



## Transforming Families Through Eldercare Mediation

The Center for Community Dialogue and Training at Our Family Services has been helping Tucsonans of all ages peacefully talk through conflicts for nearly 40 years. Elders and their families particularly appreciate this service, as it helps preserve relationships when stressful decisions are required.

For example, recently a large group of adult siblings from the *Johnson family*\* were feuding over the living situation and care of their mother, who was declining physically and needed supervision and transportation. Due to family tensions going back decades, the siblings couldn't come up with a workable plan and the escalating tension was upsetting the mother. Center volunteers specifically trained in eldercare mediation spent some 15 hours speaking to all family members individually, and then several more hours designing a process that would allow everyone's voice to be heard, help them to stay focused, and not be too long or tiring for the mother. Because of this careful upfront work, the Johnsons worked out an



agreement that not only met everyone's needs, but also repaired some family bonds. When this important step happens, mediation is said to be transformative.

Would you like to have a one-on-one session with a mediator to talk through an important conflict in your life, and gain perspective on possible next steps? In recognition of National Conflict Resolution Day, the Center for Community Dialogue and Training will host FREE "Talk to a Mediator" events around the city during the week of October 15-21. A short free talk, "The Neurobiology of Conflict," will accompany each event.

To learn more about event times and locations – OR, to talk

to a mediator at Our Family Services - please contact Chris Medvescek, (520) 323-1708 x 122 or email [cmedvescek@ourfamilyservices.org](mailto:cmedvescek@ourfamilyservices.org).

This project is supported in part by funds from the Shaaron Kent Endowment Fund, a fund of the Community Foundation for Southern Arizona; Ellen Kaye; Eliot T Spalding Foundation; Long Realty Cares Foundation; and Pima County Outside Agency. These partners make free elder care mediation possible, along with many other elder services. Our Family is a proud member of the End-of-Life Care Partnership and ELDER Alliance.



\* Name has been changed to ensure confidentiality.

## Beth's Corner



A cool down in temperatures, crisp Arizona-grown apples in stores, all things pumpkin spice are everywhere... fall has arrived! With fall also comes a stepped up pace – back to school, ramped up holiday season, new legislative

session, and the beginning of fitting everything in before January!

Although the pace at Our Family never seems to slow down, we are definitely in high gear now as we ramp up our Strategic Plan initiatives and launch several new funding sources. These new funds have greatly increased our capacity to serve individuals experiencing homelessness as well as elders in our community. We are also looking forward to our upcoming Tea and Tour (see Page 3) at Reunion House, a shelter for homeless youth and launching our very own Book Club! And if that isn't enough, we are also developing a formal Advocacy Plan to get engaged in tackling root causes of poverty and homelessness, thanks to the generous support of the Women's Foundation of Southern Arizona. See a short article on page 3. I hope to see you around town!

Sincerely,

A handwritten signature in black ink, appearing to read 'Beth L. Morrison'.

Beth L. Morrison  
Chief Executive Officer

## Partnership Keeps Families In Their Homes



Our Family Services is proud to help prevent families in our community from becoming homeless. Through our partnership with the Arizona Multihousing Association's (AMA) Big Hearts Committee, we were able to collaborate with two local property management companies who identified residents who were on the brink of being evicted, and at risk of becoming homeless. We were able to provide four families with one-time rental assistance, helping them through a momentary crisis and allowing them to stay in their homes with no interruption to their children. Our Family's Homeless Prevention Program is made possible through funds donated by United Way and the Siemer Institute for Family Stability.

## Ride in El Tour de Tucson & Support Our Family!



To learn more, please visit:  
[www.crowdrise.com/ElTour2017](http://www.crowdrise.com/ElTour2017)

## Our Family's Senior Leadership

Beth Morrison, Chief Executive Officer  
Emily Brott, Chief Development Officer  
Joan Hubele, Chief Financial Officer  
Laurie Mazerbo, Chief Program Officer

## Board of Directors

Michael Beals, Rachel Chanes, Joseph Chimienti,  
Peter DeLuca, Geneva Escobedo, Jessica Hayes,  
Hazel Heinzer, Scott Koenig, Kay Nelson,  
Stella Rivera-Varela, JC Rivers,  
Ann Ventola, Jason Zeider

## QT Hosts Back-to-School Celebration for Homeless Youth

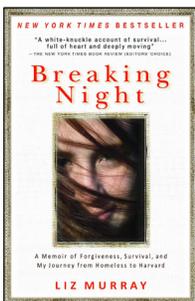


On a toasty day in mid-August, a group of eight QuikTrip employees hailing from Phoenix and Tucson threw a Back to School Party for the dozen homeless teens who call Reunion House home. The day began with basketball and burgers, and as the heat became intense we retired inside to enjoy corn-hole and coloring books. QuikTrip employees donated 50 “fully loaded” backpacks for our young clients at the shelter and in our other youth housing programs. The packs included everything a teen might need to be successful in school. QT also donated all the food for the celebration and were tremendous grillmasters despite the desert heat. Thank you QuikTrip for making this day so memorable for our youth in need!

If you would like to take a tour of Reunion House Teen Homeless Shelter, please join us at our next Tea and Tour with CEO, Beth Morrison, Tuesday, November 7, 2017 at 10:00 AM. The confidential address will be given to those who RSVP to: Emily Brott at (520) 323-1708 x425, or ebrott@ourfamilyservices.org.

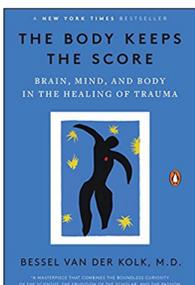
### Our Family Services' Book Club

Please join us for a Book Club discussion:



**Breaking Night**  
by Liz Murray

Thursday, January 25, 2018  
4:00 - 5:00 p.m. at  
2590 N. Alvernon Way



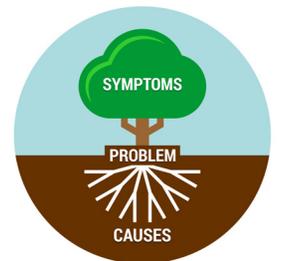
**The Body Keeps The Score**  
by Bessel van der Kolk

Wednesday April 18, 2018  
4:00 - 5:00 p.m. at  
2590 N. Alvernon Way

RSVP with Emily Brott at (520) 323-1708 x425, or ebrott@ourfamilyservices.org.

### Addressing Root Causes

To get serious about tackling root causes for poverty and homelessness, Our Family Services staff and board members held a number of focus groups over the summer, where we identified core issues and concerns faced by those we serve. This first step in creating our Advocacy Plan resulted in more than 30 possible issue areas. The list is long and varied – affordable housing, jobs and unemployment, access to child care, reproductive health and sex education, community discord, substance abuse, health care, and more. Now we are conducting research on these topics, and honing in on the top two to three issues where we will focus our energy over the next 12+ months. The people that Our Family serves have so many needs, and the intersection of these needs with systemic root causes is complex. We are excited to roll up our sleeves and get further engaged in addressing these root causes. Stay tuned to be a part of this dialogue and lend your voice to the cause.





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Change service requested



Poinsettia Season is just around the corner!  
Please purchase your holiday poinsettias from Green Things.  
Learn more at: [www.ourfamilyservices.org/poinsettia\\_sale.html](http://www.ourfamilyservices.org/poinsettia_sale.html).

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

## Mark Your Calendars for the 8th Annual Gather the Elders

Gather the Elders 2018: Living with Change celebrates stories of change related to aging, and provides a loving tribute to Elder Circle founder Del Jones.

A panel of speakers will share stories about some of the many changes brought on by aging (e.g., health, living arrangements, relationships), followed by Wisdom Circles in which all participants gather in small groups to share their stories with each other. Interactive art and exercises, and a delicious breakfast round out the event. We hope to see you there!

For more information about the 8th Annual Gather the Elders Conference or sponsorship opportunities, please visit: [www.ourfamilyservices.org/programs/center/gathertheelders.html](http://www.ourfamilyservices.org/programs/center/gathertheelders.html).

### 8th Annual Gather the Elders

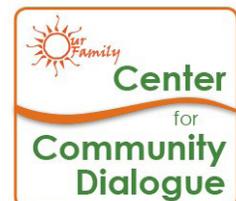
..... Continuing the Wisdom Journey

Join us to explore:  
"Living with Change"

**SAVE THE DATE**  
Friday, January 26, 2018  
8:30 am to 12:30 pm

Tucson Jewish Community Center  
3800 E. River Road  
Suggested donation \$15 – breakfast included

Gather the Elders 2018 is sponsored\* by:



\*as of October 1, 2017