, make new friends and become better acquainted with the services we offer.

La Posada has many volunteer opportunities available, including time with older adults across our campus, or within many of our community service programs.

We offer flexible scheduling and a variety of volunteer options to meet your interests and needs. We will accommodate you in whatever way we can so that volunteering will not interfere with your other commitments in the community. You can make a difference in someone else’s life just by sharing your friendship and a little bit of time. For more info, call Barbara Salazar, our Volunteer Manager, at 520- 648-7999.



Casa Community Center

Health & Wellness

- **Alcoholics Anonymous:** Mon. & Sat., 7 p.m.
- **Blood Pressure Checks:** Mon., 10:30 a.m.
- **Elder Circle:** Mar. 27, Apr. 24, May 22, 3 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. and
Thursdays, 8 a.m. thru March
- **A Course of Love Book Study:** Thursdays 1:30
to 3 p.m. Call Gary for info at 625-5742 or Judy at
648-7287

Call 520-393-6840 for more information.

Plenty to do and lunch too!



Freddie Freeman proudly displays her picture in the 2017 Casa Classics calendar, a fundraising project for the Senior Lunch Program.

StoryKeeping at Casa Continues

“If only Dad had written down those stories while he was still with us....”

This is a common refrain we hear over and over. Perhaps you’ve said it yourself about a beloved family member. Storykeeping at Casa is an opportunity to create a video interview of someone’s stories.

Casa partners with the Career and Technical Education Department at Sahuarita High School to film and edit these interviews. Families are presented with DVDs, as well as access to a private online version of the stories. More than 60 families’ lives have been enriched by this free experience, beginning after Story Corps from NPR came to Casa in 2011.

Call for your interview: 393-6840

Good Food and Great Friends

Senior Lunch is served every weekday at the Casa Community Center.

Menus and calendars are available at the Center or online at www.posadalife.org.

Carla Castaneda and Diana Salvatore can answer any questions you may have about the lunch or other activities at 393-6814.

In addition to a hot lunch and a twice-weekly salad bar offering, we provide free door-to-door transportation via the Sun Shuttle and monthly Day Trips (for a reasonable fee) all over southern Arizona.

Entertainment and education are also part of the Senior Lunch experience.

Casa Community Center



Join our Volunteers and make Friends



Victory Volunteers Mary Jo Eick (left) and Vera Schuler cut coupons for military families.

Would you like to volunteer but not like to be tied down to a once-a-week job?

Consider Victory Volunteers—a group of genial people who gather when they can on Thursday mornings at the Community Center. They do clerical type jobs for organizations in the community and clip, sort, organize and tally coupons for U.S. troops and their families overseas.

This is a no pressure way to give to the community and make friendships along the way.

Call 393-6840 for information.

Karyl Hahn (right) is a Victory Volunteer too.



So Much to do and Learn at Casa

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: Apr. 22, July 22, Sept. 23; 8:30 a.m. until 12:30 p.m. \$15 for members, \$20 for non-members. Call to register: 393-6800

Arizona Scrapbookers will meet March 19 and 26, Apr 16 and 23, May 21 and 28; 1 p.m. until 8 p.m.

Change is Happening meets Apr. 2 and May 7 at 2 p.m. Meetings are open to the public.

La Frontera Western History Group meets Mar. 6 and Apr. 3 at 3:30 pm. Meetings are open to the public.

Matter of Balance, an 8-session class presented by Pima Council on Aging, meets April 4, 6, 11, 13, 18, 20, 25 and 27 from 1:30 p.m. until 3:30 p.m. Cost is \$20 per person or \$30 per couple. Call PCOA at: 790-7262 to register

Osher Lifelong Learning Institute (OLLI) classes will be held in June. Visit www.oli.arizona.edu for class schedules and registration information.

The Silver City Jam Band performs Friday evenings at 6 p.m. through the middle of April. The public is welcome. No charge for admission.

The Ukulele Club and Class meets the 2nd, 3rd and 4th Mondays at 2 p.m. Call Steve for information: 820-2985

Valley Gourd Patch meets at 6 p.m. Mar. 29, Apr. 26 and May 31. Call Arlene for more information: 648-9808

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



Adult Day Services

Did you Know?

There are two very important things that make Adult Day Services unique in the greater Green Valley area:

We are the only program state-licensed as Adult Day Health Care in the greater Green Valley area.

We offer regular intergenerational programs to benefit both the older adults attending Adult Day Services and the children attending our Los Niños del Valle Preschool and Child care.

In Adult Day Services, experienced professional staff and trained volunteers provide health assessment and oversight (provided by a registered nurse or LPN), recreation, field trips, therapeutic activities, intergenerational activities, a noon meal and snacks.

Caregiver Support too

Adult Day Services provides a lifeline for couples struggling to cope with the effects of serious illnesses that impact people late in life and helps them remain together in their home.

Twice monthly we hold a Caregiver Support Group that is open to the entire community, whether someone is participating in Adult Day Services or not.

You are invited to attend our 2017 meetings of the Caregiver Support Group on the first and third Thursdays of each month beginning at 12:30 p.m. in The Pavilion on the La Posada campus. RSVP: 520-393-6835

Please join us for Lunch

This is your no-cost, no-obligation invitation to lunch with us. Come experience the benefits of Adult Day Services and Posada Life Community Services' commitment to helping people age in their own homes, together. Come join us and see if we are a good match for you or a friend of yours.

Location: Posada Life Community Services, 780 S. Park Centre Ave., Green Valley on the La Posada campus.

Dates: March 15, April 12, May 10 and June 14

Activities start at 11 a.m. followed by lunch at noon and entertainment at 12:30 p.m.

RSVP: Rosanna at 520-393-6835



ADS staff and guests enjoy a free lunch and learn about the activities and opportunities for socializing at Adult Day Services.



Los Niños del Valle

Work is Child's Play

Los Niños del Valle Preschool director Susan Simmons says she is excited about the completion of the new classroom.

“We have completed the new toddler outdoor classroom and have already added five new families to our toddler program,” she says. “We are very pleased with the look and feel of the new room.”

The beautifully designed children’s furniture purchased through Community Playthings, is made with certified wood managed by the Forest Stewardship Council where harvesting includes care to prevent habitat destruction and water pollution.



The new outdoor toddler classroom features new eco-friendly furniture. The classroom was made possible by Freeport McMoRan and other generous donors.



Susan says that the quality of these furnishings will last for many years as they are designed with the child in mind providing small hands appropriate size shelving, tables, and chairs. Lead teacher, Amy Velasquez, has commented on how the labels for the material bins help the children develop more independent skills for finding what they need and putting materials back where they belong! Toddler-sized tables, chairs and kitchen appliances support important social-emotional development, healthy food choices, and role-playing. We have a win-win situation with the children doing most of the work (play)!





780 S. Park Centre Ave.

Green Valley AZ 85614



Foundation News

By Mark N. Dugan,

Vice President, Posada Life Foundation



4 Benefits of a Charitable Gift Annuity

Consider these four benefits of a Posada Life Foundation gift annuity program.

1. Attractive Rates

When you compare our gift annuity rates with what you might receive from a certificate of deposit, you will likely be pleasantly surprised. For example, the rate of an 80-year old is 7.1 percent, and will stay fixed regardless of market or interest rate fluctuations. *(Note: Rates are slightly lower when the annuity is for two persons.)*

2. Lifetime Benefit

Gift annuities are for life. No matter what your age as an annuitant or how long you live, your payments will continue right to the very end.

3. Relief from Taxes

Since part of your contribution for a gift annuity is considered a charitable gift by the IRS, you will receive an income tax charitable deduction to apply on an itemized return. Also, during your life expectancy, you will be able to claim part of the annuity payment as tax-free income. In addition, if you fund your gift annuity with an appreciated asset, such as stocks, you can avoid much of the capital gains tax.

4. Support the people at Casa

Make a difference right here at Casa Community Services when you're gone. The balance in your gift annuity will be available to serve the clients at Casa.

Adult Day Services • Counseling • Casa Community Center

Los Niño del Valle Preschool and Child Care • Volunteer Opportunities