

Help and/or attend the Stargazing 2018 Series
at Historic Hacienda de la Canoa in
Green Valley on February 23 (5:30-8:30 pm),
March 16 (6-9 pm) and April 20 (6-9 pm).
Lori, lori.newman@cfa.harvard.edu,
520-879-4407.

ENVIRONMENT

Keep Madera Canyon Beautiful! Every Monday Friends of Madera Canyon volunteers clean the picnic areas in the canyon. Or, help restock brochures, flexible schedule. Or, help staff with the Visitor's Information Station at Madera Canyon on weekends; two-hour shifts. Jim, jsw52745@aol.com, 520-777-8045.

HEALTHCARE

Share your heart, start now! Volunteer just two hours a week and make a difference in someone's life and yours at Soreo Hospice. Mary, 520-547-7000, volunteer@soreo.com.

Become a visiting Veteran! The *Hospice for Heroes Program* at Hospice Family Care partners Veterans with visits from volunteers who are also Veterans. Donna, Donna.moore@hfc-az.com, 520-499-3072.

Make some phone calls! Valor HospiceCare needs help with Tuck-in Calls, which provide support and check on the status of the patient and family at home. Or, become a Life Care Planning Trainer; flexible schedule. Susie, smathews@valorhospicecare.com, 480-283-4395.

Need volunteers to run an Early Stage Support Group for people with Early Stage Alzheimer's and their Care Partners 8 weeks for 1 hour a week. Training provided in Green Valley. lbrazil@alz.org, 520-322-6601.

Are you a good driver? Teach a four-hour class for AARP called Smart Driving for Seniors! Contact name, phone, email address needed! Jerry, jwhartley754@centurylink.net.

Friends In Deed needs you: Van drivers to take clients shopping and to medical appointments in Green Valley and Tucson plus dispatchers (computer skills are needed; shifts are 2 1/2 hours). Madeline, opsdirector@fid-gv.org.

ANIMALS

Help feral cats survive. Paws Patrol of Green Valley needs volunteers to help with our "Working Cat Barn Program." Feral cats that are not suitable for adoption and need a safe place to live are frequently placed in our Barn Program. Help to set up temporary cat shelters at local barns (need SUV or truck), transport and release the cat(s) into the shelter. After the cat has gotten used to the surroundings, release into the barn, disassemble the shelter, return it to the Paws Patrol office. Patti, 520-207-4024.

Like resale stores? Equine Voices Rescue & Sanctuary needs volunteers at its Resale Boutique in Tubac with sales, display, and inventory control. No experience necessary. April, 520-398-2814, april@equinevoices.org.

GVSVC Office at Friends in Deed.
520-625-1150 x108, gvsvc@pcoa.org
www.gvsvolunteering.org

EDUCATION

Volunteer without leaving home! Send emails and make calls to help the 10th annual Tucson Festival of Books (March 10-11). You need a computer with access to the Internet and the ability to read Excel spreadsheets. We provide marketing materials and the training. Mike, 425-306-7524, mrutz@tucsonfestivalofbooks.org.

Become a Volunteer Docent at Kitt Peak National Observatory! Educate the public and meet people from all over in one of the most scenic locations in Southern Arizona. Docents lead daytime public tours of major observatory telescopes and must be able to walk. Judith, 520-318-8736, jrankins@noao.edu, www.noao.edu/kpvc/Volunteer.

Do you enjoy meeting people from all over the world? Become a hangar docent, tram or "boneyard" tour docent at the Pima Air & Space Museum. Four-hour shifts any day of the week. Tanya, tarteap@pimaair.org, 520-618-4821.

Do you have a passion for history? Become a docent! Show and tell some of the history of the Cold War at Titan Missile Museum. The one-hour long tour requires docents to stand/walk, master the tour content and work in 5-hour shifts. Yvonne, 520-625-7736, ymorris@titanmissilemuseum.org.

Enjoy working with youth or planning special events? GVS Volunteer Clearinghouse needs a coordinator for both. Joyce, gvsvc@pcoa.org.

SAFETY & SECURITY

Keep our community safe! Green Valley Sheriff's Auxiliary Volunteers (SAV) has many different volunteer opportunities. Please stop by our office at 601 N La Canada Dr., Green Valley, or email GVSARrecruiting@gmail.com.

Keep people safe from fire, falls, and desert pests. Join the dedicated group of volunteers with the Green Valley Fire District Fire Corps. 520 625 9438, www.gvfd.org.

Help reduce juvenile crime in your community. Join the Community Justice Board and empower youth to make more positive choices. Complete application, interview, and background check. Volunteers must commit to a one-year, attend bi-monthly meetings, participate in training. CJB, 520-724-8368; www.pcao.pima.gov/communityjustice.aspx.

Improve the lives of children involved in the child welfare/foster care system. Court Appointed Special Advocate (CASA) Program of Pima County needs volunteers to serve as the "eyes and ears" of the Judge; offer wisdom and insight and advocate for the best interest of the child; ensuring each child is in a safe home and receives appropriate services. Must be over 21. Jill, 520-724-2060, www.CASAofPimaCounty.org.

Be a LIFELINE to a Homebound Senior

By Mike Touzeau , GVSVC Staff Writer

Living in a community where the overwhelming majority of residents are older has some great advantages. It's quiet and nearly crime and stress free. The streets are almost empty after dark, so driving is easy, and there is freedom to do what you want every morning since you don't have to hustle off to work anymore.

But, there are hidden consequences for such an existence. Many of the aging, more than you would probably believe, and especially those in poor health, are too often holed up inside homes in disrepair with fear or loneliness or depression for a roommate.

"I was raised in a family where you looked out for the older people in the house," mused Mary Tufto, a Valley Assistance Services (VAS) volunteer who schedules transportation and takes information for the referral and screening processes.

She witnessed firsthand the cheerless struggle to handle even the simplest of life's daily tasks when she began to look out for some people living near her, one facing surgery alone, and another with Alzheimer's, which inspired her to volunteer at VAS.



Volunteers, l to r, Linda Fett, Marie McClure, and Mary Tufto :
"Whether it's on the phone or in person, volunteers become lifelines."

"These people really needed someone, and I found that I had so much time on my hands. So, instead of sitting in front of the boob tube, I decided I keep my own mind engaged and get out of the house." She quickly discovered there were many more aging residents who have needs just like her own neighbors.

"People's kids back home aren't very involved in their lives," she said frankly. "People used to live with their families, and they took care of each other, but the older folks today don't want to live with their kids either."

"I think now people want to be more independent," agreed VAS administrative volunteer Linda Fett, who does a lot of organizing, computer work, and making calls.

Get an Arizona Tax Credit this year!

You might not believe your ears when somebody says, "Gee, I wish I had written a bigger check!" Keep in mind that you can contribute to qualified non-profits up to \$800 as a couple, or \$400 as an individual by April 17, 2018, as long as you follow the guidelines, and get it back as a tax credit on either 2017 or 2018 taxes. Pretty smart way to give, huh? Check www.gsvolunteering.org for details and a list of qualified agencies doing great work right here in your own community or the Arizona Department of Revenue at <https://www.azdor.gov/Portals/0/Brochure/710.pdf>.

Nevertheless, she knows there are consequences for that independence when the family is far away.

And of course, it's not just loneliness. Some fear a fall. For others it's managing to live on so much less than they thought they would have to at this stage of life. Many don't get out of the house because they can't drive or lack mobility or suffer from poor health. A few have memory issues with no one to take care of them. The more advanced their ages, the more likely friends and neighbors are gone, and they just need someone to talk to once in a while. Whether it's on the phone or in person, volunteers become lifelines.

"I hear when I'm in the homes that you volunteers are so calming and caring," affirmed VAS volunteer RN Marie McClure, who works with clients at their residences assessing needs for safety through the VAS SHiM program. "You're like a new friend they can call on."

Executive Director Chris Kang agreed, explaining that when people first call in and want help, they're usually stressed out or scared or both. "Our volunteers have a calming effect on them. They're

professional, caring and compassionate. You have to be a wonderful listener," she said.

Becoming an immediate lifeline for someone in need is a uniquely rewarding experience and a gift for both client and volunteer, but it doesn't matter that much what task you're doing, you're contributing to that, Director Kang explained. She matches volunteers with what they love to do, not just hand them a phone.

"The more I can give, the better," Linda said. "It might not always be in the direction I thought, but it enriches my experience as a volunteer."

"The administration here is so appreciative of what we do," she added. "I've never left when I haven't heard a thank you. You really feel appreciated."