



## March 2014 • Inside this Issue

Community Center Events — Page 2

Center Spread: A Review of 2013 — Pages 3-6

Casa Adds Therapist — Page 7

News from the Posada Life Foundation — Page 8

## Casa Will Benefit From Jeep Raffle; Tickets Now On Sale

A 2014 Jeep Cherokee valued at \$40,000 could be yours and at the same time you can support Casa Community Services. How? The Jim Click Automotive Team has offered nonprofit organizations the opportunity to participate in a Jeep raffle in which 100 percent of the raffle ticket sale income stays with the nonprofit.

"We hope we sell the winning ticket, but we know that no matter who wins the Jeep, Casa will be the



winner by raising funds in an exciting way with a great prize," said Casa Director Bill McCreery.

Proceeds will help support our Adult Day Services, the Casa Community Center, Los Niños del Valle Preschool and Child Care, and Behavioral Health Services.

Tickets are for sale at Casa's reception desk for \$25 per ticket or five for \$100. The raffle drawing will be held in the fall.

## Green Valley Health Fair: We'll Be There!

The Green Valley Health Fair will be March 10 at Green Valley Recreation's West Social Center from 8 a.m. to noon. Casa Community Services will be there among 40 other area healthcare providers and

nonprofit organizations. At our general information table, you can find out

more about each of Casa's programs and sign up for our e-newsletter. Casa staff also will be on hand to conduct depression screening and a simple memory test that can indicate further screening may be indicated for memory loss or impairment. Both screenings are free, brief and confidential.

Two other La Posada departments will be on hand. Learn more about the services and referrals offered at Community Connect as well as the new team-based wellness programs called Mosaic by Posada Life.

Stop by our tables, greet our staff and pick up one of our logo gifts.



## March 4 Health



The Walden Grove High School Marching Band will come to Casa on March 26, to "March 4 Health." They'll begin at Posada Java at 10:30 a.m., march their way through the La Posada campus and finish at the Community Center for a healthy lunch. Adults and children from Casa's programs — and others interested in marching for health — can join them. Please call 393-6840 for more information.

## Cookies for Casa

*Debbie Lanford was one of the bakers who brought chocolate chip cookies to the Jan. 25 contest at The Shoppes at La Posada.*

*Proceeds from the sale of cookies benefited Casa Community Services.*

*Debbie left with honors for baking healthy cookies with the "Most Unique Mix of Ingredients." The event raised \$436.*





# Adult Day Services



*Staying fit... and a bit silly! Daily exercise is not a drag when leaders don hats and wigs to keep people laughing. That's Carla Castaneda and Richard Meyer leading the group though a routine that helps keep everyone energized and limber!*

## Lunch and Learn Continues

The first *Wednesday Lunch* offered to caregivers and their loved ones to introduce the benefits of Adult Day Services was attended by 20 people. The group heard a presentation from Program Director Jeannie Maldonado, participated in a typical activity, and enjoyed lunch and entertainment. The lunches are held on the first Wednesday of each month. Pictured, Casa Director Bill McCreery serves lunch to the attendees. Call Jeannie at 393-6835 to make a reservation.



# Casa Community Center

## March Roars with Activity at Casa Community Center

March is coming in like a lion at the Casa Community Center! In addition to a month full of Osher Lifelong Learning Institute (OLLI) classes, the Senior Program is going strong and many outside groups regularly make use of the building.

The Center hosts a myriad of groups including *A Course in Miracles* Book Study, Alcoholics Anonymous, Breathwork classes, two meditation groups, La Frontera Westerners history group, MADD, Girl Scouts, Valley Gourd Patch and Weight Watchers.

We also have Victory Volunteers each week on Thursday mornings, 13 OLLI classes per week and serve lunch to 40+ seniors Monday through Friday. We play Bingo, cards and some wild Mexican Train dominos. We also host blackjack tournaments for fun (there's one on March 18).

This month will include Day Trips to the HF Coors Dinnerware Factory and lunch at El Minuto, Tucson Botanical Gardens and Butterfly Magic, and an Out to Lunch bus trip to Sweet Peas in Arivaca.

We're also sponsoring a special "March 4 Health" with the Walden Grove High School marching band on Wednesday, March 26—see the Page 1 for more information.

To enjoy the fun and fellowship of the Lunch Program, the only requirement is that you be at least 60 years of age. Call Kip Young at 393-6814 or email her: [kyoung@casagv.org](mailto:kyoung@casagv.org) to get started!

If you would like to be a Victory Volunteer or have interest in any of the other groups listed, call Ellen at 393-6840 or email her at [emarch@casagv.org](mailto:emarch@casagv.org)

# Casa Community Services at 25



<b>2013 in a Nutshell:</b>
<b>1,858 Adult Day Services days</b>
<b>113 Children enrolled at Los Niños del Valle</b>
<b>7,478 Lunches served at Community Center</b>
<b>24,370 Individual visits logged at Community Center events and classes</b>
<b>321 In-home counseling sessions; 134 In-office sessions</b>



## In their words....

### Los Niños del Valle

Strong families are the building blocks of a strong society. Los Niños del Valle staff keep that in mind in each connection they make with children and their parents. Here are some memorable quotes and interactions from 2013:

“During our intergenerational time, the children get an opportunity to see elders in a positive light. Everyone shakes hands and says ‘good morning.’ Then we sing together. We want the children to practice being interactive and respectful to older adults.” — *Fair Sobel, Intergenerational Specialist*

“It is encouraging to see the delight of the children and parents as they choose a book together from our lending library. We’ve also held teacher training in how to tell stories, increase vocabulary, facilitate conversation and identify letters and sounds.”

— *Susie Simmons, Director, Los Niños del Valle*

“Our children absolutely adore their school and teachers. On days off they mention staff by name and want to color pictures for them.” — *LNDV parent*

### Behavioral Health Services

In the words of those who received counseling: “I can now look in a mirror and have a true smile!” “It was helpful to gain a better understanding of my daughter’s disorder.” “Being able to meet in my home was very helpful.”

### Leadership gifts of \$500 or more

Skip Breither	Bill and SueAnne McCreery
Phyllis Brockhaus	Bill & Nancy McNarie
Merilys Brown	Kevin & Susanne McQuade
Darlene Clark	Betsy Mullenix & Doug Smith
Rita Connor	Lowell & Martha Tompkins
Col. R.W. Dalrymple	Bob & Nancy Porterfield
Franklin Dean	Dr. & Mrs. Thomas Purdon
Stephen & Michele Eddington	Dudley & Adrienne Reep
Will & Louise Ehinger	Si Reichlin
Helen Fuller	Serene Rein
Donald & Dolores Gibbons	Joyce Rembold
Ed & Rosemary Grant	Joan Richards
Vernon & Julia Harms	Mary Schober
Gary & Lisa Israel	Mary T. Shields
Eric & Kay Kohler	Stillwell/Wilding Living Trust
Jane Lateer & Arthur Dixon	Ruth Whitaker
James & Rosemary Long	Dr. Alan & Barbara Winfield
David & Nancy Massanari	Anita Valencia

### Casa Community Center

The Casa Community Center changed *physically* — getting a new serving area, equipment and furnishings. It changed *statistically* — setting new records for program participation and building use. And it changed *socially* — with a growing number of day trips, special events, and holiday parties. Here are some comments:

“My friend and I have been so warmly welcomed here we wish we had started coming sooner!”

— *New participant in the senior lunch program*

“I love the field trips! They break up my routine and keep me on my toes.” — *Long-time lunch attendee*

Storykeeping at Casa, a collaboration with Sahuarita and Walden Grove high schools, gave 28 individuals the opportunity to be interviewed about their favorite memories and life experiences. One student remarked after hearing about life in Europe during World War II: “It’s amazing to hear these experiences instead of just the dates and places that we learn in history class.”

### Adult Day Services

Adult Day Services welcomed 15 new participants and helped staff realize their goal of “person-centered” programming designed to meet each individual’s interests and activity choices. A large mural, computers in the library and new blinds added to the rooms’ ambiance.

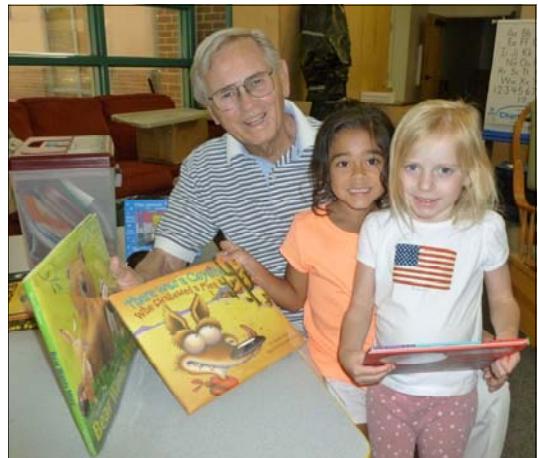
Participants benefit from interactions with staff, volunteers, and children. They are generous in their comments about what Adult Day Services means to them:

“Thank you for allowing us to still be a part of life. Thanks for helping us to belong and be active with others.”

“You make my day!”

Finally, this comment from a caregiver: “I enjoy coming here. It’s safe and OK. It’s a lifeline and we need safe places.”

# 2013 In Pictures



Casa Community Services was a lively place in 2013. We celebrated 25 years of service to Green Valley and the surrounding area with a year of smiles, of learning, of caring and of helping generations come together.





*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

- ◊ Country Fair White Elephant
- ◊ Desert Hills Lutheran Church
- ◊ dex media
- ◊ First Things First
- ◊ Freeport-McMoRan Copper & Gold
- ◊ Green Valley News & Sun
- KGVY Radio
- ◊ Pima Council on Aging
- ◊ United Way

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

- Bank of the West
- Caterpillar Foundation
- Community Foundation of Greater Green Valley
- FICO
- La Canoa Lions Club
- Masonic Charities of Arizona
- Patio Sales Group of Green Valley Community Church
- St. Francis-in-the-Valley Episcopal Church
- The Gordon Foundation
- Valley Presbyterian Church

## \$500 to \$999

- ◊ Bill's Home Service
- ◊ CareMore Health Plan of AZ
- ◊ CBIZ MHM, LLC
- ◊ Continental Self Storage
- ◊ Desert Diamond Casinos
- ◊ Edward Jones – Skip Breither

- ◊ Golf Cars of Arizona
- ◊ Good Shepherd United Church of Christ —Women's Fellowship
- ◊ Green Valley Lions Club
- ◊ Hickey Automotive
- ◊ Ranchers' Mercantile of Amado
- ◊ US Foods



# Behavioral Health Services

## Therapist Linda Caravello Seeing Casa Clients In-Office or In-Home



Casa Community Services is pleased to introduce Linda Caravello, a Licensed Clinical Social Worker who is seeing counseling clients at Casa and in their homes. Linda has a Masters in Social Work from Arizona State University and

has worked in the field for more than 30 years. She has extensive experience in counseling individuals dealing with grief and loss, depression, anxiety and other behavioral health issues.

La Posada counselor Sharon Sterling also is available for appointments. Please call Joanne at 393-6839 to inquire about Casa's Behavioral Health Services or to schedule an appointment.



## Los Niños del Valle



### Spring Planting!

A walk through our garden delights the children and visitors alike when they see rows of delicate purple pansies, tiny carnations and tall sturdy snapdragons. The children continue to learn about nature and nurture as they tend to the flower and vegetable gardens with the help of Master Gardner Miss Elissa. Homegrown peas and broccoli...yummy!!

### Writing and Illustrating Our Stories

Rylee Marcum and Blaise Hunter, both 3, are shown working with Miss Fair during Writing Workshop. Rylee and Blaise drew pictures and Miss Fair took dictation of their stories. Covers were then chosen for their books and their names were listed on the covers as authors and illustrators. Four-year-old Olivia Rojas said last week, "I just can't believe kids can be authors and illustrators. We have so many words to say and you write them all down!" Writing workshop reveals so much about how children view themselves and the world. Michael was pleased with his work when he exclaimed "I'm an authorstrator!"





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## Foundation News

*By Mark N. Dugan,  
Vice President, Posada Life Foundation  
520-648-8910*

### The Gift and Sale Strategy

Several years ago, Susan and Kevin invested \$10,000 in a stock they believed was destined to grow. They were right. The current value of their stock is five times its original cost! However, it produces very little income. The couple had two objectives prompting them to consider selling the stock. They wanted to:

- Make a charitable contribution to Casa
- Reinvest to generate more income

Prior to selling the stock, Susan and Kevin gave 10% (\$5,000 in value) of the stock to charity. This gift resulted in a charitable income tax deduction that saved them taxes. Also the capital gains tax due on the

\$5,000 of stock given to charity is completely bypassed-saving another \$600! Finally, the income tax savings partly offsets the capital gains tax due on the \$45,000 of stock sold.

By giving a portion of the stock prior to any sale, Susan and Kevin made a \$5,000 charitable gift, and reinvested the net proceeds after taxes. A Gift and Sale plan may be structured to produce an income tax deduction that completely offsets the tax due on the sale of stock.

If you would like to learn how the double tax benefit of the Gift and Sale plan can help you realize your philanthropic goals and diversify your assets, please contact us today!



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