

Our Mission...

“Helping seniors, disabled individuals and families in financial crisis achieve stable and independent lives.”

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Awarded four stars four years in a row!



New Healthy at Home Program Offers Extra Support

A recipient whom we will call **Leslie** was suffering from a severe case of obsessive-compulsive disorder. He was unable to leave his apartment and became anxious if more than one person entered his home at a time. He would not allow anyone to touch him, even to assess his medical needs. He had an ICS volunteer who did his grocery shopping for him, and it took an hour for Leslie to tell the volunteer how the shopping should be conducted. Due to his anxiety, Leslie failed to show up for employment training that is required to receive food stamps, so he lost that benefit.



Leslie became one of the first recipients enrolled in ICS's new **Healthy at Home** program, made possible through a \$5,000 grant from Tucson Electric Power Company. The program is designed to help older or disabled individuals gain access to needed services and benefits for which they are eligible so they can remain independent, improve their well-being and better manage their health conditions.

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2014 VOLUNTEER INCOME TAX ASSISTANCE

ICS is once again a Volunteer Income Tax Assistance (VITA) program site in partnership with the United Way of Tucson and Southern Arizona. Trained volunteer tax preparers will prepare tax returns free of charge to eligible low-income families and individuals. **Beginning February 5, the ICS site will be open 4-7 p.m. on Wednesdays and 9 a.m. to 1 p.m. on Saturdays, through April 12.** No appointment is necessary, clients are taken on a first-come, first-served basis.



Last year, 17 VITA volunteers helped 249 people receive \$368,926 in state and federal tax refunds and \$151,017 in Earned Income Tax Credits.

NEEDED DOCUMENTS:

- Picture I.D. for taxpayer and spouse (if applicable)
- ORIGINAL Social Security card* for EACH family member
- Proof of income, including W2 and 1099 forms
- Documentation of deductible expenses
- Account and routing numbers of checking and savings accounts for direct deposit of refunds (optional)
- Prior year tax return (optional)

*Photocopies, W2s, prior year returns, or any other document issued by any office other than the Social Security Administration is NOT acceptable.



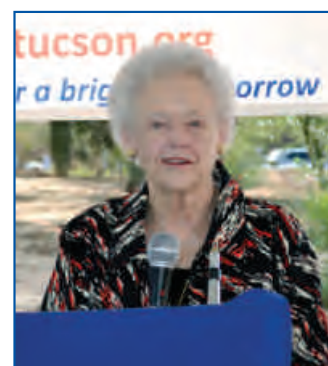
Visit unitedwaytucson.org or call ICS at 520-297-6049 for more information.

Plans Moving Ahead on New Dorothy D. Vanek Client Welcome Center



Our cramped, noisy lobby at ICS will soon be a thing of the past and our client services will take another step forward thanks to so many of you who supported our **Safety, Services and Sustainability Campaign**. To date, we have met our goal of raising \$450,000 for basic construction and furnishings for our new Client Welcome Center, and we are also within \$350,000 of meeting our objective to increase the ICS Endowment Fund to \$5 million by 2015 to help sustain our services into the future.

We know that there are still some folks who have expressed an interest in contributing. If you have not yet made a gift or pledge to the building and would like to do so, there is still time by March 31, 2014. **Each gift to the building fund of \$500 or more will be recognized on a special donor wall.** We hope to break ground on the new facility in early spring and to have the expansion complete by summer.



Dorothy D. Vanek helped announce the campaign at the recent public kick-off

The building expansion will add 1,600 square feet to the ICS campus on Ina Road, including a dedicated Client Welcome Center that will increase comfort, confidentiality and safety for our clients and volunteers. The new space will also add offices to accommodate expanded services. We are grateful to all who have stepped forward to help us meet the need to better serve today...and tomorrow.

Thanks to the following who have given or pledged \$500 and above to the campaign as of January 9, 2014. We are also pleased to have received several new planned gifts designated for the ICS Endowment Fund.

If you do not see your name but have given to the building or if you have not made a gift and would like to, contact Deborah Carr at 297-2738 ext. 222.

Lead Donors: Dorothy D. Vanek, Wendell and Rose Tyson

Major Donors: Doug and Ginny Jewell, Ed and Kay Jenkins, Frank and Sue Cannon, Steve and Ruth Pollyea, Pima County Community Development Block Grant (CBDG)

Contributing Donors: Bruce and Karen Bittmann, Frank and Barbara Boyle, George and Toni Chardukian, Diamond Family, Roger and Joan Grimes, Dick and Bonnie Kampa, Alex and Karen Mlawsky, Barry and Patti Robinson

Supporters: Alexander-Carillo Consulting, Lidia and Joel Allen in memory of John Wahe, John Andresson, Anonymous, Richard and Carol Backus, Beach Fleischman, Keith and Kristin Behrens, Myles and Kimberly Bingham, Ralph and Marilyn Boecker, Alice Bostrom, Charles and Sandi Brickley, Mary Ann Brody-Heyl and Larry Heyl, Judy Bubul, Forrest and Deborah Carr, Barbara Chadwick, Bob and Patricia Chester, Charles and Linda Cleveland, Terry and Shirley Coleman, Jack and Peggy Comp, Mr. and Mrs. James Currie in memory of Graeme Currie, Will and Linda DeBoer, Denton Family Foundation, Wayne Dawson, Diane Frisch, Gardner Family Foundation, William and Kathleen Gardner, Janet R. Grace, Pam Henderson, Robert and Betsy Holland, Bill Holmes and Shelley Pozez, Gary and Martha Henshaw, Alan and B.J. (Betty) Howard, Richard and Lois Klein, Barbara Knight, Robert Kridler, Eileen and John Lamse, Daryl and Sarah Landau with matching gifts from Capilla del Sol Christian Church and Congregation M'Kor Hayim, Bob and Donna Langwig, Mara Levin and Kevin O'Shea, Bob and Joyce Lyons, Jim and Judy Marvel, Christopher and Donalee MacIvaine, Art and Janice McDonald, Bill Morcom and Vicky Johnson, Mike and Rhonda Mumford, Northern Trust, Skip and Jane Nugent, Terri Patt-Smith, Lewis and Sheryl Perry, Paul and Pamela Raikunen, Betsy Sandlin, Barry and April Schiller, Gary F. and Camille Seaman's Foundation, William and Karen Schumacher, Maude Shingler, Sierra Pacific Airlines, Claud Smith, Howard and Marilyn Steele, Robert and Jane Sterritt, Scott and Diana Summerford, David and Ellen Vellenga, and Frank and Linda Williams.

New Healthy at Home Program

Continued from Page 1

It entails not only helping recipients resolve their immediate crises, but also a monthly home visit from an ICS volunteer and a monthly phone call about halfway between visits, so there is contact with each recipient at least every two weeks.

Healthy at Home is an expansion of ICS's previous health advocacy program in that personal contact is greatly increased, allowing for better monitoring of a recipient's needs.

Eventually, the program will provide care kits that supply nonslip socks, toothbrushes and other toiletries.



High-risk, registered ICS Caregiving recipients are eligible. These recipients already use our transportation, mobile meals, home repairs, daily phone calls or friendly visits, but their needs have changed due to a recent decline in functioning, a hospitalization, an urgent need for help with benefits, or

challenges with a health care provider.

ICS Caregiving staff refer these high-risk recipients to our Health Advocacy Coordinator, **Mara Levin**, MSW, who determines whether a person is eligible and then calls to ask if he or she is interested. *"We are helping the higher-risk or more frail recipients stay as independent as possible,"* Mara said. *"It's the same basic objective as all of our Caregiving Services."*

In Leslie's case, after initial efforts to help him were futile, ICS partnered with a Public Health nurse and sent a psychological evaluation team to visit him. He was then hospitalized and treated for both his behavioral and physical health conditions. *"Through this process, he was able to get back on AHCCCS (Arizona Health Care Cost Containment System, the state's Medicaid program) and have his food stamps reinstated,"* Mara said. *"There are ways to navigate these complicated systems."*

Leslie is now going to medical appointments, has a case manager through Community Partnership of Southern Arizona, and goes out grocery shopping with an ICS volunteer! He recently visited ICS to thank the staff for helping him and gave them each a hug.

On a recent follow-up visit, Mara took a wheeled cart to Leslie to make it easier for him to transport groceries and library books. She listened as he talked about his plans, interjecting when she thought she could help him meet his goals. Leslie is soft-spoken and sometimes thinks for several seconds between sentences. *"I've got to start doing a little more for myself and a lot more for others,"* he commented.

By the time Mara left, she had a list of resources to check into and Leslie's spirits seemed visibly lifted. He spoke of how blessed he feels to have ICS in his life. *"I don't know what I would have done without you guys, your program,"* he said.

If you would like more information on this program, please contact **Mara Levin** at 520-297-2738 ext. 226.

Thanks! And now we move forward.

You helped us end 2013 in a strong position! As a donor, volunteer or friend, you ensured that ICS can respond with care and compassion to an extraordinary need for our services. Thank you!



Now we look to the future as we begin our next round of strategic planning, a process we take seriously at ICS. Since 2004, our management and leadership have embraced strategic planning to maximize our resources in responding to increasing needs of the vulnerable members of our community. This discipline-gathering information from the community and our stakeholders, evaluating our strengths, weaknesses, opportunities and threats (yes, the traditional SWOT analysis)-has kept us focused on our mission while helping us be flexible to embrace new opportunities and challenges.

People often tell us that they sense something special at ICS. So what makes ICS so unique?

- **Our umbrella of services.** One can get a lot of help from ICS, and if we can't help, we usually can find someone else in the community who can. Partnership and collaborations are central to our mission and enable us to do big things together.
- **Our 650 volunteers** create a culture of compassion. For the most part, they are the ones carrying out the direct services. ICS volunteers give joyfully of their time, yet most humbly say, *"I get more than I give."* If you stop by our office, you probably won't know who is a paid vs. unpaid staff at ICS!
- **Our interfaith assistance** of 74 faith communities vary in beliefs and support, but embrace a common calling to help neighbors in need. Whether part of a faith community or from a personal belief in service, serving and helping drives involvement.
- **A passionate drive for excellence.** ICS has earned the 4-star Charity Navigator award for the fourth year. We live transparency, efficiency, and accountability. See our website for our audit and annual report.

I'd love to hear from you. Please contact me today at **297-2738 ext. 212 or bkampa@icstucson.org**. Thanks again and God bless you.

Bonnie Kampa, CEO

Faith Community Update

ICS's faith community partners make a world of difference in serving many thousands of neighbors in need. Here's a sampling of how our 74 partner congregations are involved in strengthening our community:

Alive Church provided holiday Gifts of Love for 23 ICS client families • **Rincon Congregational United Church of Christ** and **St. Andrew's Presbyterian Church** hosted concerts to benefit ICS's services • The **Tucson Jewish Community Center** and **Christ the King Episcopal Church** hosted ICS Faith Council meetings • **Congregation Anshei Israel** hosted the fall ICS Lunch & Learn on Bipolar Disorder • **St. Mark's Presbyterian Church, Sanctuary United Methodist Church, First Christian Church, and Grace St. Paul's Episcopal Church** invited ICS to speak in worship about ICS and our work together • **Church of the Apostles (Episcopal)** held a food drive at a grocery store to help keep our Food Bank shelves replenished.

Some clergy have also expressed their appreciation for ICS's helping them help others: *"Thank you for being a blessing." | "God bless you for your faithful service." | "Thanks so much for your work (in helping someone with financial assistance). It means the difference of them having a safe place to live versus being out on the street... This is a true Christmas gift – the gift of radical accompaniment."*



Representatives at the December ICS Faith Communities Council meeting at Christ the King Episcopal Church learned about various holiday faith traditions.



Save the Date!

Faith Communities & Mental Illness

MIND, BODY, SPIRIT AND COMMUNITY

Friday, April 25 • 8:00 a.m. to 4:30 p.m.
Catalina United Methodist Church
2700 East Speedway, Tucson, AZ 85716

\$40 each single registrant; \$30 each for groups of two or more registrants. Registration includes presentations, materials, continental breakfast, lunch and certificate of attendance. To register or for information, call 520-297-6049. Online registration coming soon at www.icstucson.org.

Don't miss this powerful conference filled with insight, inspiration and practical resources for:

- better understanding mental illness
- providing support and welcome to those impacted by mental health issues in faith congregations and the community
- addressing the whole person in outreach
- reducing stigma and other barriers to recovery

Conference presented by:



With major funding from:



Keynote Speakers:



Rabbi Simkha Weintraub
Rabbinic Director of the Jewish Board of Family and Children's Services, one of the nation's premier voluntary mental health and social services agencies



Dr. Nancy Kehoe
Nun, distinguished clinician, licensed psychologist and author of *Wrestling with Our Inner Angels: Faith, Mental Illness, and the Journey to Wholeness*



Ms. Terrie Williams
Licensed clinical social worker, mental health advocate and author of *Black Pain: It Just Looks Like We're Not Hurting*

And support from:

St. Philip's In The Hills Episcopal Church
Avalon Southwest Health and Rehabilitation
Fund for Civility, Respect, and Understanding
CODAC Behavioral Health Services

Transportation Driver Likes Having a Reason to Get Out of the House, Help Others

Congratulations and heaps of gratitude are in order for transportation volunteer **Sig Smitt**, who just passed a pretty big milestone. He provided 130 rides to ICS clients in 2013, and he wasn't even in town for two months!

To give you an idea what a superstar that makes him, that's more than twice the average number of rides for a single volunteer.

It's not that he's trying to outshine anyone or even seek recognition for himself; rather, the rides he gives are a reflection of how his mind works.



Sig is a retired quality engineer from Sargent Controls in Marana. The way he sees it, his engineer's mind just likes to make things efficient. So he volunteers as a transportation driver every Wednesday, giving individual rides to as many as five people in a single day. He likes strategizing the best routes to take to fit in several people before he heads back home.

It gets him out of the house, he says. *"I often meet interesting people. I go places I wouldn't go on my own,"* he says. *"I'll go anywhere but only on Wednesdays."*

Sig has been volunteering with ICS for almost 10 years. Before he retired, he helped deliver Mobile Meals, bringing his mother along so she'd get an outing as well. Today as a retiree, serving as a driver enables him to fit his all of his volunteer time into one day.

"People don't volunteer because if they're not curing cancer or world hunger, they think it's not helping," Sig says. *"But it's the little things that make a difference. Rides are little things."*

Make a Difference This Year by Volunteering at ICS!

If you're looking for a good use for your time and talents, you might find it in a volunteer opportunity at ICS. Training is provided, and volunteer hours are flexible. Here are a few of our current volunteer needs:

- Become an **ICS Mobile Meals** driver to ensure that elderly and homebound recipients receive nutritious food to stay healthy. We need drivers throughout the year in the northwest area, particularly for a new Marana route.
- Are you **comfortable greeting people and talking on the phone**? Our Ina Road front office needs smiling, cordial volunteers to answer phones, take appointments, answer questions, give directions and greet visitors. Shifts are available 9 a.m. to 1 p.m. or 1-4 p.m. once a week, Monday through Friday.
- We need volunteers for the **Caregiving Services** office at our Ina Road office. Use our **database to find drivers** willing to transport seniors and disabled recipients to medical appointments, the grocery store, and other necessary places. Must be computer savvy, detail-oriented, able to multitask and problem-solve, and interact with recipients and volunteers by phone. This is a three-and-a-half hour shift at least one time a week. Training and lots of laughs provided!

Still not sure where you'd fit? Learn more about ICS and our many volunteer opportunities by attending an upcoming orientation. To register, contact Volunteer Resources Manager **Sandi Brickley** at 520-297-2738 ext. 217 or sbrickley@icstucson.org.

Volunteer Orientation Schedule

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

- Thursday, January 30
- Wednesday, February 12
- Thursday, February 27
- Wednesday, March 12
- Thursday, March 27

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

- Monday, February 10
- Monday, March 10
- Monday, April 14

Come to Camp ICS for This Year's Volunteer Event

Join us 1-3 p.m., Sunday, March 9—Think hiking boots, sleeping bags and a cozy tent! Come celebrate with us at the 2014 ICS Volunteer Recognition event to be held at St. Andrews Presbyterian Church, 7650 N. Paseo del Norte (just down the street from Tohono Chul Park). We'll have lots of fun indoors with the great outdoors as we thank our wonderful volunteers for all that you do for ICS. Casual dress is required! Please bring a dessert or salad to share, but don't let that keep you from coming. We always have plenty! Please **RSVP to Sandi at 297-2738 ext. 217, or sbrickley@icstucson.org**.



A Look Back at the

Our work at ICS is made possible through the wonderful support we receive from the community. And your support this holiday was tremendous. Whether you contributed toys,

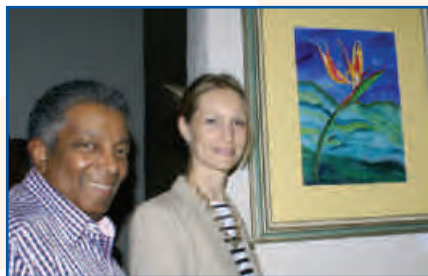


The **Seventh Annual Edward Jones Bag-a-Thon** exceeded expectations collecting **75,631 pounds of food** and setting the ICS Food Bank on a solid beginning to the holiday food season. Thanks to 21 Edward Jones offices for making the drive

possible and to the many schools, scouting groups, businesses, and individuals who pitched in to help. A special shout out goes to the **Sun City Vistoso Cyclists, The Towns of Oro Valley and Sun City, The Sun City Community Foundation, Eegee's, Kohl's** and to dozens of **ICS volunteers** who helped to make this year's event a success.

Demand was up at the ICS Food Bank and we were able to meet the need through many generous food and monetary donations. In the weeks leading up to Thanksgiving, **2,536 holiday food bags filled with the ingredients for a complete meal were distributed to families** facing hunger and financial hardship. This was in addition to the regular monthly food boxes that families receive. **More than 2,000 bags** and thousands of supplemental food items were also distributed in December with supplies from the **Community Food Bank of Southern Arizona** and other donors. Thanks to many community groups who also hosted food drives in November and December, including **Tohono Chul Park** and the **"Stuff the Yellow Bus"** charity drive at Oracle and Ina Roads.

The Southern Arizona Arts Guild "Winter Showcase" at El Conquistador County Club on November 7 benefitted ICS with food donations and 10% of art sales.



With help from many faith communities, businesses, social groups and individuals, **151 families were adopted** through our **Gifts of Love** program making the season brighter for those struggling just to provide basic necessities.

Our appreciation to the **Explorer-News** for making the ICS the recipient of its **Give to Win** holiday toy and gift drive. Kindhearted donations from many Explorer-News readers including toys, gift cards, food and \$1,100 in financial contributions augmented our **Gifts of Love packages for 32 families**. The Explorer-News team came to the ICS offices to wrap the gifts they had collected and to drop off a hefty collection of food.



And thanks to the residents at **Atria Compana del Rio Senior Living** for hosting a toy drive in December for the children of families served by ICS. The many boxes of gifts collected also helped to ensure that a record number of families in need had gifts under the tree this holiday.

Close to 300 guests stopped by the **ICS Holiday Open Houses** on December 12 (eastside) and December 13 at our Ina Road office to share food and fellowship. The events allowed ICS to thank so many of our donors and volunteers. Thanks also to the **Tucson Symphony Orchestra** for providing concert tickets for door prizes.



Holidays, With Gratitude

food, your time, a few dollars or a lot, you have changed lives, and we can't thank you enough. Here's a recap of your love in action.



We are grateful to **KOLD-TV** for selecting ICS as a featured charity for their holiday **"13 Gives Back" community promotion**. The program raised more than \$1,100 for ICS and went a long way to increase awareness of our many services

to help those in need. Thanks to anchors **Craig Thomas** and **Heather Rowe** who visited ICS to produce spotlight segments on ICS and the recipients we help.

Oro Valley Church of the Nazarene presented 11 performances of its wonderful *"Hope is Born"* show, which saw record crowds and raised **\$28,464.31** for ICS through a love offering. A round of applause goes to all who lent their time and talents. This annual event has raised more than \$100,000 for ICS since it began.



The Tucson Dance Academy performed its *"Spirit of Christmas"* Broadway-style dance extravaganza in SaddleBrooke and at Centennial Hall and shared a portion of the proceeds with ICS. Our gratitude to Tom and Tammy Booth



and all the dedicated dancers at TDA.

Omni Tucson National Homeowners' Group made ICS the beneficiary of its Holiday Giving Tree fundraiser, collecting and donating three big boxes of books for the **ICS Food Bank Kids' Corner**. Tucson National homeowners also donated \$2,550 to



support our programs in honor of resident and longtime ICS benefactor Lu Lovell, who passed away in September.

And, finally, thanks to the **Hilton Tucson El Conquistador Women's Golf Group** for selecting ICS as the recipient of their December holiday fundraiser, donating \$600 to benefit our programs for seniors, disabled individuals and people in financial crisis.

There is not space enough to list all the individuals, families, groups and faith communities that blessed us this holiday season, but we are so thankful for each and every one.



Golfers Brave Chilly Morning to Support ICS

Thanks to the 144 intrepid golfers who came out to support ICS at the 2013 **"We Care" Golf Classic** on Saturday, December 7 at the **Omni Tucson National Resort**. Despite a cold start and a frost delay, it turned out to be a great day on the greens with \$24,000 raised to support vital ICS programs for seniors and families in need. To view more photos of this year's event visit www.icstucson.org.

Thanks to:

**Presenting Sponsor
Splendido at Rancho Vistoso**



"We Care" Sponsors

Wendell & Rose Tyson, Dorothy Vanek, Frank & Sue Cannon, and Chardukian-Goldstein Investment Group/RBC Wealth Management. Plus our hole sponsors, silent auction and raffle prize donors, goody bag contributors and volunteers.

Special recognition to our "We Care" Golf Committee:

Mike Mumford (Chairman), Steve Pollyea, Jerry Ahmann, Jim Loane, George Chardukian, Mark McCord, Pam Raikunen, Paul Raikunen, Beth Michaud, Mike Michaud, Jeff Rhodes, Stacie Riggs, and Sherri Hitchings

MEMORIALS AND TRIBUTES: 9/21/13–12/31/13

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

A Special Patient: Briana Zelinski
John & Emily Aboud: Jean Aboud
Aleah Mae: Michael & Karen Cruce
Lois Allerdig: Margaret Gaskin, Gil & Kathy Parrish
Archie Anderson Sr.: Archie & Jan Anderson
Irene Anderson: Leighton & Judith Bennett
Debbie Armstrong: Kathleen Gatto
Ryan Armstrong: Josephine Cordasco
Joe Barraza: Helen Barraza
Teresa Bast: Elizabeth Tierney
Dan Behling: Paul & Jane Nakazato
Megan Blair: Iona Hoehn
Helen & Lou Blau: Steve & Ruth Pollyea
Gerry Bledsoe: Jack & Mary Shanks
Michelle Booth: James & Mikki Gries
Helene and Hal Borg: Keith & Martha Thorson
Richard C. Bostrom: Alice Bostrom
Eugene Ray Brown Jr.: Larry & Linda Keegan
Ted Brown: Mark Bruch & Teresa Brown
Bradley Steven Browning: Marilyn Browning
Ward Budzien: Jim & Yonny Beers, Beverley Greer, Sharon and John Olbert
Ruth Carillo: Judy Gould
Pennie Carlston: Nell Carlston
My Loving Wife Carol: Charles Davis
Hal & Ruth Chadwick: Barbara Chadwick
Donald & Jeffrey Cooke: Theodore & Laurie Extract
Don Crabtree: Archie & Jan Anderson
Graeme Currie: Anonymous
Douglas Deane: Jo Kervick
Julie & Cecil Dibler: Wayne & Carol Dawson
Marshall Drake: Robert & Joan Drake
Scott Eisenfeld: Neil and Carol Weinstein
Morris Ewing: Mary Bauer, Janet M. DeKeyser, Roger & Mary Drew, Lee & Teresa Hager-Milligan, David & Jean-Marie Huisjen, Ben & Chris Sternberg
Marilyn Fleming: William Fleming
Alice Ford: Helen Bemis, Peck Counseling & Consulting Inc (Colleen Kelly-Peck), Steve Schenitzer, St. Joseph's Hospital - ASCU (Melanie Jones)
Robert Lee Frownfelter: Rod & Suzanne Anderson
Marjorie Funckes: Arnold Funckes
Chris Gamble: Leon & Julia Sagalewicz
Judy Gautsch: Terry & Judy Gautsch
Nicholas Gemma: Michael Gemma
Earline Graham: George Hartung
Linda Groen: Bernard Groen
Mary Ann Hackett: Dale & Sylvia Bader
Norma M. Hagan: Gary & Jeanne Baluta
Christopher Hammond: Michael & Kathleen Clark
John Harlow Sr.: John & Joanne Harlow
Leslie Harot: Leonard & Mary Schwartz
Jean Hartung: George Hartung
Nate Hoggan: Robert & Debi Raterink
Annette Hoopes: Keith & Martha Thorson
Robert Hurst: Margaret Hurst
Tom Jackson: Catherine Buckner
Ginny Jewell: Robert & Jane Sterritt

Dale Johnson: Jennie Johnson
Steven Johnson: Michael & Lori Block
Louis Katz: Diane Katz
Frank Kemp: Helen White
Sarah Jane Kernahan: Berton Kernahan
Peggy J. Kilby: Ed Kilby
Michael Kuehn: Thomas & Ann Bush
Rita Lachowin: Jerry Friedland
Julius & Jeannette Leaf: Arlene Leaf
Joan M. Little: Karen Schwabacher
Lon & Lucille Barton and other departed family members: Lon and Lucille Barton Foundation
Jim Love: Benjamin & Virginia Love
Lura Lovell: Anonymous, Steve Alley & Helaine Levy, Jodi Bain, Susan Basso, John Benzing & Lisa Dospassos-Benzing, Daryl & Isobel Birnie, Sharley Bryce, Victoria Clarke, Martin Cohen, Terry & Shirley Coleman, Community Foundation for Southern Arizona (Clint Mabie), Darryl & Mary Ann Dobras, Mary Draper, Denis & Carol Eble, Diane Franklund Moreau, Billie French, Kim & Gwen Friese, William & Ann George, Robert Glaser & Laurie Kaye, Jeffrey Glebocki, Daniel Goldmann, Alan & Vonda Grant, John & Judy Greenwald, Tim & Susan Howard, Ralph & Sheri Hudson, Ed & Kay Jenkins, Robert & Carol Jennens, Annette Jeoney, Dick & Bonnie Kampa, Clyde Kunz, Barry & Janet Lang, Martin & Barbara Levy, Chandler & Cheryl Lewis, Christy Mack, Earl & Helen Maxwell, Evan Mendelson, David & Virginia Morthland, Charles & Diane Musick, Brian & Colleen O'Leary, Omni Tucson Giving Tree, Omni Tucson National Resort, Paul & Patty Person, John & Marian Petrole, Steve & Ruth Pollyea, Robert & Dianne Powers, Gregory Roderick, Mark Rubin & Jane Wilson, Carol Sack, Fred & Karen Sadri, Edward & Barbara Saffran, Donald & Joy Semro, Signature Bank N.A. (Raylene Swanson), David & Sarah Smallhouse, Jerry Smith, Charles & Patricia Snyder, Richard & Judy Speers, Esther Sternberg, Patricia Strauss, Daniel & Patricia Sturmon, Gerard & Suzann Thompson, Tucson National Women's Golf Association, Naarah Turpen, Wendell & Rose Tyson, University of Arizona Medical Center Dept. of Psychiatry, James & Kathleen Wells, Barbara Wisot
Bernard Lucas: Joan Lucas
Willis & June Lucas: Larry Callagy & Marcia Lucas
Carolyn Lundberg: Theodore & Laurie Extract
James Mahoney Jr.: Kathleen Gatto
Nelson Mandela: Anonymous
Steven Max Howell: Betty Howell
Herbert Max: Betty Howell
Mary Lou & Michael McCue: Robert McCue
Al McGarry: Carol Duncan
Dorothy McKay: Ardan & Pam Devine
James B. Morrow: Archie & Jan Anderson
Eric Musgjerd: John & Sylvia Wiedenbauer
My Father, Mother, and Brother: Sharon Edwards

Helen D. Newton: Herbert & Beverly Wright
Betty Nye: Cordelia Lundquist
Catherine O'Neil: Robert O'Neil
Jim Ostrem: Leonard & Mary Schwartz
Our Parents: Jim & Barbara Hansen
Ed Ovseviz: Anonymous
Chester Peers: Dorothy Peers
Carl Petersen: Phyllis Petersen
James Peterson: Kathi Cuvelier, Mary Jo Peterson
Bob Poole: Steve & Ruth Pollyea
Robert Powell Sr.: Dieter & Judy Krausser
Ruth Protas: Darlene Streicher
Brandon Raterink: Robert & Debi Raterink
Margaret Reed: Sandra Thompkins
Patricia Richardson: Steven Richardson
Rev. George Richmond: Sandra Richmond
Jeffery Riley: Helen Bemis
Amy Rollins: Kent Rollins
Gail Schele: Jim & Marilyn Dickelman
Don Schellie: Coralee Schellie
Steve Schulman: Charles & Sandra Brickley
Allen Seymour: Betty Seymour
Charlie Sides: Robert & Judith Schumann, Sonoran Desert Flyers (Robert Schumann)
Hank Smith: Gene & Janie Morrison
Eleanor Soliday: Linda Currin
Linda St. Laurence: Joe Botsko
Eda A. Stephan: Louise De Jose
W. G. Stoneman: Joann Stoneman
Charles and Susie Sturm: Arlene Sturm
Dr. John Swearingen: Theresa Miller
Thomas Takerian: James Lane
Brian Thome: Leonard & Mary Schwartz
Dr. Lou Tomes: Martha Regan
Steve Treacy: Terry & Shirley Coleman
Roberta W. Troxell: Ray Troxell
Virginia Jean Turner: Wayne & Doris LeQuiieu
Marie Vaughan: Victoria Vaughan
Nick Vucich Jr.: Phillip & Phyllis Davis
John Wahl: Joel & Lidia Allen
Myra Whitley: Wayne & Doris LeQuiieu
Vern Wieberdink: Darrell & Twyla Schaaup, Barb Farr
My Sister Debbie: Neil & Diane Bentley

In Honor Of: Given By

2013 "Bag-A-Thon": Howard & Elizabeth Kinslinger
All American Veterans: Ruth Robertson
Michael Allen, LCSW: Gil & Kathy Parrish
Arizona Desert Dialysis Center: Will Wilkinson
Terrie Ashbaugh: Mary Stevens
Jim & Yonny Beers: Archie & Jan Anderson
Yonny Beers: Muriel Budzien
Kristin Behrens: Barbara Behrens
Marianne Aarant Bergen: Frank & Pat Bergen
Jeff Blackburn: Susan Beveridge
Ken Blanchard: Betsy Sandlin
John Botti: Richard Hughes
Mr. & Mrs. Brust: Rose Moreno
Catherine Buckner: Robert Winston
Stephen Budd, LCSW: Gil & Kathy Parrish

MEMORIALS AND TRIBUTES

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Campaign Cabinet: Jenny Carrillo
Ben & Nancy Chase: Charles & Connie Chase
Church Staff at Casas Adobes Congregational Church: Donald & Helen Crandall
Rev. John Conn: Anonymous
Sylvia, Dave & Jennifer Cook: John & Kathy McIntyre
Ruth and Leonard Corcoran: Ed & Michelle Dunlap
Deborah Circle of St. Andrew's Presbyterian Church: Joe & Jan Chumley, Carolyn Flenner, Charlotte Patt
Jessie Deyoe & Drivers: Micki Mulkern
Ellyne Dillavou: Pamela Kytola
Barbara Drube: Sylvia Dunkelmann
Sheila Dutcher: Vincente & Jean Granillo, Jr.
Karen & Don Erickson: Virginia Pederson
Barbara Fernandez: Carol Ann Noyes
Melvin & Melissa Franklin: Marion Triem
Friends in Wisconsin: Larry & Marty Amend
Elizabeth Garigan: Gil & Kathy Parrish
Jane Gershmeyer: Rose Moreno
Bill & Jule Gill: Kathryn Snodgrass
Ralph Greene: Marjorie Wallendorf
Isla Hamstra: Lester & Suzanne Hayt
Lane Harmon, MC: Gil & Kathy Parrish
June Head: Carol Barzeele, John & April Ritchie
Deborah Hudson, MC: Gil & Kathy Parrish
Jay & Betty Huitsing: Grace Huitsing
ICS Programs: Elaine Hall, George Hall
ICS Volunteers: Pamela Gutzwiller, Stephen & Jan Olafson, Byron & Patricia Snyder
Jana, Scott & Ashley: Sally Mettler

Ed & Kay Jenkins: Bingham, Osborn & Scarborough LLC (Charlotte Aldrich), Pat Owens
Bonnie Kampa: Bingham, Osborn & Scarborough LLC (Charlotte Aldrich), Jannie Cox
Mary Karvinen: Harry & Eileen Paulus
Dr. Darryl King: Donald & Helen Crandall
David & Amy Klawon: Lorna Kraemer
Barbara LaBarbera: Calvin & Joanie Rooker
Bob & Donna Langwig: Dorothy Vanek
Katherine Little: Janet Bugee
Dory Martin, LCSW: Gil & Kathy Parrish
Stephanie Martin: Rose Moreno
Mr. & Mrs. Mayfield: Rose Moreno
Mr. & Mrs. McDaniel: Rose Moreno
Marjorie Miller: Kenneth Perrin
Ina Milloff, MA: Gil & Kathy Parrish
Mr. & Mrs. Gene Morrison: June Head
Elizabeth Olstad Morton: Martha Chilcott
Minna Moskowitz: Calvin & Joanie Rooker
Necoe Otto Parkinson: Jason Lathrop
Charlotte Patt: Dennis & Barbara McLean
Terri Patt-Smith: Elaine Gamberg
Mr. & Mrs. Pettett: Rose Moreno
Mr. & Mrs. Ray Plumlee: Douglas & Patricia Folger
The Rapp Family: Scott & Susan Lardner
Mr. & Mrs. Reinhart-Budd: Rose Moreno
John & April Ritchie: June Head
Betsy Sandlin: Louis & Artemis Hanusiak
James Schelble, Ph.D.: Gil & Kathy Parrish
Betty Seymour: Charles & Candy Hastings

Mrs. Shepherd: Rose Moreno
Linda Sherwood: Gil & Kathy Parrish
Robert Smith: Catharine Smith
Barbara Souter: Wayne & Carol Dawson, Ed & Kay Jenkins, Betsy Sandlin
St. Paul's Episcopal Church: Jim & Virginia Zuelow
Mr. & Mrs. Stansbury: Rose Moreno
Norma J. Sterling: Linda Sterling
Dr. & Mrs. Stoughton: Rose Moreno
Truda Stransky: Gil & Kathy Parrish
Clients of Stratton Advisors: Linda Stratton
John Stuhlmuller: Elizabeth Percy
The Ladies Lunch Group (Annette Blass, Faith Elwess, Sue Husic, R. J. Morehouse, Caryl Palazzolo): Irvin & Annette Blass
Thompkins' Wedding: Joseph & Lynn Cuffari
Nancy Tomlinson: Vincente & Jean Granillo, Jr.
Wendell & Rose Tyson's 50th wedding anniversary: Terry & Shirley Coleman, John & Francille Firebaugh, Dick & Bonnie Kampa, Robert & Donna Langwig, Dorothy Vanek
Olga Uher: Beverly Kloehn
Staff of St. Mark's United Methodist Church: Ed & Lois Britton
Jake Vogler: Joseph & Paulette Gootter
Judy Wahl: Joel & Lidia Allen
Bill & Francie Winslow: Charles & Connie Chase
Sherwood Winslow: Charles & Connie Chase
Bertha Wolfe: Janet M. DeKeyser
Lila Wood: Thomas & Sharon Crozier
Mr. & Mrs. Wortzel: Rose Moreno
Mr. & Mrs. Young: Rose Moreno

ICS Mobile Meals Opens Marana Route

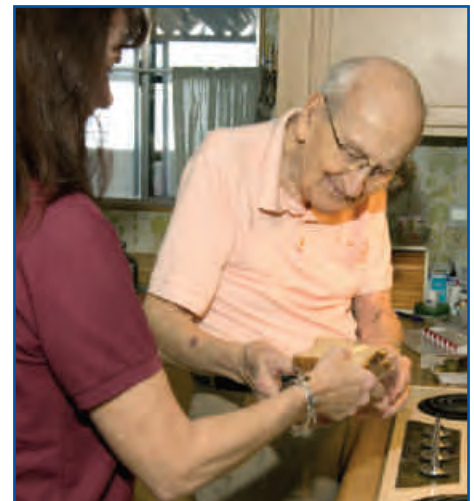
ICS has begun working with a new, seventh food facility to open our 13th Mobile Meals route, this one initially serving the Sunflower and Continental Ranch areas of Marana. Volunteers will deliver two freshly-prepared meals (one hot and one cold) to elderly and disabled recipients who can no longer cook or shop for themselves. The mobile meals service helps recipients meet their nutritional needs and maintain important social contact.

Initially, the new route will serve recipients on Mondays, Wednesdays, and Fridays. We hope to expand to include Tuesday and Thursday delivery in the future.

The route has capacity for eight people, and two couples are already signed up.

The Marana Health Center's Copper Café is supplying the food, which will have its own packaging instead of the trays that are used on other Mobile Meals routes. That means volunteers will need to make only one trip to the health center, to pick up the food. There's no need for a return trip to give back trays.

If you or someone you know could benefit from receiving Mobile Meals in the Continental Ranch or Sunflower areas, or if you are interested in volunteering to deliver meals on Tuesdays and Thursdays, please call Mobile Meals Coordinator Beri Swango at 520-297-2738 ext. 208.



Upcoming Events—Mark Your Calendar!

Tucson Chamber Artists Chorus and Orchestra 10th Anniversary Event

7:30 p.m. January 31

Fox Tucson Theatre, 17 W. Congress St.

Enjoy an evening of French music while benefiting ICS on opening night! The event will include music by composers Debussy, Ravel and Durufle, featuring the Tucson Chamber Artists Chorus and Orchestra and Kelley O'Connor, Mezzo-Soprano.

Tickets are \$50 for premium seating and \$30 for general seating. Call ICS for tickets at 520-297-2738 ext. 209 or TCA at 520-401-2651 and mention ICS prior to the concert to purchase tickets. TCA will donate to ICS half the value of those tickets.



help. Co-presenters are ICS Mental Health Outreach Specialist Veda Kowalski and ICS Health Advocacy Coordinator Mara Levin. Register in advance for these FREE presentations to Mara Levin at 520-297-2738 ext. 226 or mlevin@icstucson.org. Bring a lunch if you like – healthy snacks will be provided.

Building Futures for Families Seven-Week Strengthening Families Program

6-8 p.m. every Monday January 27 – March 10
Mt. Calvary Missionary Baptist 210 E. Lester St.

Want to improve parenting and communication with your 10- to 14-year-old? This program is designed for parents/caregivers and their children to participate in together. Features include fun family activities, help in the critical transition to the teen years, and parents bonding with their teens while teens have a chance to be heard. Goals include increased family strengths, improved resilience in difficult times, and reduction in youth behavioral, academic and social problems.



The program is FREE and dinner is provided. For more information and to register, call Tandala Kidd at 520-297-6049.

Community Health & Wellness Presentations at ICS, 2820 W. Ina Road:



Screening for Depression and Anxiety 11:30 a.m. to 12:45 p.m. February 11

Hilary Mahoney of the Community Partnership of Southern Arizona will focus on questions to ask to assess depression and anxiety and

when to refer someone for evaluation and additional support. This training is especially suited for health ministry and ICS volunteers who interact with clients.

De-Escalating People with Challenging Behaviors noon to 1:15 p.m. February 26

Do you encounter people with challenging behaviors? Would you like to increase your skills in supportive listening, setting limits, and de-escalating someone who is angry or overwhelmed? If so, plan to attend this interactive workshop. Gain knowledge through role-playing and discussion, and learn how and when to call for outside

Mental Health First Aid

As a result of a partnership with Community Partnership of Southern Arizona, ICS will begin offering Mental Health First Aid trainings to faith communities this spring. Mental Health First Aid is a national program aimed at educating communities about how to respond in a mental health emergency and offer support to someone in distress. If your faith community is interested in hosting one of these trainings, please contact Mental Health Outreach Specialist Veda Kowalski at 520-297-2738 ext. 218 for more information and to schedule a training for your congregation.

Recent Foundation & Corporate Gifts

Thanks to these businesses, organizations and family foundations for supporting our work:

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Emanuel and Anna Weinstein Foundation
The Wolslager Foundation

Welcome!

Beri Swango has joined ICS as ICS Mobile Meals Coordinator. Beri replaces Sara Rickard, who left in December to pursue her master's degree in Information Resources and Library Science.



Beri, who grew up in Tucson, spent the last six years working with Independence Northwest, an Oregon nonprofit that facilitates community-based support services for developmentally disabled adults and seniors.

Please welcome Beri to the ICS team.



Chance to Win a Jeep Cherokee!

How would you like a \$25 chance to win a gorgeous **2014 Jeep Cherokee**? We are grateful participants in the **Jim Click Jeep Cherokee Raffle** that began this month. Get your tickets at ICS and the proceeds will purchase gas vouchers to help our clients in financial crisis get to job interviews and get back to work.

To buy tickets, call 297-2738, Ext. 228, or stop by our office at 2820 W. Ina Road.

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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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Save the Date! Saturday, March 22 • 11 a.m. – 1:30 p.m.



Empty Bowls

a fundraiser
to fight hunger and feed hope

Tucson Chinese Cultural Center
1288 W. River Road

Tickets \$20
per person

Sample signature soups, breads and desserts and select a handcrafted pottery bowl to take home as a reminder of the fight to end hunger in our community. Enjoy a silent auction and raffle. Proceeds will benefit the ICS Food Bank and efforts to feed hungry neighbors in Pima County. Thanks to the many potters who are making bowls.

Tickets are being sold in advance only and are available online at www.icstucson.org or by calling 520-297-2738 ext. 209. We expect tickets to sell out, so get yours early. See you there!

2014 Participating Restaurants and Food Partners (as of press time)

- Bob's Steak & Chop House at Omni Tucson National • Caffe Torino • El Charro Café • Gourmet Girls • Harvest Moon • Highlands Bar and Grill at Heritage Highlands • Jax Kitchen/the ABBEY Eat & Drink • La Baguette Bakery • La Vista/Tucson Hilton El Conquistador • Outback Steakhouse • Panera Bread • Renee's Organic Oven • Splendido • Sunrise Senior Living
- The Grill at Hacienda del Sol • Village Bakehouse • ...others added weekly

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