



## Fall 2017 • Inside this Issue

Honoring our Partners that Care .... Page 2

BrainSavers .... Page 5

Los Niños has a 4 Star rating .... Page 7

Foundation News .... Back Page



### *The Envelope Inside*

Inserted in this issue of the Posada Life Community Services newsletter is an envelope designed to help us serve the entire community in ways that connect each person with a better life and all gifts make a difference.

At the Community Center, it means helping people make and keep social connections, enjoy nutritious meals and broaden their horizons with trips and speakers.

At Los Niños del Valle, it means making quality child care available to working families and helping their children prepare for a life of learning and success.

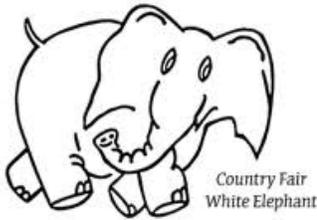
In Adult Day Services, it means giving a caregiver respite while their loved one enjoys a day filled with meaningful activities, fun events and the supportive care they need.

Please take a moment to consider a tax-deductible gift using the pre-addressed envelope we've provided. We promise that your contribution will make a difference!



***Our 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**



**FREEPORT-McMoRAN  
FOUNDATION**



**Green Valley News**  
YOUR COMMUNITY NEWSPAPER SINCE 1964



**FIRST THINGS FIRST**  
*Ready for School. Set for Life.*  
aztf.gov

**The Gordon Foundation**

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

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

**\$500 to \$999**

- Access Wisdom Home Care
- Animal Care Center of Green Valley
- Bill's Home Service
- Bud's Drapery Den, Tucson
- Continental Self Storage
- Good Shepherd United Church of Christ —Women's Fellowship
- Green Valley Arts & Crafts Association
- Green Valley Rotary Foundation
- Interior Logic
- Native Gardens of Green Valley
- Ricoh USA
- W.F Stevens Financial Advisors



# Behavioral Health Services

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## ***We are here to listen too***

Mental health care is a subject that too often makes national media headlines as the result of a tragedy. Most individuals struggling with behavioral health issues are not in the public eye and many are wary of even discussing their feelings with family or friends.

Grief, depression, a sense of loss or anxiety are among the common issues that impact mental health and are so often kept secret by those who are suffering. We at Posada Life Community Services are here to offer therapeutic confidential counseling through our Behavioral Health Services using licensed, professional staff. For those who can't afford counseling, we are able to offer fee assistance because of grants and your generous donations.

With your help, Posada Life's Behavioral Health Services is able to be a resource to help individuals overcome significant issues in their lives. In turn, our community is a healthier and safer place.

If you would like information about counseling, either in your home or in our office, call 520-393-6839 and ask for Diane.



## Volunteering



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## ***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.



# The Community Center

## Health & Wellness

- **Alcoholics Anonymous:** Mon. & Sat., 7 p.m.
- **Blood Pressure Checks:** Mon., 10:30 a.m.
- **Elder Circle:** 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.
- **A Course of Love Book Study:** Thursdays 1:30 to 3 p.m. Call Gary for info at 625-5742 or Judy at 520-648-7287

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

## StoryKeeping Continues

“If only Grandpa 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 Posada Life Community Services is a chance to create a video interview of someone’s stories.

We partner with Sahuarita High School’s Career and Technical Education Department to film and edit these interviews.

Families are presented with DVDs, as well as access to a private online version of the stories. Call for your interview: 520-393-6840

## Plenty to do and lunch too!



A healthy and hearty lunch is served weekdays at the Community Center.

## ***The Community Center is Home to Green Valley’s 5-days-a-week Senior Lunch Program and much more!***

Senior Lunch is served every weekday at the Community Center.

Menus and calendars are available at the Center or online at [www.posadalife.org](http://www.posadalife.org).

Carla Castaneda and Diana Salvatore can answer any questions you may have about the lunch or other activities at 520-393-6814.

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.

# The Community Center



## ***Cognitive Fitness...Regain, Retrain, and Maintain your Brain at Posada Life Community Services***

*“Retirement is no excuse for an idle brain. If you are not active, then you’re more susceptible to the onslaught of Alzheimer’s.” P. Murali Doraiswamy, M.D., Director Neurocognitive Disorders Program, Professor of Psychiatry & Behavioral Sciences, Duke University*

### ***BrainSavers: Because Gray Matters***

Starting in January 2018, Posada Life Community Center (formerly Casa Community Center) will host BrainSavers classes.

Founded by University of Arizona Clinical Professor of Neurology, Dr. Paul Bendheim, Brainsavers is a program dedicated to helping keep brains sharp and resilient.



BrainSavers Founder  
Dr. Paul E. Bendheim

BrainSavers will help maintain healthy minds, greatly helping to reduce the impact of age-related memory impairment and the risk of developing Alzheimer’s.

The purpose of the BrainSavers program is to educate and encourage older adults to increase their socialization, mental stimulation, physical activity, and nutritional awareness in order to live socially active, healthier, and happier lives.

The new science of the aging brain has proven that brains of any age can change their shape . New brain cells and new connections mean better memories, fewer senior moments and an additional fortress against age-associated memory impairment and Alzheimer’s dementia.

The scientific principles of brain plasticity and brain reserve are at the core of the BrainSavers Brain & Body Total Fitness Program. BrainSavers provides fun and engaging brain exercises to regain, retrain, and maintain your brain.

### ***Because Brain Health is not a Game***

Memory loss is the number one health concern of Americans over age 45 and brain training is a valuable weapon on the battle-ground of aging. According to Dr. Bendheim and his colleagues, you have the power to grow and strengthen your brain. For information on classes call 520-625-2273.



# Adult Day Services

## ***Did you Know?***

A diagnosis of memory impairment or a disabling health condition marks a new stage in the lives of so many in our community.

This hurdle in life's journey often impacts the lives of family members too. Important decisions about care arise, along with uncertainty and anxiety.

Care giving for a spouse, relative or friend at home often includes a range of activities such as bathing, dressing, transportation, and food preparation. In addition, caregivers have to take care of legal and financial matters such as making medical decisions and handling bills and budgets.

Fortunately, Posada Life Adult Day Services (a not-for-profit) is available to assist caregivers and their loved ones. Our family of care professionals provides help to those caring for loved ones, allowing them to get some much-needed respite knowing that those they love are in good hands. Contact Rosanna Nelson at 520-393-6835 for information.

## ***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. And there's chocolate!

You are invited to attend our 2018 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 in 2018***

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:** Jan. 24, Feb. 14, March 21, April 18, May 23, June 20

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



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

## ***Our 4-Star Preschool***

Los Niños del Valle offers a preschool program that in its entirety is unduplicated:

**Four-star rating in the Arizona First Things First - Quality First** program that provides intensive coaching, program assessment and resources.

**Intergenerational programs** offer rich, regular programming between children and older adults attending programs at the Community Center, Posada Life's Adult Day Services, and La Posada's various senior living settings. Quality time spent between a child and an older adult enhances natural development, builds self-esteem, and improves the quality of life.

**Fee assistance** to help low-income working families cover the cost of child care or for families who need short-term help while waiting for paychecks from newly found employment to catch up with expenses.

**Qualified teachers** with early childhood education focused on developmentally appropriate materials and learning environments.

**Department of Economic Security certification** allowing families who have qualified for and received approval for these extremely limited state child care funds to enroll their child.

**Endorsed by Eco-Healthy Child Care**, meeting national standards for providing a "green" and healthy environment for children. Some of our biggest challenges are with children who struggle with family problems that pull at the stability of their lives.

Grandparents raising grandchildren present unique challenges and opportunities to build partnerships with services that screen children for dental, vision and hearing problems. Behavioral challenges are more difficult to address. We work with Child Protective Services, counselors, attorneys and the family to collaborate together toward common goals for family stability and the educational development of the child.

Tours are available by calling 520-393-6823.





**780 S. Park Centre Ave.  
Green Valley AZ 85614**



## Foundation News

*By Mark N. Dugan,  
Vice President, Posada Life Foundation*



There are many ways to express appreciation for the many ways that Posada Life Community Services benefits our Green Valley friends and neighbors. With your support we can continue to serve the clients we love! You may wish to consider:

### **A GIFT IN MEMORY OF THE ONES YOU LOVE**

There are many ways for you to make a gift in remembrance of someone special that will have meaningful significance for years to come. When you make your gift, please designate the person you wish to remember and the best way that we can honor them. If you are making a memorial gift of appreciated stock or real estate, your deduction may depend on the type of property gifted.

Please call us to discuss the treatment of your gift and the best way to transfer it to Posada Life Community Services, or visit our website for more information.

### **MEMORIAL GIFT ANNUITY**

With a memorial gift annuity, you make a gift of cash or appreciated property in honor of someone, and we promise to pay you fixed income for life (with rates based on your age). You receive a charitable deduction for the value of your gift. The amount remaining after you pass away comes to Posada Life (formerly Casa) Community Services in the form of a gift in memory of your loved one. Contact us if you are interested in reviewing a gift annuity proposal.