



Foundation *Footprints*

News & Impressions from Your Friends at the Foundation for Senior Living

WINTER 2006

Traveling the Yellow Brick Road Together

Just as quickly as a tornado swept Dorothy and her little dog away from her home in Kansas, the lives of our Tempe young adults were changed by brain injuries. They were hurt in car crashes and sporting accidents. They suffered strokes or aneurysms that took away their comfortable lives and thrust them into a frightening world of new challenges. So, how appropriate that the Tempe Young Adult Day Health Care Center would perform the “Wizard of Oz”.

The performers in the “Wizard of Oz — Unleashed” were coached by the dedicated staff and all the invaluable volunteers of the Tempe Adult Day Health Care Center. Young volunteer Matt Mooney proposed the project

and with some help from his mother created the production sets and props to complete his Eagle Scout Badge. Monica Rose, a program participant, created colorful costumes for the production. Grace Community Church in Tempe donated the space, and the volunteer crew transformed the auditorium into a delightful reproduction of the Land of Oz.

After months of rehearsing lines, practicing stage directions, and adding their own style and enthusiasm to each role, the young adult actors performed to the delight of all in attendance. Wheel chairs paraded on and off the stage, narrators set scenes, and backdrops got switched. Lines were delivered and even better lines

were ad-libbed. Actors and audience alike knew they had traveled together someplace quite special and not to be forgotten.



Dan Jones (Tin Man) celebrates with his father and daughter after demonstrating that he and his fellow actors know how to delight an audience.



Foundation for
Senior Living

Thirty Years of Care by Design

“They overcame fears, pressed beyond disabilities and learned that their world can be as large as their efforts and imagination can make it.”

– Rebecca Tymms

NATIONAL AWARD RECIPIENT

- Catholic Charities USA presented its 2005 Vision Award to **Msgr. Edward Ryle**, a tireless advocate for Arizona's downtrodden. As executive director of the Arizona Catholic Conference for more than 18 years, Msgr. Ryle successfully lobbied for economic aid for the poor and disabled and also helped abolish the death penalty for the mentally retarded. Msgr. Ryle joins an illustrious group of past award recipients that includes Archbishop Desmond Tutu, Mother Teresa and Cardinal Joseph Bernardin.

ARIZONA CORPORATION COMMISSION ELECTS CHAIRMAN

- In his second term of service, **Jeff Hatch-Miller** was unanimously elected by his peers to be Chairman of the Arizona Corporation Commission. Jeff previously served two terms in the Arizona House of Representatives representing District 26 where he chaired the House Energy, Utilities and Technology Committee.

RECEPTION HONORING CURRENT & PAST BOARD MEMBERS

- On the evening of October 27 **Saundra Johnson**, Vice President for Strategic Development and Communications for The Flinn Foundation, and **Stuart Rodie**, Vice President of Bank One Arizona, hosted a reception to honor current and past FSL Board members and special friends.

NEW SUMMER INTERNSHIPS FOR LAW STUDENTS

- **Dan Collins** of Collins, May, Potenza, Baran & Gillespie, P.C. sponsored FSL's new Legal Intern Program. An alumnus of the Rogers College of Law at the University of Arizona, Dan proposed the summer internship to provide a law student the opportunity to experience first hand the varied needs of FSL's senior clients and to promote interest in elder law.

My Summer Internship...

Over the course of my internship at the Foundation for Senior Living, I have seen and experienced the compassion of those who dedicate their lives to helping others, and it has inspired me.

“From my first day at the office, to my visit at a foster home, each and every employee has been willing to share and educate me about how their position affects the lives of seniors. Full of energy and enthusiasm, the halls of FSL accepted me and showed me an example of how a non-profit corporation succeeds.”

One of my most profound experiences this summer occurred through the time I spent at my cubicle. Not because I was busy researching agencies, public programs and laws, but because during this time I was able to eavesdrop on a social worker for the Pathways program. Everyday people would call in a time of crisis. Their loved ones, or perhaps they themselves were faced with an emergency and had nowhere to turn. At a time when they needed society the most they were being rejected and turned away. The social worker could not always help, but there were many times when she had the answer, and the answer was an FSL organization.

This summer was not spent writing legal memorandums and briefs, but learning about ways that I, as a member of the legal profession, can serve a growing and often underserved population. I do not think it could have been more suiting.

Emily Taylor



End of Year Giving A YEAR TO REFLECT UPON



Once again, for tax year 2005, your contribution to the Foundation for Senior Living qualifies for the State of Arizona income tax credit:

- Arizona couples who file jointly and donate to a charitable organization that provides assistance to the working poor can receive up to a **\$300 TAX CREDIT.**
- Individuals and heads of households can qualify for up to a **\$200 TAX CREDIT.**

Your donations help FSL provide emergency rent and utility payments to working poor families, deliver health and home care services and perform home repair and home safety modifications to those in need. FSL does not give tax or legal advice. Please check with your tax advisor about your specific situation. For more information about this or other forms of giving, call **Bill Myers at 602-285-1800.**



Care for Caregivers SEMINARS DRAW LARGE AUDIENCES

Not long ago, typical water cooler talk at the office was about the previous evening's television program or sporting event. These days, whether by email, instant message or cell phone, people at work and at home are talking more about their lives as "caregivers". Senior spouses and married adult children increasingly find themselves responsible for providing in-home care for loved ones and wondering how they will do it.

Unpaid family caregivers provide almost 80% of all in-home personal and health care for seniors and disabled loved ones in America. The Foundation for Senior Living recognizes that people in this position need help in finding information, resources, and support and is embarking on new programs to meet their needs.

The first two of the "Care for Caregiver" workshops were produced with great success. FSL partnered with **St. Joseph's Hospital and Medical Center and the City of Phoenix Library Services** and presented the free interactive workshops to standing room only audiences at the Burton Barr Library.

Caregivers from all around the valley listened to **Guy Mikkelsen, FSL CEO**, describe how they can learn to adjust and even find unexpected joy in their new role. **Susan Sisley, M.D. and Beverly Mirise, PhD.** of St. Joseph's offered tips to caregivers from the medical professional's perspective. And FSL's **Jackie Moran** outlined the phases that all caregivers experience and offered some ways to cope.

Attendees particularly liked the Q & A period where they got to ask FSL program directors about specific problems and resources available for loved ones and for themselves as caregivers. Many expressed deep relief from knowing that they are not alone and that they must learn to reach out for help.

In an effort to engage more caregivers, Phoenix City Ch.11 videotaped the program and has aired it frequently. FSL is already planning future Care for Caregivers Seminars with Scottsdale Healthcare and other community partners.

Program Updates

- Due to the continuing success of its customized in-home services here in Maricopa County, FSL has opened new **Care By Design** offices in **Prescott** to serve clients in Yavapai county.
- The **City of Tolleson** invited FSL to partner in the design, construction, and operation of their new **Adult Day Health Center** adjacent to City Hall. As with all ongoing FSL construction projects, the new center will incorporate green technology and universal design.
- **Hensley & Company** generously donated a van to FSL's **Williams Food Bank**. The Williams Food Bank serves over 270 residents weekly by distributing food to their homes.
- FSL continues to serve the displaced victims of hurricane Katrina. In support of **National Catholic Charities**, Jennifer Zwirek, Director of the Pathways Program and **Roz Hart**, Director of the Caring Place Program spent a week in the parishes around Beaumont, Texas distributing supplies, identifying special needs and connecting victims to community and federal resources.
- As a result of **Home Improvement** Director **Carrie Smith's** grant submission, FSL's Home Improvement Program was awarded over \$500,000 from the **City of Tolleson** for major housing rehabilitation and emergency home repair.

BOARD OF DIRECTORS 2005-2006

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The **Foundation for Senior Living** is both proud and fortunate to have just completed its 30th anniversary year. This is the perfect opportunity to give thanks to so many who have shaped and supported FSL over so many fruitful years. In this message I will focus on the unique contribution of the FSL Board of Directors.

FSL is blessed with a talented and dedicated Board that has provided proactive guidance and coached adherence to mission even as it has given ample room for growth and prudent risk-taking. Our members have clearly appreciated the magnitude of our challenge to *protect the dignity and enhance the quality of life of our seniors* in the face of declining public budgets and exploding demographics over the coming years.

Our Board has, for instance, supported FSL in its foray into real estate services. They have encouraged us with confidence and practical advice as FSL has used tax credits to purchase land and build hundreds of low-income and affordable apartments for seniors deserving of safe and well-maintained independent living. They endorsed the risk when FSL opened the first of what are now 17 group homes for the behaviorally challenged

adults and literally transferred patients from our state hospitals to more nurturing environments with 24 by 7 medical supervision.

Our Board has also understood the call to provide fee-based services for economically capable seniors who, nonetheless, suffer from the same physical, emotional and social challenges as our traditional low-income clients. They have carefully monitored the progress of our **Care By Design** program as it provides custom, caring in-home services to those who can afford them and uses the proceeds to extend our reach to the many who cannot.

I am confident that as we continue to pursue our shared vision of *a caring community that promotes the well-being of seniors and adults with disabilities, protects their dignity, celebrates their achievements and encourages their caregivers*, the FSL Board will provide us competent direction, steady inspiration and continued leadership.

With admiration and gratitude,

"I am confident that as we continue to pursue our shared vision... the FSL Board will provide us competent direction, steady inspiration and continued leadership."



Foundation for Senior Living

Thirty Years of Care by Design

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www.fsl.org



The Tempe Young Adult Health Care Center recently traveled the yellow brick road to the wonderful Land of Oz!

Our Mission: The Foundation for Senior Living strives to provide exceptional services, education and advocacy in order to preserve independence and enhance the quality of life for all seniors, adults with disabilities and their caregivers.



Member