

Our Mission...

“Helping seniors, disabled individuals and families in financial crisis achieve stable and independent lives.”

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ICS Emergency Financial Assistance Helps Families Move Forward

Morgan never expected to need help. She had a good job, some savings and even a little money set aside for retirement. But all of that changed when she was forced to leave her home due to domestic violence. She and her two young daughters left behind all of their belongings and went to stay with relatives. To recover from her ordeal Morgan had to take time off from work, unpaid. *“There was no consistency in our living arrangements,”* Morgan told ICS. *“Everything was up in the air. I went through my entire savings account. I’ve never been in this situation in my life, living paycheck to paycheck and starting over from scratch.”*



ICS case manager **Terri Patt-Smith** (right) works with a financial assistance client

Without a permanent place to call home or resources for a deposit on an apartment, Morgan and her girls were in crisis. Then she came across the ICS website and called to schedule an appointment. Through our Emergency Financial Assistance program, ICS was able to help with deposits for an apartment and utilities. The family now has a place to live and has been able to retrieve their things.

Morgan said the relief of having a safe home for her and her children has made all the difference. *“ICS helped to get me out of the hole I was in. It’s helped me start to get over what happened. There’s one less thing to worry about and I have a clean slate.”*

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A Night of Song to Benefit ICS

As part of their “Women in Song” choral festival, the **Southern Arizona Women’s Chorus (SAWC)** is supporting ICS with a benefit concert at **7 p.m. on Friday, April 19 at Ascension Lutheran Church** (1220 W. Magee Road).

This wonderful Sing-A-Round concert will feature repertoires from the festival’s guest choirs, **Con Brio** from Seattle and the **Southwest Women’s Chorus** from Temecula, CA. The concert is free and open to the public, with food and monetary donations being collected for ICS.

SAWC director **Terrie Ashbaugh** has been a long-time supporter of Interfaith Community Services. *“ICS helped me when I was in need. This is my way of introducing ICS to the community and to give back. ICS does a fabulous job meeting people’s needs and it has been exciting to watch the organization grow and serve,”* she said.

Visit www.southernarizonawomenschorus.org for more information.



“Empty Bowls” Creates a Bounty for the ICS Food Bank

Nearly 1,100 people came out on Saturday, March 16 for our second annual fundraiser for the ICS Food Bank. The event exceeded our wildest dreams by raising **over \$37,000** for ICS’s hunger-relief programs. Thanks to everyone who helped make Empty Bowls such a wonderful success!

Over 160 local potters and volunteers gave their time to ensure that everyone who attended went home with a beautiful ceramic bowl as a reminder of hunger in our community. A jazz duo provided an up-beat tempo as our food partners served up goodies like prime beef chili, gluten-free bread, and lemon squares.

“It took me 20 minutes to pick a bowl because there were just so many to choose from,” said Mary, a guest. *“I finally had to decide because seeing everyone with soup made me hungry,”* she joked. *“We came last year and told our church group about how much fun we had. They’re all here this year—they didn’t want to miss out again,”* guests Sherry and Jim commented.

Event proceeds give ICS much-needed resources to serve the record number of clients who are turning to us. In the first three months of 2013 the ICS Food Bank distributed over 5,700 emergency food boxes and 94,000 additional items—a 25% increase over the same time last year.



A HUGE thank you to all our 2013 partners

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Empty Bowls Committee: Rose Tyson (chair), Cathy Parsons, Mary Ann Brody, Shirley Coleman, Bonnie Yeager, Patricia Kittrell, Deborah Carr, Alison Betts, Shar Cauley

We Want YOU

April is National Volunteer Month! ICS has many ways to put your passion and talents into action this month and all year round. The following are a few of our current volunteer opportunities:

- **Brighten the life of an ICS recipient as a friendly visitor.** Volunteers are needed in all ZIP codes and the schedule is very flexible!
- **Provide seniors and disabled adults with safe and friendly rides to the grocery store and other outings as a transportation volunteer.** Drivers are especially needed on the east side of town.
- **Bring a friendly smile to a homebound individual and give a caregiver a few hours of relief as a companion sitter.** No hands-on care is required.
- **Ensure that homebound recipients receive the food they need as an ICS Mobile Meals driver.** We are looking for permanent drivers for a new route, long-term substitutes to temporarily take over routes during spring and summer, and additional substitutes that can fill in as needed.

For information on these and other volunteer opportunities, contact **Sandi Brickley**, ICS Volunteer Resources Manager, at 297-2738 ext. 217.

Volunteer Orientation Schedule

Northwest: 10 a.m. to noon at 2820 W. Ina Road

- Thursday, April 25
- Thursday, May 9
- Wednesday, May 22
- Wednesday, June 12
- Thursday, June 27
- Thursday, July 11

Eastside: 10 a.m. to noon at 8701 E. Old Spanish Trail

- Monday, May 13
- Monday, June 10
- Monday, July 8
- Monday, August 12

Spring TeleFLING Connects Recipients & Volunteers

Our friendly phoning (**TeleCHAT**) and daily wellness call (**TeleCARE**) programs help connect recipients to the outside world and let them know that someone cares. In February our phoning volunteers and recipients got to put faces to the voices they hear each week at our second annual **SPRING TeleFLING**.

This great group was as chatty in person as they are over the phone. *“It was just wonderful and so much fun to meet everyone in person,”* said **Beth**, a TeleCHAT recipient. *“Now I can picture the person on the other end of the phone each day.”* ICS needs volunteers for both of these important programs. Contact **Sandi Brickley**, ICS Volunteer Resources Manager, to learn how to get involved.



Emergency Financial Assistance Helps Families Move Forward

Continued from page 1

With her housing situation stabilized, Morgan is looking forward to the future. She was recently accepted to law school and now that she is back on her feet, she feels she can take advantage of that opportunity. *“I want to build a better life for my girls,”* she said.

Financial assistance also helped **Rachel** after she was laid off from her job. Without her income, she and her husband couldn't make ends meet. Their relatives provided some help but soon the couple and their 5-year-old son were facing homelessness.

“I called everywhere and ICS was the only place that helped,” Rachel said. She's grateful for the rental assistance that allowed the family to keep their home, but the compassion she felt at ICS was just as important. *“The staff and volunteers were so friendly. They took the time to listen and they really cared. Just hearing a friendly voice made such a difference.”* Now that Rachel has found a job she would like to come back to ICS as a volunteer to help others.

Without ICS many of the people who turn to us wouldn't be able to rebound. Because of the generosity of supporters like you, last year ICS was able to serve over 3,500 households with emergency financial assistance for essentials like rent, utilities, prescriptions, and transportation. **Thank you for enabling ICS to be there for clients like Rachel and Morgan.**

Upcoming Classes & Events

Friday Drop-In Job Help

Stop by the northwest ICS Resource Center on **Friday mornings from 9:00 to 11:00 a.m.** for an informative and supportive gathering for job-seekers. **Sharon Hunt** from the Pima County Public Library will lead discussions on topics like overcoming job search barriers, online job searching, changing careers, and interview techniques. Drop-in for part or all of these free sessions; no registration is needed.

Free Health Screening



Do you know your risk for high blood pressure and diabetes? ICS is helping coordinate this free health screening and

education at the **Tucson Masonic Lodge** (3950 N. Country Club Road) **May 11 from 8:00 a.m. to noon.**

Exploring the Internet

Friday, April 19 from 2:00 to 4:00 p.m. at the ICS office on Ina Road. This free class helps students learn how to use search engines and find what they want to know. Topics include getting online, home page basics, using links, website navigation and ways to conduct a search. Space is limited. Call **Tandala Kidd** at 297-2738 ext. 243 to register.

Valley of the Moon Food Drive

The children's fantasy park at 2544 E. Allen Road is holding a food drive for ICS during their spring show. Receive half-priced admission with 2 cans of food for the ICS Food Bank on **Sunday, April 21.** Learn more at www.tucsonvalleyofthemoon.com.

Meet the Computer

Friday, April 26 from 2:00 to 4:00 p.m. at the ICS office on Ina Road. Get to know the computer, keyboard and



mouse in a relaxed, fun setting. This course covers the basics you need to get

started: computer terminology, using the mouse and keyboard, working with common software programs and more. Includes instruction and time to practice. Absolutely no computer experience is necessary! Free but space is limited. Call **Tandala Kidd** at 297-2738 ext. 243 to register.

Compassionate End-of-Life Classes

This free two-hour seminar covers some of the legal, ethical, and emotional issues surrounding end-of-life issues. **Friday, May 10 from 10 a.m. to noon** in the ICS conference room at our northwest office. Register at www.passageseducation.org.

“Care-A-Van” Gives Seniors & Disabled a New Ticket to Ride

The new **ICS Care-A-Van** is in service and making a difference for seniors and disabled adults. In addition to transporting current ICS recipients, we are partnering with low-income senior housing facilities in underserved areas of town to take their residents on group shopping trips.

Recently ICS took **Christine** and another recipient to the grocery store. As with our regular transportation program, the van volunteers provided door-to-door service and helped the ladies select and load their groceries. *“It was great to get my monthly shopping done in one trip,”* Christine told us. *“The volunteer pushed the cart and I was able to go through my list and not worry that it would be too heavy. He even brought everything into my house.”* Like many of the seniors ICS serves, Christine lives alone. *“It was wonderful to have some camaraderie,”* she said. She looks forward to more van trips. *“This really is a weight lifted off of me. ICS is just the best.”*



Local Groups Support ICS

Our heartfelt gratitude to these organizations for their recent efforts:

Sponsored by **Tanque Verde Lutheran Church**, pianist **Greg Starr** shared his musical talents during a concert to support ICS. The freewill offering collected over \$1,400 for our programs.

Over 100 walkers came out for the second annual **Northwest Pima County CROP Hunger Walk**. The event raised \$1,500 for the ICS Food Bank.

The **Iskashitaa Refugee Network** has gleaned hundreds of pounds of citrus fruit for the ICS Food Bank in recent months.

The following congregations and organizations hosted recent food drives: **Casas Adobes UCC; Church of the Painted Hills UCC; Oro Valley Church of the Nazarene; St. Mark's United Methodist Church; Omni Tucson National Women's Golf Association; Sonoran Desert Flyers; Trusting Connections Nanny Agency; Wilson K-8 School.** ICS appreciates the support of *all* individuals and groups who donate items to the ICS Food Bank!

Faith Community News

ICS welcomes three new faith community partners: **Church of the Everlasting Gospel, Rising Star Baptist Church,** and **Abiding in Christ Fellowship.** Seventy-three diverse congregations partner with ICS to bring help and hope to neighbors in need. Here are some examples of their efforts:

- **Tanque Verde Lutheran Church and Resurrection Lutheran Church** hosted our last two Faith Council meetings.
- **Mountain Shadows Presbyterian Church** held an alternative giving mission fair for members to give gifts to various missions, including ICS, in honor of a loved one.
- **Tucson Community of Christ, Casas Adobes UCC, Unity Spiritual Center of Peace, St. Andrew's Presbyterian Church** invited ICS to speak with their members about our work.

We are blessed to serve with such dedicated communities of faith. To schedule a visit to ICS, to have us speak to your congregation, or to explore how your congregation can join in the work described in this newsletter, call us at 297-6049.

Our Faith Partners in Action



Greg Starr concert for ICS at
Tanque Verde Lutheran



Capilla del Sol Christian at the northwest CROP Walk



Food drive at Aldea Spiritual
Community



ICS Faith Council

Faith & Health Training

The next **Bridging Faith and Health: Congregational Health Leader Training** is **April 18 and 19.** This interactive workshop equips faith communities to develop health programs or ministries. Download the registration brochure at icstucson.org or contact **Karen MacDonald:** 297-2738 ext. 221 or kmacdonald@icstucson.org.

Congregation-based health ministries help people address health in the context of their faith. Here's what some congregations are doing through their health ministries:

- **Maranatha Seventh Day Adventist Church** holds classes on healthy cooking and freedom from hurtful habits. With National Alliance on Mental Illness-Southern Arizona, they sponsor a Friends and Family Support Group for those who have loved ones living with mental illness.
- **Rincon Congregational United Church of Christ** holds blood pressure checks monthly between services.
- During the four Sundays of Advent **St. Odilia Catholic Church** highlighted scripture readings, health tips, healthy holiday recipes, and ideas for putting faith into action.

Thanks to Our Faith Community Partners

Abiding in Christ Fellowship
Aldea Spiritual Community
Alive Church
Ascension Lutheran
Avra Valley Community Church
Beautiful Savior Lutheran
Canyon del Oro Baptist
Capilla del Sol Christian
Casas Adobes Congregational UCC
Catalina United Methodist
Christ Presbyterian
Christ the King Episcopal
Church of the Apostles Episcopal
Church of the Everlasting Gospel
Church of the Painted Hills UCC
Community Christian Church Marana
Congregation Anshei Israel
Congregation Chaverim
Congregation Or Chadash
Congregation M'kor Hayim
Cortaro Vista Community Church
Desert Skies United Methodist
Dove of Peace Lutheran
Ebenezer All Nations Seventh Day Adventist
Faith Christian Fellowship of Tucson

First Christian Church
Flowing Wells Baptist
Fountain of Life Lutheran
Grace St. Paul's Episcopal
Immanuel Presbyterian
Local Spiritual Assembly of Baha'is
of Oro Valley
Maranatha Seventh Day Adventist
Mountain Shadows Presbyterian
Mountain View Baptist
Mountain Vista U.U. Congregation
New Spirit Lutheran
Northminster Presbyterian
Northwest Baptist
Northwest Community Friends Church
Northwest Heights Seventh Day Adventist
Oro Valley Church of the Nazarene
Oro Valley United Church of Christ
Our Saviour's Lutheran
Pusch Ridge Christian Church
Resurrection Lutheran
Rincon Congregational UCC
Rising Star Baptist Church
Sanctuary United Methodist
Santa Catalina Catholic

Southside Presbyterian
St. Andrew's Episcopal Church
St. Andrew's Presbyterian
St. Elizabeth Ann Seton Catholic
St. Francis in the Foothills United Methodist
St. John on the Desert Presbyterian
St. Mark the Evangelist Catholic
St. Mark's Presbyterian
St. Mark's United Methodist
St. Matthew's Episcopal
St. Michael & All Angels Episcopal
St. Odilia Catholic
St. Philip's In The Hills Episcopal
Streams in the Desert Lutheran
Tanque Verde Lutheran
Temple Emanu-El
Templo La Uncion
Third Church of Christ, Scientist
Tortolita Presbyterian
Tucson Community of Christ
Unity of Tucson
Unity Spiritual Center of Peace
U.U. Church of Tucson
Vida Nueva/New Life
Church of God

MEMORIALS AND TRIBUTES: 1/1/13-3/28/13

Memorials and gifts of honor are a special way to remember friends and loved ones, as well as make a tax-deductible donation to ICS. An acknowledgment is sent to both donor and honoree. Thank you!

In Memory Of: Given By

Aleah Mae: Michael & Karen Cruce
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Frank DuBose: Dick & Bonnie Kampa
Mickey Eigen: Arnold & Carole Adler
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Dorothy Ford: Karen Ford
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Mary Ann Hackett: Norman & Donna Bickhaus, Philip & Joanne Casale, Thomas & Veronika Danielson, Amy Dunn, Gary & Barbara Guthrie, Woody & Deane Hogan, Donald & Sydnie Huber, Dick & Bonnie Kampa, John & Kathy McIntyre, Patricia Mirabella, Kirk & Jane Pielow, Arthur & Melanie Rabeau, Jacqueline Shaffer, Maude Shingler, Arlene Smith, David & Ellen Vellenga, Anonymous
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My Husband: Cora Mikle

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Martha Alejandro: Kautz Family Foundation
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Diego Guerrero: Roger & Frances Trainor
Serenity Guerrero: Roger & Frances Trainor
Darla Hunt: Steven & Donna Douglas
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Debra Jacobson: Anonymous
Bonnie Kampa: Stephen & Jan Olafson
Helen Lartiguat: Sylvia Dunkelmann
Karen MacDonald: Mountain Shadows Presbyterian Church
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Arizona Youth Partnership; City of Tucson Human Services Dept.; Community Food Bank of So. AZ; Community Partnership of So. AZ; GAP Ministries; Lutheran Social Services of the Southwest; Pima Council on Aging; Pima County Community Action Agency; Pima County Community Development & Neighborhood Conservation Department; Regional Transportation Authority (RTA); United Way of Tucson & So. AZ

ICS Mobile Meals Partners

Amber Lights; Atria Campana Del Rio; HealthSouth Rehabilitation Hospital; Northwest Medical Center; Oro Valley Hospital; Santa Catalina Villas

Grants & Corporate Gifts

Thanks to these organizations for their contributions:

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 New Spirit Lutheran Church Endowment
 Oro Valley Community Foundation
 Pella Rolscreen Foundation
 Thrivent Financial for Lutherans Foundation
 Walmart Local Giving: Store #3142
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Planned Giving Advisory Council Experiences ICS

Members of our extended Planned Giving Advisory Council (PGAC) recently got a first-hand look at how our services make a difference in our community with a day of volunteering. Thanks to the nine council members who shadowed ICS volunteers in our Caregiving Services, Mobile Meals, Resource Center, and the ICS Food Bank.

“This was such a wonderful experience,” said **Brooke Felker-Johnston**, an attorney with Leonard & Felker, PLC, who helped out in the Food Bank. *“I support ICS with donations and as a member of the PGAC, but this was a great opportunity to get into the trenches and see what the volunteers do. One of the things that impressed me was how the clients are really treated with respect. Helping clients select items creates a personal connection—it’s not just a handout.”*

PGAC members are experienced insurance, estate, tax and wealth management professionals who share an interest in ICS and our mission. Learn more about the PGAC or download a copy of our *Guide to Legacy Giving*, in the “Donate” section on www.icstucson.org.



Tara King-Taylor with Hammel, Beal, Lauer, PC stocks bread at the Food Bank



Donald Butler (left) from Kleinhans, Lashbrook, Butler & Davis, PLLC assists a transportation client

UA’s Garden Kitchen Brings Fun & Healthy Recipes to the ICS Food Bank

In addition to struggling with hunger, many families in need also suffer from poor nutrition. Reliance on shelf-stable products and limited time for cooking can leave families with an unbalanced diet.

To help our clients stretch their food resources and create healthy meals, ICS is partnering with the **University of Arizona’s Garden Kitchen**, a health and food community education program. Representatives from the program come to the ICS Food Bank once

a month to give cooking demonstrations, provide recipes for items clients receive in their food boxes, and to offer nutrition education.

During a recent visit clients got to sample “Cowboy Chili” made with dried beans like those often included in emergency food boxes. The recipe requires little preparation, uses inexpensive ingredients, and is high in fiber, protein and flavor! Partnerships with groups like the UA Garden Kitchen give ICS clients resources and information as they work to get back on their feet.



Are You Due For A Review?

By Doug Haynes, CFM®, CFP®
Member, ICS Planned Giving Advisory Council



Many people get annual physicals, semi-annual dental cleanings, regular auto tune-ups, and even check their personal credit ratings periodically. Most of us diligently read our monthly financial and banking

statements each month to make sure they are accurate. But few people seem to EVER review what might be a very valuable financial asset: their life insurance.

As your financial status and family responsibilities change, your need for coverage may also have changed or even disappeared. Are you still paying premiums without a real need? Is your policy full of cash value being eaten away to pay for a death benefit no longer required because your beneficiaries are no longer financially dependent on you? Should you change your beneficiaries from your kids to your grandkids? Have interest rate declines impacted your policy?

Here’s an idea: maybe it’s time to use your policy to benefit a charity. This can mean gifting the ownership of the policy to the charity, assigning the charity as the new beneficiary, or other more complex options depending on the type of policy you own. You might get a valuable tax deduction right away and just as importantly help a cause you believe in.

There are many types of life insurance, some being very complicated. Since each person’s family and financial circumstances are different, deciding what to do might take some expert advice. If you’ve lost touch with your insurance representative over the years, you might seek a referral from a trusted family member, friend or other professional advisor. Find an insurance specialist who can evaluate your policy and whether it provides the benefits, flexibility, safety and competitiveness that it should.

If you’d like help in your review or if you decide you no longer need an existing policy, the ICS Planned Giving Advisory Council would be happy to assist. Contact **Deborah Carr** at 297-2738 ext. 222 or dcarr@icstucson.org.



Looking "Fore" a Way to Make a Difference?

Plans for our 2013 "We Care" Golf Tournament are in full swing. Want to get in on the action? Join our golf planning committee! For more information call us at 297-2738 ext. 222.

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Eastside Office:

8701 E. Old Spanish Trail
Tucson, Arizona 85710
campus of New Spirit Lutheran
Ph: 520-731-3076; Fx: 520-731-8906

Marana Resource Center:

13644 N. Sandario Road
Marana, Arizona 85653
Ph: 520-744-2485

Email: info@icstucson.org
www.icstucson.org

ICS Lunch and Learn Series presents

Not Just a Phase: Signs and Intervention for Mental Illness in Young People



One in five adolescents has a diagnosable mental health disorder. In this important session featured speaker Sandy Stein, M.D. will cover:

- Knowing the difference between usual adolescent behavior and more serious issues
- The value of early intervention and responding without stigmatizing
- Family stresses and finding available community resources

Dr. Stein is Associate Medical Director of Community Partnership of Southern Arizona and has 17 years experience and practice in child and adolescent psychiatry.

Thursday, May 16, 2013 • Noon to 2 p.m.

St. Demetrios Greek Orthodox Church • 1145 E. Fort Lowell Road, Tucson

Registration \$10 prepaid (includes lunch) at www.icstucson.org or by calling 520-297-2738 ext. 233.

Made possible with funding from



Pre-session in partnership with



Optional same-day pre-session for faith leaders:

"Then What Do We Do? Practical Responses to Mental Illness Scenarios."

Get practical tools to help your faith community respond to those living with mental illness. Learn appropriate responses to real-life scenarios involving mental disorders. Hear personal stories: what did and did not work. Share your experience with others. The discussion is facilitated by NAMI Southern Arizona FaithNet. **Free** but registration required; seating limited. **Register for one or both events at www.icstucson.org or by calling 520-297-2738 ext. 233.**