

Community Quarterly

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Spring 2020

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Volume 11, Issue 2

2020 Ride of Silence Scheduled for May 20th

Written by Chuck Hill



Friends of Mason Taylor join the 2019 Ride of Silence

On the evening of May 20, the international Ride of Silence will be observed in close to 400 locations in the United States and in fifty international countries on seven continents. Cyclists will take to the roads in a silent procession to honor cyclists who have been killed or injured while cycling on public roadways.

The Green Valley/Sahuarita event has been observed for the past fifteen years to honor those many cyclists. Beginning on May 17, 2006 twenty local cyclists rode from the GVR West Center to the south to honor the life of Fred Hettig who had lost his life while cycling on Nogales Highway. Last year 112 cyclists rode a seven mile loop from the GVR East Center to remember the life of Walden Grove High

School freshman Mason Taylor.

Cyclists participating in the local Santa Cruz Valley Area Ride of Silence will gather at the GVR East Social center at 5:30 PM and begin the ride at 6:00 PM. Riders will observe the world-wide guidelines for the Ride of Silence and ride at a slow and comfortable pace while conducting the ride in total silence. The ride will be led by local bicyclists and supported with assistance from the Pima County Sheriff's Department, the Sheriff's Auxiliary Volunteers, and the Green Valley Fire District.

Ghost Bikes are somber memorials for bicyclists who are killed or hit on a roadway. A bicycle is painted all white and located near the crash site, sometimes accompanied by a

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small plaque or flowers. They serve as reminders of the tragedy that took place and as a quiet statement in support of cyclists' right to safe travel.

On February 16, fifty cyclists and friends gathered near the entrance to the Coronado National Forest entrance on Madera Canyon Road to

dedicate a ghost bike to the memory of George 'Fred' Dillemath. Fred, a fifteen year resident in Rancho Sahuarita, was involved in a collision on Labor Day, 2019 while returning from a ride to the end of the canyon road. He died the next day. His family and friends will join cyclists on May 20 at the Green Valley/Sahuarita Ride of Silence event to remember his active life.



Riders head north on LaCanada



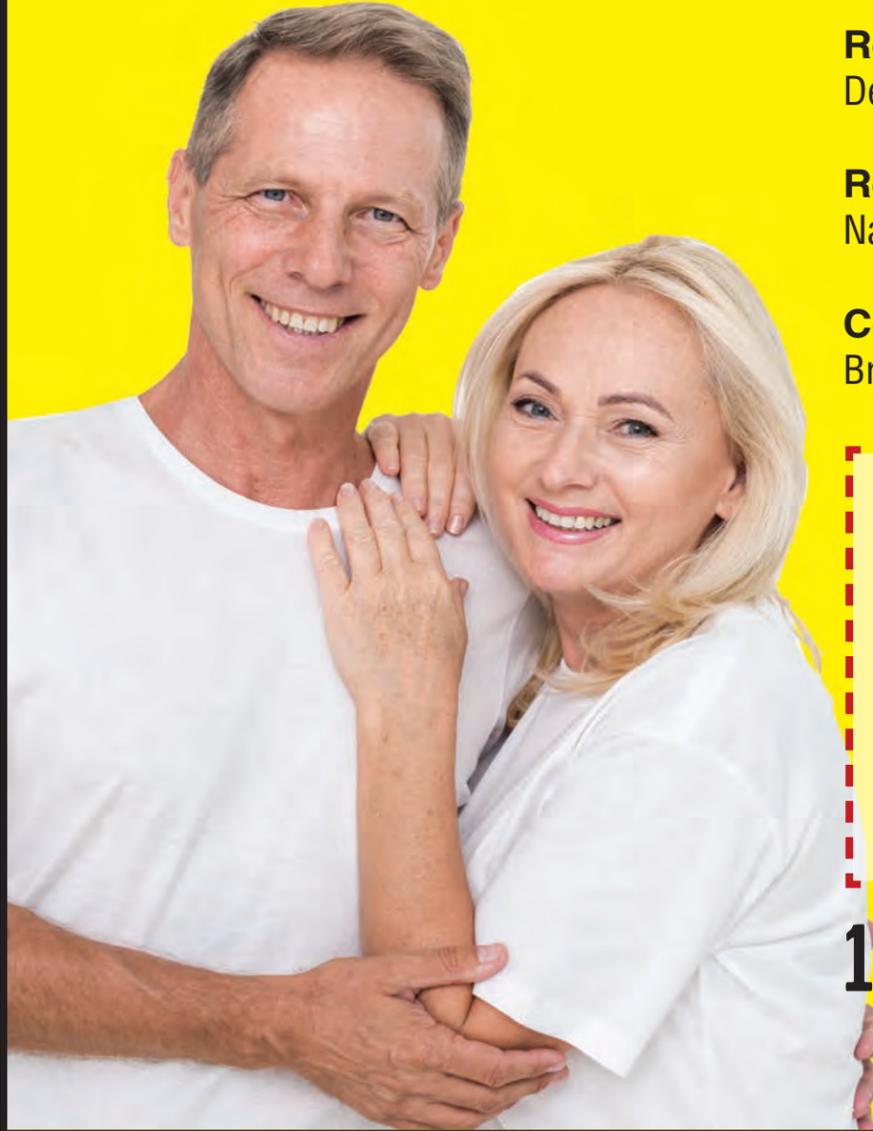
The Ghost bike in memory of Fred Dillemath

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Sahuarita Dance Center – A World of Music and Movement

Written by Tabitha Yates

Sahuarita Dance Center's doors have been open to dancers and gymnasts for fourteen years now. Owner and former dancer, Michele Igasan, began her business, offering a few classes at the Rancho Sahuarita Clubhouse. Michele explains, "Dance was always my passion, even as a young child. It quickly became a safe space for me to grow and learn. It is also an art form and an incredible way to express your emotions. I truly wanted to create a safe space for local children to have what I had. I wanted them to have a place to shut the world away and just get lost in the music and movement."

Michele knew there needed to be a spot where all the residents of Sahuarita could take classes, which led to her building the current location of the dance center on La Canada in 2009. Building her business from the ground up has been a labor of love for Michele. She believes it is her calling in life. Sahuarita Dance Center currently offers dance classes in ballet, jazz, lyrical, hip hop and folklorico. They also provide gymnastics classes, as well as creative movement for kids. Aside from all the options at the dance studio, a student is also able to take one of the dance classes offered at the Rancho Clubhouse or at Anza Trail School.

Michele spent her childhood in Utah, training in all forms of dance. She was a part of several show



Sahuarita Dance Center

choir dancing and singing ensembles, which performed at many community events. While Michele loved jazz, her passion for ballet re-

ing her abilities. After high school graduation, she was offered a ballet scholarship to BYU, where she majored in dance and performed with the university all over the country, including a special three-week tour to South Africa where she performed as a soloist.

Even after starting her family, Michele still took the stage and danced throughout the country. She

also performed as a soloist with Corpus Christi Ballet. Michele began her career teaching dance in California, where she instructed advanced levels of ballet for eight years. Upon moving to Sahuarita in 2005, Mrs. Igasan not only found her

place in the community and the place where she looked forward to watching her children grow, but also an entire "dance family" that she has enjoyed having the privilege of witnessing grow up in her studio. It is thrilling to see once little students from beginner's classes, now turning into incredible

dancers, gymnasts and ballerinas!

Michele shares, "We have incredible families in our area. The parents are very invested in their children and want to give them opportunities to grow. I personally have felt a lot of support from all the people within the Sahuarita and Green Valley community. I am a mother of 5. I met my husband here and I raised my kids here."

This is home for the Igasan clan, which includes all of Michele's teaching staff." I LOVE my staff," Michele exclaims! "They are all here for the same reasons I am. We love kids, we love dance and gymnastics. We want to give back. We are a tight knit group. We love to discuss ways to help our dancers. Some have been working for me for a decade. Some of my teachers were once students of mine and I've been able to see them grow into incredible adults. I consider them my kids. I also love drawing on the talent of community members, from classically trained Russian Ballerinas to former Olympic gymnastics competitors. I have been blessed to have them here. They have the same mind set as I do and they want to give back to our community and children. I feel that is what life is all about," says Igasan.

Speaking of giving back, The Dance Center performs at most of the city's events. They love to serve the community. Performances include-Fiesta Sahuarita, Spring Celebration, Sombrosito Sahuarita, Red, White and Boom on the 4th of July, Christmas Light Parade and more! The staff and dancers also volunteer their time at Relay for Life and have performed for the Walk for Alzheimer's. Some advanced dancers perform annually for La Posada.



Dance Recital at Sahuarita District Auditorium



Performance at Annual Dance Recital

ally took flight when she was in her first production of "The Nutcracker." Dance became her life. Following training with Utah Regional Ballet, the young dancer was selected to join Brigham Young University's Theater Ballet Company. Michele was very disciplined and spent up to six hours a day, perfect-



Dancers in the Studio

Sahuarita Dance Center continued from page 3

SDC gives its students the opportunity to showcase their talents in two shows a year. They put on a Christmas show and an annual recital each May. Their upcoming spring recital theme this year is TV Time and all the songs are geared towards TV shows, from Happy Days to The Mandalorian. This show is always packed with supportive family, grandparents, cousins, aunts and uncles cheering their dancer on.

Sahuarita Dance Center is looking forward to their program continuing to grow. They strive to provide a classical dance education for all who step in to the studio. The studio's greatest desire is to help promote a safe and positive place for children to learn and grow. The

most rewarding aspect of owning the dance center for Michele is found in the smiles on children's faces when they accomplish something hard and they see that their dedication and persistence pays off. Michele says, "When I see them happy and loving their time here, I get to live my dream."

It is said that to dance is to hear our hearts speak and Michele loves this quote because for her, dance is truly an art. Michele believes, "We can go to the depths of



Winter Parade

our emotions and express ourselves in a way nothing else can. When we dance, truly dance, our hearts are exposed and the audience feels that!"



Michele and Family



Dance Students in the Studio

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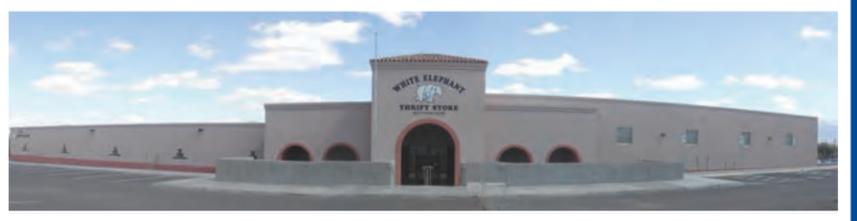
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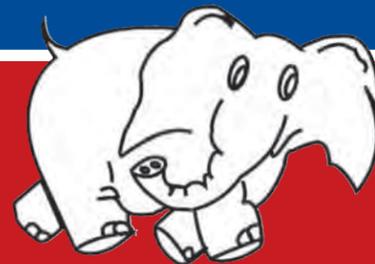
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The White Elephant thanks all of our Volunteers during National Volunteer Week!!!

It takes a special person to give of themselves for the good of others. The Thrift Store could not operate without you and we look forward to seeing you all soon!

Organ Stop Pizza Takes You Back to Yesteryear

Written by Tabitha Yates

Organ Stop Pizza might just be the best local treasure, you've never heard of until now. Located in Mesa, Arizona, this amazingly unique parlor pairs pipe organs and pizza for a winning combination!

Originally located in Phoenix, the restaurant featured a Wurlitzer pipe organ which was built initially for Grauman's Hollywood Egyptian Theater. The creative concept for this type of dinner theater experience, originated in the mind of a Phoenix real estate developer, who possessed an affinity for the pipe organ and its music.

Organ Stop Pizza quickly became a landmark attraction and due to the overwhelming success of its Phoenix location, a plan was put in place to open a second parlor in Mesa. In 1975, Mesa Organ Stop opened its doors, offering specialty pizzas, pastas, appetizers, sandwiches, salad bar and desserts, as well as a variety of soft drinks, beer, and wine. This location features a Wurlitzer organ from the Denver Theater in Denver, Colorado. In the theater,



the Denver instrument had fifteen sets of pipes or ranks. However, the instrument has now been completely rebuilt and the decision was made to enlarge the organ to 23 ranks for its debut in the new Mesa Organ Stop. Under new ownership and following careful acquisition of rare pipework and percussions, **Organ Stop Pizza now possesses the largest Wurlitzer pipe organ in the world!**

If you're the type of person who keeps a local "bucket list" of towns, restaurants and hidden gems that

you wish to explore throughout our great state of Arizona, this is a must add to your list! The moment you enter this whimsical pizza parlor, you are greeted with a majestic sound that fills the room and the smell of some of the most fabulous pizza you will ever taste. Simply stepping through the doors, takes you back in time. To the left, is an old arcade and gift shop. You'll also find an ATM, because this location takes cash only. The destination spot opens for merely 5-6 hours a day and they are packed the entire time.



Song, Battle Hymn, My Country 'Tis Of Thee, America The Beautiful, This Is My Country, This Land Is Your Land and God Bless America.

While a wide variety of ages enjoy visiting Organ Stop Pizza, you'll notice a large number of seniors, cheerfully singing along to tunes such as Memory from Cats, Amazing Grace and Phantom of The Opera. It is touching and inspiring to hear all the voices fill the room for the Armed Forces Medley, which includes- American Patrol, Columbia The Gem Of The Ocean, Caissons Go Rolling Along, Marine Hymn, Anchors Aweigh, Air Force

Next time you're up for a road trip, visit and discover why Organ Stop Pizza and its impressive Wurlitzer have come to be known as the best in the world, as attested to by many of the world's finest theater organists. You'll surely understand why the location hosts hundreds of thousands of patrons each year, as you leave with a pleased palate and a full heart.



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THERAPEUTIC LASER

Therapeutic laser is the application of light energy to areas of the body to stimulate healing. The most common applications for therapeutic laser include arthritis pain, snake bite pain and swelling, muscular sprain/strain and the resultant pain, post-operative application around incisions, wounds and any situation in which the pet is experiencing musculoskeletal pain. Therapeutic laser reduces pain by decreasing inflammation and tissue chemicals that stimulate pain and by affecting nerve conduction. It also enhances healing by increasing microcirculation, stimulating cellular activity, and increasing growth factors. Not all therapeutic lasers are the same. The two classes most commonly used are Class III and Class IV. Class III therapeutic lasers are lower powered, whereas Class IV are higher powered. The difference is the amount of time required to deliver the treatment dose of light energy. For instance, a Class III laser might require treatment lasting 20 minutes or more, while a Class IV laser might only require a few minutes. Animal Care Center of Green Valley has a Class IV therapeutic laser in house to provide high-powered, quicker treatments for pets.

ACUPUNCTURE THERAPY

Acupuncture for the 21st century: No magic, just science. According to International Veterinary Acupuncture Society, "Acupuncture has been used successfully for nearly 4000 years on humans, as well as animals."

Acupuncture works by stimulating specific points on the body that can alter various biochemical and physiologic conditions to achieve the desired effect. It can stimulate nerves, increase blood circulation, relieve muscle spasm, and cause the release of hormones, such as endorphins and cortisol.

Some of the more common disease processes that acupuncture can be used to treat include: post-surgical pain; debilitating arthritis; chronic back and neck pain; intervertebral disk disease; immune dysfunction; and muscle tension. It is a common misconception that acupuncture should be used instead of more "conventional" methods, but at Animal Care Center, we often use it alongside many other treatment modalities to better help the patient.

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Sugar is Sweet but Diabetes Isn't!

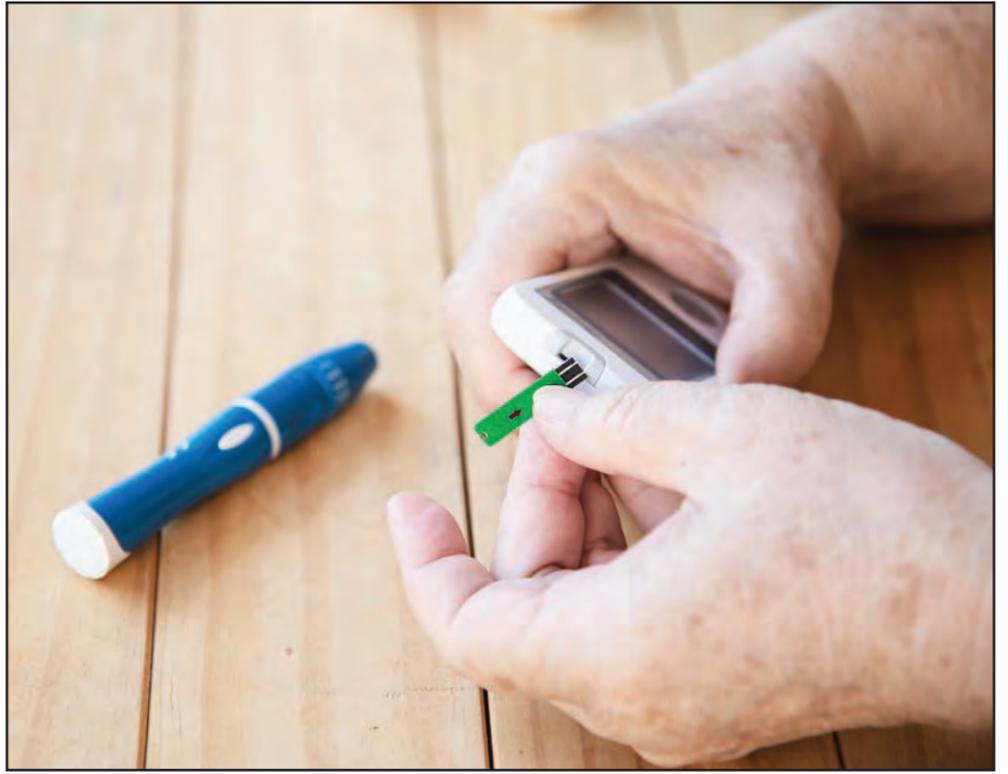
Written by Chris Erickson, RN

Education on Diabetes is of utmost importance, especially right now in the amount of unknown stress and anxiety lately which can create a sense of havoc on Diabetes. I've had Diabetes for 21 years. As an RN for 30 years and having the experience of being a Diabetes Educator helped me empower others to learn about Diabetes, change their lifestyle and be upfront with their healthcare providers about this disease.

There are two forms or types of Diabetes, Type I and Type II. The more common form of Diabetes is Type II. This is called adult onset Diabetes Mellitus and accounts for 90 -95% of adults diagnosed in the U.S., with increase numbers of older Americans, however numbers are now changing to include younger people, with greater risk for those with obesity and sedentary lifestyles. Many factors affect blood glucose levels: stress, activity, nutrition, medications, sleep, other illnesses, and hormones. We need to pay close attention to those issues that may increase the blood glucose level in Diabetes. Stress can signifi-

cantly increase blood glucose numbers. It is very important to become aware of your blood glucose (blood sugars) and what increases them or decreases them. Keeping a journal or log of your blood sugars and keeping your healthcare provider informed of what they have been can make a big difference in your treatment. Monitor your activity and what this may do to your blood sugars as well. This will be important to the healthcare provider in determining the right amount of medications and when to use them. It is also very important to assess skin, wounds, and feet daily.

There is a great need for education once diagnosed with goals to prevent complications in nerve damage, kidney, heart, vision, feet and gums and to improve health with monitoring, proper nutrition and activity. Monitoring blood glucose levels is recommended before meals and bedtime. Monitoring 2



hours after meals might be recommended by your health care provider to determine that your coverage is accurate. Insulin and how to use it accurately is only one part of the education. Side effects of medications and nutrition education are very important. Referrals with a diagnosis of Diabetes to a Registered Dietician

and Certified Diabetes Educator are covered by most insurances. A referral from your healthcare provider is needed.

Chris Erickson, BA, RN, Executive Director of Valley Assistance Services, and Certified Parish Nurse.

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We're Counting on You to be Counted for Census 2020!

Written by Tom Murphy, Mayor of Sahuarita

As mayor of Sahuarita, I'm looking ahead to the next 10 years and seeing a bright future for our town. If the past 25 years have been indicative of anything, it's that we have built, and are building upon, a wonderfully tight-knit community. This year, we find ourselves amid another U.S. Census effort, and that's going to be imperative to securing Sahuarita's future.

of seats Arizona will have in the House of Representatives. In addition, federal dollars given to the town for things like schools, housing, roads, public safety, health-care, senior care, and parks, are based on counts taken during the 10-year census.

It's not just about how tax money is distributed. Private businesses also rely on census data to help decide where best to build new factories, offices, restaurants, and stores that lead to job

growth and more choices in shopping and dining for your community.

This season, we found ourselves faced with probably one of the biggest challenges to our nation with the arrival and spread of COVID-19. The spread of that disease has left a wake in its path, disrupting our lives, health, and economics. There has been some concern that this un-



I want to encourage all residents to make sure their households are counted. Your family counts! Sahuarita will depend on data taken from the 2020 Census, as federal and state shared revenue are distributed to towns throughout the United States accordingly.

Census data gathered determines many important things. It will be the deciding factor in the number



expected disruption might cause a lower census count and hinder participation. However, we can take comfort in knowing that this year's census is also the first one ever to have made self-response more convenient and accessible than it has ever been with an online form available.

Most households have been mailed instructions on how to respond online. If however, you did not receive

such instructions, all you need to do is visit www.2020census.gov to find out what your options are for self-response online, by telephone, or by mail. Please do take the time to respond to this year's census on behalf of yourself and your fellow residents. An incredible spirit of cooperation and kindness runs through the veins of our community. So let's let that light shine with this year's census, as we all unite and make our voices heard. Sahuarita counts!

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Habitat for Humanity Serving Southern Arizona for 40 Years

Written by Susan Stein Kregar

Celebrating their 40th anniversary, Habitat for Humanity Tucson was one of the first of 1,300 communities to establish a Habitat for Humanity Affiliate. They have built 450 houses and completed 1,000 repairs. *(Their Home Repair program was launched in 2013.)*

Habitat Tucson offers a hand up, not a handout. Selected partners work side-by-side with Habitat staff and volunteers. The home repair program ensures people live in safe, decent homes and restores dignity and hope to the community.

Contrary to their name, Habitat of Humanity Tucson serves Green Valley. “Like the rest of Arizona, Green Valley is in a housing crisis,” said T. VanHook, Chief Executive Officer. “According to Zillow, the median home value in Green Valley is \$196,335. It is estimated that by the end of 2020, it will jump to close to \$220,000.”

Last year’s housing costs in Green Valley increased by 9.1 percent. Green Valley’s demographic skews slightly older than metro Tucson. Professionals who live in Green Valley / Sahuarita tend to be paid on the lower end of the income scale. The cost of housing keeps homeownership out of their reach.

For retirees, the cost of living escalated faster than expected and many are not prepared. Affordable housing and repairs are critical for them,

Habitat for Humanity Tucson’s Veterans Build began in 2013 and partners with military service members, their families, and the families of

too.

Habitat Build / Veterans Build

Habitat partners with families who are willing to be successful homeowners. They learn how to pay for and maintain their homes and connect with their community. They are required to take Habitat’s homebuyer education classes on topics ranging from finance and budgeting to home repair and maintenance. Mentors are provided and meet regularly with the family to guide them through the home buying process.



Veteran Build volunteer.

the fallen to build affordable housing. Habitat reinforces strength and self-reliance through volunteerism, homeownership, and home repair.

Veterans have an opportunity to complete the requirements for the homeownership program and purchase a new, energy-efficient home with an affordable mortgage. The goal is to build decent, affordable housing for veteran families while advocating for veterans to have a safe, stable place to call home.

Aging in Place / Home Repairs Program

Habitat offers more than building new homes. Their Aging in Place and Home Repairs programs assist homeowners with alleviating critical health and safety issues while completing needed home improvement projects. Individuals and families are selected based on their willingness to partner, have demonstrated a need, and proven income level.

It is important to note that Habitat does not provide emergency repair services. For plumbing, HVAC, and roofing emergencies, homeowners need to call a professional service company.

Critical home repairs benefit the family living in the home, the neighborhood where they live, and the entire community by ensuring families are

- living in safe and well-maintained homes.
- not being displaced from their homes and forced into transitional housing or shelters.
- financially protected.

with projects that restore dignity through appearance upgrades and other exterior repairs as well as

- revitalizes neighborhoods.
- preserves the history and culture of neighborhoods while implementing sustainable improvements.
- inspires neighborhood inhabitants to reinvest in their communities.

Partners repay a portion of the cost of materials based on a sliding scale and ability.

According to VanHook, Habitat Tucson does not receive a lot of funding for this program. “It’s not as popular as watching walls go up. Funds are extremely limited. It’s heartbreaking. People are interested in their neighbor but coming together as a community is another thing.”

A Brush With Kindness

A Brush With Kindness partners with residents to improve the appearance of the neighborhood, strengthen connections within the community and help preserve affordable housing stock so they can continue to live in safe, decent homes for years to come. The program also helps low-income homeowners who struggle to maintain the exterior of their homes, allowing residents to reclaim their homes with pride and dignity.

Partners volunteer and repay a portion of the cost of materials based on a sliding scale and ability.

In 2018 A Brush With Kindness project was completed in Green Valley for an 87-year-old resident. Volunteers spent two hours painting her home. She was so grateful and was honored that people came out to help.

The program would not be possible without volunteers and contractors who provide:

- Exterior painting
- Roofing, siding, flooring, doors, and window repairs
- System repairs to plumbing, electrical, and heating
- Tree trimming and removal



U.S. Airforce Veteran, Patricia, and volunteer group from Aldea Church.

Recipients are seniors, people with disabilities, U.S. veterans, multi-generational households and single-parent families. Habitat is an equal housing opportunity provider.

Habitat for Humanity Tucson’s Veterans Build began in 2013 and partners with military service members, their families, and the families of



U.S. Navy Veteran homebuyer, Joseph Bailey.

Minor home repairs help families

continued on page 11



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Habitat for Humanity continued from page 10

Habitat would like to do more projects in Green Valley, but lack of funds dedicated to serve the area is a challenge. “It’s a unique problem,” said VanHook. “There is more need in Green Valley than resources to do everything we want within our mission.”

Donations can be made and earmarked for Green Valley.

Volunteer Opportunities

In addition to funding, as more local people step up to volunteer, the more feasible it will be for Habitat to serve the area, thus helping more homeowners – and there is an ongoing need for volunteers.

The HabiStore located at Grant and I-10 in Tucson relies heavily on volunteers to accept, sort and, sell donated household items. To volunteer specifically in Green Valley, A Brush With Kindness is the best option.

“It comes down to local folks helping us. We would love for Green Valley neighbors to come out and support each other,” said VanHook.

Habitat is a party-neutral organization. Van Hook notes that in her experience “working with local, state and federal legislators -- across the board people love Habitat and we are grateful for that.”

When times are tough, as they could be depending on how the coronavirus affects the economy, there may be not enough funding or volunteer resources. To volunteer on a project, in the HabiStore or to make a donation, please visit www.habitattucson.org or call (520) 326-1217.



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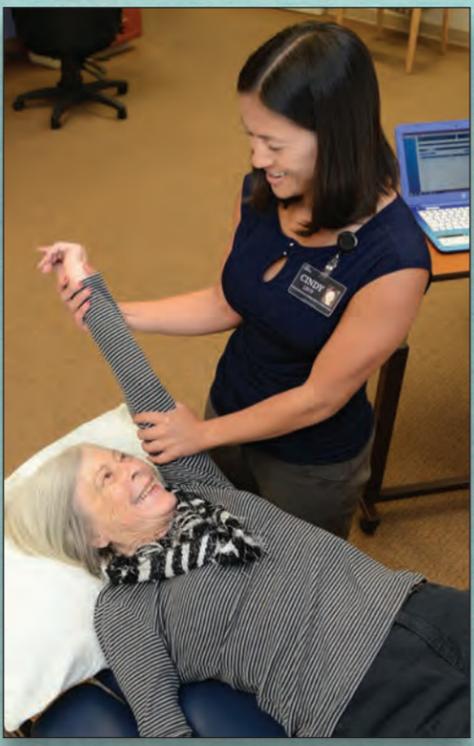


After rejuvenation



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Thanks! From Greg, Amy and the crews at 19th Hole Bar & Grille, Longhorn Grill & Saloon and Twist & Shout 50's Diner



Sheriff's Auxiliary Volunteers

Neighbors helping Neighbors, that is who we are



Did you know that the mission of the Sheriff's Auxiliary Volunteers (SAV) is to enhance the quality of life, safety, and security of Green Valley and surrounding communities?

This is accomplished in partnership with the Pima County Sheriff's Department.

Although SAV patrols may be the most visible activity, members also provide other services including Justice Court bailiff, foot patrol at the White Elephant, front desk at PCSD, Scam education and resolution, fingerprinting, TeleCare Service, home checks, business ID, and much more.

While SAV members come from a wide variety of backgrounds, interests and skill sets, they are united in their commitment to serve our community.

If you are interested in learning about volunteer opportunities with SAV, please stop by our offices at:



601 N. La Cañada Drive, Green Valley
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A Musical Revue by
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**TRIBUTE TO THE
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 - » Tee times and playing partners
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- With the upsurge of retirees moving into area – semi-private & public courses pace of play will continue to increase

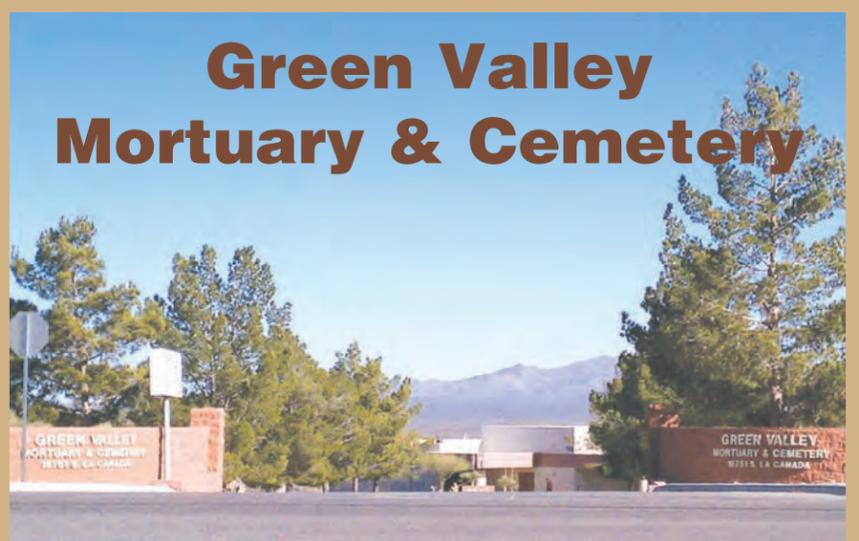


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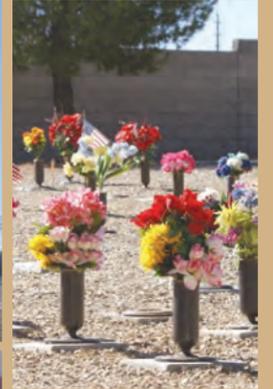
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2000 Texas Sweet Onions For Sale in Late May

Written by Barbara Averill

Remarkably large heads of cabbage, onion leaves waving in the breeze like bright green fans and a tortoise that never turns down a snack were among the draws for a crowd of visitors at the Allen J. Ogden Community Garden this spring.

George Stone was among members on hand to show visitors around the garden's plots, sheds and kitchen where 44 gardeners and 21 area children enjoy getting their hands in the soil and reaping its rewards. Stone was the garden manager for nine years until recently when serious health issues incited him to pass the responsibility on to others. "I just live every day as best I can," he said as he scanned the lush garden plots.

Stone surveyed a large plot of onions that in late May will be sold as a fund-raiser for the club. In Club members will harvest some 2,000 Texas Sweet onions that Stone calls the "granddaddy" to the popular Vidalia onions that cooks cherish. The sale will be held at Desert Meadows Park in Green Valley, another successful undertaking by the garden club.

za oven and kitchen. Every couple of years the club holds a pig roast. Most events are for members, but Stone reflected on a large gathering three years ago that brought Future Farmers of America members from every Arizona county to the garden for a barbecue. Teaching others about desert gardening and sharing ideas for vegetable varieties that grow well is an important part of the community garden's mission.

Getting children interested in gardening is another rewarding aspects of the garden, Stone said. "They do have a short attention span," he allowed, but having both chickens and bunnies on site keeps them coming back. One youngster showed

fruition in 1983 when Neil Johnson of Sahuarita offered a parcel of his land to use for that purpose. The club brought in water lines, fences and built sheds. The sheds are painted with a sense of whimsy and a sense of humor follows in signage and even the names of the animals, including chick-

ens named Egg Nog and Egg Roll. "Volunteers come and do the weeding; actually volunteers do everything," Stone said. Their efforts show in the raked paths, the line of filled hummingbird feeders, and the neatly stored tools.

Membership in Green Valley Gardeners is open to anyone interested in connecting with fellow gardeners. Information is available on the club's web site, www.greenvalleygardeners.com.



George Stone, former garden manager



Onions being grown for Green Valley Gardeners' sale in May.

The garden is located off South Santa Rita Road just past the pecan orchards east of Sahuarita. A short distance down an unpaved road lie 21 in-ground plots that are 10 by 40 feet and are filled with produce such as peas, broccoli, lettuce, kale, carrots, and whatever else the family gardeners wish to sow. It's a year-round effort, made easier by the community garden's running water, gardening tools and a produce washing area. Raised beds make gardening accessible to those with physical challenges.

Garden club members find time to socialize as they tend their plots and attend frequent gatherings that make good use of the on-site smoker, piz-

one of the garden's chickens at the Pima County Fair and came away with a first-prize ribbon, Stone said proudly. Everyone enjoys watching George Junior, a surprisingly speedy tortoise, greet visitors and munch on cabbage leaves. He has a comfortable home at the community garden, but George Junior also makes forays into the community as a garden club ambassador.

The garden is named for club founder Allen Ogden, who sought like-minded gardeners via a newspaper ad in 1980. Forty men responded and since then the club has flourished. Ogden remained active in the club until his passing in 2010. The community garden came to



Green Valley – A Comm

Written by Tabitha M. Yates

Being a volunteer for any organization is seldom a paid position, not because it is worthless, but because it is priceless. When one volunteers, they are truly giving a selfless sacrifice of time they can never get back, that they believe is well spent. Volunteering cultivates an active, caring community, connects you with your neighbors and betters the world around you.

Here in Green Valley, our town has been built and strengthened by the powerful conviction of people who believe in giving back to the community that has given them so much. It is rare to speak with anyone who is not involved on some level with one of the many outstanding nonprofits that call Sahuarita and Green Valley home.

Joyce Finkelstein, executive director of Green Valley-Sahuarita Volunteer Clearinghouse and a Green Valley resident since 1996, is on a mission to recruit potential volunteers for public

agencies and their volunteer managers as well as their volunteer needs. The council then identified promoting volunteerism as a priority in its ten-year community plan called '05-15: A Time to Change.'

Born through this process, was the Green Valley Volunteer Taskforce with members representing the Chamber of Commerce, Pima Council on Aging, White Elephant, the Coordinating Council, the Green Valley Library, Valley Assistance Services, as well as other organizations. The Taskforce developed plans for Volunteer Clearinghouse, set up temporary office and members began to meet with potential volunteers to help them identify community opportunities. The first Volunteer Showcase was held in 2008 at the Green Valley Library. It was highly successful and from that time on, the Showcase became an annual event.

Finkelstein explains, "We take care of one another in Green Valley. Look at

nizations- all were started by volunteers and are still run entirely by volunteers. We are a Community of Volunteers! The Clearinghouse works with over 100 partner agencies to provide volunteer service to our community. There is a place for everyone who wants to make a difference to their home and their neighbors."

A similar sentiment is echoed by The Animal League of Green Valley's President, Kim Eisele. She says, "Due to Green Valley being a retirement community, many people are looking to give back after years of working in a paying job or career. I truly believe the atmosphere of Green Valley would not be the same if it were not for all of the volunteering. The small-town aura of people helping people and people helping animals, pulls us all together. There is much empathy, love, and caring in Green Valley which is evident in the volunteerism of the community."

Since 1984, The Animal League has had the vision of having a home for every pet. It is a beloved resource within the community and among volunteers. Animal lover and Sahuarita resident of 15 years, Colleen Aldridge, has been a volunteer at TALGV for eight years. She started out as a dog walker, then took over for Kim as a dog care coordinator when she became president of the Board. Colleen shares one of her favorite memories of her time at TALGV, "Someone abandoned 5 puppies out in the desert. These puppies were so scared and no one could catch them. It was an adventure, climbing under bushes and through cactus. They would cry and bite if touched. We finally caught all of them and they all ended up getting adopted! It's an amazing feeling when a really shy or scared dog realizes people are good and start to trust you. I love working at TALGV. Everyone there loves animals and will do whatever they can to get them into their forever homes, with training, socializing, and love."

Fellow TALGV volunteer, Michele Miner has been vol-



Colleen Aldridge TALGV

Michele M
volu

Front of Building

2 desert pu
TA

unteering at the Animal League as the Attic Thrift Store Coordinator for over seven years. She is inspired by the animals and her crew of volunteers in the store. Michele says, "I love waking up every day knowing that I'm making a difference. I volunteer five days a week and I love every minute of it!"

Kim Eisele also gives credit to another local organization that she is thankful for, Sheriff's Auxiliary Volunteers. Eisele explains, "SAV impresses me in that they are a band of volunteers that help keep our community safe. They are one of the reasons Green Valley is such an amazing place in which to live

Friends in Deed



Diane Nanovich has spent 5 years on and off volunteering for Friends in Deed



Madeline Sperry, President of Friends in Deed



Friends in Deed Quilt



Friends in Deed Building



Working the Front Desk at Friends in Deed

and non-profit organizations in Green Valley/Sahuarita and surrounding communities. As early as the 1990's, local residents proposed the start of a volunteer center. The Green Valley Coordinating Council took steps in late 1990's and early 2000's to identify the

the number of organizations that are doing so much good in our community! In addition to the Green Valley/Sahuarita Volunteer Clearinghouse, Friends in Deed, The Animal League, Paws Patrol, Sheriff's Auxiliary Volunteers and many other upstanding orga-

White E



Volunteers place and organize items before opening hours



Diane Diamante for both T
Volu



Judy Mortaloni's last day as MOD



Volunteers arriv
sort through

Community Built on Volunteers



Miner, TALGV volunteer

Kim, President of TALGV at a fundraiser

Dogs rescued by TALGV

and why I personally feel safe living here. I frequently see an SAV vehicle patrolling my neighborhood which always gives me a sense of security.”

By Far, one of the most influential non-profits in Southern Arizona is The White Elephant. When The White Elephant started 55 years ago, the size was different but the sentiment of the people who volunteered was exactly the same: They were all looking to volunteer where their work would make a difference and give back to the community. Now over 600 volunteers strong, The White Elephant has given over 31 million dollars in grants and

scholarships to worthy organizations and schools within our communities.

Volunteers arrive hours before the doors of the thrift store open at 9am and they can be found sorting, pricing and placing items throughout the store. Judy Mortaloni has been a Manager of the Day (MOD) in the thrift store for 15 years and recently celebrated her last day as a MOD, but certainly not her last day as a volunteer. She feels she has led a very fortunate life and she was anxious to find an opportunity to give back. Another long-time volunteer of 17 years, Joan Jakubiak shares, “I wanted to find something to occupy my time and do some good in the community.” The sentiment of living a blessed and full life and now wanting to pay it forward was also echoed by countless volunteers who were asked, such as Diane Diamond, who runs the White Elephant and Volunteer Clearinghouse’s social media pages and Terry Giovanelli, who has happily spent over 10 years with the organization.

General Manager, Karen Lavo praises all the loyal volunteers she has had the pleasure of working with saying, “The White Elephant would not be the organization it is, if not for our volunteers. I’m sure the vast majority of other non-profits in the community also feel this way.”

Lavo says, “There are so many local organizations that serve the community and do a wonderful job. At The White Elephant, we are proud to support many of these programs. Our first and foremost unique contribution to the community is through our Granting Program, where last year we provided \$1.7 Million to over 120 local organizations and schools.”

Karen has worked in Green Valley since 1994 and been involved with White Elephant for over thirteen years. She believes Green Valley to be one of the most active and positive volunteer communities in the country. Some of her fondest moments during her time at The White Elephant thus far, include hearing from the many individuals who come to say

thank you for the non-profit’s support of the organizations that they benefit from. She is also always pleased when volunteers are recognized for their work and receive thanks for giving of their time.

Another local treasure is Friends in Deed (FIN), which began in 1971, when twelve women joined together to offer help to their Green Valley neighbors, free of charge. They be-

ments. They also open up their four meeting rooms to other nonprofits and currently have 66 other organizations sharing their space.

It is a beautiful thing to celebrate the spirit of giving within our community and to honor the many generous residents who make our town a shining example to others. To sum up the good that volunteerism brings to the lives of all those around us, Green Valley-Sa-



Volunteer Clearinghouse



Joyce Finkelstein Executive Director

Elephant



Karen Lavo, Store General Manager

and runs the Facebook pages for The White Elephant and the Volunteer Clearinghouse



Terry Giovanelli, sorting through the many books that are donated, has volunteered with The White Elephant for 10 years

hours before opening to sort all the donated items

gan with 2 walkers, 3 wheelchairs, 1 cane and 4 pairs of crutches. Friends in Deed has 300 volunteers that donate over 30,000 hours per year. Front desk monitor Diane Nanovich has spent five years on and off volunteering for FID. Upon moving here from Colorado, she saw the sign for Friends in Deed and thought it would be a good place to use her time and to meet likeminded people. She shares, “You can really feel good about the work you’re doing here!”

Operations Manager for Friends in Deed, Madeline Sperry, has volunteered at the organization for twelve years now. She has also volunteered at Valley Assistance Services, SAV, and The Community Foodbank. She believes FID is unique in the services they provide. They operate solely off of donations and Green Valley has been very generous to them. The mission of Friends in Deed is to provide Sahuarita and Green Valley residents with durable medical equipment and transportation to medical appoint-

ments. They also open up their four meeting rooms to other nonprofits and currently have 66 other organizations sharing their space. It is a beautiful thing to celebrate the spirit of giving within our community and to honor the many generous residents who make our town a shining example to others. To sum up the good that volunteerism brings to the lives of all those around us, Green Valley-Sa-

To find out about a volunteer opportunity suited for you, visit-www.gvsvolunteering.org.

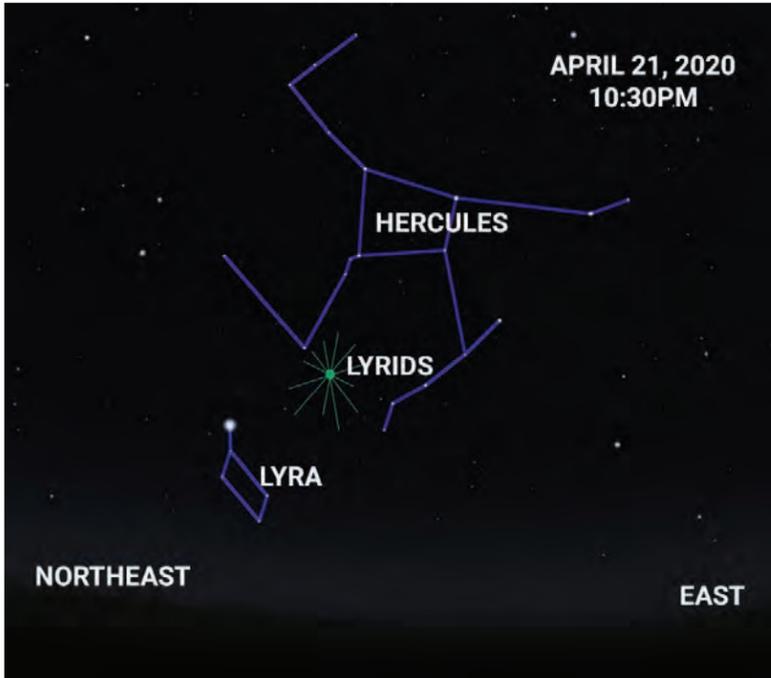
This column is provided by Amy C. Oliver, Public Affairs Officer, Visitor & Science Center Manager, Fred Lawrence Whipple Observatory

What's Up in the Sky

April 2020 is *the month* to live in Green Valley, Arizona, as far as night sky observing is concerned. This year, Earth's rotation places Green Valley for optimal viewing of the **Lyrid meteor shower, April 16-25, 2020.** Meteor showers occur on Earth when our planet passes through space junk—debris—left behind by comets and asteroids. When this debris collides with Earth's atmosphere it burns up, creating a light show and giving birth to "falling stars."

Lyrids are so-named because they appear to emanate—shoot out from—the constellation, Lyra. But if you're trying to figure out where to look, you'll do much better searching for Vega—one of the brightest stars in the night sky—or the constellation Hercules, which rise over the eastern horizon shortly before 9pm and make their way across the night sky before disappearing from view with dawn around 5:22am. But you won't miss them if you're looking slightly towards the northeast either, since some "falling stars" have long tails and trace long lines through the night sky. The rare fireball—rather large and bright meteor—is known to occur with the Lyrid meteor shower. The best viewing will be around 3:00am-4:00am each day, when the radiant point is near to its highest in the sky, just before dawn, so go to bed early and set the timer on the coffee pot. The radiant point—where the meteors come from—is between Hercules' arm and leg, right next to Vega.

The best time to view the Lyrid meteor shower is during its peak, which begins at 11:00pm on April 21, 2020 and lasts through 4:00am on April 22, 2020. Due to Green Valley's position you will see up to 17 "falling stars" per hour, mostly with short tails as they appear to "rain down" vertically from the constellations. You can expect to see more of these short-tailed meteors due to our orientation to the radiant point. The peak also falls closest to the New Moon, which occurs



on April 23, 2020; with the moon only a sliver of light—as a waning crescent—in the night sky, it won't interfere with observations of the Lyrid meteor shower.

And if you're up before dawn to catch a falling star, you may also catch a glimpse of **Jupiter, Saturn, and Mars, all in close proximity to one another in the Southeastern sky.**

How to observe the night sky

Observing the night sky can be as simple as looking through a window after dark, or stepping out into the dark of your own backyard and turning your eyes to the sky. But did you know that how you prepare for observing the night sky can impact your experience? Here's what you can do to make your observing experience better, even at home.

- Turn out all the lights in your home, including and especially the outdoor lights. Any light in your vision can interrupt your viewing of the night sky.
- Sit in the dark with your eyes closed for two to three minutes and allow your eyes to begin adjusting to the lack of light. Referred to as "dark

adaptation," your ability to see in the dark will become better the more time you spend in complete darkness. If you think you're in awe at three minutes of dark adaptation, wait until you've been outside for 30 minutes!

It's that simple. If you have to turn on a light for some reason, repeat the procedure.



Star Stories deadline extended

Our lives and our time as a community have changed due to the outbreak of coronavirus, prompting Whipple Observatory and KGVY to extend the deadline for our Star Stories program.

Whether you're old friends with the night sky, or you're just now becoming acquainted, we want to hear from you. Please send 200-300 words describing your first, best, or most important interaction with the night sky to WhippleScienceCenter@gmail.com.

All submissions will be honored, with select submissions invited for permanent placement in our new Night Sky exhibit due out in late 2020. We will continue to accept submissions on a rolling basis; our community connection to the night sky will keep our history alive for years to come.

Final thoughts

The unpolluted night sky is one of the most awe-inspiring features of our world. It makes us think. It makes us dream. It makes us wonder.

In Southern Arizona, each month of each season brings clear viewing of stars so far away that all we *can* do is stand in awe of both the universe, and our place in it.

So continue thinking, dreaming, and wondering. And as always... keep looking up.

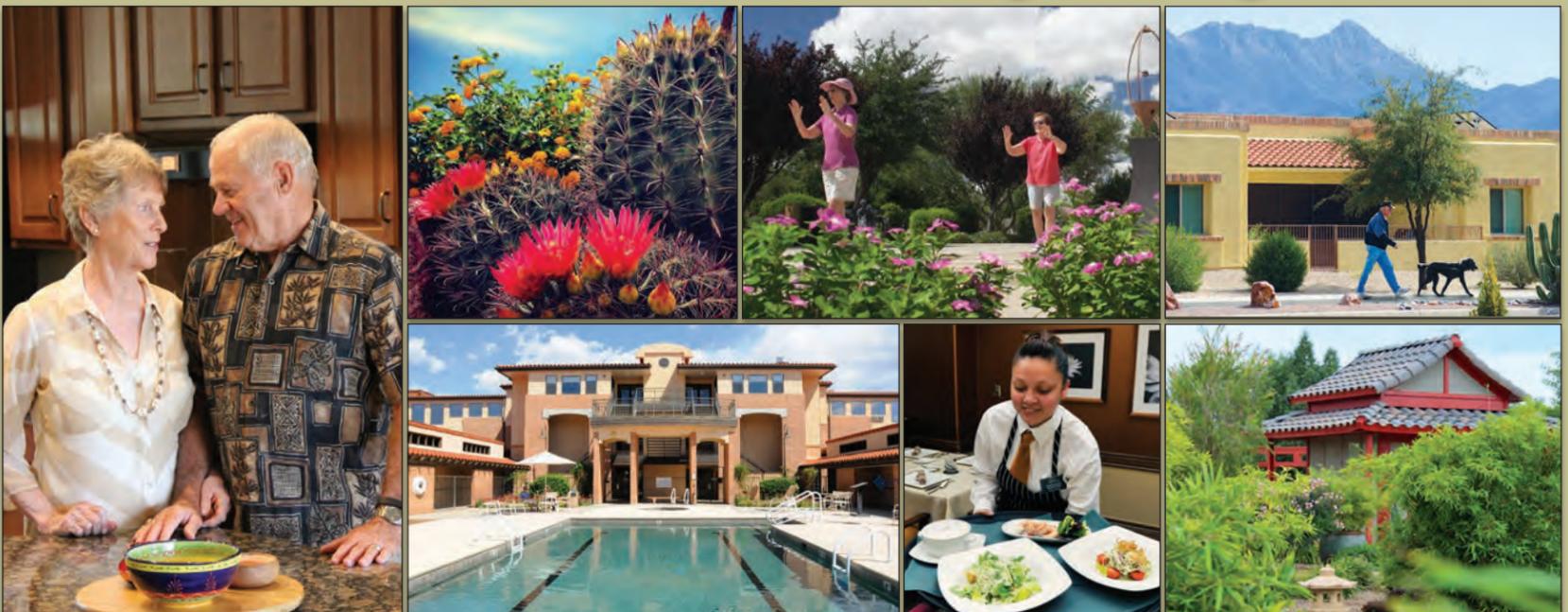


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Sustainable Food and Economic Security For All!

Written by Penny Pestle

A PROFILE OF THE SAHUARITA FOOD BANK & COMMUNITY RESOURCE CENTER

Introduction to the Sahuarita Food Bank & Community Resource Center (SFB-CRC)

The SFB-CRC, like all food banks, is an essential service to our community in both ordinary and extraordinary times. In 2009, we were asked to become an additional food resource in the Sahuarita area by the Community Food Bank of Southern Arizona. Today we are an independent agency that collaborates closely with their Green Valley and Amado branches, but makes our own way operationally and financially.

Our community's need for food and services is masked. One in eight people in our area is poor, while one in four children is food insecure. One quarter of local households live in economic insecurity. That means that despite the fact that many are employed they are not able to pay

their bills and often choose between food and rent, or medical bills, or car insurance.

When we began in a small closet at The Good Shepherd United Church of Christ, we served one or two households, but in the last 11 years have grown to serving 6,000 unique



Assembling food for 172 households

clients, with an assortment of food programs. These include food distributions on Thursday afternoons and Saturday mornings, produce distribution on Wednesday afternoons (when available), monthly food boxes for very low-income seniors, 455 weekend nutrition BackPacks for students in eight area schools, and two school pantries.



The "drive-in" Sahuarita Food Bank

have completely changed the way food is distributed. We have always welcomed food bank visitors to shop as you would in a grocery store, but for now, SFB-CRC volunteers greet and register them in their cars, and then direct them to the distribution point. Volunteers radio information on each family to the fulfillment team so they can deliver the accurate amount of fresh produce, meat, milk, eggs, and non-perishables to the clients, either through a car window or the rear of the vehicle. We believe this is the best solution available under the circumstances.



Just some of our 200+ volunteers

To ensure that lower-income students don't go hungry over the weekends

We also provide other kinds of programs through our Community Resource Center—early childhood literacy, free tax preparation, parenting programs, and computer classes. Many regional nonprofit human service organizations are partners.

while schools are closed due to the virus, SFB-CRC continues to provide weekend nutrition BackPacks to Sahuarita and Continental School students.

Together, we can feed the hungry and support their journeys to economic security now and in the future

SFB-CRC's mission has always been to feed the hungry, and we are committed to continuing this essential service to our community during normal times and during community emergencies. As we expand to meet demand, our new building will be the only fulltime food and human services hub in the greater Sahuarita area.

A new facility needed

Because of the tremendous growth described above, we urgently need a new building to accommodate the storage, processing and distribution of food. In addition, our plans are to greatly enhance CRC programs to focus on health/nutrition, family support and comprehensive workforce development, again with community partners.

Please consider a generous donation to help us continue our operations and/or to build our new 13,000 square foot facility. Please note your preference(s) on your check and send it to Sahuarita Food Bank at 17750 S. La Canada Drive, Sahuarita, AZ 85629. You may also go to sahuaritafoodbank.org to make a contribution. Note that we always welcome donations of non-perishables at the above address.

We are very excited that we have reached 70% of the *Nourishing Our Community* capital campaign, but are challenged to reach \$2.2 million by July 1, when we intend to break ground.

Our immediate challenge

We are writing this article as the impact of COVID-19 is affecting our greater Sahuarita and Green Valley communities. We don't know the reality that all of will be facing when this is published and thereafter.

On behalf of the SFB-CRC Board, we are so grateful for the support we have received from our community over the last 11 years. Only together can we make a real difference in the lives of those most in need in our community. A profound thank you!

What this immediate challenge is showing us is that we are an essential service to our community, in both in normal and anything but normal times. In the recent past, SFB-CRC has dealt with food needs resulting from the government shutdown, the teachers strike, and the strike at ASARCO.

For more information or to tour or volunteer, contact Penny Pestle — Board President at ppestle@cox.net.

In response to the risk of clients and volunteers contracting Covid-19, we

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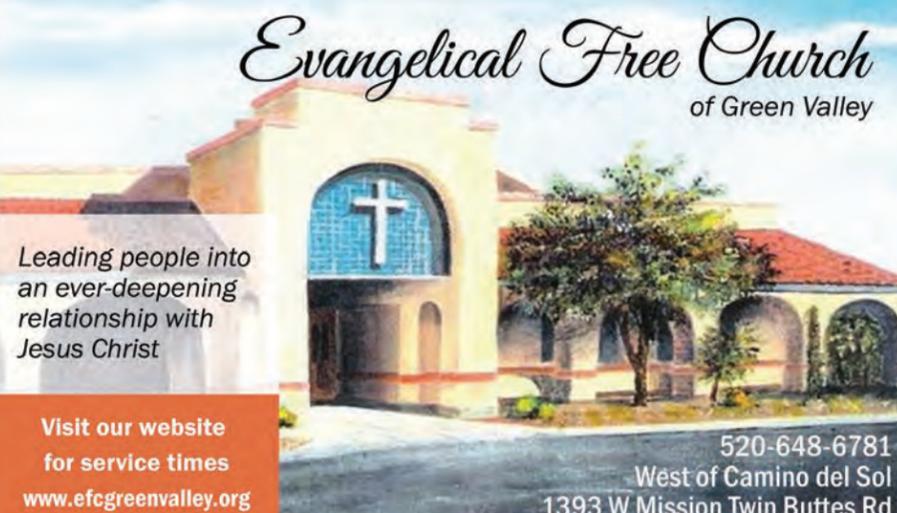
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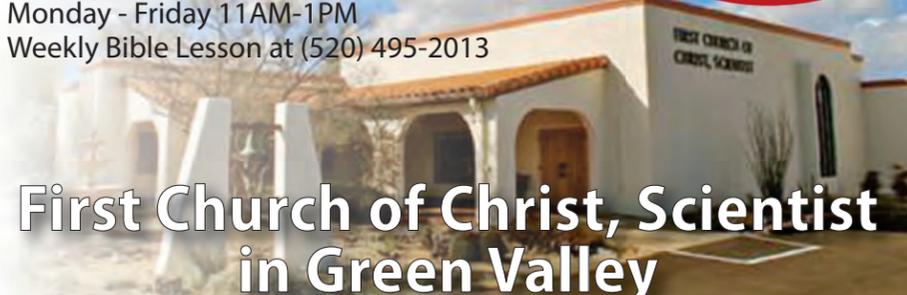
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WARNING

LAUGHTER IS IRRESISTIBLE!

When is the last time you've had a good laugh? I mean a belly laugh; you know, the kind that brings tears to your eyes. Didn't it feel good?

Everyone has heard the adage that "Laughter is the Best Medicine". Actually, there's something to that! That's right, laughter not only makes you feel good, it can also affect your health in a positive way.

You might be surprised to learn about everything that laughter can do.

- It can relieve stress by lowering levels of stress hormones in your blood. Laughter can also strengthen your immune systems by increasing infection-fighting antibodies.
- Laughter can release chemicals called endorphins and dopamine in your brain and blood. These can improve an overall sense of wellbeing and can also help to relieve pain. It can help improve how your blood vessels work which in turn can help to increase blood flow, lowering your risk for cardiovascular problems, including a heart attack.
- During difficult and trying times, laughter can help you maintain a positive attitude, even in situations when you can't change the outcome. By reducing stress, you'll feel an increased amount of energy, which can help you immensely when you are experiencing problems with your health, or that of a loved one. It can help lessen your feelings of being overwhelmed, especially when you are experiencing any type of conflict or are faced with difficult decisions.
- For many people, laughter serves as a coping mechanism when they are upset or scared. For patients battling a serious illness like cancer, laughter can help them lessen their feelings of anxiety and depression which can help improve their quality of life. The emotional effects of finding the humor in even the most difficult things



we face can be a powerful step to bringing some light into dark times.

- Laughter can help connect people emotionally, improving relationships, strengthening bonds with family and friends, co-workers, and others you may encounter each day. It can help by allowing everyone to forget resentments, as well as negative feelings caused from judgments or criticisms by others. Laughter can be an important form of positive communication. It can help diffuse situations where tensions are high and be a tool for managing conflict. When you are laughing, it's impossible to feel angry, anxious or sad.

So now that you know the health benefits, what can you do to make sure you have more laughter in your life?

- It starts with a smile. This is something that seems like it should be so natural, but in our busy and complicated lives during a digital age, it is becoming a lost art. People are often glued to their computer screen, or checking their other devices multiple times daily, and often forget to acknowledge those around them, including their family! Making a conscious effort to smile at those around you will be a big start, and you'll be surprised at the effect it has on others, not to

mention the positive feelings it will give to you.

- Turn a frown, upside down. It's a widely known fact that it takes much less effort to smile, than to frown, so keep your smile muscles in shape by using them regularly! Attending a laughter-yoga class is a good place to start. According to the , laughing between 10-15 minutes of day can help you burn as many as 40 calories!
- Be spontaneous. Seek out situations where you know you will laugh. Read a funny book, look at old photos, watch a funny television show or movie. Place reminders around your house, on your desk or in your car, like a comic strip or cartoon character,

or a funny greeting card that is guaranteed to make you giggle.

- Think positive and surround yourself with other positive people. Blocking negative thoughts can open the door for many opportunities to acknowledge the positive things in your life and share them with others...including a good laugh. If something funny happens in your day, tell others about it. This includes laughing at yourself and sharing an embarrassing moment when you took life a little less serious. Remember a favorite time when you enjoyed a side splitting, laugh out loud roar! Laughter is best when shared with those around you; in fact, it's irresistible!

LIFE IS
better
WHEN
YOU'RE
laughing

Educating the Community



Sherri Porterfield, RN, MSN

Sherri Porterfield, RN, MSN is an RN Navigator at Arizona Blood and Cancer Specialists. She has over 25 years of experience educating patients and the community on a variety of health topics. She enjoys being active in the community where she has volunteered her time and expertise serving as a guest lecturer in Green Valley and Tucson.

Green Valley Recreation Offers Clubs for Every Interest

Written by Susan Stein Kregar, CAE, CNAP

Once the coronavirus self-quarantine period ends, you may be itching to get out, meet some people and partake in activities. Where do you go? Green Valley Recreation, Inc. (GVR) has you covered!

GVR provides its members with 64 clubs to participate in between its thirteen rec centers and the new Pickleball Complex.

GVR's clubs are no willy-nilly, high school kind of clubs. Each club has a Board of Directors and is run as a business. They are required to file with GVR their Annual GVR Club Agreement to retain GVR "Club Status", Club Officers' Information, Membership Roster, Inventory, and Financial Report. They are also required to file an IRS Form 990 form for the previous calendar year. After that, it's all fun and games . . . and socializing and for some, volunteering in the community.

There are six club categories: Arts and Crafts, Cards and Games, Dance, Sports, Special Interest, and Social and within them are individual clubs. For example, there are 13 clubs within the Arts & Crafts category including clay, art, ceramics, lapidary/silversmith, and woodworking.



An artist from the Clay Studio Club assembling a piece of art (without Patrick).

Studio of Green Valley and seductively smooch some clay!

Speaking of Patrick Swayze, there are four dance groups featuring Argentine tango, line, square, and ballroom. The GVR Dance Club holds Saturday Night Dance Parties twice per month. Bring on your dirty dancing!

If you are interested in cards and games, GVR offers eighteen different groups for bridge, chess, cribbage, canasta, poker, mah jongg and more. Join a different game each day of the week!

For sports enthusiasts, there are thirteen 13 clubs which include: shuffleboard, tennis, bocce, hiking, racquetball, and more. The GVR Cycling Club is the newest club and is just rolling along.

The Computer Club, with 1,272 members, is the largest club. That club along with the Camera Club, performing arts groups and others make up the Special Interest clubs. So, you could perform a skit while the Camera Club records it and then the Computer Club will enhance it and send it out for the world to enjoy.

Presently, 11 active social or state clubs meet regularly. Of course, after the elections this year, there could be more . . . or maybe less. Can the Independents have a club? Or would that defeat the purpose of being an Independent?

What if you are a New Englander? The only place in Southern Arizona that you can safely talk about your

beloved Patriots between December and March (or anytime actually) would be the GVR New England Club, unless there are Bills fans in the room. Then you are taking your chances. And now that as of press time, Brady is going to the Buccaneers . . .

Most clubs have an annual membership fee. Though there are some drop-in activities that are free and open to all GVR members. No need to sign up or register in advance. Just . . . drop in, try a new activity and make new friends. Drop-in activities can be found at <https://www.gvrec.org/activities/clubs/drop-in-activities/>.

"So many Green Valley residents enjoy participating in them (the clubs) and benefit from all they have to offer!" said Kris Zubiki, Recreation Services Director, Green Valley Recreation.

The most recent club directory can be found at www.gvrec.org/activities/clubs. For a printed version, stop

by the Green Valley News office located at 18705 S I-19 Frontage Rd., Suite 125 in Green Valley. There is a nominal fee for the booklet. An electronic version of the printed directory can be found at issuu.com/wickcommunications/docs/gvn_club-directory_2020

GVR sends out weekly e-blasts highlighting among other things, club activities. To add your email to their list, please visit www.gvrec.org and sign up for the e-blasts from the homepage.

If a club doesn't exist to suit your needs, create one! Email hotline@gvrec.org for details.



Members of the Woodworking Club with the beautiful creations.



A group from the Volleyball Club playing a game of wallyball, also known as rebound volleyball.

Cece Gunton has volunteered in the GVR Artisans Shop for 15 years. "It's like summer camp for grown-ups. There is something for everyone." She started with classes at the lapidary shop and not long after, people were literally buying the jewelry she created right off her neck. In fact, the Artisans Shop is full of beautifully crafted jewelry, ceramics, paintings and other crafts made by GVR members that are for sale.

Remember that scene in *Ghost* when Demi Moore and Patrick Swayze are at the pottery wheel? Ooh Wee! Get spinning at the Clay



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& Community Resource Center

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Santa Rita Nursing and Rehabilitation Center Recognized for Improving Quality of Long-Term Care

Santa Rita Nursing and Rehabilitation Center in Green Valley was recognized by the American Health Care Association and National Center for Assisted Living (AHCA/NCAL) for its achievements in the quality of care they provide.

Santa Rita Nursing and Rehabilitation Center accomplished three of four national goals in areas including Reduction in Hospitalizations, Reduction in the use of Antipsychotics, and Increase in Functional Outcomes for Long Stay residents.

“The entire team at Santa Rita Nursing and Rehabilitation Center is honored to be recognized for this incredible achievement,” said Amy Malkin, Chief Operating Officer of Santa Rita Nursing and Rehabilitation Center “We are proud to improve care for our patients and residents. Our commitment to quality will continue.”

AHCA/NCAL recognized long term care providers for their achievements through its Quality Initiative Recognition Program, which honors member facilities for their in-



dividual work in achieving AHCA/NCAL Quality Initiative goals.

“This achievement represents progress on important quality measures that will positively impact the lives of residents,” said Dr. David Gifford, Senior Vice President of Quality and Regulatory Affairs and Chief Medical Officer at AHCA/NCAL. “We applaud Santa Rita Nursing and rehabilitation center for their hard work and dedication to this significant quality improvement effort.”

Launched in 2012 by AHCA/NCAL, the Quality Initiative serves

as a national effort to build upon the existing work of the long term and post-acute care profession. The Initiative aims to further improve quality of care in skilled nursing centers and assisted living communities by challenging member facilities to meet measurable goals in areas such as hospital readmissions, off-label use of antipsychotics, and customer satisfaction.

Santa Rita Nursing and Rehabilitation Center, along with other achievers from across the country, will be honored at AHCA/NCAL Quality Summit at a later date this year.

Amy Malkin, Chief Operating Officer of Pioneer Health Group was recently appointed to serve on the American Health Care Association (AHCA)/Regulatory Committee. This committee operates under the umbrella of the AHCA/NCAL Quality Cabinet.



Amy's appointment will allow her to help achieve the goals and objectives that the AHCA Board of Governors and leadership have established. She will be representing nearly 12,000 long-term care providers in America.

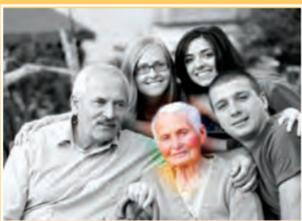
Amy's decision to accept this prestigious seat on the AHCA Board is a unique opportunity which she says, "I feel this will be very rewarding and hope to help make a positive impact at the Committee's Strategic Planning Sessions."

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Capital Building Improvement Campaign coming soon.

Workforce Training Center & Computer lab is open to assist community, and census Monday, Wednesday, Thursday 2-5PM, Tuesdays 9-5 and Friday 9-Noon by appointment

Community Centered Approach to Care, a new wrap-around services with the Green Valley Fire District is funded by Freeport McMoRan Foundation

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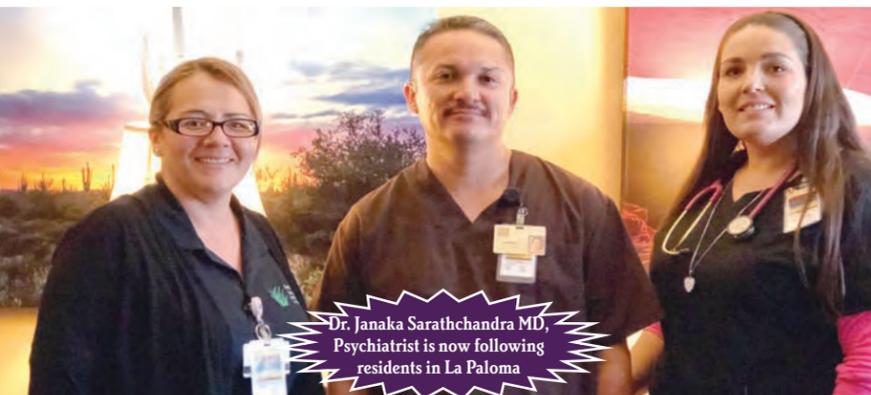
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This column is provided by the Animal Care Center of Green Valley 555 White House Canyon Rd (520) 625-0433

pettalk



What is laser therapy for pets?

Therapeutic laser therapy for pets is the use of photo biomodulation, or the use of non-ionizing electromagnetic energy to trigger photochemical changes within the cellular structures that lead to decreased inflammation, decreased edema or swelling, slowed nerve conduction, decreased peripheral pain perception, and an increase in the speed of wound healing. The therapy is delivered to people and pets with a small hand-held device using an appropriately sized delivery head. It looks much like an ultrasound probe and is about the same size. The delivery of the therapy is completely pain free and actually calming and soothing.

How long has been laser treatment been used on pets?

Therapeutic lasers have been researched in Europe for over 30 years, however, the US FDA cleared low level laser therapy in 2002 and class 4 laser (hot laser) in 2003. Therapeutic laser is used in both human and veterinary medicine as an adjunct and primary mode to treat of variety of painful and chronic conditions.

Can laser be used on both cats and dogs? What diseases does laser therapy help?

Therapeutic laser therapy can be used on both dogs and cats for a variety of conditions. Most commonly, we use laser therapy as an adjunct or primary tool for treating acute and chronic orthopedic or painful neurological conditions. Such conditions include arthritis and sports injuries as well as herniated intervertebral disks. We use it post operatively in our orthopedic surgeries on cats and dogs, and we use it for swelling and edema secondary to snake bites.

How long is laser treatment? How strong is the laser that is used on pets?

In most cases, laser therapy only takes about 2-5 minutes, but that does vary with the size of the patient and the number or areas we are treating. We at ACC have a class 4 laser. This means the power is higher and it takes much less time to treat affected areas. We love that the treatment time is minimized for our patients due to the power of our laser. The treatment is not painful at all, but we all know how much dogs and cats love to be at the vet clinic! At the ACC, we do have a dedicated laser room for our patients. They quickly learn that when they come to that room, they are receiving a treatment that makes them feel better and they adjust and learn to love the visit for their therapeutic laser.

Do pets need to be sedated for laser therapy?

Pets do not need to be sedated at all for laser therapy. It is a quick, painless process that usually results in immediate relief and comfort for them. Along with a dedicated room, we have a dedicated massage table for those pets to lie on for their therapies.

What will my pet feel when the laser beam is active?

When the beam is active, your pet, just like people, feel a small amount of heat sensation. Our staff is trained and certified

to ensure the appropriate amount of heat energy is used so that your pet does not feel any kind of burning sensation. Again, this is a class 4 laser, so the heat energy can certainly cause damage to tissues if not used appropriately by trained technical staff. The amount of energy that is delivered to your pet depends on their size, area to be treated, hair coat and skin color, as well as muscle and soft tissue density.

What does laser therapy cost? Is the therapy covered by pet insurance?

Laser therapy at the Animal Care Center is \$41.50 for treatment of one site, and \$71.50 for treatment of multiple sites. After the initiation protocol which is three times weekly for one week, twice weekly the next week, and once the last week, it is generally needed anywhere from 1-2 times monthly, so it is a very cost-effective pain tool. Your pet's response to therapy as well as your veterinarian will determine how often the therapy should be used. There is no exam fee for each session, it is only the cost of the laser treatment as specified above by a certified technician that you will pay for. It may or may not be covered by your pet insurance company. That is dependent on the plan/package that you have purchased for your pet.



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CROSSWORD PUZZLE MANIA



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Win \$250 for you and \$250 for a local non-profit!
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This edition's puzzle is STATE CAPITALS! Green up your bank account when you successfully fill out the KGVY crossword puzzle, and it is chosen as the winning entry from all the correct entries. Include your name, address, and phone number on our form, and mail it to KGVY, Attn: KGVY Puzzle Contest, P.O. Box 767, Green Valley, 85622. All puzzles must be post marked by June 15, 2020. If you win, KGVY will cut you a check for \$250 and a local non-profit of your choice will receive \$250. Here's some additional small print to test your reading glasses.

1) Must be 18 or over (2) Must be a US citizen (3) One entry per person (4) All correct entries will be placed in the KGVY prize box and one winner will be randomly chosen (5) Judges decision final (6) Winners name and likeness may be used in KGVY promotional material (7) Winner is responsible for any state and federal taxes

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THE 1950s

ACROSS

1. Bottomless pit
6. Banned insecticide
9. Exclamation of contempt
13. Start with a clean one?
14. Lennon's lady
15. Editing command
16. Feudal lord's property
17. Dunce
18. *Ayn Rand's "____ Shrugged"
19. *Record-breaking Oscar-winner
21. *TV's Jim Anderson
23. Immeasurable period
24. Editor's oversight
25. Fugitive's get-away
28. Vegas cube
30. Even smaller
35. "Rock of ____"
37. Cleopatra's necklace
39. Saddam Hussein's Islam
40. Surrender
41. Young Atlantic cod
43. Eastern ____
44. Work the dough
46. Diamond Head island
47. Quarterback's downfall
48. Pollen producer
50. Charged particles
52. *"____ must I be a teenager in love?"
53. Sound of pain or pleasure
55. Us, in Mexico
57. *Levittown, e.g.
60. *Like one born in '50s
63. Like a private circle
64. Highest card in "War"
66. Sea near Australia
68. "The ____ Runner," pl.
69. *Cuban syllable
70. Musician's exercise

DOWN

1. Cigar residue
2. Blister
3. New Haven Ivy
4. Kidney problem
5. Modus operandi
6. Point of entry
7. *Crick/Watson/Franklin discovery
8. Toffee, alt. sp.
9. Trodden track
10. "Cast Away" setting
11. *"A ____ Is Born" with Judy Garland
12. "For ____ a jolly ..."
15. Jamaican vernacular
20. Yards and miles, e.g.
22. Address abbreviation
24. T in ATV
25. *Source of immortal Hela cells
26. *Occupation of Ian Fleming's protagonist
27. Mythological princess of Colchis
29. *Fashion designer who made a comeback in 1954
31. Small pieces
32. *Rose to Jackie
33. Methuselah's father
34. *Tenant of Fred Mertz
36. Clothing line
38. Type of salmon
42. "Beats me!"
45. Formal objections, in court
49. And not
51. Like Santa after coming down the chimney
54. Taken follower
56. Inflict a blow
57. Barber shop sound

58. To, in the olden days
59. Swarm members
60. Pinto or black
61. Outback birds

62. Was a passenger
63. *"We'll take ____ to Washington"
65. *Guevara's nickname
67. Tyrannosaurus follower



KG VY and La Posada congratulates Marion Schmidt of Green Valley for her winning entry of the \$500.00 puzzle that was in the January issue of the Community Quarterly. Marion selected the Animal League of Green Valley as the local non-profit that will receive \$250.00 of the winnings. She and Guy Atchley are practicing social distancing when she received her checks.



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Tickets are available at QuailCreek.ShoWare.com or at the Madera Clubhouse Concierge Desk or call (520) 393-5822. Concert seating is theater style. Tickets must be purchased in advance unless otherwise noted. Cash Bar opens at 6:00 PM, Doors Open at 6:30 PM, Showtime 7:00 PM. Cash Bar will remain open through the 15 minute intermission. Beverages purchased at the cash bar are permitted in the ballroom. **Events subject to change**

Concerts & Special Events



The American Red Cross Blood Drive
 May 17, 2020, Madera Clubhouse Creative Arts & Technology Building ~ 8:00 AM - 1:30 PM

Feel like you're low on supplies? But you're rich in the most precious resource of all: Blood and the Gift of Life! This blood drive will be held in the **Creative Arts & Technology Center, 2045 E Quail Crossing Blvd, 8 AM to 1:30 PM**. Registration typically begins 30 days prior to each drive. To schedule an appointment call 800-733-2767 or log on to redcrossblood.org, and enter sponsor code 'quailcreek', Give Blood today!



2020 Arizona Diamondbacks Games ~ Quail Creek Bus Trips to Chase Field

Price includes round trip bus ride to Chase Field in Phoenix, driver's gratuity, game ticket and bottled water on the bus ride. Pre-payment is due at time of sign up. Official Game tickets will be passed out on the bus. Seats are located in Section #111 ~ a short walk from our drop off point. Only 50 tickets available per game!

Sunday, June 7, 2020 ~ Dbacks vs San Diego Padres, Game Time 1:10 pm, Bus departs Madera Clubhouse at 10:00 am Tickets \$54. **Deadline to purchase tickets is May 21 ~ 4:00 PM**

Sunday, August 2, 2020 ~ Dbacks vs Los Angeles Dodgers, Game Time 1:10 pm, Bus departs Madera Clubhouse at 10:00 am Tickets \$80. **Deadline to purchase tickets is July 16 ~ 4:00 PM**

Sunday, Sept 6, 2020 ~ Dbacks vs St Louis Cardinals, Game Time 1:10 pm, Bus departs Madera Clubhouse at 10:00 am Tickets \$62. **Deadline to purchase tickets is August 20 ~ 4:00 PM**

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California Forever ~ The Very Best Of Yacht Rock
 Friday, September 11, 2020 ~ 7pm
 \$28/\$27

1980s and 1990s soft rock has got a new name. YACHT ROCK! ...and we are sailing onto your stage and bringing you the very best music from that genre. This amazing, hit-filled concert features songs from Kenny Loggins, Michael McDonald, Hall & Oates, Christopher Cross, Ambrosia, The Doobie Brothers, Rupert Holmes, England Dan & John Ford Coley and many more.

Some of the finest musicians around have come together to produce and enjoy this guilty pleasure concert!



Strange Days ~ Doors Tribute
 Monday, October 12, 2020, 7pm
 \$28/\$27

****In association with James Elliott Entertainment****
 STRANGE DAYS is a nationally touring DOORS concert experience. Formed and based in Los Angeles, California, STRANGE DAYS is the most realistic and impressive DOORS tribute act in North America – capture the magic...the mystery....and madness of the iconic group on their prime!

Vocalist Jason Tosta, guitarist Robert Carsten, keyboardist Michael Jacobson and drummer Derek Smith are perfect in both sound and look transporting audiences back to another time and era. By combining vintage instruments with the latest technology, this show offers both an authentic on-stage look and an unmistakable studio album sound. The result is truly a one-of-a-kind show that has packed venues all across the U.S!

Come see why audiences everywhere are saying, "The Lizard King Lives!"



Silver Bells and The Diamonds
 Friday, December 18, 2020 ~ 7pm
 \$28/\$27



It's a Yuletide Rock n' Roll Revue starring Santa's favorite helpers, The Diamonds! Dancin' in the aisles Rock 'n Roll and "sparkling" holiday music—the perfect combination.

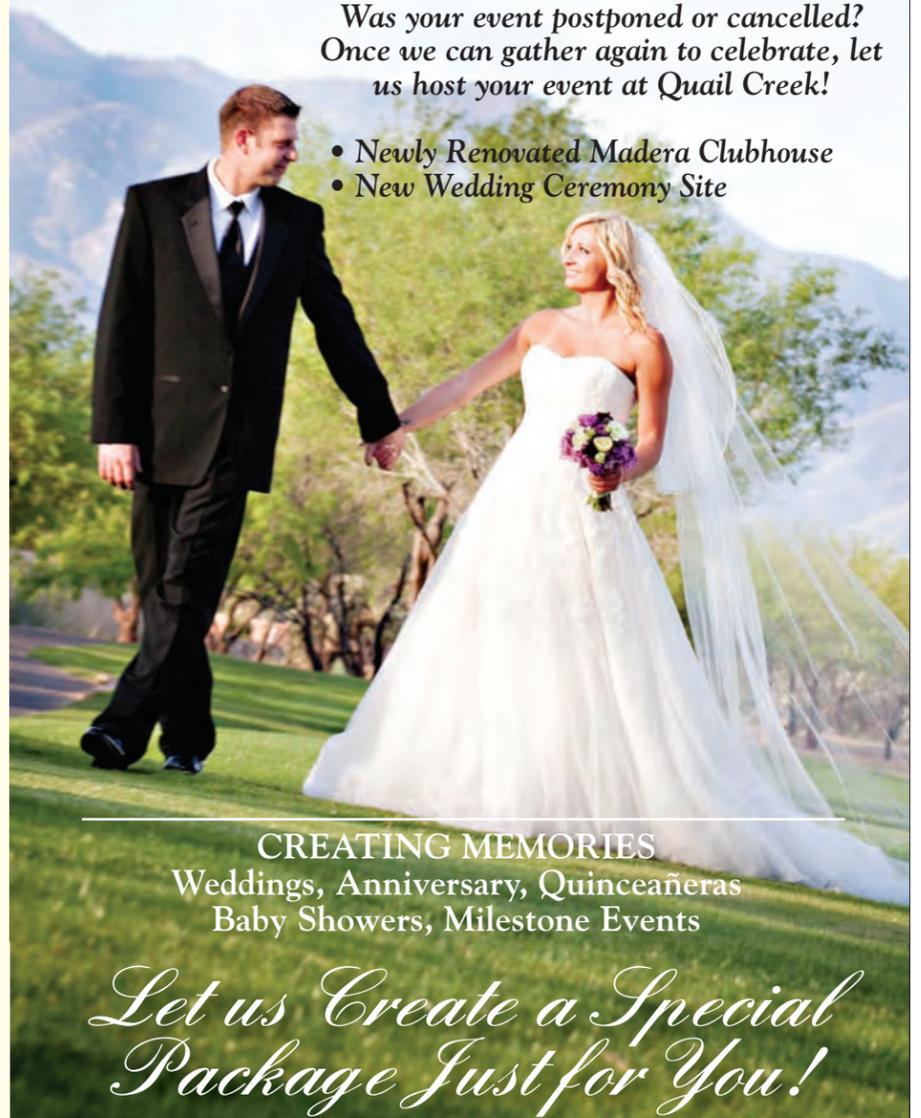
It's been thirty years since THE DIAMONDS released an instant million selling hit, Little Darlin'. The song continues to sell and to date has sold approximately 20 million copies.

Silver Bells and Diamonds combines the best of The Diamonds – In Concert with sparkling holiday favorites everyone will enjoy. The show opens with a Jingle Bells medley followed by a first half of hit songs from the 50s, 60s, 70s and 80s. Then, in the second half, The Diamonds use their signature harmony filled vocals and always entertaining stage presence to get the audience into the Christmas spirit with a fast paced ride through many of the great holiday favorites.

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