



Sun Cities Area

ACTION DIGEST

INTERFAITH SERVICES, INC. • A SOCIAL SERVICE AGENCY • FALL/WINTER 1989

What is Interfaith Services?



Mary Daley, a staff member of IFS for six years wrote the following article.

Interfaith Services (IFS). What is it? What does it mean?

When I was first asked "Have you ever heard of IFS", I hadn't. I was semi-retired and looking for a job. I was hired on as a part-time secretary. IFS was the answer to a prayer.

In the 6-year period that I have been a fulltime employee at IFS, I have watched it grow and expand in many different directions. Whatever the need, IFS is there.

IFS is the volunteer who answers the call for help from people growing too frail to continue to live independently in their own homes.

IFS is the volunteer committee member or board member who works hard to come up with solutions to the problems of retirement living.

IFS is the answer to the caregivers' prayers by taking their loved ones and caring for them for several hours a day, giving the caregivers some "quiet time".

IFS is the volunteer who picks up a grocery list - shops and helps a homebound person stock their shelves with food.

IFS is the volunteer who transports a person no longer able to drive: to church, doctor, drugstore, supermarket or beauty shop.

IFS is the counselor to whom a person with problems can turn for comfort.

IFS is a long list of religious and social service organizations whose volunteers work tirelessly in whatever capacity they can, for the good of the community.

IFS is the contributor who is always **there** when financial help is needed.

IFS is made up of a group of dedicated staff people working diligently to keep the organization operating.

What is IFS? **IFS IS ALL OF US!**

Interfaith Services (IFS) was founded in 1981 by the Ministerial Association as well as several community leaders who saw the problems of aging in a retirement community. The name came from the fact that many local churches and congregations, as well as service clubs banded together to seek solutions and provide services to meet the unique needs of the Sun Cities Area. IFS is a social service agency and not a religious organization. Above all, IFS is a demonstration of a community caring for its own.



Margaret Pfeiffer, Day Care Activity Instructor, entertains Liv Roed with a raccoon puppet.

THIS SPECIAL EDITION OF OUR ACTION DIGEST HAS BEEN MADE POSSIBLE BY A GENEROUS GRANT FROM US WEST COMMUNICATIONS. WE ARE GRATEFUL FOR THE OPPORTUNITY TO COMMUNICATE TO AREA RESIDENTS ABOUT OUR MANY SERVICES.

THANK YOU, US WEST!

'Caged Tiger' Finds His Independence

"I feel like a caged tiger." The words were slow, impeded by a stroke, but the counselor was listening intently. These words were spoken by someone who felt like he was at the end of the line, and didn't know where to turn for help.

Ever since Joe (name has been changed) heard his neighbors tell him: "We're sorry, we can no longer help you", he felt totally alone - that nobody cared. Joe had relied solely upon his neighbors to take him grocery shopping, to the pharmacy, and many other places. Only a person left without transportation can truly realize the impact of that loss.

About a year before, Joe's wife had been killed in a car accident in which he had been driving. He'd lost a 34-year-old daughter to cancer, and he'd had a stroke which left him with an almost nonfunctional right side. Joe couldn't walk very far — the pains in his legs were too sharp. Medications for heart problems and stroke were costing him hundreds of dollars each month.

The neighbors gave Joe the phone number of Interfaith Services (IFS), saying: "Maybe they can help you"

When Joe called the IFS office, he had one request in mind: a ride to the hospital to get his prescriptions renewed. But as the counselor asked concerned questions, Joe related his losses, his struggles, his frustrations. Feeling trapped at home, like a caged tiger, Joe found that his losses were relived again and again. "There's too much time to think", he said.

The IFS Service Coordination program linked Joe to services that could help meet his needs. Once the immediate need of transportation was taken care of, a counselor visited Joe at home to help him work through the grief caused by the deaths of his wife and daughter, and the loss of his health and independence.

The biggest breakthrough for Joe occurred when IFS linked him with one of their volunteer Home Companions. Besides providing much needed friendship, the Home Companion has also shown Joe how to do his laundry and simple cooking so that he can take care of those things for himself. "I don't wait on him, says the volunteer. "I encourage his independence". The volunteer takes Joe grocery shopping and to the pharmacy, but encouraged him to get a golf cart so that he could have more mobility within the area. Now Joe drives a golf cart to different social and recreational activities. Joe's medications were re-evaluated by the hospital and were cut back from 27 to 9 prescriptions. His attitude toward living has changed as he has developed more relationships and has begun to regain his independence. No longer the 'caged tiger', Joe sees a brighter, more meaningful future ahead.

Asked if IFS had been helpful, Joe exclaimed, "You betcha"! Without IFS, I wouldn't have my companion teaching me how to do laundry and helping me get groceries. IFS helped me through a tough time when I didn't have anyone and didn't know where to turn".

SPECIAL THANKS TO:

DEL WEBB CORPORATION . . . WE NOW HAVE A
RAINPROOF BUILDING, AND TO
TIM KELLER FOR DESIGNING OUR NEW LOGO AS
SEEN ON THE COVER OF THIS ACTION DIGEST.

New Support Group

A new counseling and support group for men and women meets Thursdays at 3:00 P.M. It is an open-ended group, so people may join at any time, after screening by one of the facilitators. The focus will be on working through issues such as anxiety, depression, relationship stresses and other emotional concerns.

The cost will be \$2 per session, adjustable if necessary.

Group Facilitators are: Donna Hasemeier, RN, CAC; and Lyn Plath, MSW, ACSW. Please contact either one at 584-4999 for more information.

Other support groups offered by Interfaith Services include the Caregiver Support Group which meets twice a month at Faith Presbyterian Church. (16000 Del Webb Blvd.) Caregivers are urged to come share their concerns and develop solutions to the stresses and problems of caregiving.

Bereavement Support Groups are scheduled several times during the year. Members assist each other in working through the grief process.

For more information, call 584-4999.

Counseling Corner

Counseling is designed to help people who are faced with problems they cannot cope with alone. Counseling is provided by trained professionals. It is completely confidential.

Even though the retirement years are looked upon by some as a "Golden Age", the changes in lifestyle produced by retirement often are a challenge to deal with. It isn't necessary to struggle with adjustment to retirement alone. Often, just a few sessions with a caring, supportive counselor can help meet and resolve the challenge of this particular stage of life.

IFS counselors frequently encounter situations involving area residents who are having a difficult time dealing with their grown children. This can be a particularly frustrating problem for loving, caring parents who want to "do the right thing" for their offspring. Helping parents work through these problems and see to their own needs is another area our counselors address.

Grief, marital problems, depression, loneliness, chronic illness, etc. do not have to be coped with alone. These sometimes frightening situations can be faced and handled with the help of a caring, professional counselor. A crisis hotline is available 24 hours a day, seven days a week, through the Sun Cities Area Interfaith Services' phone 584-4999.

Adult Day Centers

Interfaith Services Day Centers are places where senior citizens meet for fellowship, recreation and a nutritious meal.

Periodic health checks (weight, blood pressure and pulse) are done by registered nurses and trained volunteers at the Day Centers.

Transportation to and from the Day Centers is provided for those who need it, by an Interfaith Services van.

The fee, which includes everything, can be adjusted, based on ability to pay.

Interfaith Services currently operates four Day Centers, all supervised by professional staff and trained volunteers.

Mondays through Fridays

9:30 - 3:30

*St. Clement of Rome Church
15800 Del Webb Boulevard
Sun City*

Mondays, Tuesdays and Fridays

9:30 - 3:30

*Shepherd of the Desert Church
11025 111th Avenue
Sun City*

Mondays and Wednesdays

9:30 - 3:30

*Sun City West
Community Services Center
R.H. Johnson & Stardust*

Thursdays

9:30 - 3:30

*United Church of Christ
11250 N. 107th Avenue
Sun City*

Activities include current events, bowling, bingo, card games, singalongs, entertainment, and exercises.

An important aspect of Interfaith Services Day Centers is that they give participants' spouses or other caregivers some precious hours of free time for themselves. It should be emphasized that the Day Centers welcome all senior citizens regardless of religious affiliation or ability to pay.



Shopping for Shut-Ins Service



Volunteer Helen Brehm and Home Services assistant Tony Edens check to make sure that all the orders are complete. Coordinating a shopping service for over 50 people takes a tremendous amount of organization on the part of staff and volunteers.



Volunteer Martha Cole checks the shopping list against the receipt. As the volunteers take items out of the bags, they check together with the participant to make sure that the items are satisfactory and accounted for.

Shopping for shut-ins helps meet the needs of home-bound residents who are unable to get out and shop for themselves. Interfaith Service (IFS) provides this service to over 50 residents. Most participants are women who are visually handicapped or have had a stroke. For some participants the service is a temporary one: perhaps a neighbor, or relative that normally shops for the participant is gone for awhile. Perhaps an operation such as knee or hip replacement, has made it temporarily difficult to get to the store. For the majority of participants, the service is a necessity that enables them to remain in their own homes. Many are able to cook for themselves, but cannot get to the store for the food they need.

When someone calls requesting the service, a home visit is made to the potential participant. The IFS staff person confirms the need for shopping and explains the procedures.

Participants in the program write up their grocery list and put it out on their door for pick-up. Volunteers pick up the lists, 'Seasoned shoppers' fill the orders, and other volunteers deliver the groceries. There is no charge for the service - the participants write out a check for the amount of the groceries.

One participant summed up the value of the program when she wrote to IFS:

"Jewels will be added to your crowns for the 'life-saving' services you've provided for me this past year - making it possible for me to live healthfully and happily alone in my own home. What a blessing! Please know how very much it was appreciated . . ."

Due to the demand for the shopping service, participants living south of Grand will receive groceries on Wednesdays. Participants north of Grand and in Sun City West will continue to receive groceries on Fridays.



Participants write out a check for the amount of the receipt. Checks are taken back to Safeway. Volunteers help with putting away groceries and opening jars, if needed. Martha Cole echoed the sentiments of many volunteers when she said: "It's so nice to be able to help someone stay in their own place, if they're able."



The shopping service would not be possible without the cooperation of Bell Camino Safeway store manager, Dallas Coleman: "I see the need in the community, and this is one small way to meet that need".

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★
 ★ Thanks to all our wonderful volunteers who make ★
 ★ the shopping program possible. Special thanks go ★
 ★ to Paul Richards and Wright Prickett who arrive ★
 ★ at very early hours to coordinate the grocery ★
 ★ delivery. ★
 ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

PROFILE ON VOLUNTEERS

Interfaith Services (IFS) has so many special, caring volunteers. We would like to profile all of them, but achieving such a desire is impossible due to lack of space. The following volunteers are just two fine representatives of the dedication and love that exists in IFS. VOLUNTEERS . . . WE COULDN'T DO IT WITHOUT YOU.



JERRY MARKLEY

Volunteer Jerry Markley checks the route sheet for grocery delivery. Each volunteer gets a highlighted map, along with the addresses, to make the delivery easier. Most volunteers deliver to three or four people. Other volunteers pick-up the grocery lists which people leave out on their doors.

Jerry Markley drove through the mud and the rain to volunteer for the IFS. A member of Lions and active in his church, Jerry had heard that IFS is "a nice organization and they do good work".

Jerry had taken early retirement from his sales management position because of heart problems. He was looking for something else to do. The shopping for shut-ins service was just getting started and needed people. It was a match!

Since then, Jerry has picked up orders, helped coordinate the delivery system, and delivered groceries. The greatest thing for him has been to "see in the eyes of people when you come with the groceries — that you've met their need".

Says Jerry: "People are comfortable in their own home. It's good to see them able to stay there. A lot of people would be in a nursing home if they didn't have the shopping service. I've put things away for them. If there's nothing much in the refrigerator, I talk to them. I ask them if they've been getting enough to eat. I ask them if they've been eating fresh fruit. If something hasn't been touched, I ask them if there is anything wrong with it. I treat them just like a relative or family member."

What keeps Jerry going? "People need help"; he states. "For me, there's a satisfaction in knowing I'm doing the Lord's work. Like it's written: 'Love one another'. "When I ask people if they know about Interfaith Services, I hear: "Well, I know they're there if I ever need them".



FRED REID

Fred Reid is one of our "individual shoppers". Sometimes, for various reasons, a person needing the shopping service doesn't fit into the regular program. In such instances, they are put on individual shopping. A volunteer will pick up the list, actually do the shopping (or take that person along) and deliver the groceries.

Fred Reid got involved in IFS through his wife, Gladys, who volunteers in the Service Coordination program. He already was a committed community volunteer involved in Red Cross, the Posse and his Lions Club, and church.

Asked why he volunteers, Fred replied: "I've had a pretty good life. I'd like to give some of that back. Volunteering is good therapy — it keeps me occupied and challenged. When I first came to Sun City, I found that I didn't care for golf. I'd been active all my life. I couldn't get used to sitting around doing nothing".

Fred is now actively involved in IFS, and gives it the same characteristic dedication and hard work that he brings to whatever he does. Fred drives the van for the Day Center one day a week. He brings participants to and from the Day Center and fields questions such as, "Do you know where you're going?" and "When are we going to get there?" In between hours, Fred uses his handyman skills to help maintain the IFS office.

On Fridays, Fred grocery shops for two homebound individuals. He also takes a couple to the store so that they can do their own shopping. The wife of the couple is blind and the husband is confused. It has been a challenge for Fred, but it is the couple's only chance to get out. "I sure have learned to read labels", remarks Fred about his shopping experiences. "I think IFS is people helping people. I hope that when I get in a position where I need care, someone will do the same for me".

Some Significant Facts

It's a fact that over 3,000 individuals will spend more than 65,000 hours in one or more program components of IFS during 1989.

It's a fact that IFS staff makes approximately 212 individual contacts per day. In addition, over 75 phone contacts come through the switchboard daily while another 5 contacts are made to our answering service, making over 71,000 individual contacts per year conducted by staff alone.

It's a fact that IFS staff and volunteers make approximately 543 home visits a month. That is over 6,500 home visits a year.

It's a fact that IFS provides approximately 50 hours of shopping service a week for persons unable to shop for themselves. That is over 2,500 hours a year and includes routing, filling orders and home delivery.

It's a fact that the average age of the residents attending IFS's Day Centers is 83 years old. Approximately 30% of the participants have had a stroke and 30% of the participants have Alzheimer's disease. The other participants are coping with heart problems, Parkinson's disease, and frail health.

It's a fact that the average age of the residents receiving IFS counseling services is 65 years old. Approximately 30% of counseling clients reside in Sun City West, and another 30% reside in Phase 2 of Sun City.



Executive Director: Robert Pangburn

Editor: Jeanette Skaar

Contributing Writers: Holly Bohling, Charles Klikeman, Donald Colvin, Mary Daley, Harold Drosethes and Donna Hasemeier



Light Up The Street Where You Live

In the coming holiday season, light is an important symbol: of hope, of miracles, of warmth and caring. Wouldn't it be lovely to see all of the Sun Cities area glow in the light of luminarias and the spirit of caring this December? The IFS's Auxiliary and The Sun City West Foundation are working hard to help this happen. But they need **your** help. By buying luminarias this year, you will light up the street where you live **and** you will light up the lives of hundreds of area residents. The money raised from the sale of luminarias will provide services to residents who are experiencing trying times.

Tributes & Memorials

A Living Tribute

Have you ever been stumped as to what you could give to the person who seemingly has everything? You might want to consider a living tribute.

Your gift to remember a birthday, anniversary, graduation or any honor in the form of a living tribute has many rewards.

A card is sent to the honoree advising them of your gift and confirming that their name is being recorded in the Tribute and Memorial album on display in the offices of Sun Cities Area Interfaith Services, Inc.

The tribute will enrich the lives of countless people served by such gifts, and is tax-deductible to the donor.

Memorials

Condolences to the family of a deceased friend, relative, or associate expressed with a memorial to Interfaith Services serves both the living and the deceased.

The family will cherish the card that advises them of your remembrance and both of you will be comforted to know that the memorial will assist many neighbors and friends.

Estate Planning Lectures

Everyone wants to protect his estate and get the best return on investments. But often it's hard to know where to get information and expert advice.

For this reason, estate planning lectures are offered as a public service by IFS. The lectures provide residents with ways to protect their estate and help them discover solutions to retirement living. The presenters are specialists from the community who share their expertise at no charge.

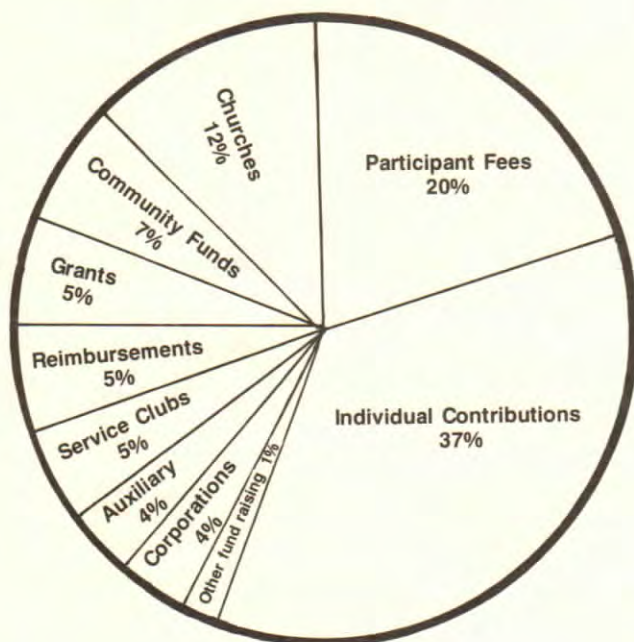
DATE	SUBJECT	PRESENTER
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1989		
Nov 17	Cons and Frauds	Gary Hofer
Dec 8	Understanding Investment Risks	Charles Clikeman
1990		
Jan 12	Choosing a Corporate Trustee	Elizabeth Reeve
Jan 26	Revision of Out of State Wills	Steven Case
Feb 9	Nursing and Home Care Insurance	Helen Abbott
Feb 23	Selecting Professionals	Karen Sutterley
Mar 9	Living Wills	Charles Adams
Mar 23	Perk Up Your Ears and Listen	Clark Wright-Edwards
Apr 13	Financial Abuse by Professionals	Rae McMillan
Apr 27	Successful Asset Preservation	Lynn Bond

All lectures are held at FAITH PRESBYTERIAN CHURCH, 16000 Dell Webb Blvd., Sun City, AZ, on Fridays beginning at 9:00 a.m. in the Council Room.

TO ENROLL IN ONE OR MORE LECTURES CALL 584-4999

IFS SOURCES OF REVENUE



IFS EXPENDITURES



Giving Opportunities

Effective charitable giving is the process of deciding how best to make gifts in light of your overall goals. There are four key factors to consider:

- HOW MUCH** can I give without jeopardizing my or my family's well-being?
- WHEN** is the best time to give . . .
Before taxes, now, or is a deferred gift best for me?
- WHAT** should my gift be . . .
Is cash, property, or investments going to help my tax situation?
- Does **HOW** I give make a difference?
Can I . . .
 - give in my will, a percentage or residue of my estate?

- give through my life insurance by naming a charitable beneficiary
- give unused retirement plan benefits

Donations are the primary means IFS has to fill the gap between participant contributions and the full cost of providing services. These gifts may be made in many ways, such as: *cash, property, memorial contributions, honoraries, or deferred gifts such as bequests by will, special trusts and life insurance.*

Your support can enable you or your neighbor to benefit from the services offered by IFS.

Call us at 584-4999 if you have any questions.

SUN CITIES AREA INTERFAITH SERVICES

Here are some facts about Sun Cities Area Interfaith Services that might be of interest to you.

Interfaith Services (IFS) is an individual and family social services agency specializing in problems of the aging. We are not a Church although funds are provided to us by many Churches, Congregations and Synagogues, which organizations are also a source for many of our volunteers. We are also supported by Service Clubs, Community Funds and other Civic Groups, but have no one principal sponsor. We are not tax Supported or Government affiliated. Our primary source of funding is individual gifts from the residents of the Sun Cities. We have a small staff of professional and clerical employees who work with and provide support systems for 750 volunteers.

Our Services Include:

- ◆ **Adult day health centers.** Professionally arranged and individually planned social and recreational activities, companionship, nutritious meals, health monitoring, transportation . . .
- ◆ **Counseling services.** Crisis counseling, chemical dependency issues, ongoing counseling for individuals, families, groups . . .
- ◆ **Home support service:** Home companions, help with financial paperwork, education, handyman, transportation . . .
- ◆ **Shopping for shut-ins:** Shopping service from local supermarkets, grocery list pickup, grocery delivery . . .
- ◆ **Service Coordination:** Determination of needs, education in services available, referral and follow-up. . .
- ◆ **Ongoing public service seminars:** Estate Planning series, life enrichment, retirement issues . . .
- ◆ **Volunteer services:** Volunteers provide approximately 70 percent of all the staff requirements for Interfaith Services. (Professionals are required both to meet insurance and legal requisites with respect to dispensing of medications, etc.)

SUN CITY AREA
INTERFAITH SERVICES, INC.

AN INTRODUCTION

SUN CITY
INTERFAITH SERVICES, INC.

Officers: William T. Wolfrey President
Edward J. Hemphill Vice-president
Muriel Rose Secretary
Charles C. McKinnis Treasurer

Board of Directors, 1981

Harold A. Davis	Dorothy M. Jorgensen	James M. Reaves
Harry O. Gray	Charles C. McKinnis	Muriel Rose
Edward J. Hemphill	Richard J. Meinert	Robert E. Sleight
William T. Wolfrey	Helen Vallee	

Mailing address:

9502 Hutton Drive, Sun City, AZ 85351

Phone: 974-8404

979-1927

No idea, plan or organization is born full grown. With this small caution, but with great hope and conviction, Sun City Area INTERFAITH SERVICES, Inc., came into legal being as a corporation on May 7, 1981, under the statutes of Arizona. Guided by its parent organizations, Sun City Area Ministerial Association and Sun City Area Community Council, Inc., INTERFAITH SERVICES sets out to accomplish the purposes outlined in its By Laws, ARTICLE II:

The purpose of the corporation shall be to provide for the identified needs of the residents of the service area with services including, but not limited to promoting the physical, psychological, spiritual and social well-being of these residents.

In the broadest possible sense, INTERFAITH SERVICES takes "well-being" to mean the comfort of the whole person. That's why physical, psychological, spiritual and social problems have to be solved together, toward which objective INTERFAITH SERVICES will be working. A great advantage of a retirement community is that it starts out with much mature expertise, which INTERFAITH SERVICES hopes to involve to the maximum.

Why another organization? The Ministerial group is a religious fellowship. The Community Council is a study and research group. INTERFAITH SERVICES will **carry out** the programs and services.

YOU'RE INVITED TO JOIN.

Briefly, any non-profit organization in the Sun City area (Sun City, Sun City West, Youngtown and environs) with objectives similar to INTERFAITH SERVICES is eligible for membership. Representation will be by two delegates from each member organization. They will vote in the House of Delegates where INTERFAITH SERVICES programs and policies will be approved.

A nominal membership fee of \$25 per organization has been established. Project funds will be the responsibility of the fund raising and finance committees. An elected Board of Directors will see that the work of INTERFAITH SERVICES is accomplished.

INTERFAITH SERVICES will work with other organizations and agencies in addressing such needs as crisis counseling, home help service, day care centers and living facilities with health care. INTERFAITH SERVICES will also provide other necessary services not now available. As our needs grow, there is no better way to meet them than to be well prepared. A member of the Board will be happy to tell your congregation or organization more about INTERFAITH SERVICES and how you can help. Call 974-8404.

William T. Wolfrey, President
Sun City Area INTERFAITH SERVICES, Inc.

NAME CHANGE AT INTERFAITH

After 20 years of service to the West Valley, Interfaith Services has changed their name to Interfaith Community Care. This change was discussed within the organization for many years. Quite often the community has been confused about Interfaith Services and some people hesitated to call for assistance because of false assumptions based on the name. The name underwent research and a new logo was designed by Loren Nichols of Nichols Graphics.

Interfaith Community Care still offers a wide range of programs to elderly and disabled in the West Valley. For the homebound, Interfaith offers a variety of services

including grocery shopping, transportation and in-home care. Interfaith also operates five adult day centers throughout the West Valley, with one of them (Mary's Place) being the only Memory Care Day Program in Arizona.

Interfaith continues to research new programs to help people remain independent and in their homes as long as possible. Interfaith may have a new name ... but it still has the same heart.

Interfaith Community Care is a not-for-profit, community-supported human services agency. For more information about programs and services, call 623-584-4999.

THE WESTER Thursday, October 7, 1999

Interfaith Services breaks ground for Bovard Center



Interfaith Services recently conducted a groundbreaking ceremony for its newest program at the Mary F. Bovard Center in Sun City. Shown are (from l.) Michelle Dionisio-VP programs, Ruth Anderson-chairman of the Board of Directors, Mary F. Bovard, Robert P. Pangburn-IFS president/CEO, and Kim Parrott-IFS VP marketing.
Photo, Rich Kenney

By Marie Scotti

Interfaith Services recently conducted a groundbreaking ceremony for the Mary F. Bovard Center located at 14601 Del Webb Boulevard in Sun City. Robert P. Pangburn, IFS president and CEO, presided over the official groundbreaking. Mary F. Bovard, IFS staff and members from the IFS Board of Directors were also in attendance.

Pangburn thanked Mrs. Bovard

who has been a vital source of support and inspiration to Interfaith Services. He noted "The Mary F. Bovard Center will be a reminder to this community of her generosity and love for Sun City and its residents."

Negotiations to purchase the building began in the Spring of 1998 and the purchase was closed in August 1998. This new

building will impact Interfaith Services several ways.

It will provide additional space for staff and volunteers who presently work at the El Mirage building or St. Clement of Rome Adult Day Health Center.

It will create an Alzheimer's/dementia-specific Adult Day Health Care Program that will provide a safe enclosed environment specific to the needs of this population. Allow future growth

within the adult day care program to accommodate additional programming such as the Sun Health project and enhance the continuity of care for clients by housing all program staff in one facility.

The program, an Adult Day Health Center for individuals with dementia/Alzheimer's Disease, is slated to open in January, 2000.

Renovations to be complete by January

By TOM BARRY
Independent Newspapers

Work got under way last week on Interfaith Services' Mary F. Bovard Center in Sun City, which will eventually house an adult day services program for Sun Cities residents suffering from Alzheimer's and other dementia-related illnesses.

The facility will be located at the former Washington Federal Savings building, 14601 Del Webb Blvd. in the La Ronde Center. The general contractor is Sierra Construction Co., which expects to complete renovations in January 2000.

The 7,176-square-foot center will also house offices for care managers, counselors and home support personnel, said IFS spokesman Rich Kenney.

"It's the fulfillment of a dream and one of the proudest moments of my life," said Mary Bovard, for whom the center was named. "What better way for me to leave a legacy."

A Sun City resident since 1980, Mrs. Bovard has been a major IFS benefactor and scores of other Sun Cities charities, and has been a tireless volunteer for the nonprofit social services agency.



Photo by TOM BARRY/Independent Newspapers

Interfaith Services held a "groundbreaking" ceremony last week for the Mary F. Bovard Center in Sun City, which will be completed in January 2000. Taking part in the ceremony were, from left, Michele Dionosio, program vice president; Ruth Anderson, IFS chairperson; Mary Bovard; Bob Pangburn, chief executive officer; and Kim Parrott, vice president of marketing.

"Mary has been a volunteer, board member and a true friend to us," said Robert Pangburn, IFS president and chief executive officer. "The Mary F. Bovard Center will be a reminder to this community of her generosity and love for Sun City and its residents."

IFS has reached capacity at the existing adult day health center at St. Clement of Rome Catholic

Church, and the relocation will not only accommodate more participants but will provide a safe, controlled environment, said Mr. Pangburn.

Several staff members at the IFS office on El Mirage Road in Surprise, as well as satellite staff now working out of the Immanuel Campus of Care in Peoria, will also move to the new building.

Interfaith contributor honored



Lisa Goettsche/Daily News-Sun



Lisa Goettsche/Daily News-Sun

Mary F. Bovard, left, and Kim Parrott, join in the festivities during the Interfaith Services groundbreaking ceremony, above, for the Mary F. Bovard Center. The center is named for Bovard because of her many contributions to the foundation. The renovations at the center, left, in the LaRonde Center on Del Webb Boulevard, should be completed by January.

OVER

Interfaith celebrates health center week

STAFF REPORT

Interfaith Services plans to celebrate National Adult Day Health Center Week at each of its centers. The public is welcome to attend each of the Interfaith Services open houses.

The Adult Day Center at St. Clement of Rome Catholic Church 15800 N. Del Webb Blvd., in Sun City, is planning a day at the movies from 1 to 4 p.m. Wednesday. The program will feature a swing dance ensemble at 1:30 p.m. as well as classic movie clips throughout the afternoon.

Participants and staff will be dressed as their favorite movie stars.

The Friendship Center at Royal Oaks, 10015 W. Royal Oak Road Sun City, will host an open house from 10 a.m. to noon Monday. Interfaith activity therapist Tim Hulstrom will present "The Mystique of the Woodland Indians" at 10

a.m. Dr. Vern Urich of the Heard Museum will speak on "Tribes of Arizona" at 11 a.m.

Both programs will include Native American storytelling, artifact displays and music and dance demonstrations.

The Interfaith Services Adult Day Center at First Baptist Church, at 81st Avenue and Cactus Road in Peoria, welcomes everyone to "Come Meet the Stars" from 10:30 a.m. to 2:30 p.m. Sept. 23.

The stars are Interfaith participants who will display their arts and crafts projects. Ruth Everman, a jazz singer, will perform at 1:30 p.m.

Free blood pressure checks as well as depression and stress screenings will be conducted.

Interfaith staff representatives will be available to speak with individuals who want to learn more about care management, home services and volunteering opportunities.

Handyma'am

Interfaith seeks volunteers for program

By MONICA ALONZO-DUNSMOOR
DAILY NEWS-SUN

Jacque Mills is one handy woman. In fact, she's the only woman in the Interfaith Services' volunteer Handyman Program.

On any given day she and the 11 other volunteers help Sun City residents construct, check, caulk; realign, repair, replace; and even tighten, trim and turn.

"We do minor work, and we also have a master electrician," said Lori Bolton, Interfaith's Home Care Coordinator. "We will also install grab bars in (bathrooms) to ensure safety. Some of our elderly can't change a light bulb. We do ... things like that."

The Handyman Program — or as Mary Lou Tosland, a graphic design coordinator for Interfaith suggested, Handyma'am — is a free program.

Mills has been volunteering to help Sun City residents as part of the service for about year.

At one time, she was part of the Habitat for Humanity women's team. But a fall from a ladder left her with a broken vertebrae. For a year she couldn't help build homes because of her injuries.

But Mills isn't the type that can sit still, so when she came across an Interfaith advertisement in the newspaper asking for handy volunteers to help local residents with minor home repairs, she signed up.

And help she has.

"There are a lot of women that don't like to have men in their houses," said Mills, who now works with both Interfaith and Habitat. "So they call me."

She puts up shelves, moves furniture, replaces switches and outlets

and fixes lamps for area residents who request help.

For more than eight months on and off she's been helping Agnes Olson get settled into her new home at Immanuel Campus of Care. She's helped put up pictures and empty boxes for 94-year-old Olson.

During that time, they have become pretty good buddies.

"We've had an awful lot of fun together," Olson said. "We laugh a lot."

For Mills, that's the best part of the job.

"I like meeting interesting people, talking to them and listening to their life story," Mills said. "They all have the same goal. They want to say independent."

Volunteers, like Mills, help Sun Citians keep their independence by helping them with everyday tasks at home.

The clients served are almost always pleased, added Bolton.

Despite happy customers, about two months ago calls to the Handyman Program dwindled down from about six calls a week to about two. Then there were none.

Bolton thinks people just don't know the service is available.

"I'm sure there are people out there who need help," she said.

While some need help, certainly some are willing to give it.

"We are always looking for good volunteers, whether it's a handyman or a handyma'am," said Rich Kenney, community relations director for Interfaith. "It would be nice to have a few more women."

Mills believes there are many women who could do the job.

While certain amount of skills are required, "a lot of women don't have the confidence or think others will have faith in them," Bolton said.

There are also Handyman services available to Sun City West and Peoria residents. For more information or to get help from a handyman — or ma'am— call Interfaith at 584-4999.

OVER

Gratitude aplenty

Nov. 25, 1998

250 join in IFS feast

JEFF OWENS
DAILY NEWS-SUN

The idea is a simple one: Round up as many residents of Interfaith Services' four day centers as possible, invite them to Lakeview United Methodist Church — drive them there, if necessary — and feed them a great Thanksgiving dinner. Because otherwise, they might not have one. From noon to 1:30 p.m. Tuesday, Interfaith Services presented its 17th annual Thanksgiving Feast to more than 250 guests, including the day center residents, their families and friends, volunteers in any of Interfaith Services' programs, and Interfaith Services staffers.

"It's an event that continues to grow," said Kim Parrot, an Interfaith vice president. Parrot said Tuesday's crowd looked bigger than last year's gathering of about 200 people.



Lisa Goeltche/Daily News-Sun

Joanna Prillman, right, of Sun City West serves up food for hungry folks at the annual Interfaith Services Thanksgiving feast.

The event is always at Lakeview United Methodist on the Tuesday before Thanksgiving.

"They really are generous in letting us use the space," Parrot said. "It's become a real tradition."

All the food — and there was a lot of it — was donated by area retirement centers and IFS volunteers.

This year, for the first time, students from Centennial High School in Peoria volunteered to greet and serve guests. More students volunteered than there was room for.

Seated at a table near the front of Lakeview's Smoot Hall, where the feast was held, Caroline Centanni finished her meal and smiled.

"I think it's wonderful," she said, looking around the crowded room.

At the same table, Mary Pahr said the holiday food was "delicious," and her husband of 64 years, Frank, said it was "excellent. They do a wonderful job."

Interfaith Services operates day centers in Sun City, Sun City West and Peoria.

HELPING HANDS

IFS volunteers assist residents with household repairs, chores

By CHRIS RASMUSSEN
Independent Newspapers

That darn kitchen light bulb burnt out again, but it's much too high for you to reach. What are you going to do? Live in the dark?

Just call the Interfaith Services Handymen to come to your rescue.

The free service matches the varied skills of volunteer handyman with problems commonly encountered by frustrated Sun Cities homeowners.

"A lot of times seniors aren't necessarily able to do the chores they need to do," said IFS

handyman Dan Smith, who has spent the past three years helping his neighbors conquer every problem from a leaky faucet to programming irrigation timers.

While the service is available to all Sun Cities homeowners, widows tend to be the largest user of the handymen's talents.

"In most homes, the husband was the handyman, he did everything. But when he dies, the surviving wife doesn't know how to even pick up a screwdriver," he said.

During one afternoon, Mr. Smith responded to a call from a lonely widow complaining that

See ■ HANDYMEN, Page 13

■ HANDYMEN

From Page 1

her garbage disposal was stuck. Unaware of what her husband had done previously to alleviate the problem, she had no idea how to get her disposal working again.

"There's a red reset button on the bottom of the disposal. All you have to do is push that button to get it to work again," Mr. Smith said.

IFS has 15 volunteers that devote four to 10 hours a week traveling Sun City, Sun City West and Youngtown, to help.

"One guy we have is a plumber, another an electrician. Me, I do a little bit of everything," Mr. Smith boasted.

A social worker before moving to Sun City West, Mr. Smith said his volunteer work entails more than just fixing something and going on your way.

"When I go out to help a widow, I listen," he said. "As a social worker it was my job to listen. I will sit down and just chat with them.

"So I fix their things and sit and be neighborly. Because people do need someone to talk to. They need to know someone cares," he added.

Handymen are available to adjust timers in yards, assemble small pieces of furniture, caulk cracks in your home and check hoses and pipes for leaks. They will also install light fixtures, ceiling fans and grab bars for bathrooms.

They will even turn your mattress and realign Arcadia doors, screens and dresser drawers. Sticky garage doors and broken chairs are no problem for the talented

volunteer handymen.

While the handymen volunteer their efforts to help people with a variety of different tasks, there are several things they will not do, including general house cleaning.

"We stress minor stuff. Changing air filters and light bulbs. Not replacing toilets," said Barbara Sharkey, volunteer coordinator for IFS.

Ms. Sharkey said volunteers are not allowed to help people pack or move, or help with gardening work.

Many times advice on a home problem can be given right over the phone.

"One-third of the jobs can be taken care of over the phone," Mr. Smith said. "As they describe the problem I can usually tell them what they need to do."

While the number of handymen volunteers in Sun City West are adequate, many more are needed for Sun City and Youngtown, said Rich Kenney, director of community relations.

Claire Wolf can attest to the expertise of IFS handymen. Purchasing brand new drapes for her Sun City West home. Ms. Wolf found that installing the drapery was much more difficult than she had anticipated.

Apparently hardware for the drapery had to be installed in a tight corner. Unable to do it herself, one phone call brought out Mr. Smith who surveyed the situation and had her drapes up in a matter of minutes.

They would be hanging on the

floor right now if it weren't for Mr. Smith. He did a very, very clean job," Ms. Wolf said.

While IFS handymen encounter just about every type of home improvement problem, there are times when volunteers just want to sit back and laugh.

"We got a call from this lady one day who had just bought a brand new chainsaw," Ms. Sharkey said. "Well, apparently she had a huge pile of wood in her yard and regularly cut it by hand to give to her neighbors. But when she got the chainsaw, it was all in pieces that had to be put together.

"Can you imagine a little old lady with a chainsaw? We never heard from her again," she laughed.

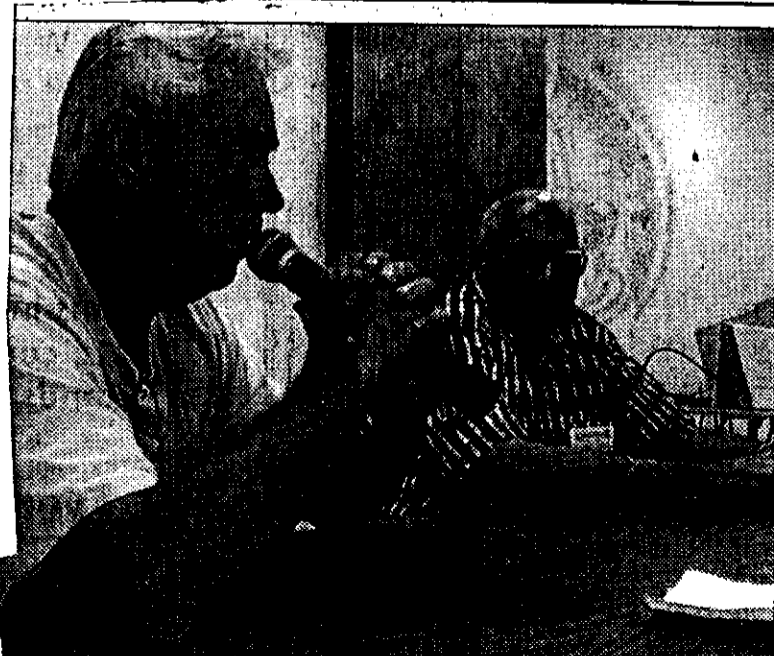


Photo by CHRIS RASMUSSEN/Independent Newspapers
Fielding home improvement questions from Sun City West residents during a Sun City West Senior Center seminar are Interfaith Services handymen Jack Graves (left) and Dan Smith. They are among a group of 15 people who volunteer their time each week helping area residents replace light bulbs, turn mattresses, fix leaks and anything that requires a tool and a little muscle. IFS is searching for volunteers for its handyman program, for more information, call 584-4999.

Senior counselors in demand

Summer brings shortage at Interfaith Services

By Lori Baker
The Arizona Republic

SUN CITY WEST — The 78-year-old woman was lonely for the first time in her life.

Her husband had died after more than 50 years of marriage. Before she became a bride, she had lived with her family.

She now woke up to an empty house. There was no one to share meals or to laugh with while watching television.

Rather than continuing to live in isolation and sink deeper into depression, the Sun City West woman sought help. She turned to Interfaith Services and was assigned to a peer counselor.

"I helped her realize that she was just very lonely. She hadn't known what it was to be lonely before, and she needed someone to listen to her," said Carl Garbe, a 66-year-old Sun City West resident who volunteers as a counselor. "She's doing well now and is socializing more."

Garbe is among about 50 Interfaith volunteers who do peer counseling at the Sun City, Sun City West and Peoria centers. They help other senior citizens cope with the death of loved ones, their deteriorating health or other problems.

In the summer, however, the number of volunteer counselors drops to about eight. Interfaith Services is looking for more volunteers.

Volunteers receive 24 hours of training from Interfaith Services before they start counseling patients. Volunteers learn about depression, anxiety, listening skills, coping strategies, grief and caregiver stress management.

"Peer counseling is a preventive program. We prevent depression from spiraling down," said Dianne Vance, peer counselor coordinator. "The philosophy is that non-professionals can be as effective as professionals. You feel comfortable talking to somebody who can say they know what you're talking about."

Much of what Garbe does is help patients with grieving, whether it is over the loss of a spouse, job or physical abilities. He knows what it is like to grieve. At 30, he lost his first wife to cancer. He became a single dad to his 4-year-old son and 6-year-old daughter.

A retired dentist, Garbe said he has spent 35 years listening to patients. When he considered volunteer work, he decided to use that experience to help others.

"Listening really is a discipline. I wasn't giving full attention when I used to listen to people because I would start thinking about solutions," Garbe said. "The training taught me to give full focus."



Suzanne Starr/The Arizona Republic
Carl Garbe and Dianne Vance work in Interfaith Services' peer counseling program.

Summer months bring shortage of Interfaith Services counselors

— SUMMER, from Page 1

Patients often ask Garbe to share his life experiences so they will feel like they can trust him with their intimate thoughts.

"One woman told me, 'You really care,'" Garbe said. "That meant so much."

"Some of the patients I've worked with have been incredibly independent and led very busy lives. Then their health starts to go and they find themselves not being able to do things like ride a bicycle, drive a car or play bridge and it's very hard for them."

Peer counselors must be at least 50. They provide counseling under supervision of mental health professionals.

Counseling is available at the client's home or at the Interfaith

offices. There is no charge for the program but donations are accepted.

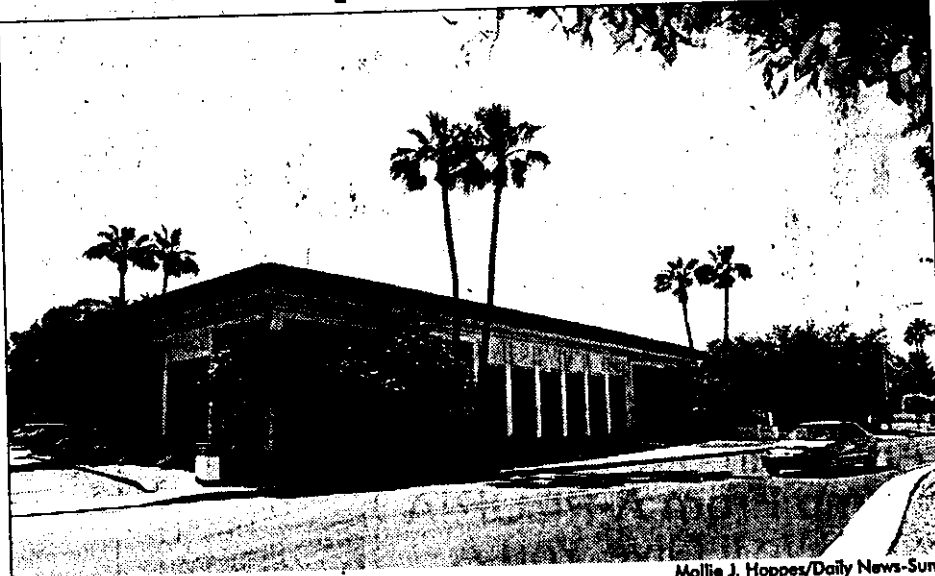
The non-profit Interfaith Services offers several services to residents in the Sun Cities, Youngtown, Surprise, El Mirage, Peoria and parts of Glendale. The agency's goal is to help people remain independent. Some programs are free and others require payment.

Volunteers also are needed for other Interfaith programs, including the adult day health centers in Sun City, Sun City West and Peoria, to help with grocery shopping, office work and fund-raising and to provide consumer help.

For information about Interfaith Services, call 584-4999.

Lori Baker can be reached at 444-7120 or at lori.baker@pni.com via e-mail.

Interfaith plans expansion



Mollie J. Hoppes/Daily News-Sun

This former bank building in the La Ronde plaza will be the new site of an Adult Day Health Care Center sponsored by Interfaith Services, Inc.

Staff report

Interfaith Services Inc. is in the process of purchasing a former bank building at 14601 N. Del Webb Blvd. in Sun City.

The 6,200-square-foot building will be purchased for \$600,000 from a California-based investment firm, said Rich Kenney, spokesperson for Interfaith Services Inc.

The building will house an Adult Day Health Care Center with a 40-

to 50-person capacity.

This is in addition to the St. Clement's of Rome Adult Day Health Care Center and the Social Day Program at Faith Presbyterian Church. The program at Faith Presbyterian operated between October 1997 and February 1998 and will resume in the fall, Kenney said.

Other services housed in the building will be counseling, care management and home support services.

Tuesday, Sept. 23, 1997 Daily News-Sun, Sun City, Ariz.

IFS inaugurates social program

By TINA SCHADE
Staff writer

Interfaith Services is opening a Social Day Program in Faith Presbyterian Church, 16000 Del Webb Blvd., in Sun City, beginning Oct. 8.

The program is designed for individuals who would benefit from a social activity program but do not need assistance with personal care or nursing services.

"This is a great alternative for individuals who want to participate in a social activity program and do not need the full gamut of adult day health services. Individuals who attend must be independent in their personal care," said Christy Whispell, Social Day Program coordinator.

The new day center is next to another Interfaith Services Day Center in St. Clement's of Rome Church. The new location was chosen because it is centrally located, said Joy Klotz, satellite manager for Interfaith Services.

Like the program in St. Clement's, the center will provide a structured setting with a number of activities,

which include sing-a-longs, indoor golf putting and arts and crafts.

"We'll have a calendar of activities and I hope to be as creative as possible," said Christy Whispell, the day program coordinator.

Klotz said these types of activities and interaction with others helps visitors keep their skill level and self esteem high.

"It is to help the individuals maintain the abilities they have, to promote and maintain their individual skills and feelings of being successful. We all need that. We also provide caregivers with respite so they can get their own activities done and stay involved with activities," Klotz said.

The new social day program will be offered from 8:30 a.m. to 4:30 p.m. Monday, Wednesday and Friday at a cost of \$5.25 per hour.

Interfaith Services is a community supported non-profit human services agency dedicated to helping residents remain independent and in their own homes as long as possible.

For information, call 584-4999.

Daily News-Sun, Sun City, Ariz.

Interfaith Services launches family volunteer project

By TINA SCHADE
Staff writer

This week Interfaith Services launched a volunteer project called the Family Volunteer Program to encourage families to interact with their senior neighbors living in the Northwest Valley.

Family volunteers may include any combination of individuals, even classmates, who are interested in becoming involved with seniors who need special assistance.

"We have individuals who volunteer and junior volunteers and so we just figured the next step would be to include families," said Terry Postins, Interfaith's volunteer coordinator.

Postins said the volunteer program will not only benefit seniors, but it will help the volunteers as well.

"This way a family can spend meaningful time together and improve communication and unite them for a common cause," Postins said.

The organization needs volunteers for all services, but the Friendly Visitor program, a project designed to assist seniors with daily living activities, has the greatest need.

Examples of these activities include cleaning, cooking or



grocery shopping. Postins said children may participate in these activities as well as read the newspaper to seniors and help them go through their mail.

"We have some clients who are visually impaired who need help reading and children who are good readers can help with these activities," Postins said.

Another program which is conducive to family participation is the day center visitation.

"Sometimes if a family has a particular skill, such as arts and crafts, we can arrange for them to come in and do that activity in our day center," Postins said.

George Schwartz and his wife, Marge, volunteer their time on Wednesdays at the Sun City West center and said it's a good experience. ●

"The patients are all very

nice people and they're very appreciative. You get a real sense of satisfaction," he said.

Lillian Clancy, an Interfaith volunteer for two years, said she likes the idea of giving regular caretakers a little time to themselves and she also enjoys the people.

"The people are wonderful. We kid around with each other and make each other laugh here," she said.

Nancy Zizzo, a volunteer for seven years at the Sun City West center finds the experience fulfilling as well.

"I love being with people. I feel there's companionship," she said.

IFS has three day centers: St. Clement of Rome Catholic Church at 15800 Del Webb Blvd., Sun City; the Sun City West Foundation Building, 14495 R.H. Johnson Blvd., and First Baptist Church of Peoria at 8133 W. Cactus Road, Peoria.

IFS is a nonprofit human services agency established in 1981. It receives financial support from individual donations, congregations, service clubs, community funds and local businesses.

Currently the agency has 420 volunteers and provides services to almost 7,400 individuals.

7-17-87

Interfaith Services center stirs up activity for guests

By MARY L. CRIDER
Staff writer

Activities at the Interfaith Services Peoria Adult Day Health Center are oriented toward participants' physical and emotional well-being.

"Activities are important for stimulation, for motivation and to help them feel part of a group in which they can be active and interactive," Activities Therapist Nancy Hooker said.

The day care, located in First Baptist Church of Peoria, 8133 W. Cactus Road, has 27 registered participants. Anywhere from 12 to 18 attend each day, Hooker said. Four to six short activities are scheduled each day.

Encouraged but not forced to take part, some adult participants opt to watch, maybe lending a little verbal assistance here and there. Others prefer to do their own thing — read a newspaper, relax in a recliner with a large stuffed bear, play a pick-up basketball game with a young volunteer ...

Because many of their clients don't have large family support systems, staffers try to provide a family atmosphere, Hooker said. The em-

phasis is on interaction.

"We try not to stress the idea that they are here for day care but are here to socialize. They call it the 'club,'" she said, watching 12 smiling day care participants exchange teasing banter with one another.

Seven of them gathered around a long table for the Tuesday morning cooking class. They would make their own afternoon snack.

"We're going to make pudding with whole milk," director Darlene Turner said, tickling the funny bones of the group members.

Hooker opened a box of Jello Instant Banana Pudding and poured it into a large bowl, which she placed at the center of the table.

Using disposable plastic knives, participants Marcella Pulliam and Edwin Davis sliced fresh bananas.

No one volunteered to measure and add milk to the mix, so Hooker did that.

Then, passing the bowl around the table, seven day-care participants took turns stirring, spooning and adding the bananas to the gradually thickening, light yellow pudding goop.

Linda Cummings rested her chin on one hand as she took a turn stirring. Davis, the only male at the table, watched, smiling.

"I don't know what we're doing, to tell you the truth," he said with a chuckle, "but if it doesn't go any further than this, I'll eat it!"

The bowl passed to Mary McSwain. Taking her turn at the whisk, she began chanting, "Round and round and round she goes, and ..."

"... where she stops, nobody knows!" Cummings, Beatrice and Pulliam sang out in unison with McSwain. Participants and staff all burst out laughing.

With the pudding properly prepared, participants took turns spooning it into individual bowls, then stashed the treat in the refrigerator to be savored later. The group then prepared for an outdoor walk.

Interactive activities help day-care clients feel useful, capable and still able to learn, Hooker said.

For information about IFS Adult Day Health Centers, call 584-4999.

48-11-9

VF INTERFAITH SERVICES

THE WESTER Thursday, Apr. 24, 1997

IFS Volunteers Honored at Recognition Day

By Marie Scotti

On Saturday, April 12, over 200 Interfaith Services' volunteers were honored as they gathered at Church of the Palms in Sun City. This was the 15th Annual Volunteer Recognition Day for IFS.

Following a festive brunch, guest speaker Carol Secord shared on "The Energy of Enthusiasm." As volunteers give, they receive. Volunteers become energized with knowing they are helping which in turn motivates them on with what they are doing and enjoying doing this all the more!

Noralee Dahl, an Adult Day Health Care Center volunteer played a guitar and sang "Anthem to Volunteers" written by her for this recognition ceremony to share in song how much vol-

unteers are appreciated.

Carol Smith, volunteer supervisor, said, "Many lives are touched because volunteers make it happen! Because of each and every volunteer, the programs of Interfaith Services enable individ-

uals to remain in their own homes as long as possible."

Four volunteers received special honorable mention for their

Recognition
Continued on Page B4

Robert and Mildred Hanson, IFS volunteers at Sun City West, leave an enjoyable Volunteer Recognition Ceremony with having won their table centerpiece.



Interfaith Services Volunteers Honored at Recognition Day

Continued from Page B1

15 years of service: Truman and Ruth Herr, Leanna Parmeter and Mel Turner. Other "Years of Service" recognition for 12 years went to Evelyn Brissette, Jackie Carlock, Robert Leslie and Eleanor Thompson; for 10 years, Inge Bass, Rosemary Haas, Alice Kautz, Margaret Kimberling, Lucille Majeske, Alvera Milbreit, Gladys Reid, Mildred Roe.

For seven years, were Walter Achermann, Inez Blair, Audrey Bruening, Adele Bryan, Joe Calcagno, Martha Cole, John Cook, Barbara Counley, Gloria

Faietti, Marshall Graham, Joyce Johnson, Wanda Kay, William Kehr, Eugene Kerkhof, Bill Marsh, Susie Marsh, Barbara McCorkle, Matilda Peterman, Larry Pommerich, Fay Rathjens, Clair Sasseville, Elaine Schmidt, Dorothy Schrock, John Thompson, Mary Alice Vernon, Fred Winick, Nancy Zizzo, and for five years, Priscilla Anderson, Castenio Barone, Shirley Barone, Eleanor Blunden, Lillian Burkholder, Lucille Fitzgerald, Patsy Graves, Ethel Hartquist, Judy High, Elaine Kandell, Rob-

ert Kiplinger, Ed Markovich, James Marks, Robert McCloud, Mary McHugh, Dolores McLaughlin, Angela Muenzner, Gladys Pruitt, John Shinn.

Volunteers also received pins for "Hours of Service," for 3,000 hours Mary Ives, Dorothy Mullane, Nancy Zizzo and for 1,000 hours, Walter Achermann, Castenio Barone, Shirley Barone, Rudolph Boisvert, Virginia Cross, Gloria Faietti, Sue Henderson, Eugene Kerkhof, Alvera Milbreit, Mildred Olegar, Warren Stump, and L.Q. Yowell.

THE WESTER Thursday, Apr. 17, 1997

IFS Adult Day Health Center Offers Respite for Caregivers

By Marie Scotti

The SCW Adult Day health

center provides programs for individuals who are unable to

function independently.

The Day Center provides:

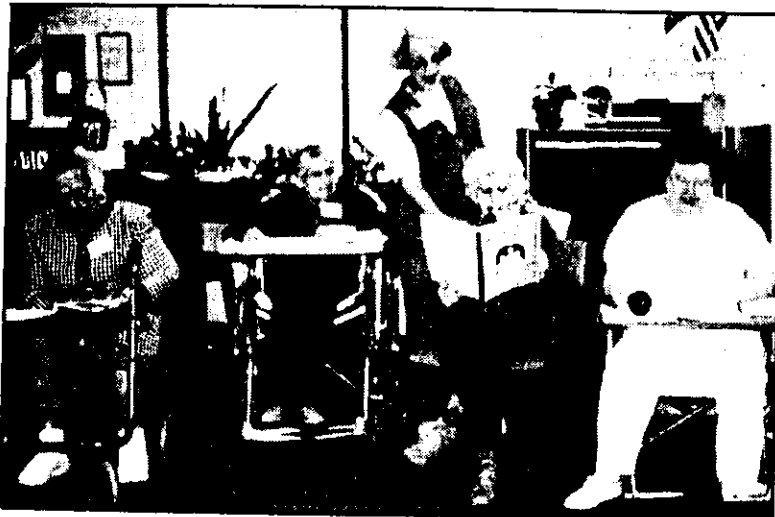
Therapeutic recreation, personal care, snacks/hot noon meals, transportation, health maintenance/monitoring by RN's, Socialization/creating new friends and respite for caregivers.

This program also offers respite for caregivers. The Adult Day Health Center acknowledges the necessity of this much needed free time and encourages caregivers to take care of their personal business, get uninterrupted rest, attend caregivers support groups or just take a break.

Weekend and overnight hours are now available for this program. Transportation is also available for those participants who need it.

The Adult Day Health Center needs Volunteers to serve as: program buddies and assistants, nurses, kitchen help, sing-along leaders and activity leaders.

For more information call 584-4999. The SCW IFS Day Center is located in the SCW Foundation, Building, 14495 R.H. Johnson Blvd., Sun City West.



SCW IFS Adult Day Health Center clients enjoy group singing as part of day's program. Volunteers assist clients with playing old favorites. Edith Cable (l.), IFS Volunteer begins preparation for lunch.

Photos, Marie Scotti

IFS expands services with purchase of its first vehicle

By JULIA DE SIMONE
Independent Newspapers

1-12-97

Participants in the various programs sponsored by Sun Cities Area Interfaith Services will find it easier to attend IFS functions and events thanks to a newly purchased van.

The 12-passenger specialized vehicle, purchased in December, is the first such vehicle ever purchased by the 16-year-old non-profit organization.

The new vehicle will begin making trips at the end of January for a nominal fee. As of press time, the price hadn't been determined, according to IFS officials.

Features on the bus include wheelchair accommodations and lifts. A personal aide will ride on the bus to help transport residents.

The bus cost approximately \$100,000, which included the salaries of the bus driver and personal aide, as well as insurance for the vehicle. Donations from residents and businesses covered 20 percent of the cost.

According to Judy Hooker, IFS associate manager of community relations, the bus will provide clients services to and from the IFS Adult Day Care Center at St. Clement of Rome Church, one of the organization's three adult day health centers.

She said the non-profit social service agency is dedicated to helping area residents remain independent and in their own homes for as long as possible.

IFS volunteers are "buddies" to day care clients,

friendly visitors, handy persons, shoppers, drivers, office helpers and more. All services are free with the exception of nominal fees for the adult day health day center, counseling and transportation.

Ms. Hooker said it's difficult to determine how many people will use the bus because participation varies due to clients' needs. For example, she said, some residents may attend the centers five times a week while others come once a week.

She said the bus also will provide transportation for outings sponsored by each adult day health center. The outings are an aspect of the resident's therapeutic program and include trips to the library, grocery store and White Tank Mountains for a picnic.

Ms. Hooker said in the past IFS relied on other organizations — such as the Red Cross or Sun Cities Area Transit — to provide transportation for its clients.

"We needed to depend all this time on other community services, and (although) they have been wonderful ... this type of transportation was needed," she said.

Ms. Hooker said IFS officials hope to purchase another bus in the future for their clients, while monitoring the success of their new bus.

"As we grow our services will grow," she said.

Ms. Hooker said residents in need of IFS services are encouraged to call for assistance. She said no one is turned away and if IFS cannot assist them, they are referred to another agency.

Call 584-4999.

You gotta have faith

INTERFAITH SERVICES:
Sun City organization's
homebound shopping
service a necessity for
many

BRUCE ELLISON
DAILY NEWS-SUN

It was just after 1 p.m. Monday as Virginia Geile completed her shopping at the new Safeway store at 107th and Olive avenues.

She will be back today, and Wednesday, and Thursday and Friday, too.

Geile is a professional shopper of sorts, a home services assistant at Interfaith Services who oversees a corps of volunteers who each week buy groceries for the homebound and deliver them to their doors.

It's one of many free services offered by



JOY LAMBERT/DAILY NEWS-SUN

Doris Bostwick of Sun City is a volunteer with Interfaith Services. She said she became involved with the organization after she had a heart attack and utilized the shopping service herself.

Interfaith, and like many of the others, depends on volunteers for its success.

Although Geile is a paid employee, the shoppers in the program are donating their time, maybe a few hours a week, maybe more, to round up the items their clients need.

"It can range from a few things to as much as \$50," Geile said as she stood near a shopping cart with milk, ice cream, produce and staples.

Her efforts were aided by the contents of a large clear-plastic document case with shopping lists, cents-off coupons and the occasional Safeway Club Card.

"It's mostly staples that we buy," she said. "Some of our clients have been in the program for years, and I know here in the south end of Sun City, we have some clients in their 90s."

The service is free, but clients pay for the groceries at the regular price.

Prospective clients must be screened by Interfaith for need, which is based on physical ability, not finances.

"You'd be surprised how much lifting, bending and carrying can be involved in going to the store," said Lori Bolton, who also works in the program.

Bolton said the clients she knows buy a lot of frozen, easy-to-prepare dinners, "but also a lot of fresh fruits and vegetables, the kind of thing it's harder to get with Meals on Wheels."

The home-shopping program is available in Peoria, Sun City, Youngtown, El Mirage, Surprise and Sun City West.

Currently, it serves 95 clients, with a corps of 92 volunteers, some operating as couples.

Rita White, who now works in the Sun City West/ Surprise area, used to be in the



JOY LAMBERT/DAILY NEWS-SUN

Virginia Geile, a home services assistant with Interfaith Services, shops with a list submitted by a homebound resident at Safeway, 107th and Olive avenues in Peoria. She also helps to coordinate volunteer shops.

south end of Sun City, generally considered a lower-income area.

"You'd be surprised how it varies," she said of the weekly shopping lists her volunteers get. "We have some conservative folks who grew up in the Depression and watch their pennies very closely, and we have some people who never had to worry much about money and still don't."

Geile, the home services assistant, said excellent cooperation from Safeway makes the program work.

"They let us walk out of here with loads of

groceries without paying for them," she said.

Instead, the cash register receipt goes along with the groceries to the client, who pays by check made out to Safeway. The volunteers bring the money back to the store and pay off the bills each day.

"It's very convenient and there is no need for us to handle cash," officials said.

Residents who might need such a service or know of someone who does should call Interfaith Services at 584-4999 for information about qualifying and setting up an interview.

Interfaith at 20: Digger and ...

LANDMARK:

Events to celebrate service agency's anniversary throughout the year in planning stages

JOHN SOKOLICH
DAILY NEWS-SUN

After 20 years supporting the community, Interfaith Services is celebrating its growth and success with a series of special events.

A nonprofit, nondenominational human-services agency providing a variety of services to residents, Interfaith's goal is to help individuals remain independent in their homes as long as possible. The organization was started in 1981 and has expanded to help more and more residents every year.

"We have come a long way," said Annette Valentine, Interfaith's director of planned giving. "In 1983, we gave 8,500 hours of



MOLLIE J. HOPPE/DAILY NEWS-SUN

Edythe Koch, left, and Mae Glouer participate in a sing-along before lunch provided by Interfaith Services at St. Clements of Rome Catholic Church in Sun City.

direct-service hours to the community, and now we almost have that many people that we individually help per year."

The agency offers a variety of programs, including adult day-care services, behavioral-health counseling, home-care assistance, home services, care management and ongoing educational seminars. It also offers grocery shopping

and delivery to home-bound individuals.

Commemorating its 20 years of serving the community, Interfaith is sponsoring a series of events throughout the year to celebrate its work.

"Everything is still in the planning stages right now," said Michelle Dionisio, Interfaith's executive director. "But what we are doing all year is building awareness to what

we do here in the community."

Interfaith's primary goal is to provide services to seniors and disabled residents to preserve their dignity. The organization serves residents in western Maricopa County, including Sun City, Sun City West, Youngtown, Peoria, Surprise (including Sun City Grand) and El Mirage. The agency provides services to individuals regardless of income, Valentine said.

In April, Interfaith is unveiling another facility — the Mary F. Bovard Center in Sun City.

Due to overwhelming requests for services, Interfaith has grown rapidly since its inception in 1981. More than 7,500 individuals benefited from the agency's programs in 1999. And with the service's growth, the need for volunteers is as great as ever, Valentine said.

"We are always looking for new volunteers," she said. "All people have to do is call our main number and we will send them a packet on the available positions."

For information or to volunteer, call Interfaith Services at 584-4999.

Welfare reform affects Interfaith

Agency expects rolls to increase

By TINA SCHADE
Staff writer

As Robert Pangburn marks his 15th anniversary as Interfaith Services Inc. president and CEO, he reflects on the organization's humble and noble beginnings.

"It's a service that was birthed out of concern and birthed out of prayer," he said.

When he joined the agency in 1983, it served 264 people and had two full-time employees. At that time, it contracted counseling services through Catholic Community Services.

Today, concern and prayer has expanded Interfaith's client base to more than 7,000 people with a full-time staff of about 55. Interfaith Services now offers 10 programs, including four adult day health centers, Medicare and insurance counseling and support groups.

Pangburn credits the success of Interfaith, a non-denominational organization, to a committed staff and focused spirituality.

"We really seek the Lord's guidance," he said.

Despite Interfaith's spiritual orientation, the organization serves "everybody" regardless of religion. One of the misconceptions about the agency, he said, is that people often think, in order to receive services, one must have a religious affiliation.

Despite those misconceptions, the agency has accomplished many things and served clients throughout the Northwest Valley.

Still, Pangburn acknowledges the challenges ahead.

Not only does the agency need to meet the current, growing needs of an aging community, but according to Dr. Paul Eppinger, president of the Arizona Ecumenical Council, Interfaith may experience a demand for more services because of government cutbacks.

Eppinger, in an address to about 100 people at the Interfaith's House of Delegates meeting Thursday at Temple Beth Shalom in Sun City, described the impact of the Welfare Reform Act on local communities.

"There's a new flood of people needing help and service. ... These will be people with children who are really hurting," Eppinger said.

The number of poverty-stricken people in Arizona has grown from more than 29,000 in 1980 to about 37,000 in 1996 and the number of

► See Food stamp, A5

Food stamp cuts loom for elderly

◀ From A1

children living in poverty has grown from 11,500 in 1980 to 14,000 in 1996.

The Arizona numbers have a bigger impact on Sun Citians than what one might expect, Eppinger said.

With welfare reform, low-income individuals and families are the target of 93 percent of entitlements, including \$2 billion in food stamps cuts.

What this means is that the average elderly recipient will lose about \$167 a year in food stamps, beginning in 1998, and \$243 a year in food stamps in

Eppinger said that national representatives from the Presbyterian Church suggested religious organizations "pick up where government has left off." Even President Clinton has called out for each of the 350,000 churches in America to hire a homeless person, he said.

To do this, however, each church would have to add \$150,000 to its budget over the course of six years.

Eppinger pointed out that a program to meet the needs of people in these situation is already in place in Sun City and is known as Interfaith.

The organization has added many programs and expanded its service hours to accommodate the needy, said Michelle Dionisio, program services. But more services are needed.

"To meet the demand requires an increase in the funding base, equipment and volunteer services," Pangburn said.

Currently about 70 percent to 75 percent of funding comes from individual contributions and the rest comes from bequests, wills, trusts, churches and grants.

"We never want to be dependent on government dollars," Pangburn said.

Pangburn's statement reinforces the message behind Eppinger's speech.

"Politics is out. Religion is in and kids and elderly adults and people are up," Eppinger said.

Although poverty figures seem bleak, Eppinger is optimistic.

"There is a spirit moving across the country. ... This is our day. This is a time when we can make a difference in society," Eppinger said.

Daily News-Sun

Volunteer offers love, patience

At 90, Rita Kranz doesn't miss a beat helping Interfaith

By BETH JERGENSON 6-19-96

Rita Kranz hasn't let age or blindness dispirit her.

At 90, Kranz has been volunteering several hours each week since last February with Interfaith Services, a Christian organization designed to help seniors and those who care for them. Interfaith has counseling services, three adult day centers, in-home visitors and social workers.

Summer volunteers are needed in several areas. Volunteers can be buddies center participants, or can grocery-shop for those who are home-bound, or do office work.

"Our volunteer core is the only reason we can help the numbers of people we do," said Gina Griesman, Interfaith's vice president of community relations. "We have served more than 7,000 people this year."

Kranz moved to Youngtown last September, to live near her daughter.

"I do things to make the people happy and keep them entertained," she said. "You have to make them feel loved and wanted. I love them dearly, each one of them."

Kranz has been spending five to six hours a week at the Peoria center. She helps serve lunch, plays games with people and talks with them.

"You just have to see what needs to be done for them," she said. "There isn't a specific job description. You have to do it because you love the people and the work."

Although she was never a nurse, she knows a lot about being a caregiver.

Kranz began in California, where she lived near a friend who cared for her mother with Alzheimer's disease. Rita said that she frequently stayed with the woman suffering with Alzheimer's, giving her friend, some time away.

"I learned a lot about Alzheimer's



Mark Schiefelbein/Daily News-Sun

Rita Kranz of Youngtown, who is legally blind, volunteers with Interfaith Services in Peoria. "I do things to make the people happy and keep them entertained."

'You just have to see what needs to be done for them. ... There isn't a specific job description. You have to do it because you love the people and the work.'

— RITA KRANZ

INTERFAITH SERVICES VOLUNTEER

disease from her," Kranz said. "She would ask what time it was, and I would tell her, and then she would ask again in 10 seconds.

"You learn patience. Maybe it's what the good Lord wanted me to learn, patience."

Darlene Turner, supervisor at the Peoria day center, said, "When Rita's here, she assists in activities with the participants. She has even gone on field trips with us, but mainly she gives much love and affection to everyone."

Due to the summer heat and difficulty in getting transportation, Kranz won't be able to help Interfaith for the next couple of weeks. When the weather cools off again, she plans to go back.

"Interfaith Services is a marvelous

institution. If I had my life to live over again, I would definitely have wanted to work there," Turner said.

Interfaith has day centers in Sun City, Sun City West and Peoria. The day centers provide a relief for caregivers of elderly persons who cannot be left alone. Volunteers at these centers help with meals and activities, as well as provide friendship to the participants.

Those interested in volunteering for Interfaith Services may call 584-4999. There are many areas in which people of all ages can make a difference, Turner said.

Beth Jergensen is a correspondent for *The Prospector*, the *Daily News-Sun's* sister publication serving north Peoria and north Glendale.

Interfaith examines changes

Demand on services could extend hours

By BRUCE ELLISON
Staff writer

Interfaith Services may extend the operating hours of its adult day center in Sun City West — and could provide overnight or even weekend care if county zoning officials allow it.

Gina Griesman, vice president of community relations at the non-profit social service organization, said caregivers who use the adult day-care center say its current hours — 8 a.m. to 4 p.m. weekdays — do not allow them any free time for such evening activities as a church event, dinner out or classes — and that extended hours would be a blessing.

They've also mentioned letting loved ones stay overnight or longer, she said.

For those who have to provide almost continuous care for relatives or spouses, such as those with Alzheimer's disease, adult day-care — also called respite care — gives the caregiver a chance to leave the cares and worries aside for a day, or a few hours, while shopping, visiting with a

friend or attending to other daily activities.

"Strategic planning discussions (with clients) have confirmed that people feel the need for overnight or all-weekend respite services," Griesman said Tuesday.

"Just as our staff is readying to go home on Friday for a weekend, the caregivers who pick up loved ones tell us how tough it is for them on weekends. While the staff looks forward to time off, the caregivers who use the respite center look forward to hard work and a sometimes-rough couple of days."

Griesman said Interfaith will try to extend hours at its Sun City West center to perhaps 7:30 or 8 p.m., by seeking more volunteers and by what she called "some creative shift and staffing changes." Those changes should be in place sometime in June, she said.

Zoning approval required

■ From A1

If the longer hours prove successful, and there are enough professional staff members available, longer hours could also be provided at the adult day care centers at St. Clement of Rome Catholic Church on Del Webb Boulevard in Sun City, and at the Baptist church at 83rd Avenue and Cactus Road in Peoria, she said.

"Overnight stays are a somewhat different matter," Griesman explained, since the facilities used for day care are not zoned for residential use.

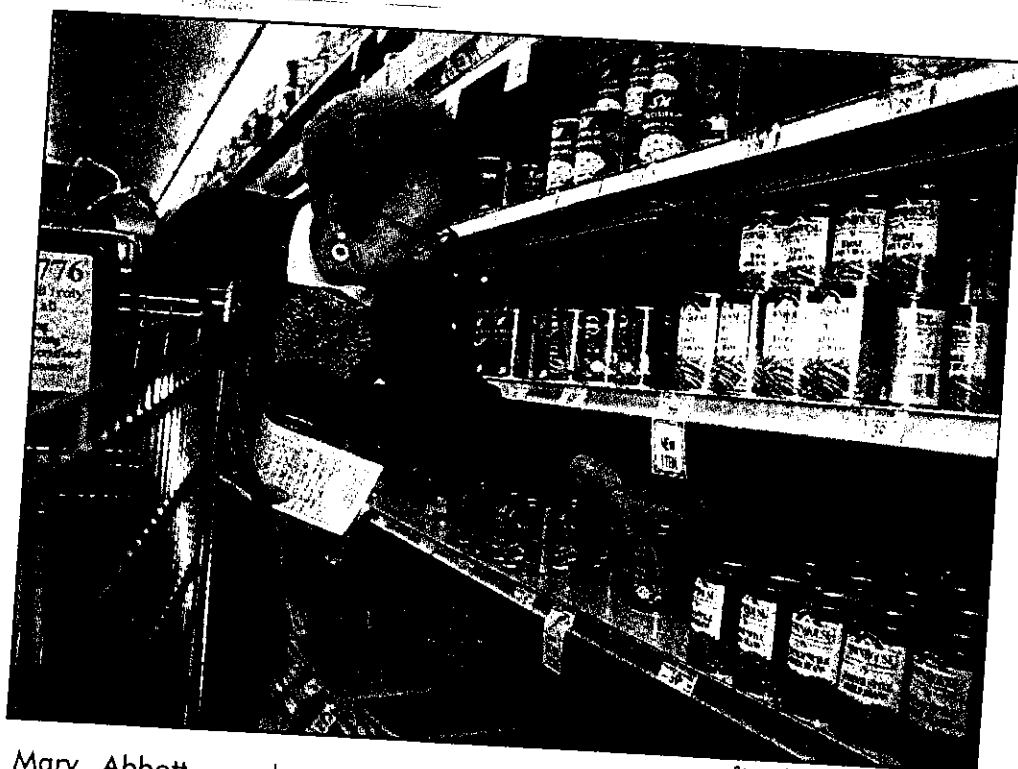
Interfaith has applied to the Maricopa County Planning and Zoning Commission for approval to provide overnight accommodation at the Sun City West site, in the Community Services Center, 14495 R.H. Johnson Blvd., at Stardust Boulevard.

But in the churches, she said, there probably isn't room, or adequate related facilities to make overnight care possible, nor might the churches desire to provide space for overnight accommodations.

Adult day care costs \$6.80 an hour, Griesman said, although there are reduced rates for those who need to leave relatives five days a week, or for those unable to pay.

State law requires that a certain number of professional staff members be on duty in the respite care centers, although volunteers also are an important part of the operation, she added.

About 48 people are enrolled as clients of the Sun City West adult day care center, Griesman said. Typically, 21 to 29 of those clients are served weekly, some of them more than one day.



Steve Chernek/Daily News-Sun

Mary Abbott, a shopper for Interfaith Services, looks for canned vegetables at the Safeway store at 107th Avenue and Bell Road in Sun City.

Shopping service aids homebound

By JEANNIE JOHNSON
Daily News-Sun staff

Warren Stump peers at the grocery list in his hand looking puzzled.

"Where's bouillon?" he asks.

"Above the soup," answers Mary Abbott.

Stump maneuvers his cart through the traffic in Safeway's aisles and continues his shopping. He is just one of 75 volunteer shoppers for the

Sun Cities Area Interfaith Services' grocery shopping program for the homebound.

These volunteers serve 110 clients who cannot leave their homes to go to the grocery store, said Gina Griesman, community relations manager. The program has been in place for eight years and 1,100 people were served last year.

See **Volunteers deliver**, A5

Household hints

Agency helps elderly to hire at-home help

By Lori Baker
Staff writer

Sun Cities

Their situations are different:

An elderly widow who is recuperating from surgery.

A daughter who has cerebral palsy but whose father had a stroke and can no longer lift her.

An older sister who hated living in a nursing home, so moved in with a sister and brother-in-law who are unable to care for her personal needs.

Different though their problems are, these people share a need for a stranger to help them with their day-to-day living.

They've turned to Interfaith Services of the Sun Cities Area for help. The agency began providing a home care assistance screening service in May.

"We've had a lot of requests from the community about people who wanted to live at home but they needed housekeeping, and personal care, and couldn't manage on their own," said Jane Berg, a co-director of the home care assistance program.

A social worker from the nonprofit Interfaith Services meets with the client to determine whether home care is appropriate.

"We need to make sure the client is capable of being an employer and handling the paychecks, paying taxes and setting the hours," said Lissa Green, a co-director of the home care program.

"A lot of people in Sun City have kids living in another state and can't supervise the situation," Green said.

See CARE, Page 4



Tom Tingle / Staff photographer

Interfaith Services' Lissa Green (left) and Jane Berg assist elderly clients in maintaining independence at home. The agency screens employees for jobs at clients' homes.

Interfaith Services thrives with volunteers' support

By Lori Baker
Staff writer

SUN CITIES — From providing consumer advice to counseling grieving widows and widowers, Interfaith Services of the Sun Cities Area helps the elderly in numerous ways.

The agency's mission is for Sun Cities

residents to remain independent in their homes as long as possible.

The nonprofit agency is well-known in the Sun Cities.

Executive Director Robert Pangburn said few people are aware of the hierarchy of this human services agency, which relies on volunteers to perform

75 percent of its services.

Interfaith was formed in 1981 by the Ministerial Association and concerned residents who realized that aging Sun Citizens who came to the Del Webb retirement community for their "golden years" were experiencing unforeseen

See SERVICE, Page 4

SERVICE

From Page 1

problems.

Services were needed to enable the residents to remain independent in their own homes. Interfaith provides counseling, adult day health care centers, home services, social services, volunteer services and home care assistance.

With the formation of Interfaith, a hierarchy was needed to ensure the smooth operation of the agency. The House of Delegates is made up of about 90 organizations such as churches, synagogues and service clubs.

The delegates approve Interfaith's annual budget and elect the volunteer board of directors, who in turn are responsible for setting policy and hiring Interfaith's executive director.

Pangburn manages the day-to-day operations of the agency, which includes a small cadre of professional staff mem-

bers to supervise the corps of more than 450 volunteers.

Some delegates volunteer their time, delivering groceries or assisting at the day care centers.

The House of Delegates is the link between Interfaith and the community. Delegates attend meetings and report Interfaith's concerns to their organizations.

"The delegate meetings are so informative, and it's nice to know what's going on at Interfaith Services," said Amy Ladman of Lakeview United Methodist Church Women and one of the delegates.

The next House of Delegates meeting will be at 9 a.m. Oct. 28 at the Sun City Christian Church, 98th Avenue and Palmeras Drive. Future meetings will be on the last Thursday of January and April.

For information about Interfaith Services, call 584-4999.

March returns put black ink in Interfaith Services budget

By MIKE GARRETT

Daily News-Sun Staff
SUN CITY —After its best-ever revenue month in March, Interfaith Services, Inc., is financially ready for summer when demands are still high and donations are low.

"I think our current financial situation is very good right now and things are looking up," Interfaith Treasurer Lou Atkinson said Thursday at Interfaith's House of Delegates meeting in Faith Presbyterian Church.

Although Interfaith took in \$147,507 in March revenues, the social services agency, which helps Sun Citizens live independently in their homes, will always be on the edge of demand outstripping supply, said Interfaith Executive Director Bob Pangburn.

The first three months of 1993 have been kinder to Interfaith after a trying year in 1992, Pangburn said. Last year, the non-profit social services agency came within \$196 of budget only after a big late-December push averted red ink.

"We always are on the rise in the number of people we serve," Pangburn said. "Our biggest frustration at Interfaith is trying to keep up with demand."

"There is no possible way we can keep up with the demand and we'll always be living on the edge," he said. "The trick is not to fall off the edge because we're always living on faith."

Atkinson said first-quarter 1993 revenues of \$268,867 were just off the budgeted \$270,063 while expenditures of \$277,253 were \$14,000 more than the budgeted \$263,017.

A 1992 revenue carryover of \$28,257 left a \$19,871 surplus in In-

Help buy a lifeline

Daily News-Sun Staff
SUN CITY — Interfaith Services will embark on a fund-raising campaign this summer to get support from the Sun Cities business community.

Businesses will be asked to purchase yards of Interfaith "Lifeline" rope for \$10 a yard, said Interfaith community relations director Gina Griesman.

Funds will enable the non-profit social services agency to help Sun Citizens live independently in their homes as long as possible.

"Our Lifeline goal is to have more than a mile (1,760 yards) of rope," Griesman said.

Each contributor will have a sign posted in front of the Interfaith building on El Mirage Road. All of the business signs will be linked by the rope.

terfaith's current account. Atkinson estimated that Interfaith needs to average \$4,000 a day in revenues to break even. In March, Interfaith averaged nearly \$5,000 a day.

Altrusa Club of the Sun Cities, Sunrise Lions Club of Sun City West and the Kiwanis Club Agua Fria Division of Sun City each donated \$1,000 checks Thursday.

Long-time delegate and Interfaith donor Charlotte Kieselbach donated \$500 and Vi Malcolm, representing 1st Church of Christ, donated an undisclosed amount.

During the first quarter of 1993, Interfaith Services assisted in 3,437

cases involving 1,631 participants, Pangburn said. The figure is up 571 cases over the first quarter of 1992 which was 2,866 cases involving 1,511 individuals, he said.

Total staff participant hours were 18,676, off slightly from last year because of Interfaith's temporary suspension of its day care center south of Grand Avenue and its Home Care Assistance Program.

Interfaith opened a new day care center at 109th and Olive avenues April 1 and has reinstated its Home Care Assistance Program.

The average cost for all services was \$14.58 per participant hour during the first quarter, up from last year's cost of \$12.72. The higher cost is due mostly to increases in day care center operation, Pangburn said.

"We expect to see some of our cost factors come down in the fall, particularly counseling costs," he said.

Home service costs were down to \$9.18 from \$13.07 and social services costs were down to \$14.18 from \$17.98 last year.

"That means that a greater number of people are getting hours of service out of our services department," Pangburn said.

Longtime delegate Garland Lewis urged Interfaith staff and supporters to observe an annual day of prayer Monday to acknowledge Interfaith's needs.

Interfaith department heads and staffers Michelle Dionisio, Ross Parrott, Cindy Saverino, Lyn Plath and Barbara Sharkey related case histories to delegates showing how Interfaith staff has helped revive clients from depression and overcome debilitating stroke-induced paralysis to carry on with their lives.

IFS handymen help Sun City homeowners

By KATHLEEN WINSTEAD
Sun Cities Independent

If you need a faucet fixed or a light bulb changed that's out of reach, Interfaith Services has a number of volunteers who will assist you at no cost.

"They make minor repairs," says

Barbara Sharkey, IFS Home Services director. "We don't take over plumbing or electrical duties."

Changing furnace filters, fixing drippy faucets and leaky toilets and changing light bulbs in fixtures too high for the homeowner to reach are among the 15 daily requests IFS receives.

"We get the majority of calls from Phase I," Ms. Sharkey says. "One man had bugs in his skylight that needed to be removed. We've had volunteers repair doorbells. One lady needed a handrail she bought put up.

One lady, the faucet was rusted on her hot water tank. The volunteer cleaned the rust off and told her she didn't need a new hot water heater. You name it, we get it."

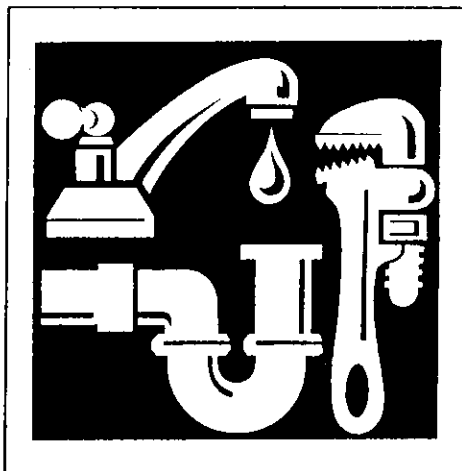
The strangest request was for brick painting, but these days the most common request is for a bubbler readjustment, she says.

Numerous factors contribute to the demand for volunteers, she says.

"Age is one of the factors. Residents can't physically do the job themselves. I also think a lot of people are lonely and they need to see a friendly face."

The repair people don't make major repairs or perform dangerous work.

"I don't want them to get up on roofs, anything that involves danger. I will say the homeowner needs to call the Sun City Home Owners Association (for a referral)." There are 10 volunteers, a majority of whom are men ages 60 to 80.



"Residents can't physically do the job themselves," says Barbara Sharkey, IFS Home Services Director

"I have one volunteer in Sun City and his wife is an invalid. When the nurse arrives to get his wife ready for the day, he uses that time to do repairs," Ms. Sharkey says.

A 61-year-old volunteer who recently underwent heart bypass surgery helps with simple tasks such as changing light bulbs for residents who can no longer climb ladders and one volunteer taught a widowed stroke victim how to cook, shop and use a microwave, Ms. Sharkey says.

If a volunteer

finds he or she cannot make a particular repair, the volunteer will refer the resident to HOA or the Property Owners and Residents Association in Sun City West.

"They'll make the referral if there's something they can't do. We don't promise anything. If he can't fix it, he'll refer you to someone who can tell you who can," Ms. Sharkey says.

IFS is a non-profit social service agency dedicated to helping Sun Cities residents remain independent in their homes. For more information about services or to volunteer, call 584-4999.

Interfaith opens third adult care center

Peoria facility serves residents living south of Grand Avenue

By ANNE RYMAN
Sun Cities Independent

Sun Cities Area Interfaith Services has announced plans to open its third adult day health care center. The facility, located south of Grand Avenue, is scheduled to open in April.

Michelle Dionisio, IFS program services manager, sees a great need for such a service south of Grand Avenue because those living in the original section of Sun City tend to be the community's older residents. Most people who use the services of a day care center are in their early 80s, she says.

"I understand younger people are also moving into that area (Phase II) but we're still getting calls from daughters and sons who work and need a place for mom or dad to go during the day," she says.

The center will operate from 9 a.m. to 3 p.m. Mondays and Thursdays at the Church of Christ, 1935 W. Olive Ave., Peoria. The location is temporary while officials look for a place that will operate five days a week.

IFS has operated centers weekdays at St. Clement of Rome Catholic Parish since 1984 and at the Sun City West Community Services Building since 1991.

The centers provide benefits for both the caregiver and the participant, Ms. Dionisio says.

"It gives caregivers time to run errands, do things for themselves, and they feel comfortable leaving the person in this setting," she says.

The centers can be an alternative to placing someone in a nursing home, she adds, provided the person providing care seeks help early.

"One problem with day care centers is they're not well known. Caregivers usually don't find out about them until they're at their breaking point. If they come in early enough, they may never have to institutionalize (the person)," she says.

Many participants in the day care centers have Alzheimer's disease, Parkinson's disease or have had strokes.

Staff and volunteers organize hot lunches, snacks, arts and crafts,

"(The center) gives caregivers time to run errands, do things for themselves, and they feel comfortable leaving the person in this setting."

— Michelle Dionisio
IFS Program Services
Manager

exercises, gardening activities, field trips, guest speakers and entertainment, says Tina Johnson, supervisor of the new center.

IFS also needs volunteers at the center. Positions include van drivers and assistants, food transporters, snack assistants, kitchen helpers, licensed and unlicensed volunteer nurses and people who assist participants with daily activities, says Carol Anne Gainer, volunteer service director.

"We're also looking for substitutes, those who can be on call, and we can use as backups," Ms. Gainer says.

Van drivers must have CPR and first aid certification, and IFS will provide training and an orientation program, says Ms. Dionisio.

Those who volunteer as kitchen helpers or snack assistants must have a county food service permit.

Volunteers should enjoy people and be empathetic, Ms. Dionisio says.

"Another characteristic is patience. Because you're dealing with functional impairments, it can be trying. You have to be flexible," she says.

Another helpful characteristic is a positive attitude, Ms. Gainer adds.

For more information on becoming a volunteer, call 584-4999.

1,000 VOLUNTEERS REACH OUT

Interfaith Services, a nonprofit agency, helps area seniors to remain independent

When Interfaith Services (IFS) was started by the Ministerial Association over a decade ago, its mission was to help Sun Cities area people remain independent in their own homes for as long as possible.

Eleven years and several thousand clients later, the mission remains the same. With the help of more than 1,000 volunteers, the agency served more than 5,217 people in 1992 alone.

The many programs offered through IFS reach into the retirement communities of Sun City, Sun City West and Youngtown. Caregiving help is available, and other needs are met through counseling, day center, home support services and social services.

Consider the situation that Mary and Al found themselves in 10 years after they moved to Sun City. Mary was the primary caregiver for Al since he'd had his stroke a few years before. Now that Mary was losing her eyesight and could no longer see to drive, she had contacted IFS to get help with their grocery shopping program and to enroll Al in the Adult Day Health Care Program.

Even though Al's mind had not been affected by the stroke, the left side of his body was virtually paralyzed. He needed assistance in getting around. Mary felt confident that the supervision he received from the volunteers, staff therapist and nurses at the day center was excellent. She also knew it was important for Al to get out of the house and to be around more people.

And the grocery shopping help was a tremendous relief for Mary, who was grateful that someone picked up her list each week, filled the order and delivered the groceries.

This is just one instance in which IFS lends a helping hand to a family in need.

IFS also offers various counseling services. Experienced therapists work with individuals undergoing crises and problems including grief, depression,

family and marital problems, stress disorders and chemical dependency.

One-on-one sessions with therapists are available in the office or in the home.

Various group support services are available.

The Home Support Services Program helps people remain independent in their own home for as long as possible. Friendly visitors, Phone Pals, Handyman, and Business Education are the various services available. Volunteers are also available to help people who need transportation, prescriptions filled or unusual errands run. How do people get help from IFS? The IFS Social Services Department coordinates the various services required by an individual requesting assistance.

Professional social workers and

trained volunteer service coordinators make home visits to determine what appropriate services are needed. This department also responds to requests for specialized services by referring skilled self-employed workers to meet specific needs.

IFS draws from a pool of approximately 1,000 volunteers to help the local residents remain independent in their own homes.

This community supported nonprofit non-sectarian social service organization relies on donations from individuals, service clubs, congregations, community funds and the IFS Auxiliary as its main sources of financial support. Day care, counseling fees and reimbursements are other sources of revenue.

For more information, call IFS at (602) 584-4999.

IFS Auxiliary reaches out for more members, funds

By ROSA De SIMONE
Daily News-Sun staff

SUN CITY — Rutheda Pretzell lived in Sun City for almost two decades, independently. But two years ago Rutheda couldn't do it all anymore.

That's when she discovered Interfaith Services. IFS volunteers would arrive at Rutheda's doorstep by 7 a.m. once a week, bearing her requested groceries.

It may not sound like it, Rutheda said, but IFS volunteers weekly trip to the grocery store for her was a lifesaver.

"They are such wonderful people," Rutheda said. "They treat people so beautifully."

Rutheda used IFS for two years.

"I don't know what I would have done without them," she said.

Rutheda moved into The Gardens retirement home in Sun City three months ago and no longer needs IFS, but she continues to boast and support the volunteer organization.

Rutheda was one of the first to participate in the IFS Auxiliary's fall fund-raising effort by becoming an IFS life member.

The 300-member auxiliary is trying to raise funds and mem-



Stephen Cherek/Daily News-Sun

Interfaith Services Auxiliary members from left, Rutheda Pretzell, Louise Mills and Gunnar Broms, and Sharon McNellis, general manager of The Gardens, discuss Interfaith's fund-raising efforts.

bership by offering area residents a life membership for a one-time fee of \$50. They are also seeking donations of \$100, \$300 or \$500 from local businesses.

Anyone making these donations will receive VIP tickets to a show, featuring the Phoenix

Boys Choir, Nov. 21 in the Sundome Center for the Performing Arts in Sun City West.

A reception following the performance will also be open to donors.

The IFS Auxiliary is sponsoring the performance, using ticket sales as part of its fund-

raising campaign.

The auxiliary is hoping to raise about \$50,000, said Louise Mills, auxiliary president.

"We want to get total community involvement in Sun City, Sun City West and Youngtown, and to make people more aware of what Interfaith Services is all

about and how people have benefited from it," said Gunnar B. Broms.

Broms is the chairman of special events for the auxiliary.

IFS Auxiliary membership stands at about 300. In addition to auxiliary volunteers, more than 600 people volunteer to help with IFS programs.

The auxiliary's fall fund-raiser is the perfect opportunity to gain members and supporters, Broms said.

"We want total community involvement and participation," he said.

Mills said she hopes the fund-raising campaign educates the community about IFS.

"There are a lot of people in Sun City and other areas who don't know about IFS," Mills said.

IFS is a non-profit organization that provides a variety of services including counseling, home service and social services at low or no cost to local recipients.

IFS was started 11 years ago by the Ministerial Association of Sun City.

"It's for everybody," Mills said.

The Gardens and its general

manager Sharon McNellis are IFS supporters.

The Gardens will be offering free transportation to donors attending the Sundome performance and free refreshments for the reception, McNellis said.

Having witnessed IFS' work, McNellis has become a life member and recruited nine others, she said.

"Some of our residents used Interfaith while recuperating (from an illness), and they've done a wonderful job," McNellis said.

McNellis said she would like to see other retirement homes take part in the IFS Auxiliary fund-raiser.

"I'm challenging the other retirement centers to follow suit and support Interfaith," she said.

The IFS Auxiliary has also organized a telethon, co-sponsored by the Sun City Association of Realtors, for Oct. 13-15.

Volunteers will call area residents soliciting contributions and ticket sales for the Sundome performance.

Advance tickets for the show are also available at the Sundome box office, any Dillard's box office or through Interfaith.

Caregivers laud adult day care

Last in a series

By **JACQUE PAPPAS**
Daily News-Sun staff

SUN CITY WEST — Rosa Bonacorsi has spent much of her life caring for her son, Raymond, who was diagnosed with secondary cerebral palsy when he was in high school.

Up until last year the 77-year-old Sun City West resident would make Raymond his favorite pies and Italian dishes like tortellini on a regular basis.

But the tables turned about five months ago when Mrs. Bonacorsi had back surgery and a stroke.

"She took care of me all the time and now I am the one taking care of her," said Raymond, 54.

As a new caregiver, Raymond has discovered the benefits of Sun Cities Area Interfaith Service's Adult Day Health Centers.

He brings his mother to the center in the Sun City West Community Services building twice a week.

"I think it's wonderful to have something like this for people who cannot live on their own. It's great for caregivers like myself who need a break to do errands, shopping and other things," Raymond said.

For Rose Bonacorsi, the center is a place to have lunch, sing, visit with local residents and participate in a myriad of activities.

"There are really nice people here who treat you like a human

being with respect," Rose said. "No one looks at each other ... in a bad light here."

The day centers are among the most visible program sponsored by Interfaith, said Jane Berg, program director.

Yet there are many local residents who could benefit from the program who do not know it exists, Berg said.

"When the family finally gets their loved one here they are relieved because it makes such a difference in both their lives. We want so much to reach all those people who do not know we are here," Berg said.

Interfaith created the centers in 1982 to give respite to caregivers who live at home with spouse or parents afflicted by

Alzheimer's disease, stroke and other illnesses.

Volunteers and paid staff help provide a hot meal, snacks, social and recreational activities, health monitoring, nursing services and personal care to those who participate.

There are now day care centers at St. Clement of Rome Catholic Church, 15800 N. Del Webb Blvd., in Sun City and the Sun City West Community Services Building, at R.H. Johnson and Stardust boulevards.

The services, which are provided to residents for a fee, operate on a sliding scale when families cannot afford to pay.

There are about 100 participants enrolled in both day care

See Program grows, A5

Program grows

—From A1

centers, which are open from 9 a.m. to 3 p.m. weekdays. For more information call 584-4999.

Berg said Interfaith will launch an outreach program in the fall in an effort to get more participants and volunteers involved with the centers.

"Most caregivers do not think about themselves. They want what's best for their loved ones. The key is getting them to see how much of a benefit the care centers are for both of them," Berg said.

Berg said she hopes to establish a rehabilitation area in one of the rooms of the Sun City West location that would allow participants to get visits during the day by therapists on an outpatient basis.

Tracy Schimmers, supervisor of the Sun City West center, said each participant's needs are assessed before they enter the program to determine whether they may want a short walk every day or even a shower.

"People who come here learn how to interact all over again. It prevents isolation," Schimmers said. "Many look at the center as a club they go to. It's an identity for them."

Schimmers said the participants especially like days that pets and children are brought into the centers.

"There is one lady who never really spoke to any of us. Then one day my friend brought in her baby and she just talked and talked to her," Schimmers said. "It's just amazing to see these positive changes. This provides respite for the caregiver and stimulation and socialization for the participant."

Schimmers and the Sun City

day care supervisor get the help of a part-time nurse, activity therapists and volunteers. A nutritionist helps develop the lunch menus.

"I think the volunteers are what makes or breaks a good day at the centers. They are motivating and get the participants going," Schimmers said. "They help our mission and they help with Interfaith's overall mission of helping keep people in their homes for as long as possible."



Phyllis Street, left, a volunteer service coordinator for Sun Cities Area Interfaith Services, visits with Mabel Schmeckel of Sun City West. Street is one of 10 volunteers who assesses the needs of local residents.

Social services at home in Sun Cities

Fifth in a series

By JACQUE PAPPAS
Daily News-Sun staff

SUN CITY — Mabel Schmeckel knows the value of social services.

Although she and her husband valued their independence, Schmeckel realized they needed assistance at home after she had eye surgery and he was bed-ridden with a bad hip.

Schmeckel got in touch with Sun Cities Interfaith Services, which sent a volunteer service coordinator to her home.

"Interfaith was a godsend to us," said Schmeckel, who is in her 80s.

The Schmeckels were first visited by volunteer Phyllis Street,

four years ago. Street still comes by on a regular basis, taking them to the doctor and checking on their welfare.

"She's a wonderful person and I always enjoy seeing her. (IFS volunteers are) so efficient, so accommodating. You don't have to be afraid to say anything," Schmeckel said.

Interfaith's Social Services Department relies on professional social workers and volunteers who coordinate services required by local residents.

Street, who volunteered more than 1,000 hours for IFS since 1986, makes home visits to determine what services residents need.

See Volunteers buoy, A5

Volunteers buoy IFS staff

—From A1

"You always get satisfaction out of feeling that you are needed and can do something for other people. That's what keeps us happy," said Street, who once worked as a child welfare worker. "This was really a continuation of my social work, but on the other side of the spectrum."

IFS started its social service program in 1982, but the outreach volunteers who make home visits "came to full force" last year, said Joy Klotz, social services director.

IFS revamped its entire social services program last year and built a team of 10 volunteer social workers who were trained to make home visits.

"Once people in the community found out we were here, the calls came in fast and furious," Klotz said.

In 1991, the social services department served 2,139 people and made 100 home visits. This year the department has helped 1,560 people and has made 188 visits, Klotz said.

"We are here to help the client maintain or attain a quality of life that's important to them. There are a variety of services to meet any need. Our

job is to identify those services so they can make informed decisions," Klotz said.

Klotz said IFS has referred residents in need to more than 150 agencies for a myriad of things such as getting food stamps, transportation, home-delivered meals or house cleaning.

The help starts with "in-take volunteers" who answer the phones at IFS and determine what service can best help the caller.

For information about counseling, home services, social services and other programs, call 584-4999.

Under the direction of Dick Tosland, intake coordinator, 20 IFS volunteers answer questions and assess what services are necessary.

"These volunteers need lots of listening skills and must know how to ask leading questions and get to the root of the problem," Klotz said.

After the initial call, the intake volunteers often arrange for an in-home visit by a volunteer service coordinator or staff social worker.

"Workers go out to the home and do a complete assessment so we know how to help them

physically, mentally, medically and financially. We concentrate on what they view as their concerns and problems and most importantly how they want to solve the problems," Klotz said.

The volunteers meet monthly with staff to discuss problems they may encounter and share ideas to enhance the social service network.

So far this year, the volunteers have worked more than 2,695 hours.

"The beauty of the volunteers is that they are peers of the people they are helping. They can truly empathize with their fellow residents and the situations they are in," Klotz said.

Next Monday: Adult Day Health Centers.



Frances Guarino/Daily News-Sun

Elaine Kandell of Sun City West spends much of her time on the telephone as a volunteer for the Sun Cities Interfaith Services Phone Pals program. Under the program, also known as Telephone Assurance, volunteers call residents on a regular basis to check on their welfare.

Volunteer Phone Pals answer call for help

Fourth in a series.

By JACQUE PAPPAS
Daily News-Sun staff

SUN CITY — Elaine Kandell doesn't let the rare form of Parkinson's Disease she has keep her from helping others.

Using the telephone and a cheerful attitude, the 64-year-old Sun City West resident calls two elderly widows several times a week to "make sure they are OK and let them know somebody cares."

Kandell is a volunteer for the Sun Cities Interfaith Services' new Phone Pals program, also known as Telephone Assurance.

Volunteers with the program call residents on a regular basis to check on their welfare.



"It's a special kind of thing. A call to someone can lead to a friendship over the phone," Kandell said. "What's especially nice about this program is that it makes it possible for someone like me to do volunteer work. Just because I have Parkinson's doesn't mean I have to be on the

See Phone Pals, A5

Phone Pals help others

—From A1

recipient end all of the time.”

The Phone Pals program is similar to established programs in the area such as Youngtown's RUOK program and Sun Health's Telephone Assurance programs, said Barbara Sharkey, IFS home services director.

The difference is that with the Phone Pals program, the volunteers call the clients instead of the clients calling the volunteers.

“Our program is geared toward people who don't want to make the phone call, can't remember to make the phone call or people who are just plain lonely. We wanted to find those who have fallen between the cracks,” Sharkey said.

Sharkey said she hopes to get more residents involved as clients and as volunteers in the Phone Pals program.

Residents interested in participating in the Phone Pals program can call the IFS office at 584-4999.

Phone Pals, one of many social service programs IFS offers at no cost to area residents, began several weeks ago, Sharkey said.

She said some participants request that a volunteer remind them to take their medication or ask to be called at night when they are most lonely.

“This can be done on a short-term or long-term basis. One lady, for example, just wanted her mom called every day while she was on vacation,” Sharkey said. “It just depends on what the client wants or what the family wants.”

Volunteers are linked with their Phone Pals and arrange what time they should call and how often. The client gives the volunteer an emergency backup telephone number just in case a problem arises.

“We've been waiting to get this program started for a long time. It's been sitting in the shadows waiting to move out,” Sharkey said. “I think it will meet the needs of a client by giving them a touch with reality every day. We can already see the good this program is doing.”

Sharkey said the program is a benefit for the volunteers as well as the clients.

“Phone Pals gives the client something to wake up for and the volunteers a purpose,” Sharkey said. “I like to keep people busy and happy, and give them a meaningful purpose in their lives.”

Sun Citian Jerry Willar, who is homebound after having a stroke, is a Phone Pal volunteer for two area residents.

“It's a way to communicate with other people. We talk about our dogs and just shoot the breeze more or less. I try to call every day and that keeps me on the up and up,” Willar said.

Recently, Willar went out of town and forgot to tell his Phone Pal that he would not be calling her.

She got worried about him and called IFS to make sure he was OK.

“We check on each other that way. I watch them and they watch me,” Willar said.

Next Monday: Social Service Volunteers.

Agency supports caregivers

Third in a series.

By JACQUE PAPPAS
Daily News-Sun staff

SUN CITY — Three years ago, Jane's 77-year-old husband suffered several strokes and the 72-year-old Sun Citian found herself overwhelmed with new responsibilities.

"It is like living with a person with many personalities and the fact that his condition is gradually worsening makes it very difficult," said Jane, who asked that her real name not be used.

"Suddenly I had these tremendous responsibilities. I was able to find help for him, but I realized that I needed help, too."

See Members help, A3



Stephen Cherek/Daily News-Sun

Lynn Maynard of Peoria, right, and her mother, Alice Brougher, play a game of fish Saturday. Maynard is one of many area residents who attend caregiver support group sessions on a regular basis.

Members help each other

—From A1

Jane is one of 150 local residents who get moral support and education from Sun City Area Interfaith Services' Caregiver Support Group.

The support group was formed seven years ago to help people caring for a loved one to cope with the stress associated with caregiving, said Lyn Plath, IFS counselor.

"Caregiving is a pretty stressful job when you are doing it in your home by yourself. It causes feelings you don't expect like anger, frustration and loneliness," Plath said.

IFS got the idea to start the caregivers support group from residents who were bringing their spouses into adult day care centers. The centers provide day-long personalized care for incapacitated adults and respite for their caregivers.

"As the caregivers brought in their spouses, they started talking about their problems. They go through so much mental anguish that they need some kind of release to stay sane," Plath said.

The support group meets at 1 p.m. every second and fourth Wednesday of the month at Faith Presbyterian Church, 16000 N. Del Webb Blvd.

IFS also recently started an Alzheimer's Support Group in Sun City West. The group meets at 1:30 p.m. on the first Monday of the month at the Sun City West Day Care Center, R.H. Johnson and Stardust boulevards.

For information, call 584-4999.

At the meetings, participants share

their concerns about caregiving and help each other find possible solutions.

Plath and other counselors give guidance on how to plan for the future, such as making decisions about legal matters or whether their loved one needs skilled nursing care.

One important part of the program is helping the caregivers take care of themselves, Plath said.

Plath said support group participants serve as counselors for each other.

"The compassion they have for each other makes the program work," Plath said. "It isn't so much that any final answers are found in this, but that they are all seeking and learning together."

A support group has helped Peoria resident Lynn Maynard cope with being the caregiver for her 77-year-old mother, Alice, who has Alzheimer's disease.

"I was going crazy because my mother kept repeating everything and it seemed like everything was going round and round. I was at the end of my emotional and physical capabilities," said Maynard, 45, who attends a support group sponsored by Walter O. Boswell Memorial Hospital in Sun City.

"The support group has helped me learn about what I'm dealing with. I don't know why more people don't avail themselves of support groups because they are so educational and worthwhile."

Next Monday: Telephone Reassurance Program

Interfaith volunteers help out Shopping for Shut-ins

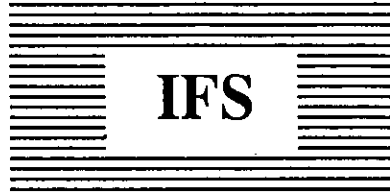
Second in a series.

By JACQUE PAPPAS
Daily News-Sun staff

SUN CITY — Matthew Goldner goes grocery shopping every week without leaving his home.

The 75-year-old Sun Citian gets his milk, bread, canned soup and favorite candy bars courtesy of Interfaith Services' Shopping for Shut-ins program.

"I am 90 percent blind with macular degeneration so I can't



read labels, I can't see the cans," Goldner said. "In my case, this service is essential. I couldn't get along without it."

Shopping for Shut-ins was formed in 1986 as a grocery shopping and delivery program

for people who cannot shop for themselves, said Barbara Sharkey, director of Interfaith's Health Services Program.

"It started out as a pilot project and it just has grown and grown. Most people tell us that they would not be able to live in their home alone if it was not for this program," Sharkey said.

The idea for the program came from a Sun City man who was concerned about how his

handicapped wife would get groceries if he was not able to go out and buy them, Sharkey said.

Interfaith contacted the manager of Safeway at Bell Camino Shopping Center who agreed to allow volunteers to shop for their shut-ins and store their groceries in the store's freezer until other volunteers deliver the food.

"Safeway has done whatever it takes to make the program a

long lasting success. They are very supportive of the program," Sharkey said.

Last year, shopping for shut-ins generated \$44,000 worth of business at Safeway.

The program serves more than 50 people a week and has helped nearly 700 home-bound residents since 1986.

Most people involved in the program have either inquired about the service themselves or have been referred by a minis-

ter, friend or family member. For information, call 584-4999.

Interfaith provides participants with a shopping list they can fill with wanted items every week. Volunteers pick up the lists and then bring them to the Interfaith office where they are sorted.

Some of the visually impaired participants record their lists on cassette tapes. Participants can also include coupons with

See IFS helps, A5

IFS helps over 50 shut-ins each week

— From A1
their shopping lists.

Then, twice a week, volunteers go to Safeway and shop for the items on the list. The total is tabulated and the participant pays for the groceries when they are delivered.

Residents who live north of Grand Avenue get deliveries on Friday. Those living south of Grand Avenue get deliveries on Wednesday.

The program is not in full service in Sun City West because there is not enough long-term demand, Sharkey said. Interfaith offers other special shopping programs for those people who need help on a short-term basis, she said.

"What's nice about the program is they get to pick out what they want to eat. They

make out their shopping lists and someone picks up the items for them," Sharkey said.

Three paid buyers and 34 volunteers help make the Shopping for Shut-ins program work.

"The shoppers are older themselves. They are seasoned shoppers and try to get things on sale," Sharkey said.

She said the volunteers do much more than deliver meals. When they visit the home, they see if any other services are needed such as home cleaning or case management.

"I can't say enough about the volunteers. There is such a high quality of caring people here. It's fantastic to know the lives we've touched."

Next Monday: Caregiver support groups.



Rick D'Elia/Daily News-Sun

Mary Abbott of Peoria places the items purchased on behalf of a shut-in in the walk-in cooler at Safeway.

10

Interfaith helps elderly

Independence gets boost

First in a series

By JACQUE PAPPAS
Daily News-Sun staff

SUN CITY — For 11 years, Sun Cities Area Interfaith Services has been helping local residents remain independent in their homes for as long as possible.

IFS counselors have helped an 84-year-old woman who was isolated in her home to get support services and counseling.

IFS has provided a blind man who could not get to the grocery store with free food deliveries to his home.

IFS got a handyman out to the home of a financially strapped couple who could not afford to fix their clogged sinks.

"Interfaith was formed with a simple mission — to help people," said Dianne Christian, occupational services director of the non-profit social service agency.

The non-profit organization provides counseling, home services, social services and myriad of other community programs at low or no cost for local recipients.

Interfaith was formed in 1981 by the Ministerial Association of Sun City.

"They found that a lot of people in the community needed assistance and they were going to the various churches and synagogues for help. They (churches and synagogues) were having trouble keeping up with the requests," Christian said.

IFS opened an office in Sun City on a trial basis one day a



IFS

Sun Cities Area

week for counseling services, serving 56 people. About 25 volunteers helped out in the office.

The need for such a program soon became apparent.

IFS will have served more than 55,000 by the end of 1992. The program now has more than 400 volunteers who at the end of 1991 logged more than 35,000 hours of service.

This year, IFS anticipates \$1.1 million in expenses, said Kim Gardner, IFS business manager.

She said 70 percent of the money used for program services comes from donations from individuals, community funds, churches, civic organizations and other groups. About 22 percent of the money comes from participant fees and the remaining money comes from grants, reimbursements and other factors.

About 40 percent of the budget goes to pay IFS's 30 full-time employees and 30 percent of the budget goes toward day care expenses.

IFS spends about \$12,000 a year to lease the land where the office has been located since 1987. The office, on El Mirage Road just north of Bell Road, is

See Mission: Help, A5

Mission: Help the helpless

—From A1

7,000 square feet and was donated by Del Webb Corp.

While the mission of the program has not changed, services and programs have been added over the years.

Interfaith has one part-time and two full-time counselors. Many volunteers are also trained to help local residents in need.

"A lot of really intense cases come up. Most are for depression, mental problems and chemical dependency," Christian said. "People come out here, retire, leave behind their support systems. It can be rough. Many times we deal with life and death situations."

As with counseling, other needs became apparent.

By 1982 Interfaith introduced Adult Day Health Care Centers for people who need supervision in their daily activities.

In addition to the attention participants get from volunteers, the centers also provide hot meals, exercise and other professionally supervised activities to dozens of seniors every day.

In 1985 Interfaith established its home services program. The program provides local residents with a variety of services such as shopping for shut-ins, home companions, volunteer handy-men and business education volunteers who help people balance their checkbooks.

"These programs are important because there are so many isolated, home bound people out there who need help," Christian said.

At the heart of Interfaith is social service, which is the starting point for residents who want to get help from the various services IFS provides.

Volunteers and staffers answer the more than 300 calls to

Interfaith every month. They help determine what kinds of services and help are needed by the individual requesting assistance.

"We rely on people out there in the community referring people to us. Neighbors, social workers in hospitals, doctors and family members often call to tell us of a person they think needs a case manager or home meals," Christian said.

Counseling and day care centers are only services IFS provides that have associated fees. Fees are based on a person's ability to pay, but in general there is a \$27 fee for the centers and counseling costs anywhere from \$2 to \$42 an hour.

"But we never turn anyone away who needs help," Christian said.

Interfaith also provides a series of estate-planning seminars in the community that are open to the public. Among the subjects covered by speakers are living wills, emergency plans, exploitation by caregivers, and trusts.

Interfaith has a 20-member

board of directors, headed by Robert Jeckel, president. The group meets monthly to discuss ongoing IFS programs and services.

IFS also has a 90-member House of Delegates made of up representatives from various community organizations. The representatives "spread the word" about Interfaith to their prospective clubs.

Stories highlighting services IFS provides to the community will be featured for the next five Mondays in the Daily News-Sun. Next Monday: Shopping for shut-ins.

Volunteers share 'faith'

By LANCE W. EVANS
Daily News-Sun staff

When Interfaith Services was initiated in 1981 by the Ministerial Association of the Sun Cities Area, it was given a clear mission: to help people remain independent in their homes for a long as possible.

More than a decade later, the mission has not changed, but again and again, the wisdom of the group's founders in assessing need has been underscored.

"The first year we were in operation, we served under 200 persons," said Gina

Want to give a helping hand to someone in need? Interfaith Services tries to help people remain independent in their homes. Call 584-4999 if you need help or want to help.

Griesman, Interfaith community relations manager. "This

year we expect to serve up to 5,500."

As the case load has climbed, so has the number of Interfaith workers. From the 26 volunteers who began in 1981, there are now more than 400, who combine for more than 35,000 hours of service a year.

Interfaith, located at 17749 N. El Mirage Road, is supported primarily through donations from individuals, congregations, service clubs, the Interfaith auxiliary, community funds, grants and See **Volunteers crucial, Page 17**

Volunteers crucial to Interfaith Services

— From Page 15
fees.

"The response to our needs, both in manpower and money, has been tremendous," Griesman said. "Financially, there are a lot of people who care about their fellow citizens enough to make contributions.

Interfaith Services is aptly named, for it is nonsectarian in nature and offers many services aimed at allowing people to live independently in their own homes as long as possible.

"People don't always know what we can do for them and until we get to know them, we don't know what we should do for them," Griesman said.

"Maybe a person will call us and say they are having trouble bathing themselves," Griesman said. "That's their main concern, but there can be a lot more difficulty. Maybe when our people visit, they'll find the person can't clean house, cook or shop; that they need a lot more help than they originally requested.

Among services offered by Interfaith:

- Adult day health care centers, which offer professionally arranged and individually planned social and recreational activities, companionship, meals, health monitoring, transportation and personal care.

Interfaith operates three such centers, at St. Clement of Rome Catholic Church, 15800 N. Del Webb Blvd., Sun City, and Shepherd of the Desert Lutheran Church, 11025 11th Ave., Sun City, and the Sun City West Foundation Building, 14465 R. H. Johnson Blvd.

- Counseling services, run by professionally trained counselors, who provide crisis counseling, chemical dependency help and support for individuals, families and groups.

- Home support services, which provide home companions, help with financial paperwork, education, handyman work and transportation.

- Shopping for shut-ins, which picks up goods from supermarkets and delivers them to clients' homes.

OVER



Courtesy Del Webb Communities Inc.

An Interfaith Services volunteer brings a bag of food to a Sun City shut-in. Shopping for shut-ins is one of many programs at Interfaith Services operated by volunteers.

Neighbors helping neighbors

Local volunteers crucial to success of Interfaith Adult Day Care Centers



Interfaith Services volunteer Alice Thielman, left, and Thelma, enjoy the activities.

By ANNE RYMAN
Sun Cities Independent

Rachel Baldelli sits at an easel, a paintbrush in hand and a pan of watercolor paints within reach.

"We're having a lot of fun trying to copy DeGrazia," says the adult day care volunteer as she helps Liv, one of the participants, paint the fruits and vegetables atop an Indian maiden's head.

Rachel has taught Liv, who suffered a stroke eight years ago, to paint with her left hand.

"It was very hard at first, but she liked it so well," Rachel says. "I have one side of my refrigerator full of paintings and Liv's daughter has a reserved room for her paintings."

Volunteers such as Rachel are the backbone of Interfaith Service's Adult Day Health Care Center at St. Clement of Rome Catholic Parish, Shepherd of the Desert Lutheran Church and the Sun City West Community Services Building.

The centers operate weekdays from 9 a.m. to 3 p.m. and the center at the Shepherd of the Desert Lutheran Church operates Monday and Tuesday from 9 a.m. to 3 p.m. Participants pay \$27 a day, but the center has a sliding fee scale.

"We never turn anyone away," says Melissa Green, supervisor of the center at St. Clement center.

To enroll, a person goes through an interview with staff and must have had a health review and tuber-

culosis test.

An average of 40 participants visit the centers each day and 200 volunteers donate one day a week to do everything from leading exercises to teaching crafts to helping in the kitchen.

Mike Hadley, who has volunteered for about a year at the St. Clement center, helps out wherever necessary.

"You get so much out of life, you've got to give something back," he says.

Ms. Green says the center needs volunteers because about half of the regular volunteers leave Sun City for the summer.

"Because there's not a lot of staff, staff often lead activities, but

volunteers meet individual needs," she says.

Volunteers form a "buddy system" with two or three participants to meet the individual needs of the participants.

"It depends upon the person," says Ms. Green. "Richard, for example, likes to take a walk and enjoys talking about the past."

Many of the participants have Alzheimer's disease, Parkinson's disease or have had strokes. Some participants live independently and come to the center to socialize.

Because many have Alzheimer's disease, the day is broken

■ See CENTER, Page 10

OVER

into short activities of 45 minutes to one hour.

"With Alzheimer's, the attention span is short and it helps to have change," Ms. Green says.

Activities include arts and crafts, table-top shuffleboard, sing-alongs, bingo, exercise, card games and walks.

Staff member Margaret Pfeiffer schedules entertainment and asks

participants their preferences. Popular activities include cards, bowling and shuffleboard.

"I enjoy the people and what's nice about this group is you don't see anybody with a long face. They're all smiles."

Music, in particular, is very popular with the participants, Ms. Green says.

"With Alzheimer's music is

important because even if their memory is gone, they can still sing a song," she says.

In a parachute activity, participants sit in a circle and hold onto the sides of a parachute. Lifting the parachute up and down provides exercise and gives them a chance to lead games.

Ms. Green says when she first started using the parachute game,

she asked one of the participants to lead a game and the person protested that she never got to make choices anymore.

"This is just a small opportunity for them to make choices, use their leadership skills and feel important and special," she says.

But while many find they enjoy the center, it takes adjustment at first. Director Jane Berg says many caregivers hesitate to begin taking their spouse to the day care center.

"It's kind of like another milestone, knowing that sometimes it's a step between home and the nursing home," Ms. Berg says. In addition, caregivers become so involved in caring they fear letting go for a few hours, she says.

Ms. Green says at first, someone

who has Alzheimer's disease must adjust to the center.

"They don't remember and understand why they're coming or may feel their wife or husband is abandoning them." She adds that after a few visits, the participant becomes familiar with the center.

Ms. Berg says one of the most rewarding aspects for volunteers and staff is seeing a participant who was at first nervous about entering the center, enjoying the activities.

One participant, Ms. Berg says, is so excited about coming to the center she begins taking her seatbelt off the second she sees the church.

For more information on Interfaith Service's Adult Day Health Care Center, call 584-4999.



Jacque Pappas/Daily News-Sun

Sun Citizens Ralph and Marie McCugh hold a plaque given to them by Interfaith Services for their donation of \$25,000 to start an endowment fund for the non-profit organization.

Couple plants seed money for Interfaith endowment

By JACQUE PAPPAS
Daily News-Sun staff

SUN CITY — Ralph and Marie McCugh do not need to use the Interfaith Services adult day care centers.

They do not need an Interfaith volunteer to help them with grocery delivery.

And they don't yet need the help of Interfaith's numerous counseling services.

But the McCughs do see the need for Interfaith's many community services and its mission to help seniors remain independent in their own homes for as long as possible.

In an effort to show their appreciation for the non-profit corporation, the McCughs have donated \$25,000 toward the establishment of the Interfaith Services Endowment Fund.

"We are impressed with what Interfaith does and we wanted to give a substantial sum that would not be dissipated and would last in perpetuity. We hope this will be seed money that will start the fund and allow others to donate as well," Marie McCugh said.

The McCughs moved to Sun City 13½ years ago from Idaho, where McCugh worked as an atomic engineer.

"Most people will need these types of services if they live long enough. We are lucky not to need them quite yet. We think it's wonderful that such services are available," he said.

The McCughs, both in their late 70s, said they plan to bequeath more money to the fund.

The formation of a endowment fund for Interfaith has been a goal of its volunteer board of directors for several years, said Hal Drossethes, outgoing president.

"This has been needed and we are so thrilled that we finally have an endowment fund. Before, we were never in a position to establish one," Drossethes said. "We are so grateful for this."

Interest generated from endowment investments comes back to Interfaith and funds programs such as the adult day care centers, home support services, shopping for shut-ins and counseling services.

For information on the endowment fund, call Gina Griesman at 584-4999.

SC area attorney elected president of Interfaith board

Daily News-Sun staff

SUN CITY — Robert Jeckel, a practicing attorney in the Sun Cities area for 17 years, has been elected president of the Interfaith Services Board of Directors.

Jeckel, of Glendale, has served on the IFS board for two years and replaces Harold Drossethes, who has been president for the past two years.

Also elected was Fred Hardy, vice president; retired minister C. Melvin Ratheal, treasurer; and John "Lou" Atkinson, secretary.

"We recognize how much Interfaith Services will grow in the future and I think we need to grow with it. That means more volunteers and more money," Jeckel said.



Robert Jeckel

Interfaith prepares for another busy year

'92 campaign seeks support from community

By JACQUE PAPPAS
Daily News-Sun staff

SUN CITY — In late December 1990, water burst from a faulty sprinkler, flooding the main office of Sun Cities Area Interfaith Services.

For several hours water poured into the Interfaith office at 17749 N. El Mirage Road, covering carpeting and seeping into file cabinets.

By the time office personnel arrived, 2 feet of water had accumulated.

"Months of rebuilding were required to recoup from the tremendous loss. The water

completely destroyed everything in its path," said Robert Pangburn, Interfaith executive director.

But Interfaith bounced back.

"Many organizations like ours would not be able to survive such a devastating blow. But with the tremendous loyalty and perseverance of dedicated volunteers and staff, along with generous support of the community, Interfaith Services is now stronger than ever," Pangburn said.

Despite limping through the first five months of 1991, Interfaith helped more people than ever, with the number of participants increasing from 3,768 in 1990 to 4,454 in 1991.

About 500 of the 4,454 participants sought help from more than one of the social services Interfaith provides.

And for 1992, Pangburn estimates that nearly 6,000 residents will be helped by Interfaith.

"I thought that we would help 6,000 people in 1991 and here we're probably going to get that many in 1992. The need for services will continue to increase and we need to be ready for it," Pangburn said.

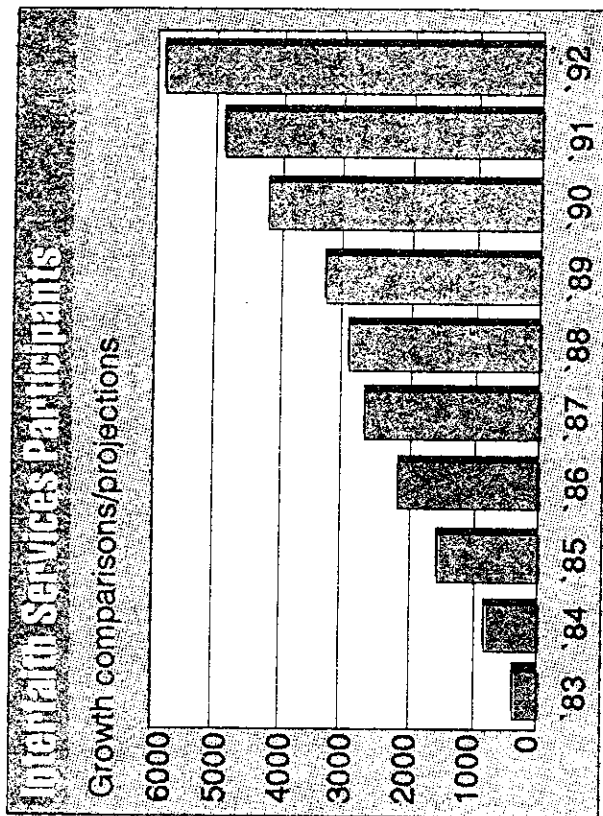
More than 43 percent of Interfaith's estimated \$1 million in revenue for 1992 will come from individuals in the community.

A large portion of those revenues are being solicited starting this week as part of Interfaith's major donor campaign.

Volunteers met on Friday to discuss ways they can encourage their friends to be major donors with gifts of at least \$500.

The donors are classified into various categories in the IFS Gem Family. Donors of \$500 are Sapphire Gems, \$1,000 are Emerald Gems, \$2,500 are Pearl Gems, and so on.

For more information about being a major donor or volunteering to solicit donors, call See Agency, A3



Agency seeks donors

—From AI
Gina at 584-4999.

IFS hopes to collect \$200,000 this year from major donors, said board member Andy Anderson.

"If Interfaith is going to continue to deliver the services it does we must depend on major gifts or bequests," Anderson said. "What Interfaith means to me is a gift of independence. That's so important to our feeling of self worth as we grow older."

Last year, Interfaith collected \$125,000 in major donations, which was 50 percent more than the year before.

In addition, IFS hopes to get \$25,000 from its Auxiliary, \$115,000 from congregations, \$70,000 from community funds, \$2,000 from corporations and \$40,000 from service clubs.

The donations, grants, fees and other revenue is used to fund a variety of services provided by the non-profit organization.

About 33 percent of the budget is for Interfaith's Adult Day Health Centers — one of the most visible programs the organization offers.

The centers provide social and recreational activities, meals, health monitoring and personal care for Alzheimer's patients and others who need daily supervision.

Interfaith's social services department, which helped more than 2,000 seniors last year, coordinates various services required by individuals requesting assistance.

Counseling services guide caregivers through difficult times and help seniors cope with bereavement, depression, stress and chemical dependency.

Other services include shopping for shut-ins; a home support service that provides home companions to help with financial paperwork, education and repairs; and volunteer services that help in crisis situations, insurance and legal problems.

Social services at home in Sun Cities

Fifth in a series
By JACQUE PAPPAS
Daily News-Sun staff

SUN CITY — Mabel Schmeckel knows the value of social services.

Although she and her husband valued their independence, Schmeckel realized they needed assistance at home after she had eye surgery and he was bed-ridden with a bad hip.

Schmeckel got in touch with Sun Cities Interfaith Services, which sent a volunteer service coordinator to her home.

"Interfaith was a godsend to us," said Schmeckel, who is in her 80s.

The Schmeckels were first visited by volunteer Phyllis Street

four years ago. Street still comes by on a regular basis, taking them to the doctor and checking on their welfare.

"She's a wonderful person and I always enjoy seeing her. (IFS volunteers are) so efficient, so accommodating. You don't have to be afraid to say anything," Schmeckel said.

Interfaith's Social Services Department relies on professional social workers and volunteers who coordinate services required by local residents.

Street, who volunteered more than 1,000 hours for IFS since 1986, makes home visits to determine what services residents need.

See Volunteers buoy, A5

Volunteers buoy IFS staff

—From A1

"You always get satisfaction out of feeling that you are needed and can do something for other people. That's what keeps us happy," said Street, who once worked as a child welfare worker. "This was really a continuation of my social work, but on the other side of the spectrum."

IFS started its social service program in 1982, but the outreach volunteers who make home visits "came to full force" last year, said Joy Klotz, social services director.

IFS revamped its entire social services program last year and built a team of 10 volunteer social workers who were trained to make home visits.

"Once people in the community found out we were here, the calls came in fast and furious," Klotz said.

In 1991, the social services department served 2,139 people and made 100 home visits. This year the department has helped 1,560 people and has made 188 visits, Klotz said.

"We are here to help the client maintain or attain a quality of life that's important to them. There are a variety of services to meet any need. Our

job is to identify those services so they can make informed decisions," Klotz said.

Klotz said IFS has referred residents in need to more than 150 agencies for a myriad of things such as getting food stamps, transportation, home-delivered meals or house cleaning.

The help starts with "in-take volunteers" who answer the phones at IFS and determine what service can best help the caller.

For information about counseling, home services, social services and other programs, call 584-4999.

Under the direction of Dick Tosland, intake coordinator, 20 IFS volunteers answer questions and assess what services are necessary.

"These volunteers need lots of listening skills and must know how to ask leading questions and get to the root of the problem," Klotz said.

After the initial call, the intake volunteers often arrange for an in-home visit by a volunteer service coordinator or staff social worker.

"Workers go out to the home and do a complete assessment so we know how to help them

physically, mentally, medically and financially. We concentrate on what they view as their concerns and problems and most importantly how they want to solve the problems," Klotz said.

The volunteers meet monthly with staff to discuss problems they may encounter and share ideas to enhance the social service network.

So far this year, the volunteers have worked more than 2,695 hours.

"The beauty of the volunteers is that they are peers of the people they are helping. They can truly empathize with their fellow residents and the situations they are in," Klotz said.

Next Monday: *Adult Day Health Centers.*

Local holiday tradition unfolds

By **CONNIE STEELE YOUNG**
Daily News-Sun staff

Prayer and gratitude is as important to Thanksgiving tradition as the turkey.

During the past nine years a community-wide tradition has developed in the Sun Cities. The interfaith worship service, sponsored by the Sun Cities Area Ministerial Association, represents 50 area churches and synagogues.

The 1991 interfaith Thanksgiving Day service will be at 10:30 a.m. Thursday, Nov. 28, in the Sundome Center for Performing Arts, 19403 R.H. Johnson Blvd, Sun City West.

The Rev. Stanley Brown, coordinator of the service, has said he anticipates a large turnout from the participating communities of Sun City, Sun City West, Youngtown, El Mirage and Surprise.

People are asked to bring one or more items of non-perishable food that will be donated to the Westside Food Bank.

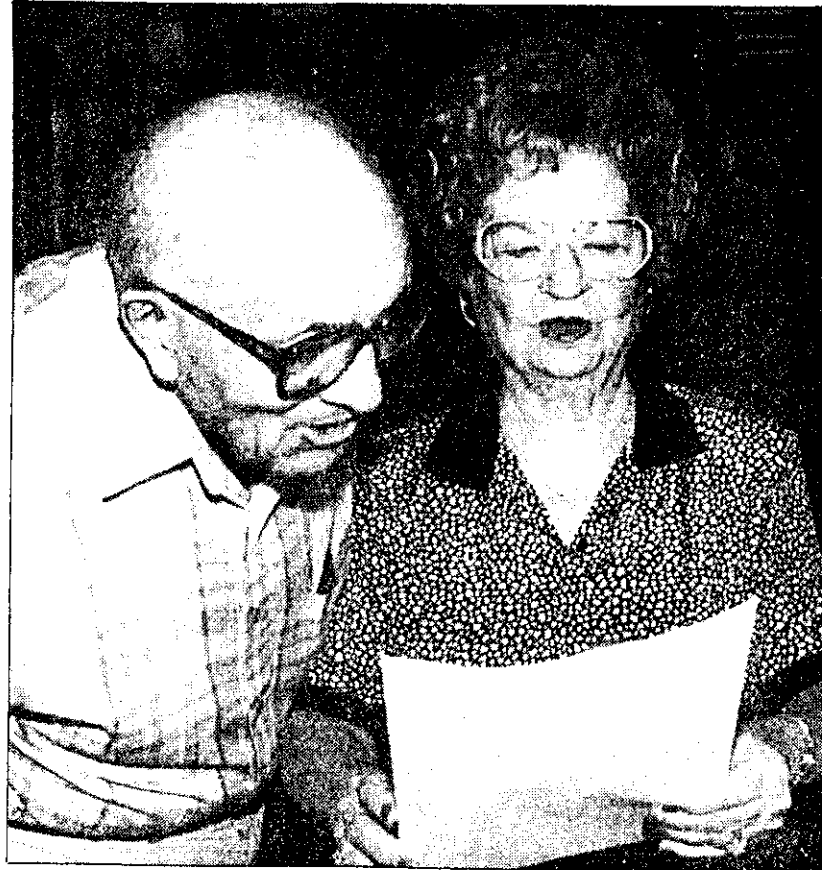
For the first time the program will feature members of the Peoria High School 35-member Concert Choir. Appearing with the choir is the school's singing group Jazz Factor, a select ensemble that sings popular standards from Jazz to Broadway. Michael Hancey of Peoria High School directs the singers.

Delivering the Thanksgiving Day message will be the Rev. Ralph Showers, of Camp Verde, who has triumphed over mental and physical handicaps to lead a successful and productive life despite being disabled.

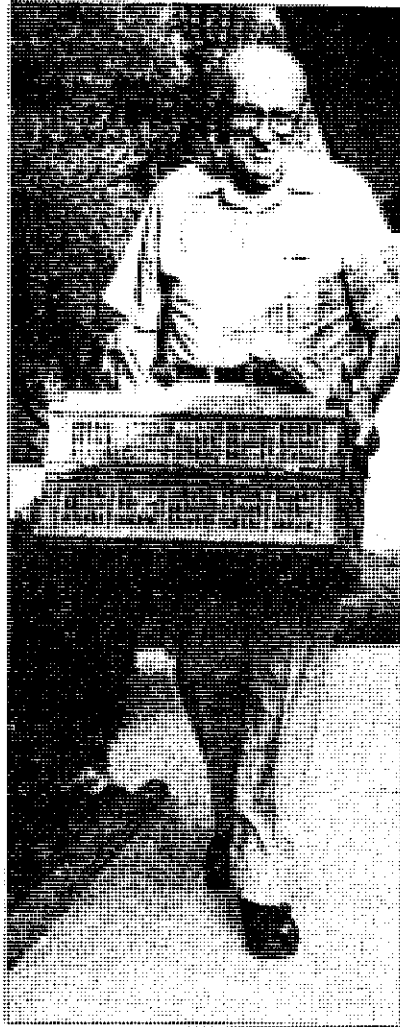
Esther Holte will provide organ music. "The God of Abraham Praise," known in the Hebrew tradition as "Yigdal" is among the hymns to be sung. Luke Air Force Base will provide a color guard.

AROUND TOWN

DAILY NEWS-SUN, Aug. 19, 1991



CHECKING THE LIST — Interfaith Services volunteers Bill and Betty Brauning check their list before buying groceries at Safeway, 107th Avenue and Bell Road.



Daily News-Sun photos by Stephen Cherek

SERVICE WITH A SMILE — Bill Brauning delivers groceries to a shut-in.



THAT'S ABOUT EVERYTHING — Bill Brauning unloads the groceries while Betty Brauning chats with Laura Perner, one of three Interfaith Services clients the Braunings visited Friday.

OVER

VF - INTERFAITH SERVICES

DOERS PROFILE

Companions make a difference

Elynore Wegner

Vitae

Bachelor's in English, master's in social work and post master's certificate in social work, University of Wisconsin, Madison.

Hometown Madison.

Valley home 12-years in Sun City.

Marital status Widowed.



Self-portrait Even-tempered, fun loving, companionable, optimistic, religious.

Motto Love thy neighbor as thyself.

Greatest feat: Rearing my two sons and daughter. Helped change foster care laws in Wisconsin.

Walter Mitty fantasy I would attend all of the world's major sports events.

Inspirations My mother who said, "Discontent casts a shadow on all the brightness of a summer day."

Good/bad habits I listen to people. I smoke.

Favorite food/drink Chicken. Brandy.

TV programs "Jeopardy."

Books at bedside The Unauthorized Biography of Barbara Walters.

Vacation spot/luxury: China. A Cadillac convertible.

Key to longevity Genes. "My mother and father died two years ago at 101 and 96 years of age."

Last words Do something for somebody quick.

By **CONNIE STEELE YOUNG**
Daily News-Sun staff

When multiple falls left a former businesswoman with so many broken bones that braces were necessary to support her legs, the prospect of spending life in a wheelchair was enough to break her spirit.

But it didn't. I'll call her Nora because she asked me **Young** not to identify her.

"It's not easy to talk about. I'm trying real hard to adjust," Nora said.

Despite her frail health, the 81-year-old widow has managed to live in her own home — partly because of her own grit, partly because a good neighbor does the grocery shopping and partly because of Sun Cities Area Interfaith Services.

Through Interfaith's home companion program, Carol Ann Smith of Peoria visits Nora weekly.

Smith is one of about 350 Interfaith volunteers.

Interfaith served an estimated 3,100 people during the first six months of 1991, said Bob Pangburn, executive director.

Pangburn said Interfaith will serve between 5,000 and 6,000 people this year, an increase of 2,000 from last year.



Did you know?

Direct services include adult day centers, crisis counseling, in-home services, shopping for shut-ins, home companions, social services and a worker referral program.

Another 700 volunteers, Pangburn said, work through the Interfaith auxiliary, in the office, on the all-volunteer board and with Interfaith's house of delegates.

The point of it all is to keep people at home and out of institutions.

"There's a great deal of loneliness in the Sun Cities. Because of the age that we are, we may come here as a couple. Then there's the loss of a spouse and illness that comes on," said Mary Wicks, a volunteer home companion.

When Smith visits Nora, she brings along Wilson, her Labrador retriever.

"I think lonely people need some kind of contact with something alive," Smith said. "Even people who can't relate to humans very well can relate to animals."

Smith raised Wilson to be a Canine Companion, but a congenital hip problem kept Wilson out of the California program that trains dogs to assist disabled persons.

When Wilson arrives at Nora's house, one of the first things the

dog does is deliver a wet smack on Nora's face, Smith said.

"Wilson gives Nora lots of kisses," she said.

"Affection is always good," Nora said. "I don't think anybody can have a better friend than a dog. They like you no matter how you look."

Wilson entertains Nora with tricks during the couple of hours Smith visits.

"If you throw popcorn he'll catch it," Smith said. "He sings a little bit, rolls over. He'll pray. And he goes out in the morning to get the paper."

Visits with Wilson and Smith always brighten Nora's day. "How good it makes you feel inside when people care," Nora said.

"As people age in the Sun Cities, the more we're going to see these kinds of needs," Pangburn said.

Interfaith has been around since 1981 trying to keep people independent and at home. The idea came from the Sun Cities Ministerial Association and was supported by area service clubs.

"The founders put interfaith and services together," Pangburn said.

About 90 community organizations, churches and service clubs make up Interfaith's membership.

The first services were delivered in 1982.

"Since 1982 the programs have been off and running,"

Pangburn said.

Without volunteers there would be no Interfaith Services, Pangburn said.

"Particularly at the day care center, we couldn't function without the volunteers," he said.

One of those volunteers is Elynore Wegner.

In her six years with Interfaith, Wegner has served as a board member, worked with fund development and helped develop Interfaith's crisis counseling and social service programs.

"She gave us a lot of direction early on in our programs," Pangburn said.

The first year Interfaith operated, Wegner evaluated 244 people as possible clients.

There is an "infinite variety of problems," Wegner said.

In working with the Interfaith staff since the beginning, Wegner said, "I've never met professionals in the social services who had more genuine compassion for the elderly without one trace of condescension."

...

Jonathan Swanson, grandson of Harold and Dorris Swanson of Sun City, has graduated from the College of William and Mary in Williamsburg, Va., with high honors in economics. The Federal Reserve System has hired Swanson as a research assistant.

AROUND TOWN

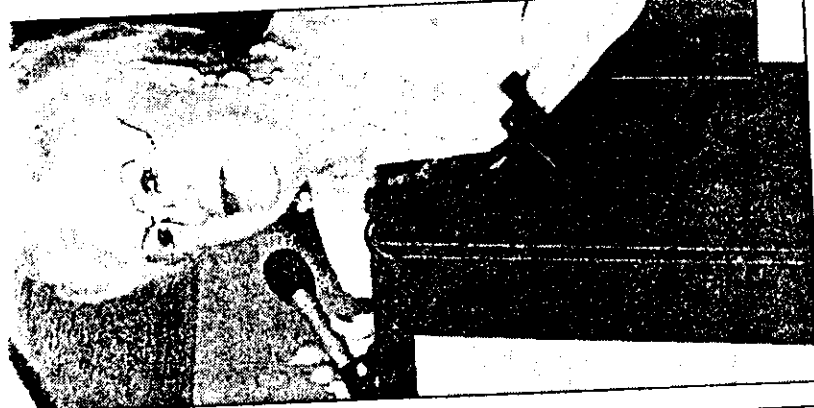


Daily News-Sun photos by Frances Guarino

ROUND OF CARDS — Edna James, left, and Maxine Merrick play a round of cards during the Interfaith Services Auxiliary fund-raiser at Royal Oaks Life Care Center.



TALLYING UP — Daphne Kinney, left, and Edith Henry sort through prize tickets and collected cash during the Interfaith Services Auxiliary fundraiser Wednesday at Royal Oaks Life Care Center. A Bridge to Summer featured dessert and a fashion show.



SPEAKER — Louise Miller, president, welcomes guests to the Auxiliary fund-raiser.



BRIDGE TO SUMMER — Members of Interfaith Services and residents of Royal Oaks Life Care Center visited during a fund-raiser in the three-story atrium Wednesday. The afternoon included a fashion show and a drawing for prizes.

Interfaith: People helping people

By CONNIE STEELE
Daily News-Sun staff

Dr. Leona Yeager followed in the footsteps of Bill Wolfrey, first president of the Sun Cities Area Interfaith Services.

In February, 1986, Yeager was part of an Interfaith task force studying the need for an auxiliary.

Because institutions comprise Interfaith membership, "There became a need for individuals to become personally involved," Yeager said Tuesday sitting in her dining area overlooking the patio and Viewpoint Lake.

"In June, we got a group of people on our patio, and on Sept. 15, we formed the auxiliary with 87 charter members," Yeager said.

The new group grew exponentially. One year later 356 members had signed on and today it numbers around 550



Did you know?

members.

Yeager credited the work of Ellen Young, a resident of Royal Oaks, with "helping us a great deal with special events."

Special events have included ice cream socials, theater parties, cooking demonstrations, fall festivals and fashion show-card parties.

Perhaps the auxiliary's "most visible fund-raising project" is the annual sales of luminaria kits in Sun City and Youngtown, Yeager said.

Jeannette Rosenberg, the group's second president 1989-1990, has coordinated luminaria sales.

Louise Mills assumed the president's duties in January.

The Interfaith Services auxiliary, as auxiliaries do, supports its parent organization and programs. Unlike most other auxiliaries, both men and women have joined the Interfaith group.

"Interfaith is taking care of about 5,000 people," Yeager

said. The agency's goal is to "keep the frail elderly living independently in their own homes," Yeager said.

"Sun City's made up of very active people," Yeager said. "We want to keep them active until they die."

To that end, about 1,000 volunteers, independent of the Auxiliary's membership, work with Interfaith Services. About 400 volunteers deliver direct services to Interfaith's clients.

Under the Interfaith umbrella are:

- Four adult day care centers: St. Clement of Rome Catholic Church, 15800 Del Webb Blvd.; the United Church of Sun City, 11250 N. 107th Ave.; Shepherd of the Desert Lutheran Church, 11025 111th Ave.; and the Sun City West Community Services Center, 14465 R.H. Johnson Blvd.

They provide:

- Mental health counseling.
- Home support services, most notably a grocery shopping program.

- Resource coordination and

referral.

Yeager has asked people to "bring ... to our attention" neighbors who need help and those who wish to volunteer with Interfaith Services.

More volunteers are always needed. The need is especially critical during the summer, she said.

...

Dr. Leona Yeager has been active in the Sun Cities Physicians Club since its inception and last year served as its president. Each month the club draws about 250 to 300 retired physicians to a meeting featuring professional concerns.

Yeager said the club's members are active in part-time medical work. "They're a great resource for the entire community and could be a great resource for the entire nation if there was a way of getting involved," she said.

...

10

Interfaith counseling helps lift depression

Last in a series

By TIFFANY MEANS
Daily News-Sun staff

Ninety people with depression seek help each month from the counseling department of Sun Cities Area Interfaith Services.

Most of those clients have had trouble adjusting to a new community, a retirement lifestyle or the death of their spouses, said Donna Hasemeier, Interfaith counseling director.

"We are impacting the feelings of hopelessness people tend to have and we are having a significant effect," Hasemeier said.

Depressed clients make up nearly 70 percent of the 125 new clients Interfaith counselors see each month.

Interfaith fees are based on a sliding-scale rate of \$2 to \$35 a session, depending on client income.

Elsewhere in the Valley, rates average \$60 an hour for general counseling, said Carlyn Block, West Valley Camelback Hospital spokeswoman.



West Valley, which offers behavioral health services, often refers outpatient-counseling clients to Interfaith, Block said.

When Interfaith's clients require inpatient care or antidepressant medication, counselors refer the cases to West Valley or other local organizations and physicians, Hasemeier said.

Interfaith's counselors offer general counseling sessions, and therapy and support groups to area residents 60 or older.

If clients need practical as well as psychological help, counselors work with Interfaith's other departments, Hasemeier said.



Daily News-Sun photo by Stephen Cherek

Marie Webb — Interfaith bereavement counselor.

Within the counseling department, clients may attend general sessions, therapy groups or weekly bereavement and grief support groups.

The groups have the advantage of allowing people to see that others experience similar problems, Marie Webb, Interfaith bereavement counselor, said.

"They are a tremendous support for one another," Webb said. "This is one place people can come and talk about whatever they wish and feel it will be accepted."

Interfaith counts on volunteers

Fourth in a series

By TIFFANY MEANS
Daily News-Sun staff

SUN CITY WEST — Early this morning, Roy and Betty Kelso filled the trunk of their car with bags of groceries.

They weren't concerned about beating the crowds — they were on a volunteer mission for Sun Cities Area Interfaith Services.

Most Fridays, the Kelsos leave their house before 7 a.m. to deliver food to three home-bound residents. They work through Interfaith's home-support services, one of five agency departments.

"We need volunteers very badly," said Dianne Christian, coordinator of Interfaith's volunteer-services department. "The demand for services is growing



by leaps and bounds."

Last year, the non-profit agency helped 4,200 people, many of whom received continuous services. By 1995, Interfaith expects to serve at least 6,000 clients.

"Without volunteers we really couldn't operate," Christian said. "We have to have them to survive."

Local residents such as the

Kelsos perform more than 70 percent of Interfaith's services, which are provided free or on a sliding-fee scale for area residents 60 or older.

Interfaith has 1,100 volunteers, including 400 that deal directly with people who use the agency's services.

Christian interviews potential volunteers and helps them decide which service area they would prefer:

- Service coordination — Volunteers in the intake room answer telephones and make referrals according to callers' needs. Outreach workers visit callers in their homes to determine their needs and make referrals.

- Adult day health centers — This program offers nurse-

supervised day care for residents who need socialization or whose caregivers need to rest or work.

- Counseling services — Residents may receive general counseling or attend a grief-bereavement support group through this branch. Staff and volunteers have the education or professional background that qualifies them to counsel.

- Home-support services — Volunteers perform many kinds of work including grocery shopping, visiting home- or bed-bound residents, taking residents on outings and providing business and financial counseling.

People interested in volunteering may call Interfaith at

See Volunteers, A3

(COVER)

IC
DAILY NEWS-SUN, JAN. 11, 1995



Daily News-Sun photo by Stephen Cherek

SPECIAL DELIVERIES — While Roy Kelso finishes putting away groceries, Betty Kelso and Henrietta Allen check Allen's shopping list again. The Kelsos are volunteers in Interfaith Services' Shopping for Shut-ins program.

Volunteers vital to Interfaith

— From A1
584-4999.

Volunteers may work as few or as many hours as they would like, Christian said.

"Getting volunteers and keeping the numbers we need is a real challenge," Christian said.

Many older volunteers resign because of health problems, she said.

People thinking about volunteering should consider the benefits, not just the loss of free time, Christian said.

"You don't get paid money,

but the rewards are there in other ways," Christian said.

When the Kelsos began their grocery volunteer work three years ago, Roy also joined the telephone referral room.

He and other volunteers on the phones decide how Interfaith can best benefit people who call to ask for help.

"The image of Sun Citizens is that they are all rich retirees who play golf all the time," Roy said. "All of a sudden you find out that's not true."

Helping people continue to

live independently in their homes is a big benefit of the work, Roy said.

"Those of us who are able should help those who are unable," he said. "It's something I always felt I didn't do enough of when I was employed full-time."

Saturday: The Interfaith Services counseling department works to help clients solve both emotional and material problems. The department offers general counseling, therapy groups and a grief-bereavement group.



Daily News-Sun photo by Stephen Cherneck

SING-ALONG — Larry Pommerich, at piano, Frank Palmer, center, and Mel Turner entertain at a Christmas party for the clients of Sun Cities Area Interfaith Services adult day health centers. The local musicians often volunteer for the centers.

Exhausted caregivers find day care a blessing

Third in a series.

By TIFFANY MEANS
Daily News-Sun staff

SUN CITY WEST — Bill Kehr doesn't remember much about the summer of 1988.

His wife, Marie, can't forget.

She vividly recalls caring for Bill while he regained his short-term memory and the use of an arm and a leg damaged by his stroke.

"I was physically exhausted and

emotionally drained," Marie said. "Sun Cities Area Interfaith Services was a tremendous help to me."

She found out about Interfaith through a referral from a friend. Marie enrolled Bill in the non-profit agency's Sun City West adult day health center, which operates two days a week.

"Suddenly, there was this block of five hours alone," Marie said.

See Health, A3

(OCER)

Health restored, many help out

— From A1

Exhausted from traveling daily to a Phoenix hospital for five months, she first used the time to sleep.

With renewed strength, she began lessening the stack of bills and completing undone housework.

Meanwhile, the center's staff helped Bill in his attempts to recover from the stroke's effects. Results came within months.

Since that time, he has worked as a volunteer at the day center that helped him.

"I don't look on myself as being entirely dependent now," Bill said. "I can help someone."

The Kehrs' story shows how the agency's day centers help both people with health problems and those who care for them, said Marris Warmath, Interfaith's supervisor for day centers.

Although most of Interfaith's services are provided to people age 60 or older, the day centers accept anyone 18 or older who depends on care because of a physical or mental handicap, Warmath said.

Interfaith's four day centers are in:

- Sun City West Community Services Center, 14465 N. R.H. Johnson Blvd.;
- St. Clement of Rome Catho-

lic Church, 15800 N. Del Webb Blvd., Sun City;

- Shepherd of the Desert Lutheran Church, 11025 N. 111th Ave., Sun City; and

- United Church of Sun City, 11250 N. 107th Ave.

Information on schedules and registration is available by calling Interfaith at 584-4999.

The daily fee is \$24, but Interfaith adjusts the price or finds funding for people who have financial difficulties.

Nurses, staff members and volunteers care for the clients, who play games, exercise, sing, and watch a variety of entertainment programs, Warmath said.

The activities are designed to help clients stay active mentally and physically, as well as to encourage socialization, Warmath said.

For many clients the day centers replace community recreation centers that they can't enjoy anymore because of health reasons, Warmath said.

"The programs are tools to create an environment conducive to good harmony and fellowship," Warmath said. "The clients enjoy them and appreciate the human contact."

Interfaith trains volunteers to handle the stress and difficulties of working with mentally ill



Daily News-Sun photo by Stephen Chernes

RECUPERATED — Bill Kehr and his wife, Marie, say they appreciate how Sun Cities Area Interfaith Services helped Bill during his recovery from a stroke. Bill now volunteers at the Interfaith adult day health center that he attended during his illness.

clients so that the volunteers can react correctly and confidently, Warmath said.

"Volunteers need to be able to identify and see success through what they are doing," Warmath said.

Gladys Catton, who volunteers at an Interfaith day center in Sun City, said that the gratitude of the clients and

their caregivers make the job worthwhile.

"It's not difficult, it's just that you are committed to helping people ...," Catton said. "What we do for people is just wonderful."

Friday: Interfaith Services needs more local residents to volunteer. The agency will train volunteers to work in the program they prefer.

Interfaith provides help for caregivers

Second in a series

By TIFFANY MEANS
Daily News-Sun staff

Abe Cohen lives in a sunshine-filled house with a caring wife, an energetic dog and a parrot.

Stained-glassed artwork and paintings decorate the walls — evidence of hobbies that fill sometimes tedious hours in a home to which Cohen is confined most of the time because of impaired walking.

But Cohen and his wife have reached out.

"My wife decided I should have people to talk to," Cohen said from a chair in his living room. Seated across from him were Sol and Helen Padnick, home-support volunteers from Sun Cities Area Interfaith Services.

The Padnicks have been visiting Cohen weekly for six months. Conversation is the care they provide.

"We've been talking for 55 years," said Sarah Cohen, glancing at her husband. Abe needs outside contact so I looked around for that."

"Abe is mentally alert and he's interested in a lot of things, she said.

The search for companionship led her to Interfaith Services, a non-profit, social service agency that helps area residents 60 or



older.

Interfaith's home-support services department primarily provides companionship and food-shopping services.

This year, companions have served 115 people; grocery shoppers have helped 82 people. Many clients receive continuous services.

Interfaith's home-support services department assigned the Padnicks to visit the Cohens because the couples have similar backgrounds: both attend the same synagogue and are New Yorkers.

"We had free time and we thought we'd like to help out," Helen Padnick said. "It's a very worthy thing to visit people who want company."

From the easy flow of conversation, a visitor might infer that the couples have been friends for years.

"You can't find a nicer couple

See Interfaith, A3

Interfaith counteracts loneliness

—From A1

than I have here. They must have been sent from heaven," Abe Cohen said.

In general, home companions are assigned to three types of cases, said Barbara Sharkey, home-support services coordinator.

The Padnicks had been asked to visit a client who is mentally active, but is partially house-bound.

The assignment serves the two-fold purpose of providing companionship while allowing Sarah Cohen to leave the house for awhile, Sharkey said.

In other situations, companions take clients shopping, dining or visiting in the community, Sharkey said.

And some companions stay with clients who are not mentally alert enough to be left alone. This companionship allows caregivers to leave a home for shopping or other chores, Sharkey said.

"They develop some wonderful friendships," Sharkey said. "When you talk about the volunteer and the client, the volunteer gets as much out of it or more."

Unfortunately, potential clients outnumber available volunteers, Sharkey said.

This month, home-support services has a list of about 30 people waiting for home companions.

Thursday: Interfaith's adult day health centers provide a nurse-supervised place for seniors with health problems to socialize.

(OVER)

Agency reaches out to residents

One of series

By TIFFANY MEANS
Daily News-Sun staff

SUN CITY — A man who called Sun Cities Area Interfaith Services said he wanted to kill himself. He said he had a gun.

"He had a sense of depression and hopelessness," Donna Hasemeier, Interfaith counselor, said.

Though dramatic, the situation reflects a variety of problems confronting many of the nearly 60,000 residents in the Sun Cities area, Hasemeier said.

Through a fund-raising campaign that begins today, Interfaith wants to boost its ability to help area residents 60 or older solve their problems.

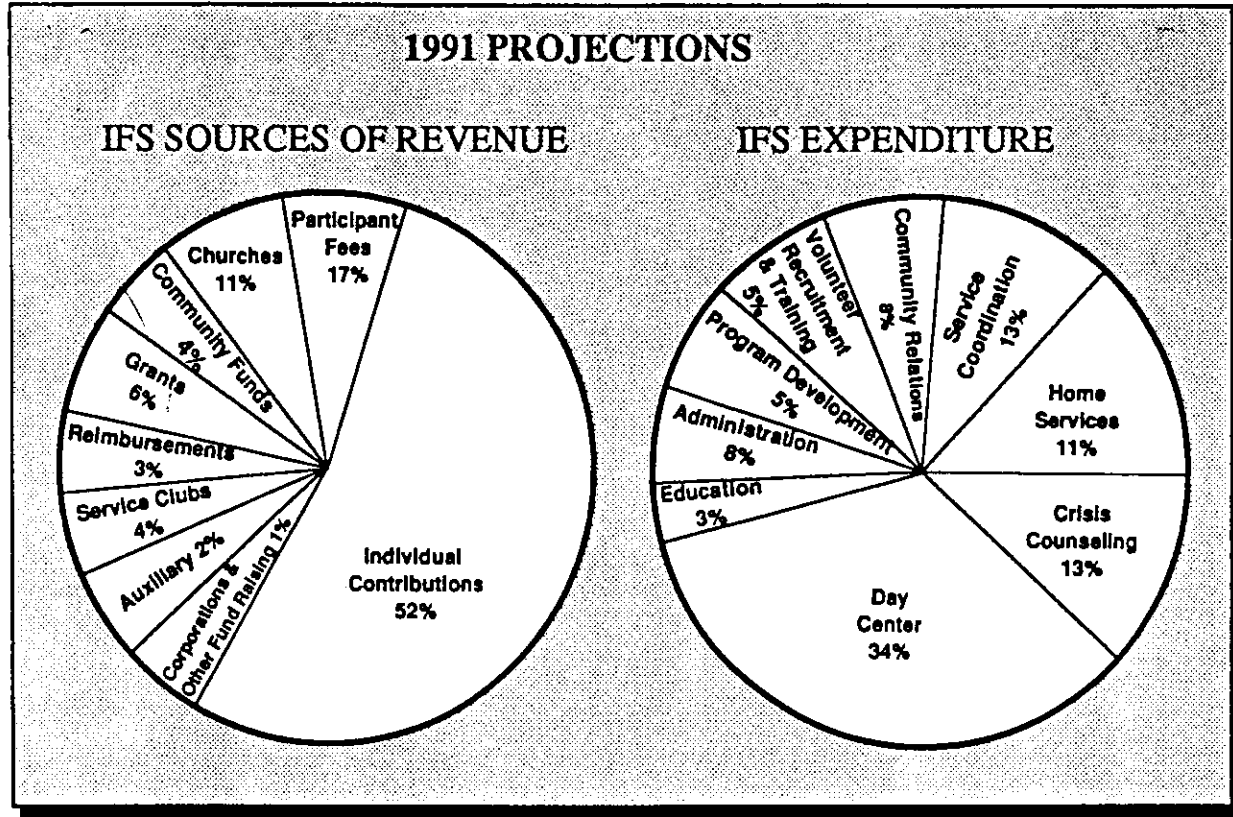
Last year, Interfaith's helped 4,200 clients, many of whom received services more than once.

"Our biggest frustration is our inability to meet the demand," said Bob Pangburn, Interfaith executive director. "There's a lot more we could do if we had the resources."

Interfaith expects the agency's revenue to reach \$900,000, with more than half raised through individual contributions.

Other funding sources include participant fees, churches, community funds and grants.

Although Interfaith has paid staff members, the agency's force of 1,100 volunteers means it will be able to stretch contributed funds.



This year, Interfaith expects to provide \$3 million worth of services because volunteers mean the agency pays less in labor costs, Pangburn said.

The money will be used to operate Interfaith's five departments:

- Service coordination — Volunteers in the intake room answer telephones and make referrals. Outreach workers visit callers in their homes to assess their needs and make referrals.
- Adult day health centers — This program offers nurse-supervised day care for residents who need to socialize or whose caregivers need to rest or work.

- Volunteer services — Residents who would like to volunteer at Interfaith go through volunteer services to be interviewed, trained and assigned to another department.

- Home-support services — Volunteers perform a number of tasks, including shopping for groceries, visiting home- or bed-bound residents, taking residents on outings and providing business and financial counseling.

- Counseling services — See Interfaith, A3

COVER

Interfaith seeks funds

—From A1

Residents may receive general counseling or attend therapy groups or a grief-bereavement support group through counseling services. Staff and volunteers qualify to counsel through their educational or professional background.

Normally, staff members coordinate services from the Interfaith building, 17635 N. El Mirage Road. The building was evacuated in late December because of a water-line break.

Until the agency's offices are rebuilt, staff and volunteers will work from other locations in the community and from their homes, Pangburn said.

As the only social service agency of its kind based locally, Interfaith is vital to the Sun Cities communities, said Helen Taylor, a Maricopa County case worker.

Taylor works in the Sun Cities through the federally funded Senior Adult Independent Living Program.

"Whenever I have something unique, I call Interfaith up and say, 'Gee, can you do this?' and they usually get busy," Taylor said.

Other local agencies that Interfaith works with include the Sun Cities Area Community Council, which operates a senior center, and community-fund organizations, which help resi-



Daily News-Sun photo by Stephen Cherek

CLIENT CONNECTION — Evelyn Brissette, a volunteer for Sun Cities Area Interfaith Services, gives service referrals to people who call the non-profit agency for help.

dents who need money in emergencies.

Interfaith's ability to case-manage, or help a client solve several problems, helped save the life of the Sun City man who called a counselor and threatened to kill himself, Hasemeier said.

After the man called the agency, two counselors rushed to his house.

They found an ill, wheelchair-bound man burdened with the

care of his wife, a diabetic. His money was being taken by his son, leaving him unable to afford medical care or household help.

"We gave him relief of his physical problems and counseled with him," Hasemeier said. "With the on-going services, he knows he has somewhere to call and somebody he can lean on."

Wednesday: Counselors for Interfaith often provide practical as well as psychological counseling for clients.

Peer volunteers help meet clients' needs

By TIFFANY MEANS
Daily News-Sun staff

Freda Friedman, 85 this month, wrinkles her nose at the thought that she's too old to help people.

As a volunteer in the outreach program of Sun Cities Area Interfaith Services, Friedman visits clients to find out how the agency can help them.

Most of Interfaith's clients, who must be 60 or older, are surprised by Friedman's age and are more apt to tell her their woes because she has lived as long as they have, she said.

"Years of experience can do what nothing else can do for you," Friedman said. "You've lived through problems and seen so many friends with problems that you have a better understanding."

Friedman began working at Interfaith when she needed an internship to graduate five years ago with a bachelor's degree in sociology from Arizona State University.

She is one of eight outreach volunteers in Interfaith's service-coordination department, which also operates a phone-referral, or intake, room.

Volunteers in both areas receive training from the agency. The volunteers' work is reviewed by Interfaith staff members, said Joy Klotz, service-coordination director.

"Because many of our volunteers are peers of the clients, there are situations that we can get involved in that younger, paid social workers cannot," Klotz said.

This year, the department has dealt with almost 2,600 clients by phone or home visit to coordinate which Interfaith or community services could best help them.

Primarily, clients request referrals for live-in or part-time companions, people to provide personal

care or housekeeping, and transportation or meals.

Some referrals are to private businesses and others are to Interfaith departments or community agencies that operate on fee scales that depend on a client's income.

All private businesses have been screened by Interfaith through applications and interviews.

The services help residents remain independent in their homes for as long as possible, Klotz said.

Volunteers can work as many or as few hours as they want, Klotz said.

Outreach workers generally deal with one to 14 cases at a time, depending on what the clients need. Phone-referral volunteers work once a month to several times a week, Klotz said.

"To me it seems worthwhile. It's very fulfilling," Evelyn Brissette said. "I hope I can do it until the day I leave this world."

An experienced volunteer, Brissette decided to give all of her free time to Interfaith because the agency meets the immediate needs of people, she said.

Almost since Interfaith began 10 years ago, Brissette has worked six hours a week in the phone room. She also is the Monday receptionist and record-keeper at one of Interfaith's adult day health centers.

Brissette concentrates on trying to help reluctant callers reveal their needs, she said.

"Some people talk for a half an hour almost. They are lonely and they have to spill out to somebody," Brissette said.

After the first call, a volunteer contacts the client to see if referrals were successful. If not, the client receives new referrals, Brissette said.

That type of follow-up keeps volunteers busy even on rare days when the phones are silent.

Breaking up is easy to do with Interfaith

By BRITT KENNERLY
Daily News-Sun staff

SUN CITY — The air is filled with congenial "Good mornings!" and the low buzz of conversation.

Marris Warmath, director of Interfaith's Adult Day Care Center at St. Clement of Rome Catholic Church, takes microphone in hand and greets the large group of seniors who will be spending their day at the center.

Warmath banters lightly with the group of 20 and elicits laughs with jokes about the upcoming Super Bowl.

Lloyd Casey, resplendent in a bright red cardigan and resting in a recliner, listens as Sharon Hertzberg, center supervisor, fills the group in on activities and the lunch menu planned for the day.

As Hertzberg proceeds with her morning news, Casey's eyes start to close. Soon he is catching a quick nap.

"He does that when he starts to get bored," whispers Laraine, his wife of 20 years. "But he'll wake up as soon as people move around."

Casey and his wife are twice-weekly participants in the adult day care program. Casey spends Tuesday and Friday mornings and early afternoons at the center, and has done so for nearly a year.

The Caseys moved to Sun City 17 years ago from Wisconsin, where they met and married after the death of Casey's first wife. Before his retirement, Casey worked in Chicago as a police officer and as a fire chief, and his wife worked in real estate.

"It's hard on Lloyd, not being able to be as active as he was when he was working," Laraine said. "But he has diabetes, has had 3 heart attacks and 2 strokes, and has had a lung removed."

She continues, "I worked hard to get him walking again after the illnesses. The doctors told me to give up on him, but I said, 'No way!' He's my number

one concern."

Concern for her husband is spelled out on Laraine's face as she describes the hard work involved in being the primary caregiver for someone who has lost much of his mobility.

"I'd go bonkers if I didn't have this center," she explains. "It's very hard to cope with taking care of someone 24 hours a day, every day, and I had done that for 6 years."

She says, "He gets to talk to other people by coming here. You get tired of constant one-on-one conversation, and this center has been wonderful for both of us."

Leaving Casey at the center from 9 a.m. to 3:30 p.m. on Tuesdays and Fridays affords his wife a chance to catch up on important business as well as everyday tasks. "Those who have never been full-time caregivers couldn't possibly understand how demanding it can be," she says.

"The two days when I leave my husband here are still full, with everything from catching up on housecleaning to grocery shopping," Laraine Casey says.

"Today, I have an appointment with the eye doctor for a six-month checkup. On Fridays, I take my 82-year-old aunt to lunch, and on Tuesdays I am involved with the Pine Cone Group at my church."

The morning assembly breaks up and the day care participants divide into groups that will play bingo in one room and bowl in another. After lunch, there will be a country and western singer performing for the clientele. For now, Lloyd Casey bowls from his chair, eventually winning the game and receiving a prize for his efforts.

Marris Warmath explains the structure of the Interfaith Adult Day Care Program as one that is geared to an environment conducive to socialization and interaction, which fosters good group dynamics.

"Our participants play bingo, bowl, join in on sing-a-longs and exercise. We bring in all kinds

of talent, from singers and hula dancers to the Sun City Poms," Warmath says.

"But all of these activities are just tools meant to create an environment that makes day care members want to interact and enjoy group dynamics. This enhances their pleasure and helps them remain mentally stimulated and physically active," he says.

"The daily pressure caregivers face can get them down to a point where they wear out before their companions. Our program offers the caregiver respite and a chance to attend to personal concerns."

The St. Clement center is open 5 days a week from 9 a.m. to 3:30 p.m., and there are 3 other day care centers in the Sun City-Sun City West area. The four centers combined serve the community for a total of 11 work days per week.

"We try to extend our services to include walking people, helping them in the rehabilitative process to whatever extent we can," says Warmath. "Many of our participants are involved in other therapeutic programs, but we assist whenever we're able."

All Interfaith services, including the day care centers, are performed by 24 paid profes-

(OVER)



Daily News-Sun

INTERFAITH HELPS — Lloyd and Laraine Casey visit at the Interfaith's Adult Day Center at St. Clement of Rome Catholic Church. The program lets Laraine have a few days a week to run errands and clean her house while Lloyd mingles with other visitors.



Daily News-Sun

HELPING HAND — Lloyd Casey, right, is assisted by day care center volunteer Adolph Crisafi.

sionals and about 1,000 volunteers. Interfaith services are funded by community financial support.

Participants in the day care program pay \$24 a day for services on a self-declaration of ability to pay, but if they cannot pay, they may still participate. The fee includes transportation, a nutritionally balanced lunch,

and need-oriented activities.

In the meantime, Lloyd Casey sits patiently and waits for his wife's return. While out, she has delivered a cake to her church group and completed her doctor's appointment. The Caseys walk slowly out of the building together, their day made somewhat easier through the programs of Interfaith.

Soft lights brighten way for Sun Cities holidays

The Interfaith Services Luminaria Festival again this year will bring a welcome message to the Sun City, Youngtown and environs: "Welcome to our home ... welcome to our communities ... We care."

Thousands of Sun Cities area residents will be contacted for the 1989 Luminaria Festival of Lights.

A rally will take place 9 a.m. Nov. 29, at the United Church of Sun City, 11250 107th Ave., Sun City. Speaker will be W. Richard Bryan, past president of Lions International.

A parade of people attending the rally will then proceed from the church to LaRonde Center. This will generate enthusiasm for the people who will be doing the neighborhood canvassing, who will "ring the doorbells of single-

family residences in Sun City and Youngtown."

All churches in Sun City, Sun City West and Youngtown have been asked to ring their bells at 5:30 p.m. Dec. 24, the official light-up time for the luminarias in the communities.

Nearly 800 workers, house-to-house callers, clerical workers and distribution center assistants, will perform the ground work that will bring the festival of lights to life on Christmas Eve.

Co-chairman of the Sun City festival, George Hallam, says the teams that are working have a single goal in mind, to support Sun Cities Area Interfaith Services.

Interfaith Auxiliary is over-all sponsor of the program. Co-chairmen in Sun City are Jean-

OVER

See **LIGHTS**, page 7

• LIGHTS *From page one*

nette Rosenberg, president, Interfaith Auxiliary, and Al Blaschke.

In Sun City West, Hal Drosseth is in charge of public relations and Al Spanjer is in charge of that community's distribution.

Mr. Hallam says, "In Sun City, we've been trying this festival for several years, and are not yet able to get everyone effectively involved."

He adds that in Sun City West the festival is rich with experience and community involvement.

"In Sun City-Youngtown last year, we sold 7,000 kits, and we hope to double that, this year. We'll have 400 people doing the canvassing."

The canvassing is the backbone of the program, he says, as this effort will see teams of volunteers visiting 20,000 homes in Sun City and Youngtown.

The Luminaria Festival is a community effort: organizing, sales and fund-raising, as a benefit event for Interfaith Services. The 1989 goal is to sell 25,000 kits, or the lighting of 300,000 candles on the evening of Dec. 24.

"A truly spectacular display."

The Interfaith day care centers are an area of concern, says Mr. Hallam. "Funds we raise help support the centers."

These centers are located at St. Clement's of Rome Catholic Church, Shepherd of the Desert Church, the United Church of Christ in Sun City and in the Sun City West Community Center.

The Sun City Realtors are lending assistance this year, with two committees and nearly 200 people volunteering hours of service in the Interfaith Committee and the Realtors Community Action Committee.

Mr. Hallam says the Realtors will be at LaRonde Center, at 14818 Del Webb Boulevard (next to Sun Foods). The store was made available for the project, courtesy CBS Properties, and will be open 9 a.m. to 5 p.m. Wednesdays, Thursdays and Fridays.

Other members of the committee will be manning tables at Bell Camino, Greenway and Sun Shadows, Wednesdays, Thursdays and Fridays, now until Dec. 15, to take orders for luminaria kits.

Kits will be sold a \$4.50 each; each kit containing 12 white paper bags, 12 votive candles, 12

plastic cups and 12 cups of sand. Pickup dates for the kits will be Dec. 15-23, at Santa Fe Drive, east of 103rd Avenue at the lot between the Thrift Shop and the Materiel Services Building.

Mr. Hallam says more volunteers are needed.

Solicitors who go door-to-door will be provided with an official Interfaith Services kit, and a lapel badge for identification. Any solicitor not thus equipped should be paid no money, Mr. Hallam says.

Interfaith Services provide a long-term support system involving the adult day Health centers, counseling service, home-support service, weekly marketing for shut-ins, resource coordination, public seminars and various volunteer services.

Interfaith Services is a non-profit, non-religious human services organization which relies on private contributions. Donations are tax deductible.

For information on Interfaith Services, call 584-4999.

For information on Sun City Luminaria Festival activities, call Mr. Hallam, 977-1621 or 972-1161. For Sun City West festival information, call Mr. Drosseth, 584-4238.

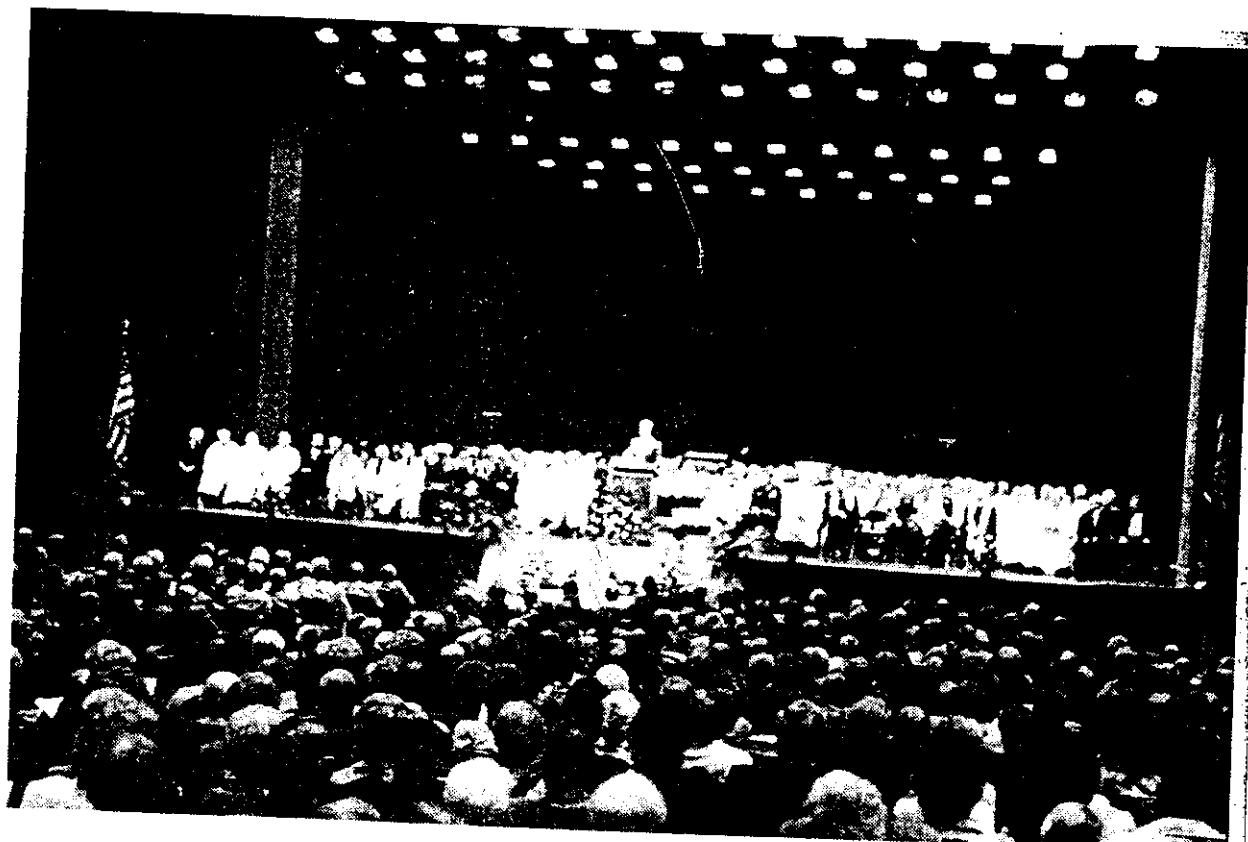


Photo by Morris Berman

THANKSGIVING SERVICES filled the house at the Sundome Nov. 23 when an estimated 6,000 people turned out for the inspirational program marking the 200th anniversary of the first proclaimed Thanksgiving and the 175th anniversary of the writing of the national anthem.

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Luminaria sales get a jump start

Sun City office opens; realtors adopt project

By CONNIE STEELE
 Daily News-Sun staff

SUN CITY — Luminaria sales are getting an early start in Sun City this year.

Opening at 10 a.m. today, the Interfaith Services project got a three-week jump on previous years.

The Sun City headquarters is in donated space in LaRonde Centre, 14818 N. Del Webb Blvd.

Space has been donated by the owner through an arrangement with the center's management, CBS Property Services.

Jeannette Rosenberg, president of the Interfaith Auxiliary, which promotes luminaria sales in Sun City, said she anticipates the shop will have its first customer at 1 p.m.

Rosenberg said the woman called on Saturday requesting luminaria kits.

Luminaria offices will be open Monday through Saturday each week until Dec. 23, Rosenberg said. Office hours probably will be from 10 a.m. to 5 p.m.

"Depending on how things go, we could close earlier than 5 (p.m.)," she said.

Interfaith volunteers will man the office three days a week,

Proceeds from luminaria sales will help fund the construction of a permanent home for Interfaith's adult day center, which will be part of the Sun City West Community Services Center, 14465 R.H. Johnson Blvd.

and for the first time area Realtors also will man the office.

The Sun Cities Area Board of Realtors adopted the Luminaria Festival as a project of its Interfaith and Community Action committees.

Realtors soon will set up tables to sell luminarias outside several area shopping centers. So far, the shopping centers that have agreed to allow sales are Greenway Terrace, 99th Avenue and Greenway Road; Sun Shadow, 99th Avenue and Bell Road; and Bell Camino Shopping Center, Del Webb Boulevard and Bell Road.

"We're trying to give them added assistance," said Ev Coschina of Mull Realty in Sun City West. "Last year, it did so

'We're trying to give them added assistance. Last year, it did so well the Realtors said, 'Gee, maybe we can help you make it better.'

Ev Coschina
 Mull Realty
 Sun City West

well the Realtors said, 'Gee, maybe we can help you make it better.' "

Luminaria kits contain white paper bags, votive candles, plastic cups and enough sand for 12 individual setups. Kits sell for \$4.50, said George Hallam, co-coordinator of the Sun City project. Al Blaschke is the other Interfaith coordinator.

In a letter to volunteers, the two men say their goal is to sell 25,000 kits and to light up Sun City and Youngtown on Dec. 24 with 300,000 candles.

Proceeds from luminaria sales will help fund the construction of a permanent home for Interfaith's adult day center, which will be part of the Sun City West Community Services Center, 14465 R.H. Johnson Blvd.

The sales headquarters in Sun City is opening early so that people leaving the area for the holidays will buy luminaria kits to take home as gifts for friends and family members who don't see much of the traditional Mexican display, said James Handley Jr., publicity chairman for the Realtors.

Daily News-Sun, Sun City, Ariz. Thursday, Oct. 12, 1989 Community A3

Sun City West adds 2nd adult center day

By **CONNIE STEELE**
Daily News-Sun staff

SUN CITY WEST — Starting Monday the adult day center in the Community Services Center will be open two days a week.

The second day a week offers people in Sun City West an option on days for care, said Jeanette Skaar, supervisor of the center at 14456 R. H. Johnson Blvd., in the Community Services Center.

Interfaith Services, which sponsors the adult day center, received approval to expand services from the Sun City West Foundation's board of directors in September.

Until now the center has been open only on Wednesdays from 9 a.m. until 3 p.m.

The day center gives family members responsible for ill or disabled relatives a respite from their caregiving, and it gives the participant a chance to socialize with others, said Maxine Miller, a volunteer registered nurse.

Miller, who has been with the program since it started seven years ago, gives medications, takes blood pressure and generally looks after participants.

She and several volunteers comprise a cadre of temporary

caregivers for participants of the day center program.

People who come to the center have a variety of problems. Among them are cerebral palsy, residual paralysis from strokes, Parkinson's disease and Alzheimer's disease.

"They come here to give their family member a break," Miller said.

During a typical day the participant will arrive around 9 a.m. Jim Hall, a volunteer, will usually start the day with an hour of current events.

Discussions will center on local items of interest, world events or anything that the participants and volunteers may find of interest.

Volunteer Jim Bock said, "It (the program) is helpful to participants and to volunteers. It's the most essential type of volunteerism you can do in the Sun Cities."

Interfaith sponsors four adult day centers. Two are south of Grand Avenue in Sun City — Shepherd of the Desert Lutheran Church, 11025 N. 111th Ave., and United Church of Sun City, 11250 N. 107th Ave. A permanent site is at St. Clement of Rome Catholic Church, 15800 N. Del Webb Blvd.

The day center in Sun City West has been using the large conference room of the Community Services Center, 14456 R.H. Johnson Blvd.

Plans are under way to construct a fourth and final phase of the building that will provide a permanent home to the day center program.

Proceeds from the Thrift Shop, the Luminaria Festival and the Monte Carlo Days have been earmarked for the foundation's building fund.

"When they finish the addition, we'll offer more days," Skaar said.

Lunch and two snacks are served during the day. The ratio between volunteers and participants is usually one to one, but on occasion it reaches as high as one volunteer to every two participants.

Bock said his prime objective is to have fun. He recently sat chatting with one participant to the rear of the room while the bulk of the group went through sit down exercises led by Skaar.

Earlier in the afternoon, Frank Charles of Sun City played his guitar and led the group in a sing-along.

Volunteers listen, help

Interfaith resource coordination served 13,000 in '88

By **CHRISTINE SELIGA**
Daily News-Sun staff

SURPRISE — Volunteers in the resource coordination office at the Sun Cities Area Interfaith Services are on the phone all the time.

Last year, 13,000 different people called the office to find out what social or health services in the area could help them with their problems.

Resource coordination lists about 100 agencies or organizations that could help older people with anything from home care to shopping.

Joyce Klotz, the Interfaith employee in charge of the service, said the service could not operate and would not be the same without volunteers from the local retirement communities.

The volunteers provide a wonderful blend of knowledge and personal experience, Klotz said.

"We're dealing with a very unique population out here. They're used to be the helpers, not the helped," she said.

Volunteer Dick Tosland works 104 to 150 hours a month. Desperation brought him to volunteer for resource coordination after his wife died, he said.

"I was alone, and retired and I had lost any stability," the Sun City West resident said.

One day he drove by Interfaith's building on El Mirage Road and wondered if they needed any help.

Tosland discovered working for

resource coordination was a lot like the work he did for the Social Security Administration; every minute he was doing something different.

Volunteers like Tosland are trained for 20 to 25 hours. The training includes observing how other Interfaith services operate.

Monthly meetings of the volunteers often feature a presentation by someone from a service listed by the office.

Many people who call ask for home care, Klotz said, but that is often because they don't know of services outside the home which would also be appropriate for their needs.

Some phone calls last almost an hour while people just talk to one of the volunteers who answer the phones.

"I get the impression in a lot of cases some of these people don't hear from anybody but us," Tosland said.

Last Tuesday Tosland talked to a woman for 30 minutes. He said they simply chatted.

But Klotz said the volunteers can listen for underlying problems or needs when talking to a caller who seems to be just talking.

"There is a reason they're calling whether they know it or not," she said.

Unlike many other organizations, resource coordination does not have a summer lull. The people who need assistance are most often the people



Daily News-Sun photo by Stephen Chernick

RESOURCE COORDINATION — Joyce Klotz is in charge of the resource coordination office for the Sun Cities Area Interfaith Services, Inc., and oversees the volunteers who work in the office.

who stay around all year, Klotz said. The people or neighbors who assist them are more likely to leave in the summer and that increases calls for other forms of help.

In October resource coordination can experience a lull because the

helpers return, Klotz said.

A shortage of summer volunteer help for the service exists. Now the service is using 13 volunteers: seven answering phones. During the winter there are about 20 volunteers who answer the phones.

Information: 584-4999.

(over)



ON THE PHONE — Volunteer Dick Tosland, Sun City West, spends his days on the telephone at Interfaith Services, Inc., answering questions, referring people to agencies that can help with their problems or just talking.

July 20-26, 1989

THE WESTER

Great Horned Owl Beneficiary Of Interfaith Services



by
Marie
Scotti

There was real cause for excitement on Thursday morning, July 6 at Interfaith Headquarters when the receptionist opened the front door to discover a Great Horned Owl. It had a listless, dazed look, raised itself up to its full height with the feathers of the head puffed out and appeared to be in a very weak condition with a possible injury to its foot.

Needless to say, as creatures of the night, it is only natural that owls should become associated with the power of darkness and not daylight. Their reputa-



Great Horned Owl hides under Interfaith Services Landscaping awaiting help. (Photo by IFS)

Numerous phone calls were made to obtain help for the owl. A referral was

parking lot area and located under one of the automobiles. This relocation made it more difficult to pick up the owl for transfer to a carton. However, a crew of Interfaith staff volunteers assisted with this activity and succeeded in "the safe pickup of the owl." It was necessary to cover the owl with a blanket to avoid its escape again.

The owl was delivered safely to Liberty Wildlife Foundation in Scottsdale. Following an examination by a veterinarian it was found that this was a juvenile bird, starved and dehydrated and may have fallen out of a nest. There was no injury to the bird. Efforts are being made to strengthen the bird and then it will be placed in a flight cage with other owls for a short while prior to return to the wild.

Great Horned owls nest in hollow trees when they can find a suitably large cavity. But these owls are so large that suitable cavities are scarce, and they have had to make do with other nesting sites. Like their relatives who still nest in tree holes, great



Judge Maurice Street, Interfaith Services President assisted with the capture of injured owl on the premises.

(Photo by IFS)

tion for great wisdom is less easily explained, but it may be connected with their capacity for sitting quite still while fixing any observer with a steady gaze, seemingly full of expression and confidence.

Owls have long been associated with mysterious powers, and it is not surprising that an aura of mystery surrounds many species too.

made to Liberty Wild Life Rehabilitation Foundation in Scottsdale and the Foundation sent a volunteer to pick up the owl.

Prior to the arrival of the volunteer the owl, frightened by onlookers, slowly moved into the

horned owls have never learned to build their own nests, and occupy the already-made nests of hawks, crows and ravens.

Of the owls the great horned owl is the predator supreme. It is one of the so-called "eagle" owls and among the predatory birds of North America it is exceeded in weight only by eagles.

The most interesting thing about the Great Horned Owl in most of Arizona (except the western deserts) is its late nesting as compared with the birds of the eastern United States. There, they must nest in winter so that the young may become proficient at hunting by the time food gets scarce the following fall. But in Arizona with its later snows



Great Horned Owl

(Photo courtesy of Phoenix Zoo)

other mammals. Very few birds are taken, though poorly housed chickens are always a temptation. Despite their beneficial status economically, however, they are much persecuted by ill-informed gunners and trappers. Nevertheless, they have maintained their numbers well, except in the desert around Phoenix.

Interfaith Services Staff are real happy to have provided emergency services to one great horned owl which arrived at their doorstep, and they demonstrated "Caring in Action."

and more abundant mammal life, this is unnecessary and the birds nest in spring and fledge their young in June.

The Great Horned Owl in Arizona live almost entirely on rabbits and rodents, also skunks and

Adult day care helps all

Interfaith program aids both caregiver, participant

By CHRISTINE SELIGA
News-Sun staff

SUN CITY WEST — There was no indication Bill Kehr would suffer a stroke last May. He had been in excellent health all his life and he had passed a physical examination four days before the stroke.

Kehr, an agronomist from Nebraska, was in acute care in Good Samaritan Hospital from May 7, 1988 to July 22, 1988. He was released from the hospital Sept. 30.

Doctors told Kehr he would be in a wheelchair the rest of his life.

Kehr and his wife, Marie, also had no idea a place such as Interfaith Services Adult Day Centers existed. The day centers provide a supervised environment and activities for people who need constant care.

Marie Kehr heard about Interfaith's Adult Day Center through friends.

"I don't think you have any idea what it means to a family," she said.

Her husband's visits to the day center one day a week gave him time away from her and the atmosphere of their home, she said.

"It gives me a chance to do something here without interruptions," she said.

One day in December, while her husband was, at the day center, Kehr was able to balance the checkbook for the first time in seven months. Kehr said she was depleted by the constant care she had to provide for her husband.

Both of the Kehrs agreed the center benefits the caregiver as much as the person who goes to the center.

"The person you're living with needs that opportunity to be by themselves, to do what they want to do," Bill Kehr said.

"I had no idea it was such a good thing for the spouse. When I first heard about it I thought it was just for him," Marie Kehr said.

Kehr has made remarkable progress by himself. The doctors who told him he would be confined to a wheelchair for the rest of his life are amazed that he now walks more than a mile a day with the help of a cane. He's also finding action in his arms again.

About three weeks ago he made another transition. He changed from a day center participant to a day center volunteer.

"That we think is so exciting and it just boosted his self-confidence," Marie Kehr said.

Interfaith is a non-profit, non-religious organization which has a mission to see to the long-term care needs of senior citizens and to keep them in their homes and independent for as long as possible.

Interfaith's adult day center program has four locations in Sun City and one in Sun City West. The centers operate from 9 a.m. to 3:30 p.m.

Holly Bohling, assistant director at Interfaith, said the program can cost \$20 a day to \$28 a day and cost depends on the number of people in

Interfaith's adult day center program has four locations in Sun City and one in Sun City West. The centers operate from 9 a.m. to 3:30 p.m.

the program.

Over 100 people have used the program since the beginning of the year. About 40 use it any one day.

The day at a center starts with greeting time and a reading about current events. There is an exercise session, a singalong, hot noon meal and individualized activities which can include exercise or crafts.

Transportation to and from the day center is available if people need it. Bohling said Interfaith uses a network of transportation including its own van, the American Red Cross Transportation Service, church vans and the Sun Cities Area Transit System.

There is one staff nurse and 17 volunteer nurses as well as other volunteers at the centers. The program's manager resigned earlier this year and other Interfaith staff members have now taken on his duties.

Arizona is just developing rules for licensure of adult day centers. Bohling said she thinks Interfaith's program will meet the requirements.

"I think we already qualify, if not overqualify," she said.

The program itself is still being

shaped by the changing or increasing needs of the area. For example, about the same number of people are using the adult day center this year as there were last year. But the participants are using the program 1,400 hours more.

The aging of Sun City West also affects the program.

Bohling said, "We're finding more and more demand from Sun City West each year."

She said she's had a woman caregiver tell her its the first time they've talked in years.

"I've had men say they haven't had such good male companionship in a long time," Bohling said.

People often comment that they get to talk with people at the day centers who actually want to hear what they have to say.

The Sun City West day center is now in the Sun City West Foundation's Community Services Building on R.H. Johnson and Stardust boulevards. Eventually the foundation will be adding a third phase to the building which will be used by Interfaith as a day center. It will be designed for 35 people.

Some people don't realize the day centers are designed to serve people with all types of needs, Bohling said.

"A lot of people think that's where the Alzheimer's people go and we do have confused people, but we also have the people like the Bill Kehrs who are getting better and who have a clear mind," Bohling said.

Information: 584-4999.

WV



News-Sun photo by Stephen Chernek

HELP IS AVAILABLE — Bill Kehr, a recovering stroke victim, helps Hope Cyrog wrap a package at the Interfaith Services day center in Sun City West, where he is a volunteer. After his stroke

last year he was a participant at the center but he has made so much progress recovering he is now a volunteer. Interfaith has four centers in Sun City and one in Sun City West.

Interfaith shops for area shut-ins

By CHRISTINE SELIGA
News-Sun staff

SURPRISE — Putting food on the table is easy for Alice Thornton. It's getting the food that's the problem.

Two years ago the Sun City resident's legs stopped working for her and though she could get around her house and cook with the help of a walker, she couldn't get out to a grocery store or shop.

She didn't want to go into a nursing home partly because it would be too expensive and she could still do things around her home for herself.

Along came the Shopping for Shut-ins service provided by the Sun Cities Area Interfaith Services, Inc.

Alice was one of the first people to use the shopping service in which volunteers pick up a person's grocery list, take it to a store which fills out the order then return the groceries to the person.

"It's just been wonderful. When my legs decided to quit on me I didn't know what I was going to do," Thornton said. "I think it's the answer to keeping us in our own home."

The Shopping for Shut-ins service is just one of several services provided by Interfaith to senior citizens.

Interfaith is a non-profit, non-religious organization. Among the group's missions is to see to the long-term care needs of senior citizens and to keep them in their homes and independent for as long as possible.

Interfaith is probably the largest social service organization in the northwest Valley. It has the equivalent of 20 fulltime paid staff members, over 500 volunteers and a budget which is about \$800,000.

Data collected in 1987 for Maricopa County shows that about 30 percent of services reported to county officials regarding the elderly population of the county was provided by Interfaith Services.

Interfaith has grown since 1983 from almost 300 participants to over 3,000 participants last year.

Interfaith started in May 1981. In January 1988, it moved from its old home on Dysart Road to a new 7,400 square-foot home donated by Del Webb Communities, Inc. on El Mirage Road.

Bob Pangburn, director of Interfaith for six years, said the organization is dedicated to promoting the welfare of elderly

people in the Sun Cities area.

"Basically it's just trying to provide those services, alternatives to institutionalization," he said.

Interfaith provides Adult Day Health Centers for people who have to be supervised and need special care. The center provides activities for those people so their caregivers can have some free time.

Interfaith also offers a crisis counseling service which uses professional counselors. The crisis phone number is 584-9657.

Interfaith's Home Support Services include the weekly marketing program; bereavement support for people who

Interfaith is a non-profit, non-religious organization. Among the group's missions is to see to the long-term care needs of senior citizens and to keep them in their homes and independent for as long as possible.

need immediate assistance after the death of a spouse; business affairs education; and in-home services such as cooking, laundry, and cleaning.

The volunteer staff helps Interfaith keep going. Orval Lorenz has been an Interfaith volunteer since he retired in 1981.

Lorenz does resource coordination work. That involves going out to visit someone who has called Interfaith and assessing what needs and services that person can use.

What does Lorenz get out of it?

"The satisfaction of helping someone who needs help more than I do," he said.

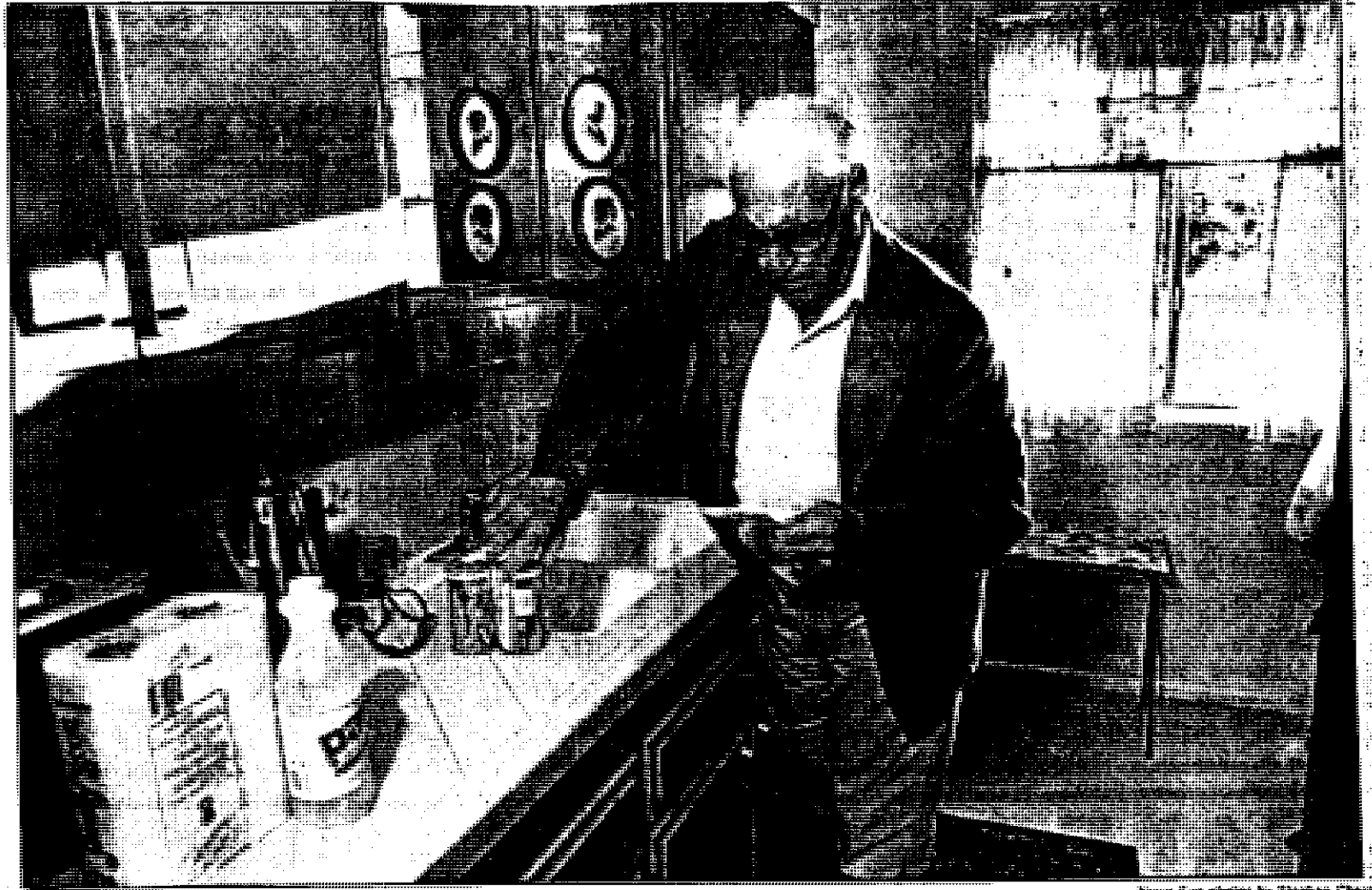
"I think it's very valuable. I get nothing but good remarks on it," said Lorenz of Interfaith's reputation.

Over 90 local groups are member organizations of Interfaith including churches such as Faith Presbyterian Church and philanthropic clubs such as Kiwanis clubs.

Two representatives from each organization are members of the Interfaith House of Delegates.



TO THE DOOR — Prickett delivers groceries to Alice Thornton, a homebound Sun City resident. Prickett works for Interfaith's Shopping for Shut-ins program. The program uses volunteerS to pick up grocery lists and deliver groceries to those who can no longer go shopping.



CHECKING THE LIST — Interfaith Service volunteer Wright Prickett unloads some groceries and checks to make sure the store filled out Alice Thornton's order correctly. The program is Shopping for Shut-ins.

News-Sun photos by Elizabeth Chavira

Interfaith Services to move into new building Thursday

By MARY DUMOND
News-Sun staff

SUN CITY WEST — Thursday will be moving day for Sun City Area Interfaith Services Inc., from its "temporary" 7-year-old quarters near Dysart Road to its own building on El Mirage Road, north of Bell Road.

The professional and volunteer staffs will be moved to a 7,400-square-foot building, said Robert Sleight, president of Interfaith's board of directors.

Renovation after the building was moved included repainting the interior and exterior, installation of new plumbing, a septic tank system, a sprinkler system, heating and cooling,

wiring for a computer system and a parking area.

The move marks Interfaith's settling onto its own land, obtained from the state through the help of Del E. Webb Communities Inc., and its own building, donated by Webb.

Webb construction workers re-finished the building at cost after it was moved, according to Robert Pangburn, Interfaith's executive director.

The Sun Cities-area Telephone Pioneers obtained and installed a new telephone system under the leadership of Jack Williams of the Pioneers group, Pangburn said.

The move is one of the goals reached

during the \$600,000 fund drive Interfaith is conducting toward expansion of its services, as well as its new quarters.

At the group's annual meeting Pangburn recently pointed to the rising demand for Interfaith's human services, with a projected 2,750 Sun Cities-area people using its services this year.

However, that projection has been revised upward to more than 3,500 people expected to use Interfaith's services this year, according to Sleight.

The curtailment of state aid to the Westside Mental Health program has added to the caseload at Interfaith,

Pangburn told his audience at the annual meeting.

"The numbers increase dramatically every year," Sleight said.

Interfaith provides crisis counseling for mature people, bereavement support, home companion programs, shopping services, free estate-building seminars, in-home services and resource coordination — a service that puts helpers and those needing help together, said Sleight.

All these activities will operate from the new address beginning Thursday.

Besides the headquarters activities, Interfaith operates day care centers,

open from 9:30 a.m. to 3:30 p.m. weekdays in St. Clement of Rome Church, United Church of Sun City and Shepherd of the Desert Lutheran Church in Sun City, and Desert Garden United Church of Christ in Sun City West.

A final phase of the Sun City West Foundation's new Community Service Building will be a large day care center for Sun City West. However, that part of the foundation's project is still in the blueprint stage.

The Interfaith telephone number — 584-4999 — will remain the same in the organization's new quarters.

Pat. Jan. 9, 1988 Daily News-Sun

New Interfaith building to house 1 day care center

News-Sun staff
SUN CITY WEST — The new Interfaith Services Inc. (IFS) headquarters building will not be a day care center.

True, it will house one day care center, along with administrative offices and room for the professional and volunteer staff and service areas, said Maurice J. Street, vice president and chairman of the IFS fund development committee.

"But, I would like to take the time to explain to all our friends and contributors about total space needs for Sun City Area Interfaith Services," said Street.

"The new Sun City West Community Services Building has reserved space specifically for a new Interfaith day center," he said.

However, the Community Services Building day care center will supplement the four Interfaith day

Architect's rendering shows the exterior of the new Interfaith Services Inc. headquarters building, as it will look after it's been moved to El Mirage Road, north of Bell Road, near Sun City

centers, Street continued.

"The new day center will come into being as part of Phase 2 of the Sun City West Community Services Building, expected to come on

line late in 1988," he said.

In contrast, the new Interfaith headquarters building, on El Mirage Road, north of Bell Road, boasts 7,400 square feet under its

West. The 7,400-square-foot building, donated by Del E. Webb Communities, Inc., will have administrative offices and room for volunteer and professional staff and one day center.

roof, said Street. It was donated by Del E. Webb Communities, Inc. and will cost \$150,000 to move to its new site.

Costs to relocate the building

will include installation of new plumbing, a septic tank system, a sprinkler system, heating and cooling, a telephone system and a parking area, he said.

Interfaith Services now has its headquarters on Dysart Road, in a small building also provided by Webb in Sun City West.

However, the property has been sold and Interfaith plans a move soon.

Interfaith operates Day Center activities St. Clement of Rome Catholic Church in Sun City; United Church of Sun City and Shepherd of the Desert Lutheran Church, both south of Grand Avenue in Sun City; and Desert Garden United Church of Christ of Sun City West.

Holly Bohling, assistant executive director of Interfaith, "There still is a great need of consolidate south of Grand day center activity

to one location.

Day centers are open from 9:30 a.m. to 3:30 p.m. during weekdays. They provide light breakfasts, fruit juice, toast and coffee. Clients are served a lunch and have supervised exercise, games, entertainment and field trips. A trained nurse always is on hand.

The fee is \$20 per day, based on the ability to pay. If necessary, Interfaith provides transportation to and from the day centers.

Other Interfaith services include crisis counseling, bereavement support, a home companion program, shopping service, business affairs seminars, in-home services and resource coordination.

Street said, "Last year more than 2,000 individuals were served by Interfaith and we estimate that nearly 3,000 will be served in 1987. The numbers increase dramatically every year."

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News-Sun staff

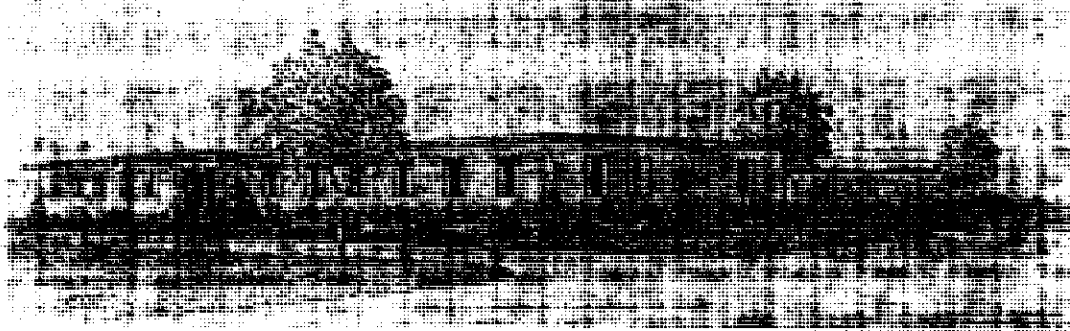
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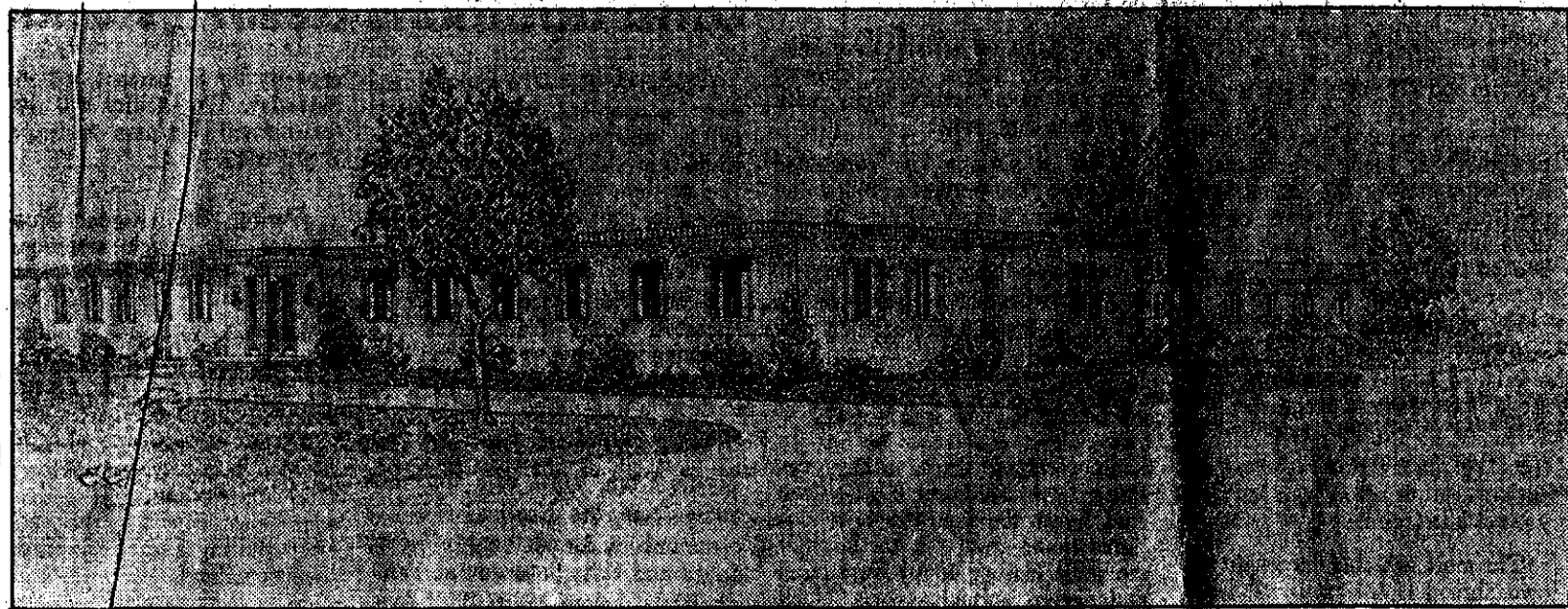
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Interfaith Services' new building will be located on El Mirage Road.

Interfaith kicks off fund-raising effort

By Karen Kirk
The Phoenix Gazette

SUN CITY WEST — Sun City Area Interfaith Services is aptly named. Any organization that depends upon donations for 95 percent of its operating budget has to have faith . . . and lots of it.

During the past six years, the community has never let the organization down. Last year, Interfaith raised the money it needed to provide adult day care, crisis counseling and other human services to 2,000 people.

This year it is going to ask the community for \$605,000 in one of its largest fund-raising drives ever, according to Bob Pangburn, Interfaith's executive director.

About \$150,000 is needed to

move a building donated by Del Webb Co. from a lot on Dysart Road to a 10-acre site Interfaith is leasing north of Bell Road on El Mirage Road.

The 7,400-square-foot building is about 4,000 feet larger than Interfaith's present office in an old Del Webb Construction building on Dysart Road.

The move should be completed this summer, Pangburn said.

"This will be the first time we have had our own facility. We have always been in a borrowed one," he said.

Extra money will be used to pay for the organization's operating expenses next year, expenses that are expected to grow as an

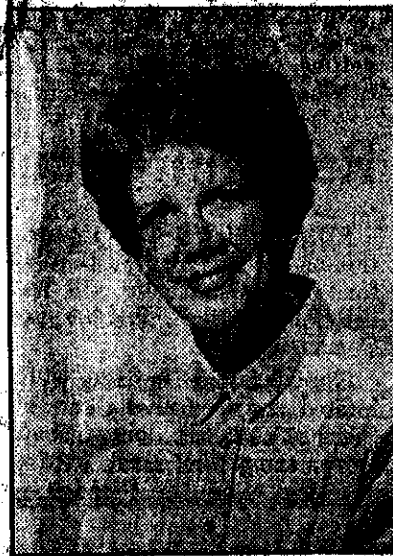
estimated 1,000 more people seek help from Interfaith in 1988.

Interfaith recently kicked off its 12-week fund-raising campaign with member Dale Wood at the helm.

Pangburn doesn't even consider the possibility that enough money won't be raised.

"We've always gotten the money we need to operate. The worst scenario is if we don't raise the money, we are not in operation. I don't see that at all. Our board is committed and I think we are good stewards of the money we raise.

"We believe in the faith principle — you believe it and you go out and get it," he said.



Dale Wood

11/22/13
is this bldg.
Bn gone

Del Webb gives building

By MARY DUMOND
News-Sun staff

SUN CITY — Interfaith Services Inc. has a new home, together with a brand-new lot on El Mirage Road, just outside the walls of Sun City West.

Announcement was made Thursday at the quarterly delegates' meeting in the Congregational Church, when Robert Sleight, president of Interfaith, apologized for keeping Interfaith's housekeeping a secret for so long.

"Del Webb (Del E. Webb Communities Inc.) gave us the gift of a T building," Sleight said. It's called a T, he said, "because that's what the shape is."

"But Webb asked us to keep the gift a secret until it publicly released the information."

Sleight traced the history of the fast-growing service organization from its first office, 125 square feet of bedroom space in a rest home, to 800 square feet (thanks to Dick King of Youngtown).

Interfaith will be six years old next week, Sleight said.

"Then a year ago Webb gave us the use of a building with 3,400 square feet," Sleight said.

"Webb also gave us the furniture (except for the computer) — desks, chairs, filing cabinets, everything," he said.

The new building will have to be moved at a cost of approximately \$150,000, the Interfaith president said.

"We needed some land on which to site the building," he said, and Webb worked with the agency to obtain a lease on state-owned land on El Mirage Road north of Bell Road.

"Webb is marvelous to work with," Sleight said. "We sat down with engineers who showed us how to save money on the building. Then Webb worked with us on getting the land and even told us whom to see and when."

When the time came to actually sign the 10-year lease, Sleight said, "we were told the first year's rent of \$10,500 would be due in 10 days. We were notified this on the ninth of the 10 days."

Interfaith did not have the money, he said, "so we on the board decided to raise the money ourselves. We dug down into our pockets and came up with the money."

"The amount goes up slightly for a couple of years, then goes

up some more. We hope to own the land, but the law says the land must be offered publicly. We are permitted to add the cost of improvements we've made on the land and the bidder has to compensate us for them."

The agency plans to install two toilets, a shower, a wall, a septic tank with leaching lines, with other utilities coming from Sun City West, the president said.

"We will have a contract with Rural/Metro (Corp. for fire protection)," he said, and Interfaith now is talking with the Maricopa County Sheriff's office for security help — ideally, from the Sun City West Posse.

Sleight said the board's hope is that Interfaith will wind up owner of its land, as its first permanent site.

"We hope to have the building set on the property by June or July," he said. Interfaith headquarters will not house day care centers, Sleight said.

"The day care centers will remain where they are now," he said. "Service will continue to grow in Sun City West, when the Sun City West Community Service Building is finished enough to provide us 6,000 square feet of space there."

That building, he said, will house a day care center, two offices for crisis counseling and two other offices.

Interfaith plans a dedication celebration for the new building, Sleight said, and a committee is being appointed to put festivities into full swing.

"Members will include the auxiliary, the board, four delegates, members, ministers, volunteers and people in the community," he said. "That will be formed within two weeks to decide on the date and program. There will be about 15 committees and we hope to have 2,000 to 3,000 people at the dedication."

At the end of Sleight's opening announcement, Hal Drossethes, public relations chairman, proposed a resolution of gratitude and appreciation to Del E. Webb Communities Inc. for its gifts and its ongoing help.

The resolution passed unanimously and a suggestion was made that a bronze plaque worded with the resolution be installed in the new building.

"We're thinking seriously of that already," Sleight said.

Interfaith official touts volunteers' contributions

By MARY DUMOND
News-Sun staff

SUN CITY WEST — It's not always easy to play to a packed house during a convention full of workshops on care of the aging.

Especially when it's a widely known convention like the National Council on Aging Inc., which met in Chicago March 29-April 1.

"And following Claude Pepper's act isn't the easiest thing in the world," said Barbara Sharkey of Interfaith Services Inc.

Sharkey should know, for follow the former senator she did.

And she brought down the house, while her two colleagues, Holly Bolling, assistant executive director, and Dr. Leona Yeager watched.

The Interfaith home services supervisor gave a simple verbal presentation, with just one hand-out piece of literature, on the Sun Cities-area operation — no fancy audio-visual aids or big charts.

Sharkey gave her audience some idea of the scope of the services Interfaith's volunteers perform for their participants. She described Interfaith's efficiency as a non-profit agency operating with a minimum staff and tremendous reliance on volunteers.

Sharkey's job is matching elderly people who want, or need home care with the volunteers who are interested in that activity.

"There are two cores," Bolling said. "One is the volunteer, who is a generic home companion. He or she helps with routine errands, transportation, shopping and respite.

"Then we have modest Title V funding for four people, at low cost, for home care. They do housekeeping, scrub floors and laundry."

This service, she added, is supplemented by fee-for-service workers who are Sun City folks making too much income to qualify for Title V and they're on contract for their main wage.

"In matching people," said



BARBARA SHARKEY

Bolling, "somehow Barbara seems to find a common denominator for people that works."

For instance, there was one man in his 90s who wanted a companion — preferably somebody his own age.

"He came from Iowa," said Sharkey. "No way could I find a volunteer in his 90s, but I did have this person who was quite a bit younger. But he was from Iowa ..."

It turned out the elder gentleman had played with John Phillip Sousa, and the younger man had taught music. They both, at different times, had graduated from the University of Iowa.

"It turned out to be a great companionship," said Sharkey. "A sort of grandfather-and-grandson type of thing. They both really enjoyed their time together."

There's a massive growth for home care, Sharkey and Bolling agreed.

"More and more people want to spend their last days at home and more and more agencies are coming around to agreement with this," Sharkey said. She had charge of 55 workers who were called volunteers, "although they were paid a stipend. Anyone who was paid below minimum wage was called a volunteer," she said of her work



HOLLY BOLLING

in Kansas City, Mo.

"Here I have 60 real volunteers, who aren't paid a cent," she added.

More and more agencies and even Washington, D.C., are keeping their fingers on the pulse of Interfaith, Bolling said.

They may find Sun Cities-area volunteers getting quite rambunctious in protecting their companions.

"They spot lots of scams — insurance and salesmen and that sort of thing," Bolling said.

Sharkey said she has volunteers trained in many different areas — companionship, bereavement, doing respite work (giving a person with a homebound partner time off for relaxation) or companionship.

People with attitudes that really fit them for some other type of Interfaith volunteer work pretty well screen themselves into their proper niches during their training program, Sharkey said.

"I try to give a longterm volunteer with a participant a break," said Sharkey. "I don't want burn-out on my volunteers."

She ran into opposition from one determined woman — "That's what I volunteered for," she said firmly and stuck to her job.

Service delivers to area homebound

By RICK GONZALEZ

A new service in the Sun Cities/Youngtown area will be making grocery shopping more accessible for those persons who are handicapped or do not have transportation.

The Handicapables Club and the Sun City Interfaith Services have joined forces to inaugurate a weekly marketing service which was created to assist those unable to shop for themselves.

Persons taking part in the service are given a manilla envelope with their name, address and phone number on it. The envelope also contains three sheets of paper with the person's name, address and phone number. The shopper writes out a grocery list on the papers and places them, along with any discount coupons to be used, in the envelope.

Volunteers from Interfaith Services pick up the orders at the shopper's home on Thursday morning. The orders are then taken to the Safeway store at the Bell Camino Shopping Center, on Bell Road and Del Webb Boulevard.

Safeway fills the orders and places them in cardboard boxes. (All perishables are kept refrigerated by Safeway.) The volunteers then pick up the orders on Friday morning and deliver them to the shopper's home.

Shoppers will receive a call from Safeway advising them of the cost of the order. The store requests that, since no cash is

handled in the process of picking up and delivering groceries, shoppers have a check ready and made out to the order of Safeway when the delivery is made.

John Peterson, who developed the service, says, "This service is my brainchild, but I've always been interested in helping others out."

Peterson points out that there is no charge for the service and Safeway is responsible for the orders. There are also no limits as to the amounts which a shopper can order. However, once the list has been picked up, no additions or corrections may be made.

"This is primarily for handicapped families," Peterson says, "but there are no age requirements."

Peterson adds that, for a two-week period, orders will be limited to 10 persons in order to get any problems ironed out. A waiting list will be kept on all new customers and they will be advised when the service is fully available.

For further information on the service, contact John Peterson at 933-5012 or Sun City Interfaith Services at 584-4999.

Market, volunteers begin shopping for shut-ins

By SCOTT BONTZ
News-Sun staff

SUN CITY — Volunteers and a supermarket are helping disabled people to shop.

In a program that began Thursday, people who have trouble getting out of their homes write shopping lists that volunteers take to a local supermarket to be filled for Friday delivery.

The service, available to handicapped residents of Sun City and Youngtown, is the brainchild of Sun Citian John V. Peterson. He is coordinating the program with volunteers from Sun City Area Interfaith Services Inc.

The Safeway Store in Bell Ca-

mino Center is participating. Manager Dallas Coleman said the store already had been regularly collecting and delivering goods for two handicapped customers and for others sporadically. **PETERSON**

There is no charge for the weekly shopping service.

People interested in participating can call Interfaith at 584-4999.

Participants receive envelopes and shopping lists to be filled in detail with quantities and brand names. Interfaith volunteers col-

lect the lists and any coupons Thursday morning. They ensure orders are clear and specific.

Peterson delivers the lists to Safeway Thursday afternoon.

Coleman and a receiving clerk collect ordered items from the store's shelves, pack the orders in cartons and attach receipts.

Peterson and the Interfaith volunteers meet at Safeway at 7 a.m. Friday. They call participants and tell the price of each order.

Volunteers then deliver the goods and collect checks for Safeway.

Peterson said other groceries to which he proposed the food delivery idea declined because of anticipated expense.

Coleman said gathering and packing the groceries takes little time. He said he thinks one or two people at the store could handle up to 20-30 orders each week.

Peterson said there were four participants in the program's first week. Each was a member of the Handi-Capables Club of Sun City, in which Peterson participates with his disabled wife.

Jeannette Skaar, Interfaith's coordinator of volunteers, said the service organization is supporting the shopping program as a pilot until it proves itself.

Peterson said only checks will be accepted by volunteers when they make deliveries. Interfaith will not handle cash. Food

stamps will not be accepted.

Any disputes over pricing will have to be resolved by participants with Safeway, Peterson said.

Intertaith companion program adds joy to residents' lives

By SCOTT BONTZ
Staff Writer

SUN CITY—Roberta Williams and Anne Kannee hadn't heard of each other a year ago. Now they explore Africa together.

Their friendship was not the result of a chance meeting. Williams, who can't get out of her Phase I home often with the walker she must use, needed an intellectually stimulating companion. Kannee, a Sun City Wester several years Williams' junior, wanted to do some volunteer work.

"After living out here for five years, I figured it

was time I started paying my dues," Kannee said.

But Kannee didn't have the heart to work in a nursing home, and Williams' sharp mind would have been dulled visiting a day-care center.

The two were connected by the home companion service run by Sun City Area Intertaith Services.

Since their first meeting last fall, they have become good friends.

They spent months making miniature Christmas tree ornaments together. They talk about dogs

* Intertaith, A3

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and sports. They've gone to a fashion show. Recently they saw "Out of Africa" together and were inspired to embark on a literary safari of the continent.

"Bobbie and I have a ball," Kannee said.

She sees Williams one to three times a week, staying two to three hours each visit.

Kannee and Williams were paired by Barbara Sharkey, Intertaith's home companion service supervisor.

The Sun Citian said the year-old program has about 25 volunteer companions to an equal number of participants, with 20 more prospective participants on a waiting list.

Volunteers go through 30 hours of training, learning communication skills, diseases of the elderly and techniques of moving disabled people.

When training is complete, it is Sharkey's job to match volunteer to participant. Personalities, interests and distance a volunteer must travel are considered.

"A lot of it is just gut-level," Sharkey said of her match-making.

"I was scared, although I get along with people," Kannee said of the first time she walked up to Williams' house. "I was hoping she would like me."

"Anne arrived by the back door—and we've been back door friends ever since," Williams said.

"It was like I'd known Anne for a thousand years."

Although probably not all pairs hit off as well as Kannee and Williams have, Sharkey said the matching process has been successful. No participant has asked for a new volunteer.

However, some participants are demanding, treating their volunteer companions like mates or errand runners.

"Sometimes, I think, the volunteer is a glutton for punishment," Sharkey said.

In such cases, she steps in to remind participants that the program's purpose is not to provide a homemaking service, but to offer companionship.

Under Intertaith's guidance, that friendship must be between members of the same sex.

The exceptions are three husband-and-wife volunteer teams who are companions to difficult participants such as victims of Alzheimer's disease.

Neither Kannee nor Williams see anything wrong with mixed pairs.

They like each other's company because it keeps their minds active.

"I don't want to lose too many cells," smiled Williams, pointing to her head.

The pair plans next to study the life of Western explorer John C. Fremont.

"Whenever we get out of Africa," Kannee said.



Roberta Williams, left, is visited by Anne Kannee. The two were paired in a home companion program run by Sun City Area Intertaith Services.
(News-Sun photo by Scott Bontz)

Private agency to open 'day center' for elderly

By Steve Yozwiak
Northwest Valley Bureau

7-23-82
SUN CITY — Sun City Area Interfaith Services Inc. will open a "day center" for senior citizens twice a week beginning Sept. 2, the non-profit organization's president said Thursday.

William T. Wolfrey, president of Interfaith Services, said the centers will be open from 10 a.m. to 3 p.m. Thursdays at the United Church of Sun City, 11250 N. 107th Ave., and on Tuesdays at Hines Village, a retirement center located at 11315 W. Peoria Ave., Youngtown.

Wolfrey said the project is intended to encourage socializing and provide nutrition for the elderly who, by habit or circumstance, rarely leave their homes and thus lose contact with others.

Another goal is to give breaks to spouses whose husbands or wives are dependent on them at all times for basic needs, he said.

Connie Baldwin, acting executive director of the Area Agency on Aging, a private non-profit agency

that helps fund programs for the elderly through the federal Older Americans Act, praised the project.

"It's something that's really needed in this community," Ms. Baldwin said.

She said it is considered a pilot program for other community-based day-care projects in Maricopa County and "possibly has larger implications for the state" because of federal funding cutbacks.

The program will cost participants \$15 a day, but, Wolfrey said, "Nobody will be excluded because of an inability to pay."

Harry Gray, Interfaith Services' finance chairman, said the organization is facing a \$12,000 deficit by the end of the year.

But Wolfrey said he is confident of meeting the organization's financial needs because of the broad support it has received from the community.

To reduce costs, the program will rely heavily on volunteers, said Cathy McCormick of the county health department's division of long-term care.

Ms. McCormick said she is providing technical assistance to start the project.

"Volunteers will be used to contact potential participants, inform them about the program and encourage them to attend," she said.

Volunteer workshops, open to the public, are scheduled from 9:30 a.m. to noon Thursday on Aug. 5 and 26 at the United Church of Sun City.

Wolfrey said the project is one way Interfaith Services will help older residents in the Sun City area remain independent yet live at their own homes for as long as possible.

Helen Valley, vice president of Interfaith Services, said about 20 people already have indicated they will use the service. She said the project might be expanded to four days a week.

Those interested in volunteering or participating in the program should call Holly Bohling, the day centers' activities director, at 977-8279 between a.m. and 4:30 p.m. weekdays.

'Day center' to help elderly socialize opens in Sun City

By Steve Yozwiak

Northwest Valley Bureau

SUN CITY — A "day center" for frail, elderly citizens who need constant care or additional social contact opened here Thursday.

Organizers of the center, who plan to open a second center in Youngtown on Tuesday, said the idea is being received so well that as many as three additional centers may be opened in the future in the Sun City area.

The day-center concept was developed during the past year by Sun City Area Interfaith Services Inc., a non-profit organization of local church and civic groups seeking to fill the unmet needs of the Sun City area's growing frail, elderly population.

"We've had a very good response today; we're very happy with what's happened so far," said William T. Wolfrey, 70, president of Interfaith Services.

The first two centers will be open from 10 a.m. to 3 p.m. Thursdays at the United Church of Sun City, 11250 N. 107th Ave., and on Tuesdays at Hines Village, a retirement center at 11315 W. Peoria Ave. in Youngtown.

Vincent Toth, 88, moved here from Phoenix in 1963 with his wife, Mary, but has lived alone since her death 12 years ago. He was one of 15 people who took part in the first-day activities.

"My daughter said I got to talk to people and meet people and not spend so much time alone," Toth said. "I take care of myself completely. I'm pretty busy even if I am by myself. But my daughter said that was not enough."

The project is intended to encourage socializing and provide nutrition, exercise and intellectual stimulation.

"One of the real problems with older people is what we call stimulus hunger — what is often called senility," Wolfrey said.

Increased social contact tends to stop — and in many cases, reverse — the senility process, he said.

Another goal is to give relief to spouses whose husbands or wives are dependent on them at all times for basic needs, Wolfrey said.

The program costs the participants \$15 a day, but no one will be turned away because of an inability to pay, he said.

The project is financed through private donations. The Maricopa County Department of Health Services also has provided advisory assistance to the program through its division of long-term care.

To reduce costs, the program relies heavily on volunteers. Many are retired sociologists, nurses and other professionals living in the Sun City area.

"I'm so glad we're getting this opened today. It's badly needed; we have many people who need this here," said Garland Lewis, 69, a psychiatric nurse from Sun City West who is coordinating the center's volunteer nurses.

Holly Bowling, program coordinator, said the center's morning care includes conversation, games and light exercises designed to maintain and restore hand, shoulder and head movement.

A hot noon meal is followed by arts and crafts, card games, a rest period, writing letters or personal histories, refreshments and time for the participants to tell organizers what they would or would not like to do, Ms. Bowling said.

"I couldn't expect a better turnout," she said. "The people seem interested and seem like they're having fun."

Church lends hall to elderly

SUN CITY — A day-care center for elderly dependents, scheduled to open by June 1, is a step closer to reality with the donation of space by the United Church of Sun City, 11250 N. 107th Ave.

Senior minister Frederic James and church Moderator Bill Loffer announced that the church council has approved the use of the church's Witt Hall by the Sun City Area Interfaith Services Inc. for its pilot day-care project.

"We recognize the need for adult day care in our community, and we're happy to be able to cooperate with Interfaith Services in this new project," James said.

William T. Wolfrey, president of Interfaith Services, said obtaining Witt Hall "is a major step" in making possible the day-care program, which is scheduled to be unveiled in detail by April 22 and begin operations one day a week starting early this summer.

Wolfrey announced plans to initiate the day-care center by June 1 during the first annual meeting in January of Interfaith Services delegates, who represent churches and service clubs from throughout the Sun City area.

He said he envisions a place where a husband or wife could take their dependent spouse for supervised nutrition, recreation and socializing, freeing the other spouse to do needed shopping or other errands.

The service is expected to help many retired couples continue to live together in their own homes and would be another step in establishing a full range of long-term care services for the frail elderly here, Wolfrey said.

Often, one spouse is overwhelmed by the needs of the other, a situation that forces many frail elderly people to enter nursing homes prematurely, he said.

10

Agency forms to aid elderly

Sun City Area Interfaith Services Inc. has been chartered as a non-profit corporation and elected officers and directors.

A product of several months work among more than a dozen area churches, the Sun City Ministerial Association and the Sun City Area Community Council, the organization was formed to develop a wide range of services for the frail elderly.

Officers are William Wolfrey, president; Edward Hemphill, vice president, Muriel Rose, secretary; and Charles McKinnis, treasurer. Board members are Wolfrey, Hemphill, Robert Sleight, Mrs. Rose, James Reaves, Richard Melnert, McKinnis, Harold Davis, Harry Gray, Dorothy Jorgensen and Helen Vallee.

Wolfrey has resigned as president of the SCACC, effective May 31, in order to head the new non-profit corporation. McKinnis, formerly vice president, will become SCACC president.

Those involved in the planning will participate in a University of Arizona workshop on long-term care Tuesday.

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Community-service questionnaire stirs little interest

By MARY DUMOND
Staff Writer

Do today's shepherds know what's happening to their flocks?

Or do they care?

Readers may judge for themselves, from a recent a community-concern questionnaire sent to 145 clergymen in the Sun City area.

Only 12 of the 145 pastors bothered to return the questionnaire, reported a Sun City Area Ministerial Association spokesman.

THE BREAKDOWN on categories of the 145:

- 32 senior pastors.
- 26 paid associates or assistant pastors.
- 87 retired clergymen, most of whom are affiliated with a demoninational church here as a volun-

teer assistant or teacher.

THE QUESTIONNAIRE

had only two questions:

"Would you be in favor of creating an interfaith service center to do any of the following? Please check ALL which you consider a needed service in the local community.

-1. Crisis counseling.

-2. **TRAINING OF** lay persons for effective visiting.

-3. Assist individuals or couples to remain independently in their homes by educating, counseling or assistance.

-4. Education for life change and effective aging.

-5. Education and counseling to promote adjustments to retirement.

-6. Alcohol and drug education.

-7. **DAY CARE** center for older adults.

-8. Readjustment or integration training for widows and singles.

-9. Marriage encounter or enrichment groups.

"Would your church be willing to help fund the services you selected?"

The ministers who did bother to reply, said Rev. Ed Hemphill of First United Methodist Church, listed the nine items in the above order.

Of the 12, eight pastors said they would be willing to help fund programs, with offers ranging from \$2 per church member to 50 cents.

Three didn't answer the question.

ONE SAID, "No."

The result has been a strong challenge, he said.

The challenge, put to ink and paper by Rev. James Reaves of All Saints of the Desert Episcopal Church, is thrown by the executive council of the ministerial association to one pastor and one lay person per church in the area, to discuss community concerns next week.

DR. HEMPHILL and his associates hope they get a stronger response.

"These are things people need," he said. "But the primary need is education of Sun City people regarding these services and facilities."

The hoped-for answer to the challenge is scheduled for 9:30-11:30 a.m. Wednesday in First United Methodist Church.

Then, the hassle will continue.

FATHER Reaves' challenge contains some more

kernels of community wisdom that sooner or later must be cracked.

Here's his list:

-1. A crisis counseling service to help families work out the best solution to the problems that arise when one member of a family needs more care than the other can provide.

The ministerial association has set up such a

service which operates three days a week. All churches have been asked to contribute \$2 per member so that this service can be operated five days a week, beginning Jan. 1.

-2. A day care center to provide socialization and stimulation for individuals who need care. It also will provide respite for those who take care of them.

-3. A transportation component to make participation in the day care center possible and possibly to increase the opportunity of individuals to participate in the life of their churches.

-4. **HOMEMAKING** services to enable individuals to stay in their own homes with a little supportive care rather than being forced into institu-

tions.

-5. A facility that will provide living quarters and health care as needed by people of all stages of decline at affordable prices. This might be accomplished through the creation of an interfaith service and living center to be operated on a non-profit basis.

"We plan to present these things forcefully,"

said Dr. Hemphill.

Father Reaves referred these items as the result of a "fast-growing set of problems" and noted that various communities have tried varying alternatives with varying degrees of success.

Whatever happened to the habit of reading some of the admonitions of the originator of Christianity and doing likewise?

Jobs program targets needs of area seniors

By JACQUE PAPPAS
Daily News-Sun staff

SUN CITY WEST — Seniors hoping to re-enter the job market are often plagued by myths of the older worker:

Older women are hard to train and have difficulty with new technology.

Seniors miss more work days than their younger counterparts.

Employer insurance costs are higher for older workers.

"There are a lot of myths about older workers. Some of them can be very discouraging, but what's important to remember is that they are myths and we think the myths can be overcome," said Dianne Christian, director of Sun Cities Area Interfaith Services' Occupational Services Network program.

The OSN program was developed in September to provide seniors with the opportunity to develop new skills, retrain them for different jobs and enhance a person's feeling of self-reliance, Christian said.

Funded with a \$10,000 grant from the Marshall Fund of Arizona, the program is now in its developmental stages, with a focus on on-going training to help prepare people who have been away from the work field.

Christian said she hopes to create a job development and placement program in the future, but such a service is still in the planning stages.

In the mean time, Christian said the program will concentrate on the training of seniors looking for work.

"I think there's a need for this because you are finding more and more older people wanting to participate in today's work force. But what you often find is that their self-esteem is lower because they lack the proper training and resources," Christian said.

The OSN program sponsors a number

of computer courses for seniors. In addition, a number of training seminars will also be offered during the year.

On May 12, OSN, in conjunction with the Altrusa Vocational Services Committee, will host a free two-hour seminar for seniors interested in re-entering the work force.

The seminar is from 9 to 11 a.m. in the Interfaith office, 17749 N. El Mirage Road. The topics will be "Tax Information for the Self-Employed" and "Resume and Interview Skills." For more information call 584-4999.

"We hope that with training we can help people get confidence to get out there in the work force," Christian said.

At one time, Interfaith had a job referral program that had the names of 365 people who were looking for employment, Christian said. The referral program was discontinued because staff was no longer able to monitor it.

"The majority of people on the referral list were women over 55 who did not have much job experience in the past. Many find themselves needing the extra money and wondering what to do," Christian said.

Although OSN does not yet have a job bank, those interested in seeking employment are given the names of resource agencies to contact for help.

Kathy Whitaker, the program's assistant director, said OSN is a member of the coalition, Promoting Older Worker Employer Resources.

The coalition of organization and people helps link seniors and employers and acts as an "advocate for older workers," Whitaker said.

OSN prints a newsletter every other month with information on a variety of issues from senior employment earnings to upcoming training seminars.

In addition, OSN has printed a Job



Frances Guarino/Daily News-Sun

Dianne Christian, director of the occupational services network at Interfaith Services, heads up a program

aimed at helping senior citizens prepare for returning to the work force.

Hunting Handbook that gives step-by-step instructions for the proper direction residents should take in getting a job. The handbook is available for \$2.

Also under the auspices of the OSN program is Interfaith's Senior Community Service Employment Program.

The federally-funded program allows

Interfaith to hire low-income seniors on a part-time basis so they can be trained and given the skills to find permanent jobs.

Bridges

Senior Care Management

A New Comprehensive Care Service Offered By Interfaith Community Care



Bridging Your Care!

Bridges is a comprehensive senior care management service that takes a one-on-one approach to an individual's needs and wishes, then matches them to the resources available. This valuable service provides assistance

to Caregivers, Trust Officers and Attorneys, locally and across the United States, who have clients or loved ones in Western Maricopa County Arizona who require assistance.

Social Workers are available to clients 24 hours a day, 7 days a week.

For more information on services and fees call

623-584-4999

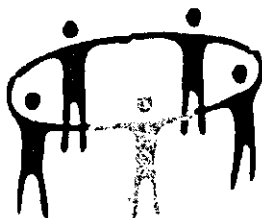
kramella@interfaithcommunitycare.org

Coordinating All Of Your Care Needs

Each client in the Bridges program is cared for with the personalized attention that their situation requires. Registered Nurses and certified Social Workers routinely follow up with clients to ensure care needs are continually met.

Bridges offers you:

- ◆ Comprehensive Assessment
- ◆ Comprehensive Plan of Care
- ◆ Care Coordination & Monitoring
- ◆ Medication Review
- ◆ Wellness Education & Advocacy
- ◆ Assistance with Alternative Housing & Relocation
- ◆ Counseling, Consultation & Advocacy
- ◆ Assistance with Bill Paying
- ◆ Future Planning/Advanced Directives
- ◆ Consulting with Family
- ◆ Crisis Consultation



Interfaith Community Care

Support Services for Independent Home Living

17749 N. El Mirage Rd. Surprise, AZ 85374

◆ IFS DAY CENTERS ◆

The Adult Day Health Centers are programs for those individuals who are unable to function independently.

Day Centers provide:

- Therapeutic recreation
- Personal care
- Snacks/hot noon meals
- Transportation
- Health maintenance/monitoring by RN's
- Socialization/creating new friendships
- Respite for caregivers

The IFS Adult Day Health Centers acknowledge the necessity of this much needed free time and encourage caregivers to take care of their personal business, get uninterrupted rest, attend caregivers support groups or just take a break.



◆ IFS VOLUNTEERS ◆

The Volunteer Services Program is the foundation upon which IFS operates. Volunteers provide about 75% of the services offered. Because of insurance and legal requirements as well as crisis situations, trained professionals are required to supervise volunteers.

Volunteers assist in:

- Day Centers - Program Assistants, Program Buddies, Activity Leaders, Food Servers, Nurses
- Senior Services - Receptionists, Nurses, and other Retired Professionals
- Home Services - Friendly Visitors, Picking Up Grocery Lists/Delivering Groceries, Handyman, Telephone Volunteer, Business Affairs
- Social Services - Social Worker Assistants, Service Coordinators
- General Office - Computer Assistants, Typists, Office help with Files, Mailings, Phones
- Community Relations - Public Relations and Fund Raising

◆ IFS FUNDING ◆

IFS is supported primarily through donations from individuals, congregations/service clubs, the IFS Auxiliary, Community Funds, grants, fees and reimbursements.

The Day Center, Counseling, and Behavioral Health Day Treatment are programs which have a fee. IFS receives some funding from the local Area Agency on Aging and is VA approved.

Support from Planned Gifts such as bequests and trusts are vitally important for the growth of the organization. IFS has established a Pooled Income Fund as well as an Endowment Fund.

1995 IFS BOARD OF DIRECTORS

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Dr. C. Melvin Ratheal, Treasurer
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INTERFAITH SERVICES, INC.
P O Box 1795, Sun City, AZ 85372
(602) 584-4999
FAX 546-1589 • TDD 584-9401

IFS

MISSION STATEMENT

Interfaith Services will meet existing and emerging *human service needs* by providing for or by promoting the physical, psychological, spiritual and social well being *of aging individuals* so that they may maintain their own personal *dignity and independence, remaining in their homes as long as possible.*

This will be accomplished by adherence to the highest professional, moral, ethical, and spiritual standards.



SUN CITIES AREA INTERFAITH SERVICES
A Not-For-Profit Social Service Agency
P O Box 1795, Sun City, AZ 85372

◆ IFS COUNSELING ◆

The Counseling Program, the first service offered through IFS, offers individual counseling sessions or group support therapy. Our newest service, Behavioral Health Day Treatment, provides effective mental health treatment without the need for in-patient care.

Clients are usually seen by appointment in the IFS Office. Homebound clients can arrange for counselors to make a home visit.

A few of the issues dealt with in counseling are:

- Depression
- Grief/Bereavement
- Family and marital problems
- Chemical dependency and abuse
- Adjustment to retirement
- Suicide
- Caregiving

All staff therapists are state and nationally licensed and certified. The Counseling Department now has provider status with several insurance companies including Medicare.

◆ IFS SUPPORT GROUPS ◆

IFS Counseling Department offers a variety of support groups in addition to its individualized counseling services.

The following is a list of support groups which address a variety of needs:

- **Coping Skills Group** - for any type of situation where one might feel the need for additional skills to cope with life's "ups and downs"
- **Stroke Survivors Support Group** - assists victims and their families with emotional recovery
- **Caregiver's Support Group** - for anyone caring for another adult with any type of impairment *
- **Alzheimer's & Related Diseases** - caring for someone who has suffered loss of mental ability
- **Grief & Bereavement Support Groups** - assists those who are dealing with the loss of a loved one

*Hispanic speaking group also available.

◆ IFS HOME SERVICES ◆

The Home Services Program is designed to help people maintain their dignity and enjoy independence in their own homes as long as possible.

Home Services offers:

- Grocery Shopping Service
- Friendly Visitors
- Volunteer Business Education
- Phone Pals
- Opportunity for Respite for Caregivers
- Transportation
- Emergency Errands
- Handyman



Home Care Assistance offers:

- Information about employing a home care worker which enables the client to make choices about appropriate in-home help.

◆ IFS SOCIAL SERVICES ◆

The Social Services Program is designed to insure delivery of proper service to each individual based on careful assessment of the needs.

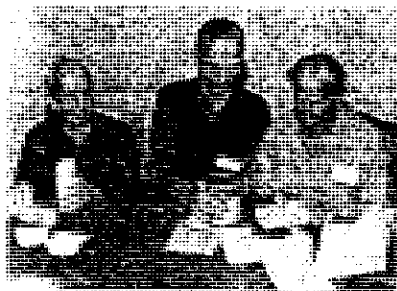
The Social Services Program offers:

- Professional Social Workers or highly trained volunteers make in-home assessments
- Service Plans developed in coordination with Social Workers
- Follow up...by trained service coordinators or professional social workers
- Information about other community services
- Relevant information so that independent informed decisions can be made
- IFS Audio Tapes available for the visually impaired
- TDD - Phone #584-9401 - A special telephone for the hearing impaired

Adult Day Centers | Home Care | Care Management | Volunteers

Adult Day Centers

Adult Day Centers provide a safe and enriching environment for those who can no longer care for themselves due to disability. Having your loved one attend a day center allows you time to tend to personal business, get uninterrupted rest, attend a caregiver support group or just enjoy some free time.



Day Center Programs Include

- Therapeutic Activities & Exercise*
- Life-enriching Educational Activities*
- Health Care by a Registered Nurse*
- Emotional Support & Time Out for Caregivers*
- Personal Care*
- Transportation*
- Snacks & Hot Lunches*

Five Centers Located In

- Peoria*
- Sun City*
- Sun City West*

Home Care Assistance

Home Care Assistance provides in home care by a bonded and insured Interfaith employee.

Home Care Package Includes

- Bathing/Dressing*
- Transportation/Errands*
- Grocery Shopping*
- Light Housekeeping*
- Meal Preparation*
- Personal Care*



Health Watch

This personal response system provides a desk top console and wearable transmitter that signal help for emergencies at the touch of a button 24 hours a day. This service provides protection and peace of mind that you can remain independent and in your own home with emergency assistance at the touch of a button.

"Bridges"

This comprehensive private care management program helps seniors and their families with long term care arrangements. Each client's care plan is designed to fit them personally and allows them to maximize their quality of life and independence. Each client's case is given the personal attention of a highly trained social worker to ensure that the client's needs are met.

Bridges Service Includes

- Care Planning*
- Assessments*
- Arranging & Monitoring In-Home Assistance*
- Alternative Housing & Relocation Assistance*
- Bill Paying Assistance*
- Future Planning*
- Assistance With Specialized Services*
- Family Consultation*
- Crisis Prevention & Intervention*

Senior Center

Every Tuesday Interfaith hosts a Senior Center at the Sun City West Foundation Community Service building. Activities include a meal, day trips, card games and educational programs.

Emotional Support

Groups provide support to individuals in an educational and caring environment.

- Group Topics**
- Caregiver Support*
- Alzheimer's & Related Diseases*
- Grief & Bereavement*
- Spanish speaking groups available*

Peer Counseling

Peer Counseling program is designed to provide

emotional support and help individuals in identifying ways to cope with personal issues.



Education

Interfaith sponsors a semi-monthly Life Planning lecture series featuring local professionals who assist attendees in making decisions on issues important to those living in a "retirement" situation.

Care Management

Care Management ensures the coordination of an individual's care. The program includes a free assessment, plan of care and referral to other Interfaith programs or outside programs and agencies.

Home Services

This free program provides assistance that allows you to maintain your independence. All services are provided by trained volunteers.

- Home Services Offers**
- Grocery Shopping & Delivery*
- Friendly Visitors and Phone Pals*

Transportation

Handypersons

Business Education

Volunteers

Skilled volunteers provide many of the services offered by Interfaith. All volunteers are trained and supervised by staff.

There are several opportunities to volunteer with Interfaith. We can find the position that is just

right for you. Volunteering with Interfaith provides so many rewards: smiles of gratitude, thanks, hugs, sharing your talents and making new friends.



Program Support

Interfaith Community Care and its programs are supported by donations from individuals, congregations, service clubs and corporations. Interfaith receives additional support for programs through grants, program fees and government reimbursements. Support from planned gifts is important to our growth and ensures that we can meet the growing needs of our community.



Ways You Can Contribute

- Charitable Gift Annuities**
- Bequests**
- Charitable Remainder**
- Trusts**
- Memorials**
- Stocks/Bonds**
- Cash Gifts**

Supporting your community

Home Care Assistance Home Watch and Health Watch services are available in Peoria, Sun City, Sun City West, and Sun City. Home Care Assistance Home Watch and Health Watch services are also available in Sun City West. Interfaith Community Care is a 501(c)(3) organization.