



Green Valley | Sahuarita  
**Volunteer  
Clearinghouse**  
*A project of Pima Council on Aging*

# Hot Opps!

## April 2016

**FREE**

### Community Tours

Wednesday Morning Tour with Lunch

**April 13 — 9 am - 12 noon**

Afternoon Tours with Wine Social

**April 20 and 27 — 1 pm—4 pm**

Board tour van at Friends in Deed. Limit 10 per tour.

Register Today!

Contact: Greater Green Valley Community Foundation

520-625-4556, [exd@ggvvcf.org](mailto:exd@ggvvcf.org)



COMMUNITY FOUNDATION  
GREATER GREEN VALLEY

### Deliver meals to homebound adults in Green Valley/Sahuarita.

Mobile Meals needs your help. Meals are prepared at La Posada and delivered between the hours of 11:00am and 1:00pm. Jeanne, 520-622-1600, [Jeanne@mobilemealsoftucson.org](mailto:Jeanne@mobilemealsoftucson.org).

**Like to greet people who love cats?** Paws Patrol needs you to work in their Green Valley Office Tuesdays, Wednesdays, Thursdays or Fridays, 10:00 to 2:00. Patti, 520-207-4024, [pawspatrol@cox.net](mailto:pawspatrol@cox.net). [www.greenvalleypawspatrol.org](http://www.greenvalleypawspatrol.org).

**Want to help provide preventive health care in our community?** The United Community Health Center needs volunteers who can greet patients, help families feel comfortable, help with medical records and patient referrals. Training provided. 520-407-5600 x5817, [afox@uchaz.org](mailto:afox@uchaz.org).

**Need 10,000 steps?** Opportunities for year-round volunteers at the White Elephant Thrift Store: Truckers with the ability to lift and move furniture start work at 6am and work at least one shift per week. Donation Drop-off & Customer Pickup from 8am -12noon or 12 - 3pm. Karen, 520-625-4119, [eocfair@qwestoffice.net](mailto:eocfair@qwestoffice.net). [www.gvwhiteelephant.org](http://www.gvwhiteelephant.org).

**Are you an art therapist?** Casa Adult Day Services needs your expertise to help our participants explore their feelings through creative art - for seniors with varied disabilities, but primarily dementia. Dana, 520-393-6854.

**Are you a vet who cares about other vets?** Hospice Family Care needs you to visit veterans who are terminally ill. Because of the vulnerable state of patients, we require a background check, drug test, TB test, and CPR certification, in addition to training. Christina, 520-790-9299, [crowden@hfc-az.com](mailto:crowden@hfc-az.com).

**Help feed the hungry!** Volunteer at the Sahuarita Food Bank (17750 N. La Canada at the Good Shepherd Church) to sort produce, stock shelves, and assist shoppers. Also need drivers with strong backs to make produce runs. Many of our winter visitors are heading home. Kay, 520-262-6970, [jknovak62@gmail.com](mailto:jknovak62@gmail.com).

**Enjoy live theater?** CPAC Community Performance & Art Center needs you as an usher (must be mobile, able to stand for 45 minutes, and use stairs) or in the box office. Amanda, 520-399-1750, [amanda@cpacfoundation.org](mailto:amanda@cpacfoundation.org).

**Know teens who want to volunteer this summer?** Casa Community Center could use their help during the summer to serve lunch at the center. Be a Lunch Buddy! Casa Community Center needs lunch helpers every day of the week. Barbara, 520-648-7999, [barb@laposadagv.com](mailto:barb@laposadagv.com).

**April is Child Abuse Prevention Month!** Court Appointed Special Advocate (CASA) Program of Pima County wants ordinary citizens with a passion to improve the lives of children involved in the child welfare/foster care system. Serve as the "eyes and ears" of the judge; offer the wisdom and insight of the community as they advocate for the best interest of the child; and work to ensure each child is in a safe home and receives appropriate services. Must be over 21. 520-724-2060.

**Make a difference for youth.** The Community Justice Board is a Pima County Attorney's Office diversion program that provides an alternative to traditional prosecution for youth, ages 8-17. Volunteers needed in the Green Valley/Sahuarita area to serve on a team to help youngsters gain insight about their actions and make positive life choices. Several vacancies. Trevor, 520-740-5608, [Trevor.Edwards@pcao.pima.gov](mailto:Trevor.Edwards@pcao.pima.gov).

**Got some time on Tuesday or Wednesday morning?** The Community Food Bank - Amado (28720 S Old Nogales Highway) needs your help for two to four hours to assist clients with food selection and help stock. Debby, 520 398-2942, [dacuna@communityfoodbank.org](mailto:dacuna@communityfoodbank.org).

**Do you like horses?** Celebrate ASPCA's Help a Horse Day at Equine Voices Rescue & Sanctuary in Amado on Saturday, April 23, from 11 to 4 (annual competition among equine rescues nationwide for award of monetary grants from the ASPCA). Help as greeters, parking, raffle ticket sales, bake sale, answering phones during the event, and more. Diane, 520-207-9504, [diane@equinevoices.org](mailto:diane@equinevoices.org).

**Like little kids and the outdoors?** Help in Los Niños del Valle's Outdoor Classroom: gardening, wood-working, reading under a shade tree, painting or creating music from natural materials. Barbara, 520-648-7999, [barb@laposadagv.com](mailto:barb@laposadagv.com)

**Like to fly paper planes?** Pima Air & Space Museum needs volunteers to help with The Great Paper Airplane Fly-Off (Saturday, April 16, 9am to 3pm). It is for kids ages 6 to 14, awarding a 60-minute introductory airplane flight over Tucson and a tablet for the longest throw for a paper airplane in each age group. Meghan, 520-618-4818, [mmarum@pimaair.org](mailto:mmarum@pimaair.org). [www.pimaair.org](http://www.pimaair.org)

### VOLUNTEER!

#### Green Valley/Sahuarita Volunteer Clearinghouse

We connect volunteers with 90+ organizations.

Office at Friends in Deed. Contact us today!

520-625-1150 x108

[gvsvc@pcoa.org](mailto:gvsvc@pcoa.org)

[www.gvsvolunteering.org](http://www.gvsvolunteering.org)



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## Volunteer Spotlight: Roy Lepper, Casa Community Services

He arrives in the morning one day a week and greets people, enters into conversation, and shares helpful information through media to spark the memory. “We try to keep their minds active.” He helps with the serving of the meals and eats with them. “It’s sort of a blend of activity and conversation,” he explains, “and you’re building rapport and some friends.”

Adult Day Services is a unique program that provides support and respite for those who might be caring for someone with a disability or memory or emotional issues. They offer continuing activities, meals, and social interaction five days a week, 9 to 4, with trained staff and volunteers. There’s a nurse, an activities specialist, and other health professionals.

“This staff cares so much about their volunteers,” Roy said. “Our responsibility is primarily building relationships.”

“We could not run so grand a program as we do without them,” Activity Specialist Dana Oliver said of the volunteer staff. “They really make the connections with people.”

Roy is continuing to utilize his experience in this type of work. A retired sales manager for Boeing in Seattle, he worked extensively with *Friend to Friend*, an organization that matches volunteers from their churches with people in memory care, assisted living facilities, and he is president of a group that distributes books to the blind and disabled all across the country. With *Friend to Friend*, he explained, you take the person out to lunch or to an event, or just sit and visit. “It’s an intimate, personal kind of thing,” he said, “a very one to one with them.” He has already started a *Friend to Friend* group at his church with eight volunteers visiting Prestige and seven more at La Posada. He says that the national average

indicates that 60 percent of the people living in these facilities have absolutely no one visiting.

The conversation is much more than just small talk. Once you can get them really into talking about their lives and experiences, it helps revive memories for the participants, and keeps them feeling engaged,

which hopefully leads to an enjoyable time for them. It also gives the caregiver, normally a spouse, a much needed break to be able to run their errands or perhaps just destress and take it easy for a little while. There is a caregiver support group provided for them if they so choose, he added.

“The biggest part is listening,” Roy said, “and it shows that somebody

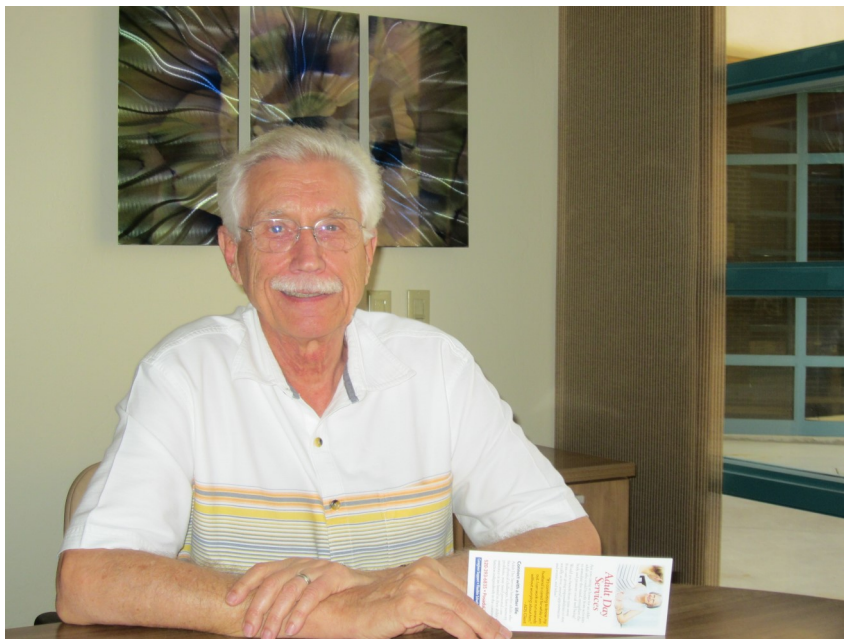
really cares enough about them to hear about their life. Plus, when you volunteer here you realize that you’re also helping the caregiver have time off.”

Like many in Green Valley, he felt the need to do something meaningful and give back to his community for his own blessings, and this seemed to be a good fit. “You have to want to make a personal connection. You can see their personalities coming through even though they might have a memory problem, and they appreciate the attention so much.”

The Green Valley/Sahuarita Volunteer Clearinghouse is proud to be a partner with **Casa Community Services of La Posada** and its staff. Volunteers are always needed in a variety of positions. Please contact us today to get connected. 520-625-1150 x108, [gvsvc@pcoa.org](mailto:gvsvc@pcoa.org).

by Mike Touzeau, Staff Writer

Green Valley/Sahuarita Volunteer Clearinghouse



**Roy Lepper** is one of about 30 volunteers in **Adult Day Services**, which serves the surrounding community with a variety of options through Casa Community Services on La Posada’s campus.