



INTERFAITH COMMUNITY SERVICES

WE CARE QUARTERLY

Tucson, Arizona

Fall 2014

Volume 29, No. 4

Our Mission...

*"Helping
seniors, disabled
individuals and
families in financial
crisis achieve
stable, healthy and
independent lives."*

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*Awarded four stars
five years in a row!*

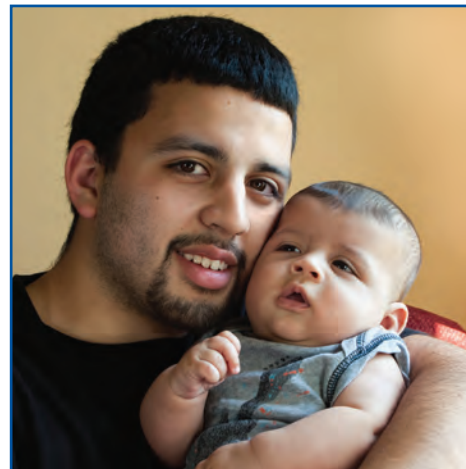


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ICS Provides an Umbrella of Services During Life's Storms

Each day, Interfaith Community Services fields 200 to 300 telephone calls from people in need. Behind each call is a human being, with hopes, dreams, a personal history, and an urgent request.

"Mario" is married with four kids ages 5 and younger, including a set of 4-year-old twins. His job pays enough to cover the bills, but the family still lives paycheck to paycheck. When an on-the-job injury took him off the time clock for a month and he was denied workers compensation benefits, he began to panic. The family was unable to pay rent, and the beginning of the school year drew near – an exciting time for the 5-year-old who was starting kindergarten, but stressful for her parents who didn't know how they were going to come up with school clothes and school supplies.



"Grace" is a senior on a fixed income with no local support system. She was receiving subsidized meals three times a week through the ICS Mobile Meals program, but recently told our volunteer deliverer that she was "having difficulty making the meals stretch over the other days of the week." She confessed that she was wasn't eating on days when the food ran out.

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Help ICS and Reduce Your Tax Burden with the Arizona Charitable Tax Credit

Hundreds of families facing unemployment, homelessness, and hunger turn to ICS. With the help of our supporters and volunteers, ICS provides financial assistance, emergency food, and job-searching services to thousands of Pima County households. **However, the need always exceeds our resources.**



You can help local families AND reduce your own tax burden by taking advantage of Arizona's Charitable Tax Credit. **Receive a dollar-for-dollar credit on your state taxes when you donate to an organization that helps the working poor, like ICS.**

Claim up to \$200 as a single person and up to \$400 as a couple filing jointly. You no longer have to itemize. The Arizona Charitable Tax Credit can be used IN ADDITION to any tax credits earned for gifts to public or private schools. Your donation may also qualify for a deduction on your federal income tax.

Supporting ICS keeps your tax dollars here in Pima County and directly benefits our neighbors in need. **Visit www.icstucson.org to donate online or contact ICS at 297-6049 ext. 222 for more information.** Thanks for helping ICS be there for those in our community who are less fortunate!

Help Alleviate Hunger This Holiday - One Bag at a Time



Every day is a busy day at the ICS Food Bank, but during the holidays we especially experience a jump in the number of people who turn to us for assistance. In addition to 2,500 regular monthly food boxes that we will distribute in November, we expect to provide approximately 3,000 **holiday bags between November 15 and November 26** filled with the makings for a complete meal. You can help the ICS Food Bank fill our shelves and assist neighbors facing hard times by participating in a number of food drives this season.

Visit the ICS website at www.icstucson.org for a list of most-needed items and details on food drives. Frozen turkeys, chickens and hams are greatly appreciated to help us provide protein items during the holidays.

Our friends at **Edward Jones** are once again mobilizing the entire community to ensure thousands of families in need have something to put on their tables during the holiday season. This year, 32 area Edward Jones offices, the Town of Oro Valley, schools and scouting groups across Pima County are joining the effort to collect 100,000 pounds of food for the ICS Food Bank and other Southern Arizona food pantries.



Stop by your local Edward Jones office from **now until October 31** to drop off non-perishable food items for those less fortunate. **The drive culminates on November 8 with a community collection day and breakfast from 8 a.m. to noon at the Edward Jones office at La Canada and Lambert.** Special thanks to the **Sun City Community Foundation**, which is assisting the drive with an \$8,000 grant, and to the **Sun City Vistoso Cyclists**, who are raising food and funds.

Charles Schwab Food and Cash Drive

Charles Schwab associates are also helping to fill the need this holiday by conducting a major community food and cash drive for the ICS Food Bank. **Non-perishable food items can be dropped off at the Charles Schwab office at 4640 E. Sunrise Drive, Monday through Friday between now and November 14.** A community collection day and breakfast event will take place from 8 a.m. to noon on **November 15** at the same location. During both community events, food will be sorted, loaded and brought to the ICS Food Bank for distribution to hungry families. Thank you for caring!



Public Dedication New Dorothy D. Vanek Welcome Center and Building Addition

**Thursday, October 2
1:30 - 3 p.m.**



The new Dorothy D. Vanek Welcome Center and Building Addition have done more than increase space on the ICS campus. The expansion has improved comfort and safety while allowing ICS to continue growing to meet ever-magnifying need.

Please join us to celebrate this wonderful new space and to honor the friends and community who made this progress possible.

Thursday, October 2

1:30 p.m. - Music by Bill Ganz, Western singer and guitarist

2 p.m. - Dedication and remarks

2:20 p.m. - Tours of the new addition and donor recognition wall, refreshments and fellowship

Please consider bringing a new or gently-used children's book to help fill the shelves of the Ginny Jewell Kids' Space in the new building.

For more information, visit us at icstucson.org or call 520-297-6049.

Thank you for supporting our work and mission!

ICS Provides an Umbrella of Services During Life's Storms

Continued from Page 1

"Fred" had enjoyed an active life and career, but that came to an end when he became critically ill with kidney disease. He takes dialysis treatments and is on the waiting list for a kidney transplant. To compound his health concerns, he became unable to work and pay his bills. His utilities were about to be shut off.



Fortunately, ICS has programs that could meet each of these needs, as different as they all are. ICS is the only agency of its kind in Pima County that provides extensive wraparound services – an umbrella! – to help people remain self-sufficient and in

their homes. All of ICS's programs work together to ensure that people have what they need or are able to find it.

By the time Mario was cleared to go back to work at his old job, his family was facing eviction. ICS covered a month of rent for the family and issued a voucher for them to buy clothing. Mario's family also received Gifts of Love school supplies at the end of July. With the immediate financial crisis behind them, life has returned to normal, and Mario and his wife are breathing easier again.

ICS was able to get Grace's meals subsidized five days a week, which helps her to meet her nutritional needs. The interaction with her Mobile Meals drivers also brightens her day. *"Living on a limited income, I don't have the funds to buy food," she says. "And I can no longer cook. The meals are a comfort and so are the people who deliver them. The meals taste pretty good too."*

While he is still uncertain whether he'll ever be able to go back to work, Fred has been able to keep his utilities turned on and stay more comfortable as he waits to hear if he will be getting the kidney transplant. Through the emergency financial assistance program, ICS paid off the three months Fred owed in back payments on his electric bill and assisted with several other bills to help him avoid getting further behind. ICS case managers continue to follow up with Fred to see how he is doing.

These stories are each unique in their own way, but they are also typical of the tremendous need – and gratitude – that ICS staff and volunteers experience each and every day as it becomes clear how much a little bit of help can change a life. Last year, ICS provided 73,489 services to 36,516 people and is already on track to do just as much or more in the current year. None of this would be possible without the vast amount of support ICS receives from the community. As you can see, your gifts of time, treasure, and encouragement comprise the umbrella that ICS is to so many neighbors weathering life's difficulties. *Thank you!*

ICS Receives Charity Navigator's Four-Star Rating for Fifth Time

Charity Navigator, America's leading independent charity evaluator, has awarded Interfaith Community Services



its coveted "Four-Star" charity award for the fifth year in a row. The award honors charities for their sound fiscal management and commitment to accountability and transparency.

"Receiving four out of a possible four stars indicates that your organization adheres to good governance and other best practices," Charity Navigator President and CEO Ken Berger wrote in a letter announcing the designation. Of the charities that Charity Navigator evaluates, only 4 percent have achieved five consecutive four-star ratings. *"This 'exceptional' designation from Charity Navigator differentiates Interfaith Community Services from its peers and demonstrates to the public it is worthy of their trust,"* he wrote.

"We know supporters want to know that the dollars they donate to a charitable organization are used wisely," said ICS Chief Executive Officer Bonnie Kampa. *"Interfaith Community Services is proud of this four-star designation, which underscores our commitment to fiscal and operational transparency. The award is the result of a lot of people—from our finance, program and development staff to our Board of Directors and volunteers—working closely together. It takes a total agency effort."*

Read ICS's current Charity Navigator review at www.icstucson.org.



Thanks to everyone who purchased **Jim Click Jeep Raffle** tickets from ICS. Deadline to purchase tickets (\$25 each or 5/\$100) is October 31; drawing is November 13. Visit the ICS website for details.

Reflections Through the Years: A Q&A with Retiring CEO Bonnie Kampa



A few weeks ago, Bonnie announced that she is retiring at the end of December after a 13-year tenure as the Executive Director/CEO of ICS. We asked her for some reflections.

What first brought you to ICS—which was then the Northwest Interfaith Center (NWIC)—back in 2002?

After four years of a corporate assignment in South America, Dick and I had moved to Tucson in a quasi-retirement mode. My background in nonprofit leadership and my desire to live out my faith were a match when NWIC announced an opening for the Executive Director. Back in those days, the organization retained staff through modest stipends, so it was truly an effort of love. I committed to helping for two years. The rest is history!

How did two years turn into thirteen?

Moving an "informal volunteer" organization into a "professional volunteer" organization did not happen overnight. Within time, a core of progressive leaders came together with the support and strategy needed to move the organization ahead. Then came strategic planning, new programs and funding, a name change, three building campaigns, an endowment challenge, and more. Today, we are in a strong financial position, have a great staff and board leadership, wonderful volunteers, and growing public recognition. These years have passed very quickly.

What are your proudest accomplishments?

Through all of the growth, ICS is recognized for integrity, and as a compassionate and well-run organization. We believe in honoring people's gifts and talents with support, love and much care. This results in all of those heartwarming stories of how our volunteers find ICS, and feel so connected to the recipients they serve. I continue to be impressed by the number of lives that are touched every year at ICS and the outpouring of support that makes it happen. I love the fact that community leaders identify ICS as one of a handful of organizations with the potential to make major community impact in the future. I love the fact that I can turn over the reins of ICS and be confident in the current staff and volunteer leadership. The planning that has laid the groundwork for future success is very satisfying.

What do you think will be the greatest challenges for ICS in the future?

Many new opportunities will come along and will challenge the focus to our mission of **service**, our total dedication to using **volunteers** in every level of the organization, and our roots founded in the **interfaith** model. Our founder, the Rev. Barbara Smith Anderson, recently reminded me of a meeting I had with her in fall 2001 before I decided to accept the job. Her only request was that **Love, Cooperation and Service** remain key to the core values of ICS. Her inspiration of these three words ring true whenever people gather together with a common purpose. Programs and people may change, but my hope is that these qualities will still be said about ICS in another 13 years.

What do you plan to do in retirement?

Besides the personal things I like to do (gardening, creative painting, hiking), we have immediate family in a dozen states to visit. Many know that I have an active volunteer life outside of ICS as the Board Chair of the Tucson Symphony Orchestra. No need to worry, I will be busy in the community over the next years. My time with ICS has been the very best of my career. It will be foremost in my "rocking chair" memories – 30 years from now! Thanks to everyone who has touched my life during these years. The best gift that our volunteers and contributors can give to me is your continued support of ICS.

The ICS staff and Board of Directors thanks Bonnie for her years of service. We hope you will stop by our offices in the next few months to help us wish Bonnie well in this new and exciting chapter in her life.

A nationwide search is being conducted for the CEO position. To access the job description and find out how to apply, visit our website at www.icstucson.org.

Faith Community Engagement News

ICS welcomes **Grace Temple Missionary Baptist Church**, led by the Rev. D. Grady Scott, and **St. Alban's Episcopal Church**, led by the Rev. Bruce A. White, as our newest faith community partners. These two congregations have already been involved with ICS and look forward to continuing their participation in our mission of service to the community. Here is a sampling of other ICS faith community partners in action:

- **Beautiful Savior Lutheran Church** and **Grace St. Paul's Episcopal Church** hosted our recent ICS Faith Council meetings for advocates from our faith community partners.
- **Canyon del Oro Baptist Church** raised funds and food donations for ICS at its annual *Singspiration Sing-Along*.
- **Unitarian Universalist Church of Tucson** made ICS the recipient of its August Share-the-Plate Program where the church splits its offering once a month with a local nonprofit.
- **Water of Life Metropolitan Community Church** hosted a Mental Health First Aid course taught by ICS staff.

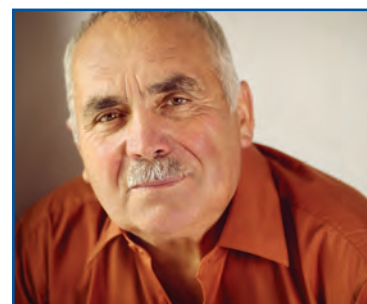
We are deeply grateful for the caring of our 75 partner congregations. Together we're impacting many lives for the good. To schedule a visit to ICS or to have ICS staff speak to your congregation or to explore your congregation joining ICS in the good work described in this newsletter, call Faith Community Engagement Manager **Tim Kromer at 297-6049 ext. 201**.

Congregational Health Leader Training

ICS's *Bridging Faith and Health: Basic Training for Congregational Health Leaders* is designed for anyone interested in launching or enriching their congregation's offerings to promote health. The training is on **November 20-21 from 8:30 a.m. to 4 p.m. at St. Mary's Hospital**, 1601 W. St. Mary's Road, in the Trek Room, and is filled with interactive learning, networking and inspiration. Cost is \$25 per person. Registration and information are at www.icstucson.org or contact ICS Health Ministry Manager **Karen MacDonald at 297-6049 ext. 221 or kmacdonald@icstucson.org**.

Later-Life Transition Workshop

Greater Sierra Vista Faith Leaders and ICS present "*Are We There Yet? Navigating Later-Life Transitions*," is on **October 30 from 11:30 a.m. to 1:30 p.m. at Faith Presbyterian Church**, 2053 E. Choctaw Drive in Sierra Vista. Congregational clergy, parish nurses, Stephens Ministers, lay pastoral visitors, chaplains, health care professionals, social workers and the public are invited to learn together about having vital conversations regarding later life.



Topics include signs of diminishing physical and mental capabilities; giving up car keys; moving from independent to assisted living advanced directives; and other types of later-life planning. The group also will learn about local resources to support these critical decisions and transitions. **Cost is \$10 per person and includes a box lunch.** RSVP to faithsec@qwestoffice.net or 520-378-9400. This program is made possible through a grant from the **Shaaron Kent Endowment Fund at the Community Partnership for Southern Arizona**.

Thanks to Our Faith Community Partners

Abiding in Christ Fellowship • Aldea Spiritual Community • Alive Church • Ascension Lutheran • Baha'i Faith - Oro Valley • Beautiful Savior Lutheran • Canyon del Oro Baptist • Capilla del Sol Christian • Casas Adobes Congregational UCC • Catalina United Methodist • Christ Presbyterian • Christ the King Episcopal • Church of the Apostles Episcopal • Church of the Everlasting Gospel • Church of the Painted Hills UCC • Community Christian Church Marana • Congregation Anshei Israel • Congregation Chaverim • Congregation Or Chadash • Congregation M'kor Hayim • Cortaro Vista Community Church • Country Club at La Cholla Chapel • Desert Skies United Methodist • Dove of Peace Lutheran • Ebenezer All Nations Seventh Day Adventist • Faith Christian Fellowship of Tucson • First Christian Church • Flowing Wells Baptist • Fountain of Life Lutheran • Grace St. Paul's Episcopal • Grace Temple Missionary Baptist Church • Immanuel Presbyterian • Maranatha Seventh Day Adventist • Mountain Shadows Presbyterian • Mountain View Baptist • Mountain Vista U.U. Congregation • New Spirit Lutheran • Northminster Presbyterian • Northwest Baptist • Northwest Community Friends Church • Oro Valley Church of the Nazarene • Oro Valley United Church of Christ • Our Saviour's Lutheran • Pusch Ridge Christian Church • Resurrection Lutheran • Rincon Congregational UCC • Rising Star Baptist Church • Sanctuary United Methodist • Santa Catalina Catholic • Southside Presbyterian • St. Alban's Episcopal Church • St. Andrew's Episcopal Church • St. Andrew's Presbyterian • St. Elizabeth Ann Seton Catholic • St. Francis in the Foothills United Methodist • St. John on the Desert Presbyterian • St. Mark the Evangelist Catholic • St. Mark's Presbyterian • St. Mark's United Methodist • St. Matthew's Episcopal • St. Michael & All Angels Episcopal • St. Odilia Catholic • St. Philip's In The Hills Episcopal • Streams in the Desert Lutheran • Tanque Verde Lutheran • Temple Emanu-El • Templo La Uncion • The Good News Community Church • Third Church of Christ, Scientist • Tortolita Presbyterian • Tucson Community of Christ • Unity of Tucson • Unity Spiritual Center of Peace • U.U. Church of Tucson • Vida Nueva/New Life Church of God • Water of Life Metropolitan Community Church

Mental Health First Aid: Making a Difference in Our Community

In recent years, studies have revealed declining public health trends in the United States. Many national and local efforts are publicizing the benefits of physical activity, balanced diets, and access to healthcare. While wellness is often associated with physical health, addressing mental health is equally important.



A subsidiary of Community Partners, Inc.

One in four adults experiences a mental illness

Mental illness can present extraordinary challenges, significantly impacting the quality of life for individuals, families, and the community. Mental health challenges are common. One in four adults – approximately 61.5 million Americans – experiences mental illness in a given year. Mood disorders are a common cause of hospitalizations and a leading cause of workplace absenteeism.

Strong stigma discourages many from seeking mental health treatment, fearing judgment and alienation from family and friends. The National Alliance on Mental Illness (NAMI) found there are long delays – sometimes decades – between the first appearance of symptoms and when people seek help. Mental health treatment has proven effective. Advances in medical science and therapy are helping people live full and happy lives. The crucial step is getting treatment to those in need.

Children also experience mental health challenges

Mental illness in children and youth often goes untreated, creating difficulties at home, school, and among peers. Nearly 5 million children in the United States are challenged by a serious mental illness, yet only 20 percent of youth experiencing a mental illness will receive mental health services. Studies have revealed that early identification and treatment can minimize long-term effects, significantly benefiting children and their families.

"The crucial step is getting treatment to those in need."

How our community is making a difference

Every community member can participate in recognizing mental health crises and facilitating treatment information. By embracing the importance of behavioral health and understanding the prevalence of mental illness, communities can meet mental health needs, promote recovery, and foster a supportive environment.



Community Partnership of Southern Arizona (CPSA) is the Regional Behavioral Health Authority contracted by the state of Arizona to manage publicly funded



behavioral health services for children, adults, and their families in Pima County. CPSA offers **Mental Health First Aid (MHFA)** training courses. The eight-hour MHFA trainings are provided at no charge, and are open to the public. Participants learn to recognize the signs of mental health or substance-use crisis, and they learn how to provide initial assistance until appropriate professional, peer or family support can be engaged.

CPSA also facilitates a **Youth Mental Health First Aid** training course, providing useful information and techniques for professionals and community members alike. The training covers the unique symptoms and needs of adolescents and children who may be experiencing a mental illness or mental health crisis.

The informative MHFA training can benefit anyone in the community. The course is attended by a diverse audience, from small business owners and social workers to parents and volunteers. Community members are taking their knowledge of Mental Health First Aid back into their workplaces and homes, making a positive difference throughout Pima County.

To date, CPSA has conducted 130 MHFA courses, training more than 2,800 participants. Nearly half of all the people trained in Arizona were trained in Pima County, even though Pima County accounts for only 15 percent of the state's population.

CPSA is building on the community's strong participation, working with the National Council for Behavioral Health to implement focused MHFA trainings that address the specific needs of military/veterans and first responders (public safety). In addition, MHFA courses will soon be available in Spanish.

How you can make a difference

If you are interested in becoming Mental Health First Aid trained, please visit the CPSA website at www.cpsaArizona.org/MHFA

or contact the training center at mhfa.info@cpsaArizona.org or 318-6950, ext. 3000.



CPSA receives funding from the Arizona Department of Health Services/Division of Behavioral Health Services (ADHS/DBHS), Arizona Health Care Cost Containment System (AHCCCS), and Substance Abuse and Mental Health Services Administration (SAMHSA).

Welcome, New Board Members!

ICS is governed by a 17-member board of directors representing diverse faiths and community and business backgrounds. The following members are new to the board this year:



Tammy Burns brings extensive experience in health care and senior services. She is Co-Founder and Administrator of Agape Hospice and Palliative Care.

Rhonda Fure, CPA, is an accounting and assurance manager at BeachFleishman PC. She has more than 15 years of public accounting experience.



Mike Lange is a retired attorney who has practiced law in Flagstaff and Pima County. He is also a nationally certified instructor for Mental Health First Aid.



A 30-year Information Technology Consultant,

Karen Schumacher has assisted a variety of companies across a number of industries.



While volunteering for ICS Caregiving Services, she led implementation of the HeartLink database system.



Jeff Sklar is an attorney with Lewis Rocca Rothberger in the firm's litigation and bankruptcy practice groups. He is also an author and former journalist.

Marti Vargas has more than 37 years of experience in the fields of human resources, business development and training. She is currently Human Resources Manager for Arizona's Children Association.



Ann Zasa has also joined the ICS Board of Directors. A biography and photo of Ann will be featured in our Winter 2015 issue.

Staff Changes



Tori Carlson has joined ICS as Volunteer Resources Manager. She replaces Sandi Brickley, who retired earlier this year. Tori has a geophysics and education background and also teaches chemistry. She has extensive experience developing curriculum, teaching and organizing classes and events for volunteers in the home school community. Tori has city-wide educational interests and is involved with her church's mission outreach activities. She and her family loved volunteering for ICS Mobile Meals for many summers.

Tim Kromer is ICS's new Faith Community Engagement Manager. He represents ICS to its 75 faith community partners,

a role previously divided between Sandi Brickley and Karen MacDonald. Tim comes to us from the East Coast, where he served as an admissions adviser and recruiter for Emory University's Candler School of Theology (in Georgia) where he earned his Master of Divinity. Tim also has served as a United Methodist pastor in several congregations in Maryland.



Karen MacDonald has moved into a new position as Health Ministry Manager. Stay tuned to future newsletters for more information on this exciting new ICS outreach.

#GIVINGTUESDAY™

Support ICS on December 2 and Provide Brighter Outlooks for Families in Need

There is a day for giving thanks. There are two days for getting deals. Now, we have **#GivingTuesday**, a global day dedicated to giving back. On **Tuesday, December 2, 2014**, please consider giving a special gift to ICS and encourage your friends to do the same by logging on to our website at www.icstucson.org and clicking on "Brighter Outlooks" on the Giving Tuesday box on our home page.

If your life has been blessed and you want to help someone who hasn't been as fortunate, this is a great way to make a difference. Whether \$10 or \$10,000, your special gift will help ICS meet our goal this holiday to raise an additional \$150,000 to help families in crisis meet the most basic needs of shelter, food, medicine and transportation. Watch our Facebook and Twitter pages for more details. Together, we can help create brighter outlooks!



MEMORIALS AND TRIBUTES: 5/6-9/5/14

Memorials and gifts of honor are a special way to remember friends and loved ones, as well as make a tax-deductible donation to ICS. An acknowledgment is sent to both donor and honoree. Thank you!

In Memory Of: Given By

Margaret Allen: Gene & Janie Morrison
Ryan Armstrong: Josephine Cordasco
Toni Banuelos: Wayne & Doris LeQuieu
Edward F. Barrins: John & Mary Roberts
Wayne and Ann Marie Barry: Fred & Sandra Eaton
Chris Benzing: Anna Mae Suda
Richard Christenson: Myra Christenson
John Clymer: Kenneth & Mary Lou Iseron; Ben & Chris Sternberg
Elsie Figuly: Richard & Violet Davis
Prabha Fraser: Bruce Caris
Marjorie Funckes: Arnold Funckes
Elaine Griegel: Anonymous; Charlotte Patt; Terri Patt-Smith
Dallas Gulley: Dick and Bonnie Kampa
Jean Hartung: George Hartung
Charles Head: Gene & Janie Morrison
Bob Hurst: Margaret Hurst
Carol Kempner: Janet M. DeKeyser
Eunice Klein: Judy Gould
Josephine Ava Kromer: Timothy Kromer
Carl MacFarlane: Gloria Poston
Terry McGill: Gene & Janie Morrison
Jack O'Connor: Robert & Joan Drake

Claire Pless: Andrea Dukes

Mary Lou Reed: June Head; Gene & Janie Morrison

Patricia Richardson: Steven Richardson

Linda St. Laurence: Joe Botsko

Jim Thaller: Jim & Barbara Hansen

Mark Videbeck: Donnabeth Videbeck

Stanley Weiss: Robert & Selma Gevirtzman

Peter Widlock: Elizabeth Richardson

Dennis Wiczorek: Judy Gould

In Honor Of: Given By

Jan and Archie Anderson: Jim & Yonny Beers

Clyde Kunz & Brian Arthur: Debbie Royals

Sandi Brickley: Daniel and Judy Budgick

Janet DeKeyser: Bertha Wolfe

Jessie Deyoe & Drivers: Micki Mulkern

Roxanne Fickett: BMO Harris Bank (Jennifer Herrema)

ICS Staff & Drivers: Micki Mulkern

Bonnie Kampa: Joel & Lidia Allen

Dick & Bonnie Kampa: Richard & Violet Davis

Karen MacDonald: Water of Life Metropolitan Community Church (Pastor Charlie Arehart)

Bertha Wolfe: Janet M. DeKeyser

Thanks, Corporate Partners

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Thanks to these businesses and foundations for supporting our work:

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Do you shop on Amazon.com? Here's a no-cost, easy way you can help ICS as you shop, especially this holiday season. Just visit **smile.amazon.com**, log into your Amazon account, and search for and select Interfaith Community Services (the one in TUCSON) as "Your Charity." For every purchase you make on Amazon, the Amazon Foundation will donate 0.5 percent of the purchase price to ICS. Every little bit can add up! It costs you

NOTHING extra! Just be sure you are logged into your own Amazon account and that ICS—the one in Tucson!—is your charity of choice. When you return to shop on Amazon, be sure to log in through **smile.amazon.com**.



Join Us for a Lunch and Learn Forum

Mental Health and Aging

Wednesday, October 22

Noon to 2 p.m.

Congregation Anshei Israel

5550 E. Fifth St.

Tucson, AZ 85711



Do you know the difference between signs and symptoms of aging and mental illness? Have you ever wondered whether someone's "forgetfulness" might be a sign of dementia? Just what is typical aging, and when should you be concerned that behavioral changes signal something more? Experts estimate that 20 percent of adults ages 55 and older experience some type of mental health concern.

Join us for this timely discussion that will help answer mental health questions that arise with the aging process.

Featured speaker is Terri Waldman, LMSW, Tucson Medical Center Director of Geropsych Services, who has more than 20 years of experience providing services, advocacy and leadership in the field of aging in Pima County. Additionally, the Rev. Cliff Blinman from St. Philip's In The Hills Episcopal Church will share his personal story and offer a faith perspective, and Pima Council on Aging Director of Services Pam Wessel, MSSW, will

discuss community behavioral health resources for the older adult population.

ICS Mental Health Outreach Specialist Veda Kowalski says that adults ages 65 and older are more likely than those ages 50-64 to report they rarely or never receive the social or emotional support they need, which is a big motivation for presenting this Lunch and Learn. "This event will give people awareness of the most prevalent issues that older adults may come across, either for themselves or a family member, and equip them with useful information," she said.

Registration is \$10 prepaid and includes kosher lunch.
Register online at www.icstucson.org.

The Lunch and Learn forum is made possible through funding from:



Volunteer Spotlight: A Little Smile Goes a Long Way

Those who have visited Interfaith Community Services on a Wednesday morning in the last six months have probably been lucky enough to encounter volunteer **Charli Uihlein's** radiant smile. Other ICS recipients have heard her warm voice on the phone or have welcomed her into their own homes.

Charli volunteers on the front desk once a week and occasionally fills in on other days. She is also a friendly visitor and TeleCHAT caller in the ICS caregiving services department. She has spent most of her professional life as a massage therapist and owned a massage therapy and personal training business for 15 years. For the last couple of years, Charli has volunteered in hospice care, but she still wanted to do more. She found ICS when searching online for volunteer opportunities in her area.

"It's good for you. It takes you outside yourself," she said. "It sets your soul on fire!"

She said she knew when she walked in that ICS was a good place to be, because the people here are warm and you can sense



it right away. "It's an honor to be part of this whole community service," she said.

Although Charli has two grown children and three grandchildren who live nearby – "They are my lifeline," she said – she lives alone, so she welcomes the opportunity to interact with people. "This is good for me, to get out of my cave."

There are many ways to enrich your life and the lives of others as an ICS volunteer. For current volunteer opportunities, visit www.icstucson.org.

Volunteer Orientation Schedule

Northwest:
10 a.m. to noon
at 2820 W. Ina Road

- Wednesday, October 8
- Tuesday, October 21
- Tuesday, November 4
- Tuesday, November 18
- Tuesday, December 9

Eastside:
10 a.m. to noon
at 8701 E. Old Spanish Trail

- Tuesday, October 14
- Monday, November 3
- Monday, December 8

With Gratitude

ICS is fortunate to receive support from many community organizations and groups. We express our heartfelt appreciation to the following groups for recent efforts:

Jim and Retha Davis, co-owners of the independent Tucson toy store Kids' Center, brought smiles to children coming through the ICS Food Bank and Emergency Financial Assistance programs by donating more than 250 children's reading and activity books.

Terrie Ashbaugh and her **Summer Chorus** raised \$600 and 185 pounds of food for ICS by performing a toe-tapping evening of songs from the 1960s – 1980s. Thanks to these dedicated singers and to **Ascension Lutheran Church** for use of their sanctuary for the concert.

Panera Bread on Oracle and Wetmore gave ICS the opportunity to host a dine-out night, raising more than \$200 for our programs and services.

Tim Dee donated more than a ton of river rock to help beautify the ICS campus! A high five also goes out to our Handy Helpers team of **Brian Fitzgerald, Andy Fiore, and Tim Powell**, as well as



Mormon missionary volunteers **Sister Sield** and **Sister Hubert**, who hauled the rock to ICS and unloaded and arranged it when it got here.

Thanks to **Dr. Amanda Smicklas** and clients at **Life is Good Chiropractic** for collecting 130 pounds of food and to **Resurrection Lutheran Church** for collecting 1,841 pounds for the ICS Food Bank during recent collection drives.

Give 'Gifts of Love' This Holiday



Help make the season a little brighter for neighbors who are struggling. Gather your friends, neighbors, co-workers or faith community companions to adopt a family or families for the holidays. ICS will choose a family of your desired size – prescreened from our pool of current financial assistance clients – and will provide their clothing sizes and gift suggestions. Call ICS at **297-6049** for more information.

This fall, our "Gifts of Love" program enabled more than 500 kids to start the new school year prepared. For almost a decade ICS has distributed backpacks and school supplies via Gifts of Love, which is supported entirely through donations from the community. One in three children in Tucson live in poverty, which in turn affects their educational opportunities and outcomes. Gifts of Love supports the children's academic success. There were a lot of smiles as youngsters exited ICS wearing their new backpacks. Thanks to the many individuals and groups who donated to this year's effort, including: **Aldea Spiritual Community, Atria Compana del Rio, Different Drummers Women's Circle, Grace Temple Missionary Baptist Church, Paragon Space Development Corporation, Skyline Country Club, Splendido, St. Francis in the Foothills United Methodist Church, Tanque Verde Lutheran Church, and Unitarian Universalist Church of Tucson.**



Thank You to All Who Supported the 2014 eegee's Coupon Card Program!

July 29 was a red-letter day for Interfaith Community Services. Robert Jensen, president and CEO of eegee's, presented us with a check for \$206,888.37—our share of proceeds as a beneficiary of the 2014 eegee's Coupon Card Program! Funds represent sales of coupon cards in all area eegee's restaurants and \$26,000 (a nonprofit record) that were sold through ICS.



Robert Jensen, president and CEO of eegee's, helped share the news at a recent ICS Faith Council meeting

The Coupon Card Program is an amazing gift that eegee's gives back to the community, and ICS is honored to be one of two recipients this year. The timing of this one-time contribution could not be better as ICS faces a year with some cutbacks in several of our government and foundation grants. This gift will help us to sustain our services at a time when we anticipate further increase in community need and the continued challenge to stretch our resources to meet the demand.

To everyone who purchased cards, to the staff who worked on the promotion, the many faith communities, businesses and friends that got behind the program, and all the eegee's customers who generously purchased cards: THANK YOU! So many lives will be improved through your support.

Upcoming Events – Mark Your Calendar!

Fine Arts and Crafts Fair

10am to 3pm, Saturday, October 18
St. Andrew's Presbyterian Church,
7650 N. Paseo del Norte, Tucson

Browse unique art and crafts from artists throughout Pima County. The show, open to all artists and crafters, features works across many media from jewelry to paintings and more. A portion of proceeds benefits ICS and its programs. To reserve a booth, contact **Carol Fiore** at caatucson@msn.com.



“What Christmas Means to Me” Musical

Oro Valley Church of the Nazarene, 500 W. Calle Concordia,
Oro Valley

7pm, Friday, December 12

3pm and 5pm, Saturday, December 13

3pm & 5pm, Sunday, December 14

6pm & 8pm, Friday, December 19

3pm & 5pm, Saturday, December 20

3pm & 5 pm, Sunday, December 21

Where can you find spectacular sets, inspiring music, a rousing holiday parade and 100 percent chance of snow? It's all at the Oro Valley Church of the Nazarene's annual holiday music extravaganza! Each year, the talented members of the church delight the community with their elaborate holiday show that features surprises to delight kids of all ages. Come out for a treat that will lift your spirits. Once again, ICS will receive all of the donation from the freewill offering. Over the years, the event has raised more than \$100,000 for ICS.



Greg Starr Piano Concert

1 - 2:30pm, Sunday, October 26
St. Philip's In The Hills Episcopal Church,
4440 N. Campbell Ave., Tucson

Enjoy a free concert of original music by pianist Greg Starr, including selections from his album “A Singular Point of Grace: Songs From the Guesthouse.” Greg has performed with groups across the country including the Northwest Chamber Orchestra, the Kenosha Symphony, the Milwaukee Opera Company, and numerous artists such as Horace Silver, Andrew Lloyd Webber, Fred Rogers, The Bangles and Milli Vanilli. His original music and production skills have been used by Wisconsin Public Television, the Library of Congress, and Milwaukee Children's Theater. Starr's debut album of original works, “Landscapes,” received wide critical acclaim. A freewill offering will benefit ICS's programs for seniors, disabled individuals and families in financial crisis.



“We Care” Golf Classic Friday, November 7

Sink one in (or two or three) to benefit ICS and its programs and enjoy a great day on the greens against the beautiful backdrop of the Catalinas. Join us for this annual fundraiser and friendraiser that includes 18 holes of golf at the premier Omni Tucson National Resort, a delicious catered meal, and a rousing raffle and silent auction filled with unique items just in time for your holiday shopping. Auction

items received to date include a golf club bag signed by Brandt Snedeker, a week's stay in a beautiful condo in Maui, artwork, and great golfing packages.

Registration begins at 11 a.m. with a shotgun start at 12:30 p.m. Prizes will be given in a variety of categories.

Gather your team and sign up now at www.icstucson.org or call 297-6049 ext. 209. Cost is \$150 per player or \$600 for a foursome.



Interested in being a sponsor or donating an auction prize? Contact Deborah Carr, Development Director at 297-6049 ext. 222.

SAVE THE DATE!

Saturday,
March 28, 2015
11 am - 1:30 pm



Empty Bowls



a fundraiser
to fight hunger and feed hope



Main Office:

2820 W. Ina Road
Tucson, Arizona 85741
campus of Christ the King Episcopal
Ph: 520-297-6049; Fx: 520-797-3029

Eastside Office:

8701 E. Old Spanish Trail
Tucson, Arizona 85710
campus of New Spirit Lutheran
Ph: 520-731-3076; Fx: 520-731-8906

Marana Resource Center:

13644 N. Sandario Road
Marana, Arizona 85653
Ph: 520-744-2485

Email: info@icstucson.org
www.icstucson.org

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You're Invited to Our Holiday Open Houses!

Eastside Office

8701 E. Old Spanish Trail
Thursday, December 11
11 a.m. - 1 p.m.

NW Office & Food Bank

2820 W. Ina Road
Friday, December 12
2 - 5 p.m.

Save the date and come celebrate with ICS during our annual Holiday Open Houses. We'll have refreshments, door prizes, tours, and plenty of holiday cheer at both locations.

See you there!