

Catalina Community Services

News & Notes

Mission: To provide assistance to Greater Catalina residents to improve their quality of life.

Vision: To be the Resource Center of choice with consistent services by volunteers to all residents of the Greater Catalina area.

VOLUME 7 ISSUE 1
SUMMER/FALL 2011

INSIDE THIS ISSUE:

| | |
|--|------------|
| A New Community Center! | Page 2 |
| Expanded Senior Programs & Community Workshops | Page 3 |
| Food & Clothing Banks | Page 4 |
| Spring & Summer Programs | Page 6 |
| Fall Events | Page 8 |
| New Programs for Families & School Grants | Page 9 |
| Volunteer Opportunities | Page 10 |
| Community Notes | Page 11 |
| Donations AZ Tax Credits | Back Cover |

GROWTH Come by our Hawser Street and Senior Center facilities, check our bulletin board outside the Clothing Bank, or visit our website, and you will be surprised to see how we have grown! There are now more than 3100 individuals registered in our programs and several added services to improve the lives of our community members.



With growth, comes change. We introduced a new summer program this year to provide daily activities for youth and families in the area, and to encourage them to try new things. In that spirit, we now support local schools and teachers in a wider variety of ways. Our new Community Workshop series kicked off with a suicide awareness course, and we will be offering a great group of varied classes over the next six months.

Our Senior programs currently garner much of our attention as we work to serve a growing need in our area. More people are seeking hot meals, both in our dining room and from our delivery service to homebound individuals. As the end of a long term lease in our Senior Center location approached, we made the decision to take this opportunity to expand our space to accommodate a larger commercial kitchen and our expanding program requirements. Because of your continuing donations of time, talents, food, clothing, and funds, we are able to grow & continue to make a difference in our community.



Barbara McClure
Executive Director

OPENING A NEW COMMUNITY CENTER IN CATALINA!

One of the most exciting areas of growth is that Catalina Community Services plans to open a new Community Center in early 2012. We will be relocating our commercial kitchen and senior programs, and adding activity space for other programs. You'll find more details inside this newsletter.



"A vision is not just a picture of what could be; it is an appeal to our better selves, a call to become something more."

Rosabeth Moss Kanter

"Always walk through life as if you have something new to learn, and you will."

Vernon Howard

"I arise in the morning torn between a desire to improve the world and a desire to enjoy the world. This makes it hard to plan the day."

E.B. White

Thank you for your support of CCS!



Catalina Community Services

BOARD OF DIRECTORS

Officers

Aaron Franco.
President

Bob Richards
Vice President

Pamela Kallio
Treasurer

Joe Dylewski
Secretary

Members

Julie Davis

Kristiana Foss

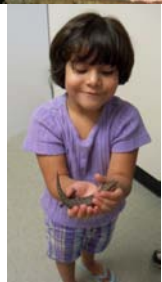
Arthur Posner

Patrick Shaffer

Peggy Smoot

Paulette Stark

Otto Voorman



From The Board of Directors

Board Members Active in the Community

Interested in serving on a local non-profit Board? While we currently have 11 volunteers doing just that, we are seeking individuals interested in coming to meetings, serving on special committees, and joining us as Alternate Board Members. Call or email: board@catalinacommunityservices.org

CCS is continuously assessing community needs - gathering feedback from clients, local businesses and community partners - finding additional ways to improve the quality of life for residents in zip codes 85737, 85739 & 85755. Please contact us if you have a concern or know of a special need in the community.



A New Community Center for Catalina Expanding Opportunities for Seniors and the Community as a Whole.

Our current Senior Center is 1000 square feet: 500 sq.ft. kitchen & 500 sq.ft. dining - not large

enough to meet the increasing community need for meal service. This issue lead us to develop a plan for an expanded center, but also a place to provide additional services to compliment other organizations in the area.

With Catalina's recent growth, the Golder Ranch Fire Dept. training rooms are heavily booked with community meetings and events, the Pima Park & Rec Community Center on Pinto is busy each afternoon with after-school programs for local youth, and it can be difficult to book time on one of the six computer terminals at the local library. In addition, CCS has a need for larger gathering spaces as programs are expanding.

Therefore, we plan to move from our old Senior Center space at 16701 N Oracle, and build out a much larger 2800 sq.ft. space in the Catalina Pointe Shopping Center at 15920 N Oracle, Unit 145.

CCS Community Center.

Located on the east side of Oracle Road, in the Center south of the Golden Goose Thrift Store, we will be able to expand our kitchen to nearly 1000 square feet, serve more seniors in a much larger dining area, include a small bank of computers, have an activity space, and be able to gather larger groups for community workshops, and presentations. We also hope to offer the space to outside groups when available.



OFFICE CONTACTS

520.825.0009

**3535 E HAWSER ST
TUCSON AZ 85739**

office@

catalinacommunityservices.org

*Catalina Community Services
Helps:*

*Calm the Troubled,
Feed the Hungry,
Care for the Seniors,
Clothe the Needy,
Help the Children,
Welcome the Babies,
and
Respects the Goodness
and Dignity in Us All...*

GROWTH

www.catalinacommunityservices.org

Senior Services include a social luncheon three days a week, meals on wheels, musical shows, and



more - all made possible through the service of volunteers helping

Senior Program Manager, Jan Myren.

We have recently added grief counseling services and are partnering with PCOA (Pima Council on Aging) to provide local caregivers' support groups in the Catalina area.

As more people inquire about our meals, and we prepare to serve the growing number of seniors in our community by enlarging our kitchen space and creating more social, support, & educational opportunities., we welcome your help!

Are you available to deliver several meals a couple times a month? Do you have a special skill or talent to share or teach? Feel free to contact us, and be part of this exciting expansion.

Our success comes from partnering with our community

Growing Programs for Seniors and the Community as a Whole

In the new Community Center we will be adding regular game days for Bridge and Mahjong groups—open to those who play and those who would like to learn. We'll offer other game and social activities as well. Rose will continue her senior low impact exercise classes three days a week, and one of our volunteers will be hosting regular discussion groups on a variety of current topics. Watch our Community Center Bulletin Board for details. We are organizing classes on budgeting, help to quit smoking, walking for fitness and a variety of other life impacting topics.

Community Workshops

CCS invited AZYP to teach a Suicide Awareness class to the community,

helping people learn the signs and steps to be taken to help troubled friends & neighbors.



Funding for our new CCS Community Center will come from donors like you, and help from Pima County who has awarded us a grant for \$25,000 toward this project!

Thank you to all for your support!

Food Bank, Holiday &

People often ask us how our food bank is different from others in the area.

Here's how it works:

We are an Agency of the Community Food Bank (CFB) in downtown Tucson. They in turn are part of the Feeding America group. The CFB serves over 250,000 individuals each month in the following 5 southern AZ Counties: Pima, Cochise, Greenlee, Graham and Santa Cruz. Counties to the north of us, such as Pinal and Maricopa, belong to a different Food Bank program through the United Way.

Both the CFB and United Way receive foods from the USDA which make up the cardboard TEFAP boxes shown above. CCS volunteers drive down to the CFB at Country Club and Ajo each week to pick up these boxes which are intended to be a three day emergency supply for families. While there, we also pick up produce,



CCS is an Agency of the
**Community Food Bank
of Southern Arizona**



Any CFB client
can pick up
their TEFAP
Box from CCS



bread and other items, if available. The smaller box is packed by volunteers at the CFB to supply 1-2 people in a household. The larger box is intended to feed 3-4. **Because the CFB serves such a large number of homes, they can only supply up to 4 people per address.**



In the United Way system, there are no central volunteers, so the food is delivered on pallets to those Food Banks and local volunteers package the food; however, (the same) food is provided for every person living in the household.

At CCS, we strive to make up the difference and provide food to each individual. This is where you, our donors, come to the rescue.

The food you donate to CCS is packed in supplemental bags, equivalent to the small cardboard TEFAP box for 1-2 people. Every home, no matter how many people live there, receives enough food from CCS for each person. A TEFAP box is given for the first four people,

with as many bags as needed to feed the rest of the house. **At left is a list of items in each bag...**



Beyond the Basic Box and Bags

Beyond the boxes and bags, clients also choose items from a shelf of various donated items not packed in the bags. These additional items include foods and toiletries—items like cake mixes, oil, crackers, light bulbs, shampoo, deodorant, toilet paper, tooth brushes, etc... All supplied by you and community partners. Clients come through for these items once each month. Bread and a few other products are available on a daily basis. Many people stop in regularly for food.



Pinal Residents in 85739 Zip Code

Ideally, Pinal residents would use the United Way Food Banks in Mammoth and Florence, but we have many local residents living just over the County line, with poor, or no transportation, and many Pinal Food Banks have limited service hours. We cannot give these area residents CFB boxes, but do allow them to come to CCS, and supply them with CCS Bags for their families, if they prefer to register in our program.



Our Food Bank HEROS!
Thank you CDO Dream Team
students for donating over 165 jars of Peanut Butter for our CCS Bags—and for coming in twice a week to pack the bags for our community! We love having you here!

Clothing Bank News

HOLIDAY FOOD PROGRAM HEROS!



OUR FIRST TURKEY DRIVE

BROUGHT IN **243** BIRDS!

- ◆ Enough that everyone who signed up for a Thanksgiving Dinner received one!

Thanks to a partnership with **WalMart**, a very generous cash donation from a group of local fundraising residents "**The Treats & Talents Auction Committee**", was able to provide us with 100 turkeys! **SaddleBrooke Rotary** partnered with our local **Bashas'** to deliver another 30 birds. Dan at **Bubb's Grubb** donated 8, **Sierra Tucson** donated 4, **Paulette Stark (Board Member)** and her husband **Ted** brought 3 —and nearly 100 local individuals contributed the rest.

Fry's helped to make the dinner kit extra special by working with us to provide 5 lb. bags of fresh potatoes for each kits, and dinner rolls at a special discount. WalMart helped us to afford fresh pumpkin pies, stuffing, gravy mix, sweet potatoes, and cranberry. Donors provided canned vegetables.

As usual, our dear friends at the **Catalina Mountain Elks Lodge** helped pack 230 dinner kits Monday morning. **Board Members** Aaron Franco, Bob Richards, Peggy Smoot, Kristiana Foss, and Joe Dylewski, with his son Chip, joined Elks and Rotarians to distribute the kits later that afternoon at the Golder Ranch Fire Dept. Staff completed the project from Hawser Street Tues. and Wed.

It was a great way to kick off the Thanksgiving holiday! Thank you to all who made this possible.



In the spring, at Catalina Youth Day, local students put on a Fashion Show highlighting clothes from the Catalina Community Services Clothing Bank. Your donations of clothing continue to fill the racks at the Goose and in the Clothing Bank. Over 800 people check out more than 4000 items each month from the CCS Clothing Bank. Your donations are truly appreciated and make a difference in the lives of many individuals.



NEW SHOES for our clients



ORO VALLEY HOSPITAL



Thanks to another wonderful collaboration this year with Oro Valley Hospital Employees and Oro Valley Athletic Store: All About Walking & Running



We partner with the Diaper Bank in Tucson to provide dia-

pers for children as well as adults. In fact, even though we have more than 150 babies and toddlers registered in our programs, our greatest demand is in adult sizes. This partnership allows us access to free diapers, for a yearly membership fee.



Socks & underwear are purchased for the Clothing Bank

Spring - Volunteer Appreciation Party, Junior Achievement & Catalina Youth Day



We can never really do enough to show our volunteer crew how much we appreciate all the time and energy they give to CCS but we do like to host a luncheon every February as a special reminder.

Each year, on the first Saturday of March, Virginia Madrid, of AZYP, pulls together a wonderful community agency faire. CCS funds the activities and the BBQ lunch for the community, but Virginia does all the organizing.

Local agencies come together and set up booths to let the community know about the services offered in the area. Families listen to music and watch shows put on by local residents, as children play on inflatable climbing structures, get fitted for bike helmets and enjoy visiting with friends.

SIL (Summer Institute of Linguistics) is always a generous host of

Catalina Youth Day

It is just one more way local residents come together for, and with, each other!



Each February, CCS provides Coronado K-8 with more than 40 volunteers to teach the Junior Achievement Program for 5-6 weeks. Students learn about economics, global dependency and other business topics. A fee is involved. Consider sponsorship...



 Junior Achievement®



Something New - Summer Programs

CCS dished up plenty of fun in June and July!

We wanted our neighborhood kids to have a healthy active summer. With limited transportation, many kids stay home. Even the Park & Rec Center/Pool seems far if you have to walk from one end of Catalina to the other in temps over 100 degrees! We wanted our families up off the couch, learning, and trying new things each day. It worked! M-F for 8 weeks! With an array of physical and mental projects, and a few field trips, this summer was memorable for many!



We partnered with many individuals and clubs who shared their talents and passions.

**Tucson Amateur Astronomy Association
Local 4H • The Reptile Man
Teens Sew Cool • Local Gardener, Bob Washuta
• Local Ceramics Artist, Kathleen Greer and many more. Thank you to all who made this such a fun and stimulating summer for our local families!**



Back to School, Drug Awareness, Citizenship

We celebrated Citizenship! 44 people of 13 different countries, took the oath the day CCS was there.



CCS distributed 167 backpacks filled with school supplies, and over 200 new back-to-school outfits. Students selected a pair of jeans, a shirt, hoodie type sweater/light jacket, under garments, and many found new shoes to fit. Mariel went off to the UofA, and Iliana joined us.



CCS took students to Kids Closet twice this past year. Each chose several new outfits and a heavy coat.



GROWTH

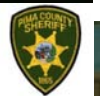


Arizona Youth
Partnership

CCS Partnered with several organizations who worked together under the direction of AZYP's Virginia Madrid and Jackie Cothrun Rocha of the Catalina Optimist Club to bring a Drug Awareness Walk to Catalina this fall. More than 50 people participated in the walk from CCS to the Pima Park & Rec Center carrying red balloons. Pima Deputy Sheriffs were on hand at Bashas' collecting expired prescription drugs, and the walk wrapped up with music, personal stories from a community member who had dealt with drug problems, and related topics. We expect to bring this important event to Catalina again next year.



Bashas'

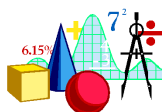


Supporting Local Schools!



This fall, CCS awarded a \$1000 grant to Painted Sky PTO to fund their Thunderbird Resource Center Literacy program. This money paid for phonics materials that will be available to all teachers.

Coronado K-8 Teachers each received a grant for \$135 to be used for classroom materials.



Music Students at Coronado K-8 and CDO received a special treat this fall—

live performances by young professional singers. This amazing opportunity came through a group of local residents who bring talented artists to the area through an organization they call “Treats & Talents Charity Auction”. When traveling artists’ schedules permit, we partner to facilitate class Time with local students.

Connie Lim



Shay Dillon



There are over 1000 children registered in the programs at Catalina Community Services, with 600 between the ages of Kindergarten and 8th grade.



You too, can hear these artists in a local intimate setting. Join us for a show! Ticket sales benefit CCS.

Rising Stars Concert Series

**Jackie Bristow
Friday Night
January 13**

Details 2012
on our website...



Now partnering with, and trained by, Pima County to be sure all households have gas and electric service — especially important in the winter and summer seasons. The Federal LI-HEAP project subsidizes utility payments in households for whom utility payments are an unreasonable % of income. Clients can fill out the papers at CCS with help, and the County pays the utility companies directly. One more service CCS is able to provide...



Thank you to **Cleere Law** who will be teaching free community workshops at CCS in 2012, and offering affordable help for clients.

Supporting Local Families!



DID YOU KNOW:

Only 45% of those with annual household incomes under \$30,000 have broadband internet access at home?

CCS is working to be sure that our community members know they can sign up for reduced rate internet through Comcast if they qualify. We are passing out information and helping interested families get onto the program.



In late October, Tadeh, our Amphi representative, began screening families for holiday adoption. We quickly reached 185, but were not sure we could find enough people willing to adopt that many children. To our delight, groups and individuals came in seeking more than 225! We then opened our waiting list. Plans have also been under way for our Santa Party held in December at SIL for 200-300 kids. This year children will be able to choose a gift for a parent or someone else in a Secret Santa type of program - Give and Get!



Volunteers Welcome

**Help GROW
Our Team!**



OPPORTUNITIES

Food Bank

- Customer Service
- Sorting and bagging in the warehouse
- Sponsor/Organize a Food Drive
- Pick up food donations from local stores & restaurants



Clothing Bank

- Customer Service
- Sorting of clothes



Senior Programs

- Help staff prepare hot mid-day meals
- Serve lunch in our dining room
- Deliver mid-day meals, once a week, to home bound seniors
- Plan a senior activity
- Drive a senior to an appointment
- Help with data entry at the Senior Center



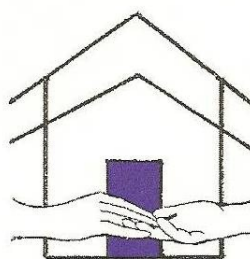
Youth & Education Programs

- Be a teacher's aide for an ESL class
- Teach a citizenship or GED course
- Read to young children
- Join our Junior Achievement team
- Lead a summer activity for families
- Tutor school children
- Pick up donated books
- Share a talent in a Community Workshop



General Help

- Work at a fundraiser
- Staff an off-site food drive
- Work at the Catalina Youth Day in March



*Catalina
Community
Services*

YOU
Can Make A
Difference!
Volunteer.

Impact the lives
of people in your
community.
Make new
friends. Have
fun doing both!



www.catalinacommunityservices.org

Thank you to all our volunteers—your donations of time and care make all CCS programs possible!

Congratulations & Thank Yous



Recently, Mr. Al Trice, one of several original members/founders of CCS was recognized by the organization called Volunteer Southern Arizona for all his work with Junior Achievement.

Al's support of the program has brought business education to more than 5000 low income youth over the past several years, and he continues to cultivate the program, seeking more educational opportunities.



Several friends & supporters were present at the award ceremony held in downtown Tucson in November.

***Congratulations Al
for being chosen
Outstanding Volunteer
in Education!***

Thank you to all who organized, helped with, and participated in the Harvest for Hope this fall! Even though we were rained out during the 5K, we collected a great deal of food. Sponsorships & donations will buy hundreds of pounds more!

Please Consider Making a Donation to Catalina Community Services

Your donations help us keep up with community **GROWTH !**

A tax deductible contribution will help us:

- Expand and modernize our commercial kitchen, so more seniors can meet for nutritious meals, and receive deliveries at home if needed.
- Feed and nourish the 320-360 families who visit our Food Bank monthly.
- Clothe families with the basics, and keep them warm this winter.
- Support local education and literacy programs, so children can be successful in school.
- Provide afterschool programming to keep young bodies active and minds sharp.
- Meet the basic needs of our neighbors, so they too can contribute to the community.

Donate





**Catalina
Community
Services**

Thank you

CLEERE LAW OFFICES

A Professional Corporation
www.CleereLaw.net

For helping our clients and for helping
defray the cost of color printing!

**NON-PROFIT ORG
US POSTAGE
PAID
TUCSON AZ
PERMIT #541**

***Donate to Catalina Community Services
and enjoy a TAX CREDIT on your Arizona return!***
Contributions to this 501(c)(3) are tax deductible on your Federal return as well!

A \$200 Donation made payable to
Catalina Community Services
before December 31, 2011
can be deducted from an individu-
al's Arizona tax payment. Filing
jointly? Contribute \$400 and pay
the AZ tax man \$400 less!

Donate
on our
secure
website
any time
of day
with a credit card, drop by the office
in person, or drop a check in the mail.



Another
GREAT
THING about
donating to
CCS is that
**100% of
your gift
will fund
programs.**

A special thank you to our partner -
the Golden Goose Thrift Shop -
whose contributions fund our
administrative expenses and help
your dollars go
farther.

Donate



www.catalinacommunityservices.org

Already met your deductibles for 2011? Donate in
January for deductions on your 2012 tax returns!

