



IMPACT

of Southern Arizona

FARMER'S ★ MARKET



"Children learn as they play. Most importantly, in play children learn how to learn"

~ O. Fred Donaldson

FALL 2016
Volume 10 Issue 2

IMPROVING LIVES • INSPIRING FUTURES

GIVING CHILDREN A SOLID FOUNDATION FOR HEALTHY GROWTH AND DEVELOPMENT

helps raise a community of children ready to learn, to dream, and to excel. These children in turn have a better opportunity to become successful, self-sufficient adults. Because IMPACT is dedicated to providing important programs and resources that empower individuals and families to get ahead, our recent partnership with the Oro Valley Children's Museum is a significant step in improving lives and inspiring futures. We are sponsoring the Farmer's Market exhibit which includes developmental activities such as gathering, sorting and weighing fruits, vegetables, eggs and cheeses. Items can be 'sold' at a checkout counter. It is one of several ways IMPACT provides additional enrichment in children's lives.

- Free Oro Valley Children's Museum admission tickets are given to our parents and their toddlers to explore a world of wonder and adventure: cause and effect, climbing, observation, textures, stories, imagination, creativity, socialization, role playing, and more.
- Parenting workshops, classes, and info packets are available for families with preschoolers to educate them about important developmental benchmarks related to different ages, ways to stimulate skills such as fine and gross motor coordination, speech, exploration, and appropriate social skills. IMPACT provides toys and tools for families to take home in order to practice the things they learned in class: bubbles, playdough, stacking blocks, books, and more. The Strengthening Families program brings parents with teenagers together around a family meal and teaches them skills and strategies to develop patience and communication with each other.
- IMPACT provides reimbursement funds to teachers at our local K-8 for purchases of thousands of dollars of academic enrichment materials each year, comprehension reading tests for the school library, and travel funds for teams of young science explorers who advance to competitive contests outside their local communities. Hundreds of students also receive new backpacks and supplies each year.
- New swimsuits, pool parties, passes and swimming lessons at our local Catalina pool encourage plenty of outdoor exercise and physical development during the summer months. On Tuesday afternoons school gets out early, so students can come to the IMPACT Activity Center to play Wii with our seniors, and to use the computers there for homework, or to research new interesting topics.

Inspiring Futures...



"If you trust play, you will not have to control your child's development as much. Play will raise the child in ways you can never imagine." ~ Vince Gowmon

Mission

To make a positive IMPACT by improving lives and inspiring futures in our underserved Southern Arizona communities.

Vision

Individuals and families have overcome obstacles, gained confidence, and learned the skills to be self-sufficient.

IMPACT of Southern AZ
3535 E. Hawser St.
520-825-0009
www.impactsoaz.org



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Cover Photo:
Inside the Oro Valley Children's Museum.

Nutrition is the foundation for all healthy development, so health and wellness information, recipes, and access to meat, fresh produce and dairy through our food bank program help children get a good start in life, and enable them to head off to school each morning ready to learn. A group of local residents host an annual baby food drive to guarantee that even our youngest, most vulnerable youth have access to needed food and formula.

Improving Lives...



It takes an army to battle hunger in our community! IMPACT of Southern Arizona brings people together for just this purpose! Agencies, individuals, businesses, clubs, and other organizations work with us in our fight against hunger. We have a special agency relationship with groups you will recognize below: the Community Food Bank of Southern AZ, Pima County, Feeding America, and USDA. We represent them locally.

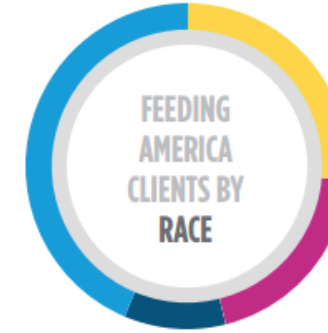
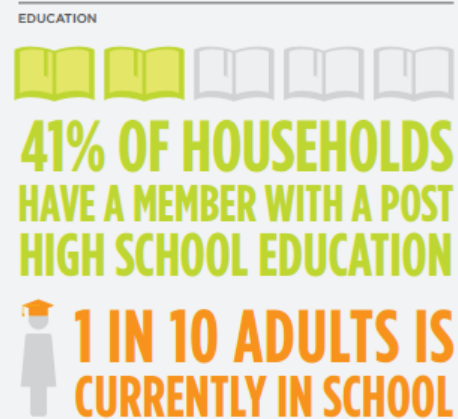
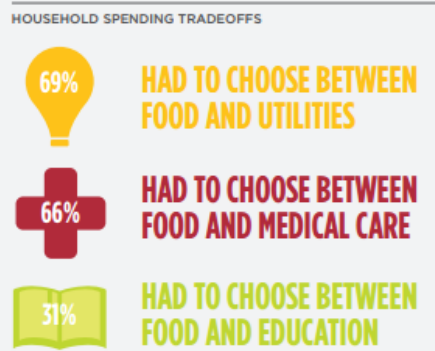
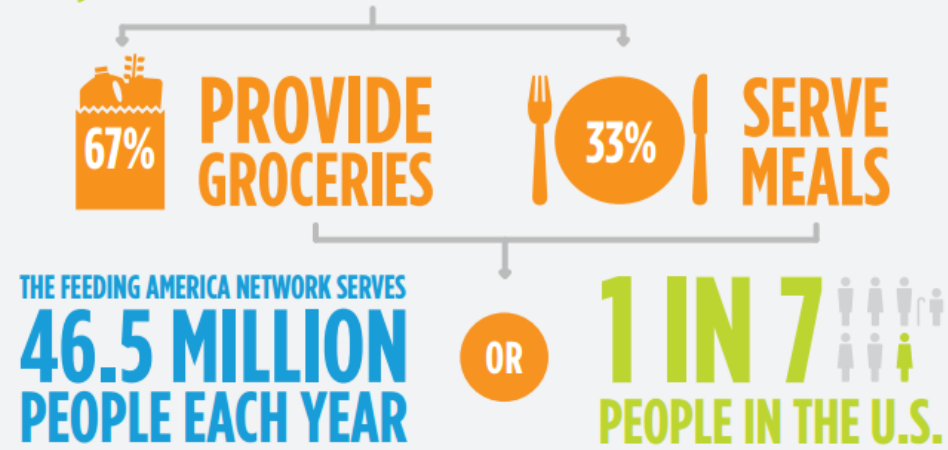
Community Partnerships Make It All Possible!



fighting hunger together



FEEDING AMERICA IS A NATIONWIDE NETWORK OF 200 MEMBER FOOD BANKS



35 East Wacker Drive, Suite 2000
Chicago, Illinois 60601
1.800.771.2303
www.feedingamerica.org

Low Income Families Cook At Home



People often think low income families eat a lot of fast food. Truth is they care about nutrition and prefer to cook at home with healthy ingredients. The largest issue they reported in a survey conducted by **No Kid Hungry** is the high cost of fresh produce and other nutritional ingredients. On average they cook from scratch, at home four days a week, make dinner from prepackaged foods twice a week, and eat out once.

These families know how to stretch their food dollars! One year IMPACT gave out more than 200 Crock Pots thanks to the generous employees of the Oro Valley Hospital who purchased them for us. Crockpot meals are a great way to feed a household on a tight budget. In 2017, IMPACT will be hosting cooking classes in its new commercial kitchen in Catalina. Our goal is better nutrition and budget stretching ideas for all!

Feeding America recently released a report detailing hunger statistics in the U.S. Some figures may surprise you! The circle graphs above show breakdown by household and race of all people utilizing U.S. food banks in the past year. Figures on the facing page let you know how many people are receiving help. IMPACT numbers can be found in rectangles at the bottom of this page for comparison.



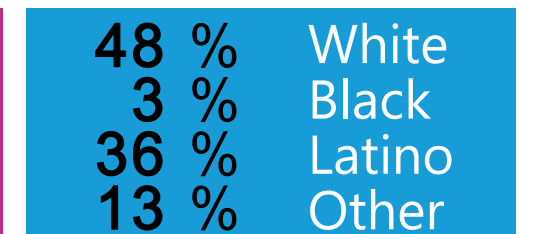
Did you think people who use the food bank come every month? We serve an average of 550-600 households each month, but 1425 different families visit our food banks throughout the year.



People come only when they truly need help.

3068 In the past 4 years our Vail Food Bank has served more than 3000 people in 1000 different households!

6319 In the past 8 years our Catalina Food Bank served more than 6300 people in 2225 different households!





Encouraging Healthy CHOICES



- Start Here
Check Serving Size
- Check Calories
- Limit These Nutrients
- Get Enough of These Nutrients

Look for foods with Fat Calories no more than 1/3 of the Total Calories.

Nutrition Facts	
Serving Size 1/2 cup (114g)	
Servings Per Container 4	
Amount Per Serving	
Calories 90	Calories from Fat 30
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 13g	4%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 3g	
Vitamin A 270%	Vitamin C 10%
Calcium 2%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	30g	40g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



An apple a day keeps the doctor away!

At the Food Bank we are trying to do just that – improving health by supplementing the pantry goods each household receives with a variety of fresh produce, meat, dairy, peanut butter, cereal, and bread, whenever possible.

Last year IMPACT distributed more than 778,000 pounds of food – an average of 65,000 each month! We weigh every item that comes in from individual donors and stores, and log the weight under type of food: meat, produce, non-perishable, dairy, bakery, etc. This helps us track our progress in improving access to healthy, nutritious foods; and, at the end of the year a dollar figure is assigned to the volume of food collected and reported on our IRS 990 Tax Return. This total food distribution includes 450 Thanksgiving Dinner Kits: 450 turkeys, pies, 5lb bags of fresh potatoes, rolls, cranberry, vegetables, gravy, and stuffing which provided a great number of holiday feasts shared by many friends and families this year. Happy holidays to all who made this possible!

Corporate Donors and Volunteers Work Together

We are able to provide fresh healthy food thanks to a wide variety of corporate partners who donate to our food bank on a regular basis. A dedicated corps of IMPACT volunteers drives out each day to scheduled pick-ups from stores such as Fry's, Target, Whole Foods, Trader Joe's, Starbucks, Panera, Village Bake House, Kneaders, Breadsmith, and Carrabbas.



Balancing Act



New Recipes

We offer recipes in our food bank to help give families ideas of things they can do with the foods they receive. In early November, we gave out large packages of fresh broccoli florets, cherry tomatoes and a package of bacon, as an extra giveaway. Our Food Bank Manager, Brenda, researched, and included a recipe and photo for this sautéed salad using all three ingredients!



Make choosing healthier foods fun!

Here is a fun scavenger hunt idea: look for this logo at your grocery store! Families with children under 5 or with a pregnant mother, who are at nutritional risk due to income level, may receive a debit card if qualified which can be used to purchase items noted with this logo. These items are identified as supportive for healthy growth and development. Check your cereal aisle. You will see this logo next to the price marker on cereals such as Cheerios, but not the sugary types such as Frosted Lucky Charms –

which may be magically delicious, but not identified as nutritionally optimal. The WIC program helps families with young children identify and afford the healthier options available to their families. You can even use this logo as a reference when making selections for your own household!



Did You Know?



Food stamps cannot be spent on toiletries? Deodorant, shampoo, laundry detergent, and toilet paper are just a few of the items families must cover with their own limited funds. We just had a father in the food bank this month who was beyond excited to find a large container of Tide detergent on the toiletries shopping shelf! He is raising teenagers, and never has enough of this type of soap! He said getting that bottle was like striking gold! An easy way to stretch your donation dollars is to shop at the Dollar Tree in Oro Valley, where every item really IS just \$1. For \$20 you can buy 20 bottles of laundry detergent, or toothpaste, toilet paper, paper towels, and many other things used in every home. If you provide these \$1 toiletry items, our families can spend their earned income on more groceries, or healthier options.





clothing more people

by BARBARA MCCLURE

Nearly four years ago, Catalina Community Services expanded to the Vail area and expanded the types of programming offered to all clients. With this added growth in types of assistance, the company also changed its name to better reflect what we do, and to help people in our community realize we serve people residing in surrounding areas as well. The name IMPACT of Southern Arizona was born, and we embarked on a heightened mission to IMPROVE LIVES and INSPIRE FUTURES

by bridging the gap when emergency assistance is needed, but also with programming designed to help people become self-sufficient.

Our Vail lease terminates at the end of December, and as we looked in 2015 for new larger space, a group of residents began to talk about the possibility of establishing a local non-profit that could take over services in that community. By summer of this year their plan was formulated and they are ready to begin January 1, 2017. As IMPACT transitions out of Vail, staff and volunteers will shift their focus to people in the greater NW Tucson and SE Pinal areas. Thanks to the generosity of, and partnership with, our many supportive community members, clubs, organizations, government and other non-profit agencies, we will be able to open our Clothing Bank services to residents of Pima County District One and into the Copper Corridor to the towns of Mammoth, San Manuel and Oracle.

This expansion will help stretch the budgets of many more households, allowing them the opportunity to spend more of their earned income on medications, utilities, rent and fuel. It is truly possible because of the generosity of those of you who donate clothing to our Loving Threads Clothing Bank in Catalina, and to the Golden Goose Thrift Shop which so generously passes on to IMPACT shoes and garments they have no room for on their sales floor. Together we are all making a difference in the lives of our community members.

IMPACT is thrilled to be able to expand service to SE Pinal residents further north of SaddleBrooke, to our lower income neighbors for whom these services may be life-changing. Other services will also be available such as job resources, ESL classes, educational workshops, and more. Eventually we plan to offer greater food resources for the community, and additional senior support in the new areas.

Please help us spread the word.

If you have a family member, neighbor or an associate who needs help making ends meet, let them know IMPACT may now be a resource for them. Our income qualifications and more information about our services are on our website at www.impactsoaz.org. We may also be reached through our main office at 520-825-0009 to answer questions.



Loving Threads Clothing Bank
Catalina Pointe Shopping Center
15930 N. Oracle Rd. #150, Tucson, AZ 85739
Client Shopping Hours: M-F 8:30-12:30, and open until 4:00 pm Tuesday and Wednesday.

Donations Accepted at the back door M-F 8:00-4:00

Stretching Budgets



Did you know? Many who use a Clothing bank or Food Bank have to make difficult choices each month! Deciding whether to pay for necessities like utilities, transportation, medication and housing or pay for food and/or clothing. Because of services provided by Food and Clothing Banks people having to make these difficult decisions can stretch their budgets a little bit further.



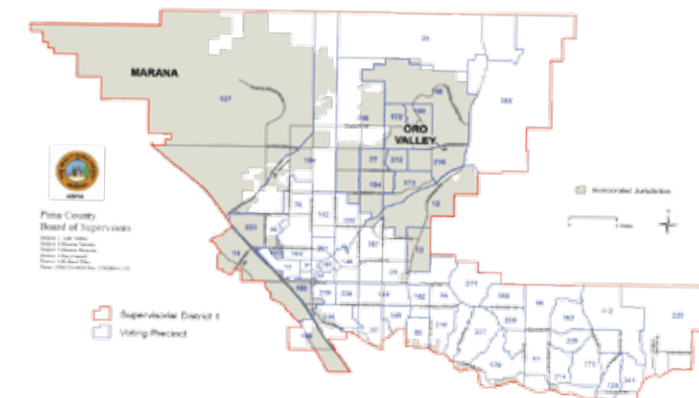
Thanks to your donations clients received nearly 64,000 clothing items last year alone!



New Expanded Service Areas

SE Pinal County Copper Corridor includes towns and areas north along Highway 77 from the Pima/Pinal County Line through Oracle, San Manuel, and Mammoth. IMPACT already serves rural 85739 Pinal County residents in the furthest southwestern corner and out towards Florence.

Pima County Supervisorial District One encompasses over 245 square miles of area north of Tucson, extending from the area north of the Rillito River, south of the Pima-Pinal county line, east of Interstate 10, and from one to three miles east of Sabino Canyon Road. It includes the Town of Oro Valley the eastern portion of Marana, and unincorporated communities such as the Catalina Foothills, Tortolita, Casa Adobes, and Catalina.



moving forward

Job Resources

Volunteers help with resumes, and we work with local employers to post job opportunities and hold interview fairs. A new Jobs Board in our lobby connects people with small businesses seeking help with landscaping, housekeeping, handy work, etc. Tupperware, Avon, and other sales business opportunities can also be advertised within the local community. The US Bureau of Labor recently identified Personal Care Aides to be the top industry growth area for employment, with a need for 1.3M more caregivers in the market to

meet demand by 2022! IMPACT now offers education scholarships for certified caregivers, which can be accomplished in less than two months through a partnership between IMPACT and Tucson's Academy of Caregiving Excellence. It's a perfect second income for struggling families, or young high school graduates. Another scholarship fund was begun this year to help adults seeking a career change requiring certified training. These projects will be explored in depth in our next issue.



Respite Care

In recognition of the need for caregivers, and the importance of self-care for family caregivers, IMPACT will be opening a Respite Care program in its Activity Center in the Catalina Pointe Mall, spring 2017. Certified caregivers will be hired to staff the space at least two days a month, to provide a safe, stimulating place for people visit while their caregivers run errands, or spend time to themselves at home or with friends. Qualifications will be developed and a sliding scale fee will be applied. More info in 2017.

Senior Activities

Our Activity Center hosts a variety of things to do such as Wii, discussion groups, coffee and news hours, entertainment, computer classes, informational talks and lectures, cards, board games, brain puzzles, and exercise: bringing people together, and improving their quality of life, helping them age gracefully and stay connected with others in their community.

Veteran's Day

This past Veteran's Day IMPACT was able to give each Veteran a special gift and heartfelt thank you card, through a partnership with Girl Scout Troop 19 from Legacy School.



Thank You Veterans and GS Troop 19!

Citizenship



Becoming a US citizen is a dream for many but out of reach for most. This is due to a surprisingly cumbersome, lengthy, and expensive process. First, a family of four must qualify, spending from \$10,000 to \$16,000 to acquire permanent residency green cards for all members of the family. They must live in the US from seven to

know who is ready, a local Oro Valley immigration attorney helps us ensure all the proper papers are in order, and IMPACT helps them fill out the complicated forms and writes the check for the fee. Each year, we bring in at least three new citizens. This dream recently became a reality for Nery Hinojosa, pictured here at the conclusion of her naturalization ceremony last month!

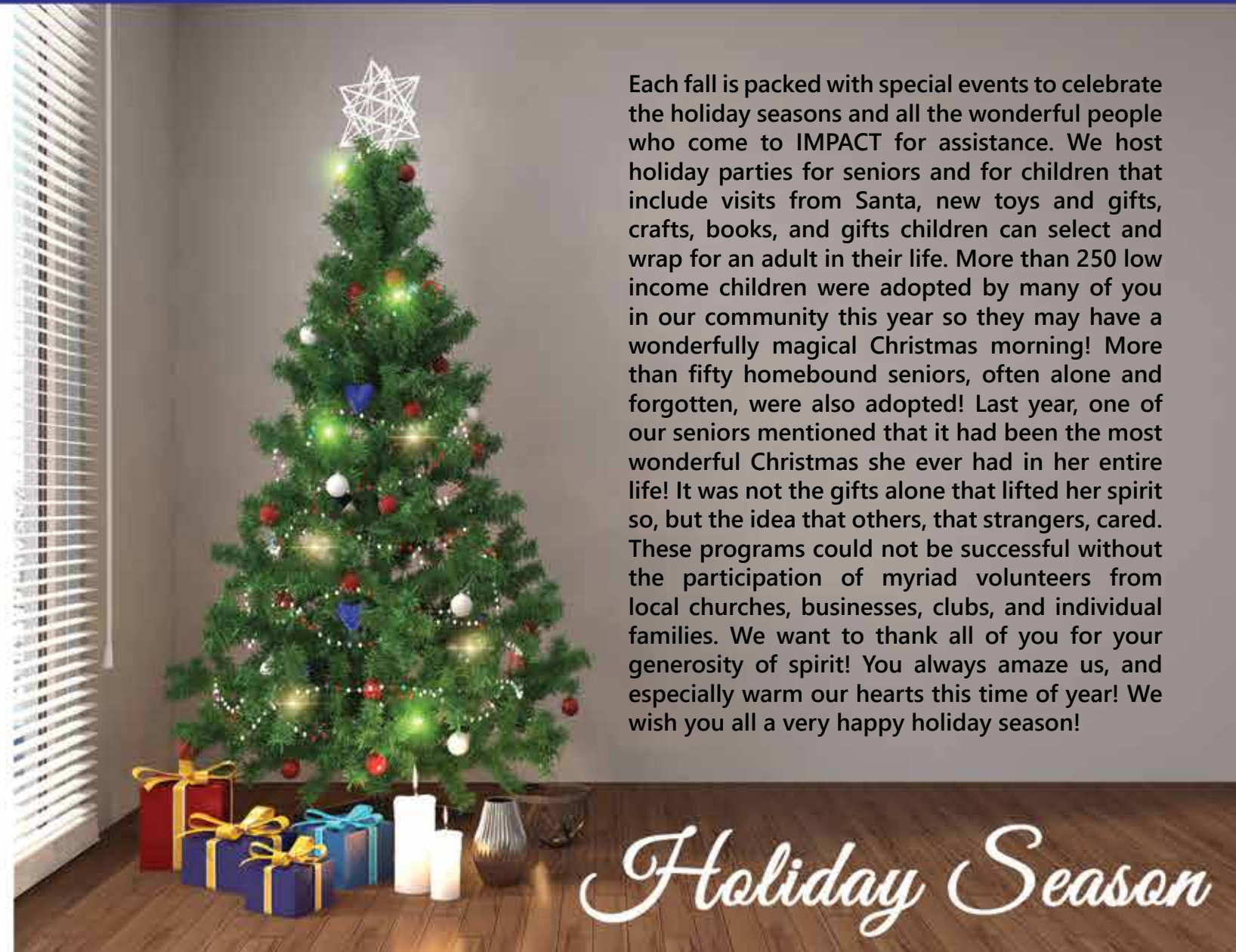
Dealing with Grief



We often think that getting help to deal with grief is for those who have lost a loved one, but there is much more to it than that. Grief is about dealing with change, not only with regard to death, but in loss of any kind: a job, a change in finances and lifestyle, self-image, etc... In our line of work there are many people dealing with big changes in their lives. Some who used to donate at the back door now find themselves coming into the lobby, or the food bank for help. For many this is a tough transition. IMPACT is fortunate to have an AZ licensed grief counselor in the community who volunteers her time to meet with our clients to help them deal with those life shifts. If a client is interested in this type of service, we connect them with Ann and the two meet independently to work through the four stages of grief, to get through to the other side, where they can be strong again, and use valuable coping skills to move forward in their lives. IMPROVING LIVES and INSPIRING FUTURES

twenty years, depending upon the path to citizenship fitting their circumstances, and keep detailed records of all travel in and out of the country before being able to formally apply for citizenship. That application is \$680 per person, and involves an interview in English and a test on US history and civics. At IMPACT, we help people over that final hurdle! Teams of volunteers teach beginning to advanced, and conversational ESL classes every year, hosting morning classes at a local church and evening classes at our main campus on Hawser. Citizenship tutors teach all the necessary US information in a one-to-one setting until they are sure the individual can be successful.

In the past we have published a sampling of the questions, and most of our readers found even they could not answer the questions! Interestingly, the AZ State Legislature just passed a rule that all AZ High School seniors must be able to pass the same test, as a requirement for graduation. Our teachers let us



Each fall is packed with special events to celebrate the holiday seasons and all the wonderful people who come to IMPACT for assistance. We host holiday parties for seniors and for children that include visits from Santa, new toys and gifts, crafts, books, and gifts children can select and wrap for an adult in their life. More than 250 low income children were adopted by many of you in our community this year so they may have a wonderfully magical Christmas morning! More than fifty homebound seniors, often alone and forgotten, were also adopted! Last year, one of our seniors mentioned that it had been the most wonderful Christmas she ever had in her entire life! It was not the gifts alone that lifted her spirit so, but the idea that others, that strangers, cared. These programs could not be successful without the participation of myriad volunteers from local churches, businesses, clubs, and individual families. We want to thank all of you for your generosity of spirit! You always amaze us, and especially warm our hearts this time of year! We wish you all a very happy holiday season!

Holiday Season

funding programs

\$2.5 MILLION INVESTED
IN OUR COMMUNITY
LAST YEAR ALONE!

Program List

- Food Banks and Nutrition Education
- MIMS - Weekend Food for Children
 - Referred by School Counselors
- Clothing, Diapers, and Toiletries
- Monthly Books
- Back-to-School Supplies
- Education Enrichment Materials
 - for School Classrooms
- Literacy Projects
- ESL & Citizenship Classes
- Youth and Senior Holiday Services
- Holiday Adopt-a-Child
- Senior Medical Transportation
- Activity Center for Senior Clients
- Respite Care (Planned 2017)
- Hot Mid-Day Congregate Meals for
 - Seniors in our Dining Room
- Meal Delivery to Homebound Seniors
- Aerobic and Chair Exercises
- Latin Dance Fitness Class
- Job Resource Center
- Resources and Referrals
- Children's Dental Services
- Meeting Space
- PIMA County Health Department
- Community Coalitions Participation
- Community Workshops
 - Cooking Classes
 - Suicide Awareness
 - Parenting Workshops
 - Money Management
 - Substance Abuse
 - Health & Wellness.....and more.



HELP US REACH OUR DONATION GOAL!

Four easy ways you can help ensure continuation of these great IMPACTful programs that change peoples lives!



IMPACT of Southern Arizona has a very stable financial foundation due to steady revenues from the Golden Goose Thrift Shop which is co-owned with another local nonprofit. These funds cover all administrative costs which are kept under 5%, and a share of program expenses, so financial contributions from the public directly support the many programs and services provided. Contributions from individuals, families, clubs, and businesses are critical to our budget. Government and Foundation grants also help us balance our budget each year. Full, independent audits are conducted annually.



Four Excellent Audits in a Row

**Programs That
Make a Difference**

NO COST TO CLIENTS!

New Donor Wall 2017



\$500 | \$1000 | \$5000 Recognition Panels available. To learn more visit our website: www.impactsoaz.org

Caleb Kinghorn, a senior at Ironwood Ridge High School, is helping to plan, design, and construct our donor wall to earn his Eagle Scout rank.



New Arizona Tax Credit Limits

Thanks to the Governor and the AZ Legislature, Tax Credit Limits **DOUBLED** this year!

Impact of Southern Arizona is recognized by the State of Arizona as an organization which assists struggling families and seniors. This means when you donate, you can take advantage of the Qualified Charitable Tax Credit of up to \$400 for individuals or heads of household and \$800 for married couples filing a joint return. This credit can reduce your taxes more than a regular deduction for contributions, because you may receive a dollar-for-dollar reduction in Arizona State taxes owed.

The law also now allows you to make your donation before April 15th and apply it to the previous year's tax filing, if you choose.

NOTES: For the Arizona Tax Credit, a resident may give to BOTH a school and a nonprofit, and claim both tax credits. All donors receive tax receipt letters.

You can
make this
happen!



IMPACT • Member of the Arizona Charitable Tax Credit Coalition

IMPACT operates with less than a dozen paid staff, and at least 240 volunteers each week! Consider joining our dedicated team. There are a variety of opportunities and shifts to match your interests and schedules.

- Customer Service
- Warehouse and Sorting
- Corporate Food Pick Ups
- Cook, Serve or Deliver Meals
- Teach ESL or Citizenship
- Drive Seniors to Dr. Appointments
- Office Administrative Support
- Donate Professional Skills
- Work an Event: Youth Day, 5K, Golf, etc...
- Update Job Resources and Resumes
- Help with Fundraising
- Serve on the Board, or on a Committee

involved volunteer



"Remember that the happiest people are not those getting more, but those giving more." H. Jackson Brown Jr.



Thank You Vail!

IMPACT has been serving the Vail community for nearly four years now, and our success there is due largely in part to the wonderful volunteers who have worked in the food bank,

packed MIMs weekend meals for the hungriest of children, delivered meals to homebound seniors and taken them to doctor appts., held food drives and donated cash for operations. In the past four years, IMPACT has invested more than \$300K in the community, added more than \$50K in grant funds we acquired, and applied the \$50K the local residents and businesses donated. \$400,000 in total to bring services to an underserved area of SOAZ. Together we have made a difference. That is the power of volunteers! The Thunder Mountain Moose Lodge, Optimists, Jim Click, Greater Vail Chamber, VCAB, Vail Preservation Society, Long Realty, TEP, Payless, Rincon Fire and School Districts, individuals, businesses, social clubs and more, all came together to support IMPACT, and our community. We thank each of you!

Help From Home!

Host a food, clothing, toiletries, or holiday toy drive with your friends, neighbors or colleagues. You can download pdf flyer backgrounds from our website, or call our Marketing Manager for help.

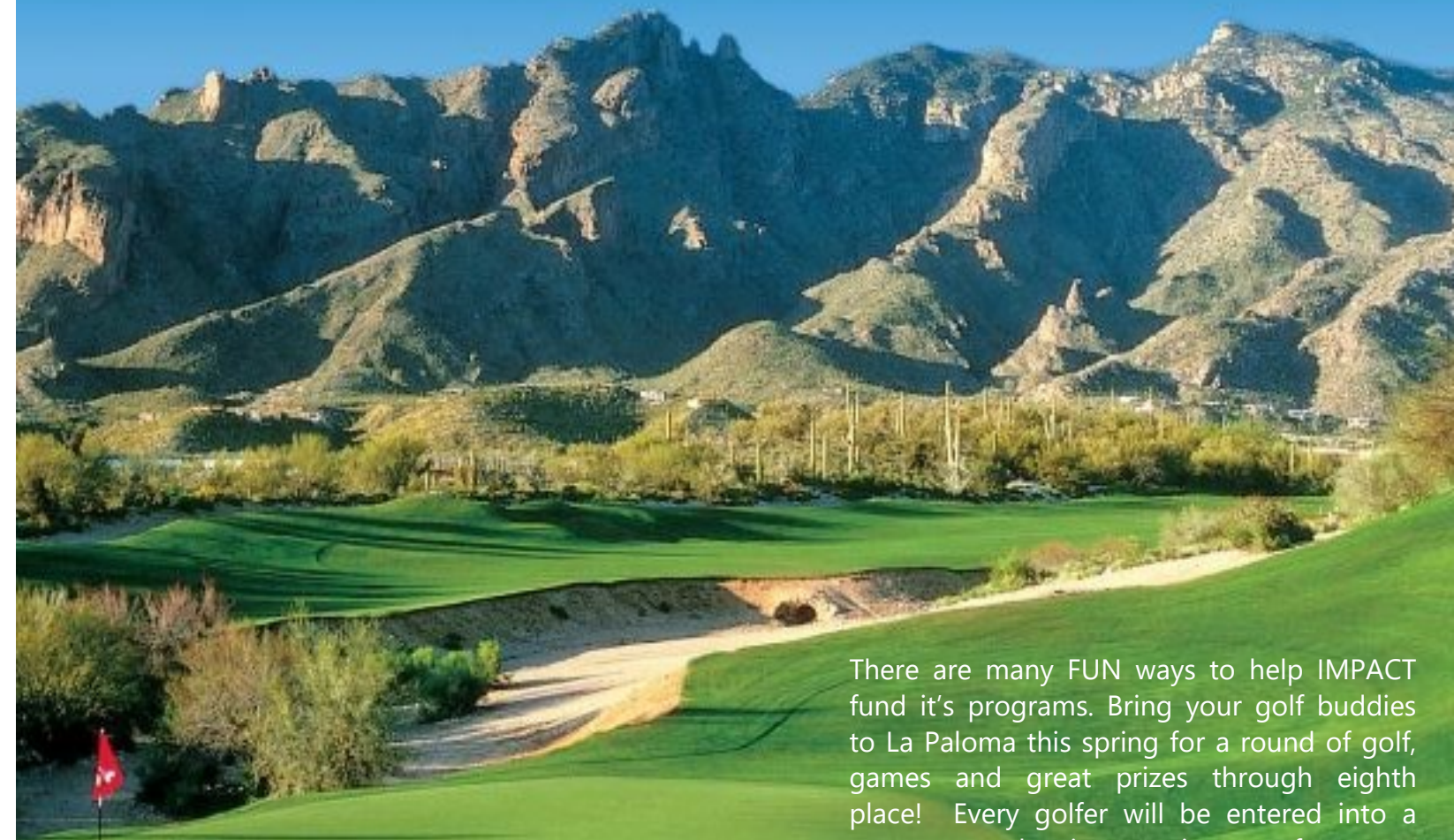


Collect books and magazines for the IMPACT Activity Center.

Package gifts and PR items for events.

Put together craft project supplies for programs.

Social FUNdraising



Dine and Shop for a Cause!

Gather your friends at one of our price fixed dinner events at local area restaurants, or make a purchase where some of the proceeds are donated to us. Select IMPACT at Amazon to fund programs while you shop! *Details on our website.*

There are many FUN ways to help IMPACT fund its programs. Bring your golf buddies to La Paloma this spring for a round of golf, games and great prizes through eighth place! Every golfer will be entered into a tournament drawing to win one of our two Carnival Cruises. The first is for golfers only! With a 1:144 chance of winning, someone will be going home to plan a vacation with a friend that afternoon!

Our second Cruise Raffle is open to the public Anyone can play! Buy \$10 tickets online between now and April 7th. This drawing will also be held at the Golf Classic.

A 50 Nifty Raffle gives you the opportunity to drop \$1 tickets into the boxes of your choice to win different gift baskets, unique artisan items, restaurant visits and more. April 7th.

Register on our website.



IMPACT of Southern Arizona
\$10 RAFFLE
Tickets Online
impactsoaz.org
Drawing April 7, 2017



IMPACT
DINING
FOR A
CAUSE



IMPACT
SHOP
FOR A
CAUSE

amazon smile
You shop. Amazon gives.



IMPACT OF
Southern Arizona
GOLF CLASSIC

FRIDAY, APRIL 7, 2017

La Paloma
Country Club

5Day 4Night Cruise from Los Angeles or Florida · WINNER'S CHOICE!



IMPACT

of Southern Arizona

IMPROVING LIVES • INSPIRING FUTURES

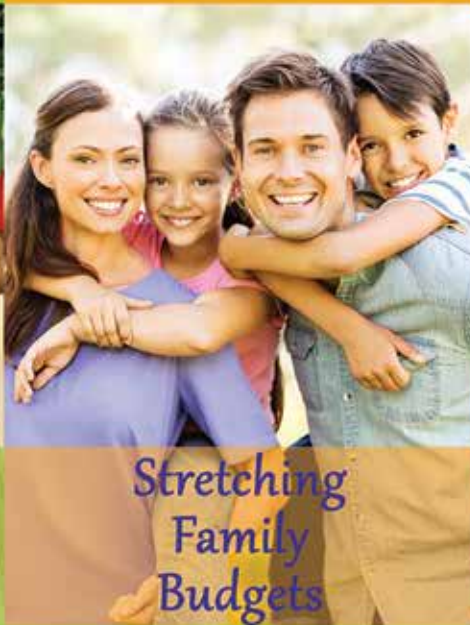
3535 E. Hawser Street | Tucson AZ 85739

Donate



Feeding
the
Hungry

Volunteer



Stretching
Family
Budgets

Partner



Caring
for
Seniors

IMPROVING LIVES AND INSPIRING FUTURES
BY BRINGING COMMUNITY TOGETHER

VOLUNTEERS | DONORS | CLUBS | BUSINESSES | AGENCIES

FOOD | CLOTHING | YOUTH | SENIOR SERVICES
COMMUNITY EDUCATION | RESOURCE REFERRALS

PROGRAMS DESIGNED TO BRIDGE THE GAP WHEN
EMERGENCY ASSISTANCE IS NEEDED, TO STRETCH BUDGETS
AND HELP PEOPLE BECOME SELF SUFFICIENT

www.impactsoaz.org