



www.ourfamilyservices.org

(520) 323-1708

Summer 2016

Senior Companion Gives Voice and Hope to Parkinson's Survivor



support have made all the difference in preserving Saul's strength and his wife's hope.

Senior Companion services are provided by a corps of 44 trained volunteers, who are themselves over age 55 and low-income, and who receive a small, tax-free stipend. We partner with local organizations, including the Pima Council on Aging and other social service agencies to match each Senior Companion volunteer to their elder clients. Senior Companions receive 40 hours of training before providing service, and additional training throughout the year at monthly in-service meetings. Senior Companions are knowledgeable volunteers who build strong one-on-one relationships with elders and their caregivers, becoming valued supporters and resources. Our Senior Companion volunteers, and the clients they serve, represent diverse populations including those from the Tohono O'odham Nation, the Pascua Yaqui Nation, and monolingual Spanish speakers.

Our Family Services is looking for big-hearted elders to serve as Senior Companions. Do you have the time and desire to make a difference in the community? Perhaps the Senior Companion Program is right for you! To learn more, and to apply, contact the program office at (520) 323-1708, ext. 248.

Elders need you!

Since 2001, our Senior Companion Program has provided companionship, transportation, and support to isolated, homebound elders and their families. The goals of the Senior Companion Program are to keep elders out of institutionalized care for as long as possible, and to promote their quality of life. Recently, our focus has expanded to providing respite care, education, and support for caregivers that allows them to continue caring for elder relatives in their homes.

Bob Lopez, an Our Family Services' Senior Companion in Tucson, has been serving Saul, an 81-year-old man with Parkinson's disease for about a year. Parkinson's has left Saul weak, and he has trouble walking. It also creates a speech impediment that makes it difficult for people to understand Saul. Bob and Saul spent

many months together talking and exercising, and the efforts made Saul strong—both physically and relationally. A few weeks ago, Saul's tremors caused him to fall and sustain significant physical injury. Saul received medical treatment and was temporarily admitted to a residential rehabilitation facility. Bob visited Saul in rehab and advocated for him as one of the only people who could understand Saul's speech. In addition, Bob encouraged Saul with his physical therapy and kept him motivated to return home to his beloved wife. Saul is home again, and Bob is a source of respite and hope for Saul's wife who serves as Saul's primary caregiver. Saul and his wife don't know how they would manage without Bob's faithful service. Bob's respect, compassionate listening ear, and

Welcome Beth, our next CEO!

As Board Chair and on behalf of the Board of Directors, I'd like to thank each of you for your dedicated support of Our Family Services. As a former employee at Our Town Family Center (one of the agencies that merged to originally form Our Family), I've learned that the old adage is true: "The only thing constant is change." We are in a time of change now as we thank Patti Caldwell for her leadership and wish her well in her next endeavors. Lisa Reams' 25+ year tenure with the organization will serve her well as Interim CEO until mid-August. We welcome Beth Morrison as the agency's next CEO August 15, 2016.



Beth Morrison is an experienced and dynamic leader who comes to Our Family from Pontiac, Michigan, where she served for 13 years as President and CEO of HAVEN, a nationally recognized nonprofit working to eliminate sexual assault and domestic violence. She received a B.A. from Central Michigan University and a Master of Science degree from the University of Arizona.

Beth is an award-winning leader, advocate and team builder who brings more than 20 years of human services leadership experience to Our Family. During her time as CEO of HAVEN, the organization built a cutting-edge shelter and community resource center, formed the HAVEN Foundation to raise charitable funds, and became the first domestic and sexual violence agency in the state to achieve a 100% rating from Michigan's quality assurance agency.

Beth is no stranger to Tucson. In a memo to her former colleagues, she writes: "For years, it has been a dream of my husband and me to return to the beauty of the desert, and it is now time to make that dream a reality. With family ties to Arizona and great memories of having lived there a number of years ago, we are anxious to make our return."

Like the staff and Board at Our Family, Beth believes that transparency, fairness and innovation are vital when serving our community. Please help me in welcoming Beth back as she partners with us to help make Tucson a better place to live, to grow up and to grow older!

Sincerely,

Scott Koenig, MBA
Chair, Board of Directors



Housing, Art, Scholarship ... at Our Family's Luncheon

For Leiliani Martinez, college didn't seem to be in the cards. She was ten when her mom sought housing assistance from Our Family Services to help stabilize the family. While in our housing programs, Leiliani was given another opportunity: to capture her hopes and dreams on camera.



Working closely with photojournalist Linda Solomon, founder of Pictures of Hope, Leiliani snapped a photo that captured her dream to "believe in me" and go to college. Leiliani's story appeared in NBC Nightly News' prestigious Making A Difference segment; the President of Blackburn College saw the news story and offered Leiliani a full-ride scholarship during Our Family's Luncheon. Our Family Services honored Linda Solomon and Pictures of Hope as our 2016 Volunteer of the Year. We also heard from Jennifer and Judith, two inspiring women who shared their personal journeys with Our Family through and beyond teen pregnancy, homelessness and domestic violence—and on to meaningful positive lives with their young families.



As a fundraiser, the Luncheon was a roaring success—we raised over \$40,000! Many, many thanks go to 226 stupendous donors who pledged gifts in advance or gave in person.

Each of your dollars goes to help people like Leiliani, Jennifer, and Judith find and maintain stable housing, income, educational opportunities, and other services.

THANK YOU!

Our Family's Senior Leadership

Lisa Reams, Interim CEO & Senior Director

Emily Brott, Development Director

Joan Hubele, Interim Finance & Assets Director

Laurie Mazerbo, Dir. of Housing & Homeless Services

THRIVE!

Commemorating 15 years of community work in the 29th Street Corridor

In collaboration with the 4R Community Alliance (4RCA), Our Family Services is celebrating the 15th Annual Prevention Celebration, Thrive! Thriving is a state of being in which prospering and flourishing in the desert is a function of everyday life.



Our alliance supports programs that help youth and families find and create resources in the midst of socio-economic challenges. Young people develop social and creative skills that help them succeed. Families discover many opportunities to engage with their community, beautify their neighborhoods, increase their safety and develop new skills.

Please join us as we continue to amplify our move into healthy community building. Thrive! will take place on Friday, September 9th from 5:30 p.m.-7:30 p.m. at Freedom Park (5000 E. 29th St) in Tucson. Enjoy foods from the different cultures in our community, entertainment by talented young people and opportunities to connect with the community in healthy ways!

For more information, contact Manuel Abril at (520) 323-1708, ext. 145 or community@ourfamilyservices.org.

Fighting Youth Trafficking



On June 2, 2016 The Arizona Partnership to End Domestic Trafficking hosted a 2-day sex trafficking summit in Tucson. Sex trafficking occurs when vulnerable people are coerced to trade sex to meet their needs, such as money, food, clothing, protection, or a place to stay. Our Family Services worked with Tumbleweed Center for Youth Development and other partners on a grant collaboration provided by the Department of Health and Human Services. The grant helped bring the summit to Tucson and included topics like sex trafficking 101, supporting the needs of trafficked victims, and how to partner with law enforcement when working with trafficked victims. Approximately 150 people attended the summit and will be able to take back information to share with their colleagues about how to identify trafficked persons and what to do next. Our Family Services is honored to be a part of the collaboration that brought the two year demonstration project to Tucson.

To learn more, contact Laurie at (520) 323-1708, ext. 243 or lmazerbo@ourfamilyservices.org.

TACT: Transforming Anger & Conflict Together



Don't just manage anger, transform it! This is precisely what the Family and Youth Specialists teach in Our Family's Healthy Futures program. TACT groups help young people manage their overwhelming emotions in a world full of conflict.

A psycho-educational group, TACT uses skills, interventions and principles recommended by the Substance Abuse and Mental Health Services Administration to teach constructive responses to difficult situations. Techniques include relaxation skills targeting anger's emotional and physiological components and identification of irrational beliefs and distorted thinking. As they develop skills, youth increase appropriate social responses and decrease unhelpful behaviors. They also gain awareness of their feelings and the ability to have healthy, growing relationships.

TACT groups are held weekly for participants ages 8 to 12, and ages 13 to 17. Contact Susan Balistreri at (520) 323-1708, ext. 204 to learn more.

GOOD NEWS — The limit for the Arizona Charitable Tax Credit has doubled!
Our Family is a qualifying charity.
Redirect your tax dollars today!
Donate at ourfamilyservices.org

Board of Directors

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**Our Family is honored to
have been selected by the
NonProfit Times as a 2016
Best Nonprofit To Work For!**

Our Family publishes this newsletter three times a year. If you no longer wish to receive it, please let us know.

Don't Miss These Awesome Trainings!

CORE Training

(Understanding people, professional responsibilities, and interventions)

August 2, 9, 16 and 23, 2016

Facilitation Boot Camp

August 26, 2016

42-Hour Mediation Training

September 14-16, 21-23, 2016

Nonviolent (Compassionate) Communication Training

September 29-30, 2016

Advanced Nonviolent Communication Training

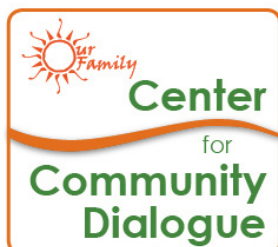
October 21-22, 2016

Circles Training, Level 1

October 29, 2016

Circles Training, Level 2

December 2-3, 2016



To learn more or to register, please visit ourfamilyservices.org/training.html