According to the surgeon general, over half of Americans experience a mental disorder at some point in their lives. This important conference addresses the powerful intersection of faith and mental illness to give participants useful insights to help their own faith communities better serve congregants and caregivers affected by mental illness.

The Rev. Susan Gregg-Schroeder, founder of Mental Health Ministries, will present her keynote address, “Mental Illness as a Spiritual Journey.” Workshops will cover topics like addiction, aging and mental health, referral resources and options, and suicide awareness. A complete list of topics and presenters is available in the conference brochure at www.icstucson.org.

Classical pianist Dr. Alexander Tentser and Anna Gendler, a violinist with the Tucson Symphony Orchestra, will perform love songs by Bach, Beethoven, and other classical composers at a Mother's Day concert to benefit ICS. The concert was inspired by the couple's desire to use their musical gifts to help others. “Anna and I have experienced adversity in our lives,” said Dr. Tentser, “and we are grateful that we can offer this concert to give back to others who are less fortunate. Music is a wonderful way to bring people together for a common cause. We want to support the universal message of service that is part of so many different religions.”

The concert is Sunday, May 13 at 2 p.m. at Rincon Congregational United Church of Christ, where Dr. Tentser serves as the accompanist. The suggested donation of $15 per person will go to ICS and our programs to help people in need. Light refreshments will be served in the church’s fellowship hall following the concert.
Thank You For Helping ICS Fill “Empty Bowls”

Our first “Empty Bowls” fundraiser for the ICS Food Bank sold over 750 tickets and made $20,000 for our efforts to alleviate hunger in Pima County. Thank you to all who came out for the event!

Everyone who attended selected a handcrafted pottery bowl to take home. Fifty local potters and volunteers created more than 800 bowls for the event.

“What a fabulous day!” said Sara, who came with a group of friends. “I had a hard time picking out my bowl—there were so many beautiful ones to choose from. Count me in for next year!” Steve, a volunteer, commented: “It’s amazing to see so many people come out to support ICS. Everyone loves the soup; I can’t ladle it fast enough,” pointing to the potato-leek soup he was dishing.

Eighteen restaurants and food vendors pleased the crowd with samplings of soup, bread, dessert, and cheese:

- Bob’s Steak & Chop House at Omni Tucson National
- Cabot Creamery
- Caffe Torino
- El Charro Café
- El Coqui Creative Caribbean Cuisine
- Fox and Hound
- Gourmet Girls Gluten Free Bakery/Bistro
- The Grill at Hacienda Del Sol
- Harvest
- Heritage Highlands at Dove Mountain
- It’s Greek to Me
- Jasper Neighborhood Restaurant & Bar
- Jax Kitchen/the Abbey Eat + Drink
- La Baguette Bakery
- La Vista Café at Hilton El Conquistador
- My Big Fat Greek Restaurant
- Outback Steakhouse
- Village Bakehouse

Please visit www.icstucson.org for more “Empty Bowls” information and photos!

A BIG thanks to these event sponsors:

BANK of TUCSON

Dorothy D. Vanek
Wendell and Rose Tyson
Colleen and Ron Weyers / Weyers Family Foundation
Steve and Ruth Pollyea
Richard and Judy Weill

GIVING BACK

At ICS we often see how the power of kindness can touch someone’s life. Recently Todd, a past client, sent ICS a $10 money order and a letter that read:

“Dear Staff: You helped me with food when I was homeless, and also with a couple of bus passes. Thank you for helping me then. This is to pay it back. Please use this for your work there.”

Because of our supporters, Todd was able to get back on his feet and can now help others. His story is a great reminder that every donation helps, no matter the size!

More Events Support ICS!

The Vistoso Challenge 48 Charity Bike Ride in January raised $2,800 to benefit ICS! The ride was sponsored by the International Christian Cycling Club and members of St. Andrew’s Presbyterian Church.

Dozens of walkers and their supporters raised $1,700 for the ICS Food Bank at the North Pima County CROP Walk in March.

Giving Back
Nearly 20% of American workers are unemployed or underemployed. The ICS Resource Centers help job-seekers with tools to make them more competitive in today’s job market. Like the Center at our main office, our eastside Resource Center assists clients with job searching, writing a résumé, applying for public benefits, and improving basic computer skills. A collaboration with “Building Futures for Families” (Arizona Youth Partnership) adds programs for strengthening relationships within families. If you or someone you know could benefit from these services, stop in—no appointment needed!

Volunteers Wanted

• Help homebound individuals as an ICS Mobile Meals driver. Regular drivers and substitutes are needed for routes in Flowing Wells, Oro Valley, Foothills, Sun City, and northwest Tucson.
• Computer-savvy volunteers are needed at both ICS Resource Centers to assist clients with job searches and basic skills.

Volunteer Orientation Schedule

- Wednesday, April 25
- Thursday, May 10
- Wednesday, May 23
- Wednesday, June 13
- Thursday, June 28
- Thursday, July 12
- Wednesday, July 25

Orientations are held in the ICS conference room at 2820 W. Ina Road from 10 a.m. to noon. To register or for more information about volunteering at ICS, contact Sandi Brickley at 297-2738 ext. 217.

Honoring Our Volunteers

A hundred and forty people gathered on February 26 at St. Andrew’s Presbyterian Church to celebrate our volunteers’ work in the community. Everyone was transported to the beautiful shores of “Hawaii” for a festive luau, complete with hula dancers! Mike and Rhonda Mumford and Ed and Kay Jenkins received the 2012 Directors Award. Mike has been key to several successful golf tournaments on behalf of ICS; last year’s tournament netted $26,000. Rhonda organizes an annual multi-company competitive food drive which recently brought in four tons of food for our Food Bank. The Jenkinses established the ICS Endowment. Ed served as President of ICS’s Board for four years and still volunteers at the front desk each Monday, while Kay supports many of ICS’s events throughout the year.

Beverly Jennison, Lola Pyle-Vinzant and the Three Musketeers—also known as Andy Fiore, Brian Fitzgerald and Tim Powell—were honored as Volunteers of the Year for their contributions that range from interviewing new recipients, faithfully helping at our busy front desk, and providing minor home repairs to clients. Stephen Wolslager and The Wolslager Foundation received the 2012 ICS Champion Award for providing the cornerstone financial support to build the new ICS Food Bank and encouraging other donors to join in the effort.
MEMORIALS AND TRIBUTES: 1/1 to 3/15
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: Michael & Karen Cruce
Sophie: Ruth Robertson
Peter Basola: Ed & Karen Louy
Dorothy Joan Bies: Judy Gould & Meredith Gould
Eugene Ray Brown Jr.: Larry & Linda Keegan
Dolores Davis: Phillip & Patricia Moorhead
Nita Davison: Norman & Donna Wagner
Ward & Norma Eddy: David & Marianne Parmenter
Beau Felton: David & Marianne Parmenter
Tiena Fiske: Casas Adobes Congregational Church, June Head, Betsy Sandlin
Edna Fletcher: Ron & Marjorie Dieckman
Marjorie Funckes: Arnold Funckes
Maurice Grossman: Bruce & Erin Williams
Terry Lynn Hendricks: Pete & Sheila Lipera
Judy Hubbell: Jim & Connie Haakenson
Sid Istin: Naomi Istin
Ann Leitch: Dorothy Weslowski
Rose Luna: Andrea Dukes
Roslynn: Andrea Dukes
Ray, Maureen & Sarah McClure: Patricia McClure
Edward McNamara: Judy Gould & Meredith Gould
Garrett Mothersead: Edward & Beverly Korte, Dale Schmidt
Alan Polley: Steve & Cheryl Schmitt
Tommy Reed: June Head
Joan Ritter: Antonia Simpson
William & Florence Schmidt & other departed family members: John & Margaret Schmidt
Barbara Shade: Roger & Karen Hobbie
Lee Sherlock: Mike Bauer, Bradley & Helen Boyd, First Baptist Church (Rebecca Bell), Virginia Flanigan, Don & Rosalie French, Douglas Glover, Ethel Haber, Dayle Lamsan, Mario & Gale Martinez, George & Brenda Mignon, Gary & Cathy Nash, David & Marilyn Nielsen, Mike & Eileen Pechulis, David Peters, Al & Georgina Shinn, Gerald Sweeney, Daniel & Beth Vance, Ann Vigil
Mr. and Mrs. George Shidisky: Charles & Kathryn Shidisky
Mr. and Mrs. Metro Skirayko: Charles & Kathryn Shidisky
Victor Smith: Jim & Connie Haakenson
Barbara G. Sprung: Pamela Putman
Linda St. Lawrence: Joe Botasko
Elizabeth Stima: Roger & Frances Trainor

In Honor Of: Given By
My First Great-Grandchild: Ward & Muriel Budzien
Newcomer Alums Board of Directors & Committee Chairs: Kay Jenkins
Tortolita Presbyterian Church: Robert & Joan Drake
Martha Alejandro: Kautz Family Foundation (James Kautz)
Tom Danielson: Aara Arnold, Gary & Barbara Guthrie, Ed & Carol Hovasse, Lawrence & Eloise Keith
Pat DeAnda: Thomas & Mary Ann Hackett
Sandra Fink: Betty Roosma
Ruth Hanna: Alexander & Claudia Pettit
Darla Hunt: Steven & Donna Douglas
ICS Volunteers: Byron & Patricia Snyder
Dick and Bonnie Kampa: June Head
Clint Mabie: ICS Board of Directors
Bernice Menkins: Janet M. De Keyser
Terri Patt-Smith: June Head
Patricia Richardson: Steven Richardson
Jim and Ann Scheib: Edmund & Kathleen Jenkins
Linda Somersho: Andrea Dukes
Wendell & Rose Tyson: Randy & Beth Steinke
Caring Volunteers: Byron & Patricia Snyder
Linda Williams: Jane Coffey
Gregory & Lotti Wyess: June Head

HELP PROVIDE FREEDOM FROM HUNGER
ICS City-Wide Food Drive June 1 – July 5, 2012

Did you know 29% of Arizona families with children have trouble putting food on the table?

You can help through our annual “Freedom from Hunger” food drive June 1 – July 5! As seasonal visitors leave town, food donations dip. This drive is critical to ensure ICS has supplies to meet the escalating demand for food. The ICS Food Bank serves up to 80 families a day, and we expect these numbers to increase as schools break for the summer.

As of press time, Commerce Bank has stepped forward to be collection sites for non-perishable food and cash donations. You can also drop off donations at the ICS office at 2820 W. Ina Road (Mon.–Fri. from 9 a.m. to 4 p.m.; Sat. from 9 a.m. to 1 p.m.), or at our Eastside office at 8701 East Old Spanish Trail from 10 a.m. to 2 p.m. Tues. – Thurs. We most need pasta, spaghetti sauce, canned meats and meals, canned fruits, cereal, peanut butter and jellies. We also accept fresh foods and dairy items at our Ina Road location. Please visit www.icstucson.org and check our upcoming e-newsletters for a full list of donation sites. To become a Freedom collection site, contact Curt Balko, ICS Food Bank Coordinator, at 297-2738 ext. 231.

Special thanks to Comcast, our media partner, for running public service announcements to help us get the word out.

You’re Never Too Young To Start

Meet Evan and his little sister Delaney. For his birthday, Evan asked his friends for a different kind of present: food donations for the ICS Food Bank. Evan collected 60 items—enough to provide supplemental food to six families. You can follow Evan’s example by participating in this summer’s Freedom from Hunger food drive!
Faith Community News

Sixty-five congregations are now affiliated with ICS and assist with our vital services. We welcome these new partner congregations:

- **Tanque Verde Lutheran Church** looks forward to enhancing service to neighbors on the eastside of town.
- **Alive Church**, with several of its members already ICS volunteers, is excited to extend its caring in northwest Tucson.
- **First Christian Church** is particularly interested in receiving and helping to implement ICS’s senior services.

ICS faith community partners in action:

- **New Spirit Lutheran Church** and **Dove of Peace Lutheran Church** hosted the last two ICS Council meetings.
- A youth work group from **Faith Christian Fellowship of Tucson** visited the ICS Food Bank and did yard work around our facility.
- **Streams in the Desert Lutheran Church** hosted a “Write A Will” workshop sponsored by ICS.

We are blessed to serve with such dedicated communities of faith, bringing help and hope to so many of our neighbors.

Faith Communities and Health

Have you ever thought of your congregation as a health center? By their very nature, communities of faith are centers of health and healing: spiritually, physically, mentally, and socially. Like-minded people come together to grow their faith, support one another and serve their community. These aspects of congregations have positive impacts on participants’ physical and emotional health. Congregation-based programs for health education and health checks foster whole-person health awareness.

ICS continues to work with congregations to develop or enhance their health ministries and programs. For example, **Ascension Lutheran Church** and **St. Cyril of Alexandria Catholic Church** have presented health fairs to give members and neighbors better access to health information and resources. Health-enhancing programs might include seminars on nutrition or parenting, prayer groups, blood pressure or cholesterol checks, or visiting the sick. To schedule a consultation regarding a health program in your congregation, contact Karen MacDonald at kmacdonald@icstucson.org or 297-2738 ext. 221.

Grants and Corporate Gifts

ICS appreciates the following recent foundation, community and corporate gifts:

- Welcome Club of the Northwest
- Mutual of Omaha Bank
- Jewish Federation of Southern Arizona
- Waters Corporation
- Thrivent Financial for Lutherans
- Bear Creek Herbs, LLC
- Omni Tucson National’s Women’s Golf Association
- David C. and Lura M. Lovell Foundation
- Minnesota Club (Sun City Vistoso) Haugh Foundation

ICS Health Advocacy

When Shirley called ICS to start receiving rides to the doctor, the first person who came to her door was not a driver but a health advocacy volunteer.

The **ICS Health Advocacy** program is an essential first step for all new recipients requesting caregiving services. Each recipient receives an in-home evaluation before receiving rides, friendly visiting or calls, Mobile Meals, home repairs, or assisted shopping.

Volunteers with a background in medicine or social services visit new recipients to assess their needs. Andrea Rogers, ICS Health Advocacy Coordinator, “but their past experience makes them very alert to recipients’ needs. They can ask the right questions.”

The gathered information ensures ICS is able to provide appropriate services and helps us connect recipients to all the services they need, both at ICS and beyond. “We connect the dots for people and let them know about programs that will help them be safe and independent,” Rogers notes.

The health advocacy volunteer who visited Shirley noticed she used a walker to get around and suggested she get railings in her bathroom for safety. The ICS Handy Helpers installed the railings for her. In addition, the volunteer told Shirley about the ICS TeleCARE program. “ICS has helped me so much,” Shirley said enthusiastically. “Now I can get to the doctor when I need to, and someone calls me each day to make sure I’m doing okay.”
Lowering the Risk of Stroke in Women (and Men)

By Leslie Ritter, PhD, RN, & Bruce Coull, MD

Every year, more women than men suffer a stroke. Why? Women live longer and stroke rates increase substantially with age. As an increasing proportion of women reach their eighth and ninth decades, an even greater number are expected to be affected by stroke.

Women are an average of four years older than men when they have a stroke. They also are more likely to have significant risk factors, such as atrial fibrillation (an irregular heart rhythm) and hypertension (high blood pressure). Treating these conditions can significantly reduce the risk of first or recurrent stroke.

If you are an African, Mexican or Native American woman, unfortunately your stroke risks are higher than your Caucasian counterparts.

Several studies of hormone replacement therapy (HRT) have focused on whether HRT can prevent cardiovascular disease in postmenopausal women. While some debate continues, the general consensus is that HRT is not beneficial in preventing stroke in postmenopausal women who are healthy or have had a previous stroke.

In women of child-bearing age, the use of oral contraceptives is associated with an increased stroke risk, particularly among smokers. This makes screening for stroke risk prior to the use of oral contraceptives extremely important.

The vast majority of strokes in both women and men are ischemic strokes in which an artery supplying the brain is blocked, depriving it of oxygen and nutrients. However, women are at higher risk for the other major type of stroke: called hemorrhagic stroke, a rupture of an artery in the brain. The triad of female gender, cigarette smoking and hypertension increases the risk of hemorrhagic stroke. A transient ischemic attack (TIA) has all the symptoms of a stroke, but symptoms disappear, usually within an hour (therefore transient), with no permanent brain damage. However a stroke with permanent brain damage often follows a TIA. Seeking prompt medical attention is essential, even if stroke symptoms resolve.

When a stroke happens, women and men experience similar symptoms. They also seek help in comparable numbers, but unfortunately they often do not seek help fast enough. Therapy to dissolve the clot in the artery is only effective during the early hours of a stroke. It is important to call 9-1-1 at the onset of symptoms. A brain attack is a medical emergency just like a heart attack.

STROKE CARE

Hospital care for women and men with stroke is the same. Extensive research demonstrates that when stroke care is delivered according to best practices, patient outcomes improve. In March 2009, The University of Arizona Medical Center obtained Joint Commission Primary Stroke Center certification, the first to do so in Southern Arizona. This designation ensures a team approach to the delivery of quality stroke care from the time the patient enters the emergency department through the time of discharge.

Disability and reduced quality of life after stroke may affect a person for years. While the overall incidence, risk factors and outcomes for stroke are different in women than in men, attention to risk reduction and formalized stroke care has the potential to reduce these disparities.

Leslie Ritter, PhD, RN, FAAN, is a coordinator of The University of Arizona Medical Center Primary Stroke Center, and a faculty member of the UA College of Nursing, Department of Neurology and the Sarver Heart Center.

Bruce Coull, MD, is a faculty member of the UA Department of Neurology, associate dean for Clinical Affairs, UA College of Medicine, and member of the Sarver Heart Center.

You could be having a stroke if you experience:

- Sudden numbness or weakness of the face, arm or leg
- Sudden confusion, or trouble speaking or understanding
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

You are at greater risk of having a stroke if you:

- Have atrial fibrillation
- Have high blood pressure
- Smoke cigarettes
- Have high cholesterol
- Have diabetes
- Have heart or blood vessel disease
- Are age 55 or older
- Have had a stroke or TIA
- Have sickle cell disease
- Have a high red blood cell count
- Take birth control medication

Tucson Community Stroke Support Group meets every second Monday of the month at the University of Arizona Vine Building, 1125 N. Vine, Tucson, from 11:30 a.m.-1 p.m. A light lunch will be served. Please park in the lot immediately adjacent to the building (free) or in the Highland Garage (fee for use), which is north of the Vine Building. RSVP at 626-2901.

FREE STROKE CHECK
Saturday, April 14
8 a.m. - 12 Noon
No Appointment Required - Walk-ins Only
The University of Arizona Medical Center - Cafeteria Dining Rooms
1501 N. Campbell Ave., Tucson

The University of Arizona Medical Center
Double your donation to ICS!

Corporate matching gifts are a great way to maximize personal contributions to Interfaith Community Services, while increasing the impact of your gift. By taking advantage of a company’s matching gift benefit, you may be able to double, or even triple the amount of a contribution that will go a long way toward helping to sustain vital programs and services at ICS.

Many local employers match employee gifts to ICS. Each company has its own guidelines for employees, spouses, retirees and widows/widowers. To have your gift matched, contact your Matching Fund Administrator, Human Resources or Public Relations Office; they will provide you with instructions on how to obtain your match online or provide you with the form to send to ICS with your gift.

Employers providing matching gifts to ICS:

- 3M
- Aetna
- Alcoa Fastening Systems
- Eli Lilly
- Home Depot Foundation
- Intuit
- Merrill Lynch
- Morgan Stanley
- Pella Rollscreen
- Pfizer Foundation
- Prudential Foundation
- RBC Royal Bank of Canada
- Raytheon Missile Systems
- Sanofi-Aventis
- Thrivent Financial For Lutherans
- Waters Corporation

If you do not see your company listed, if you would like more information on corporate matching programs, or if you are a business that would like to match employee gifts to ICS, please contact the Development Office at 297-2738 ext. 222.

Welcome Aboard

Terry Alexander joins the ICS team as the Executive Administrative Assistant. Terry has served in a variety of administrative roles for various Boards of Directors, nonprofit organizations, and local corporate positions over the past 17 years. She holds a Public Health degree from the University of Northern Colorado.

Brenda Soto, our new Accounting Assistant, has seven years of experience in the behavioral health field and has been working with nonprofits for almost a decade. She is currently attending the University of Phoenix and will graduate in November with a B.S. in Human Services.

Join us for a sweet round of thanks!

Since opening last October, the new ICS Food Bank has served thousands of people in need. On April 13, we’re serving up sweet treats and sweet thanks in appreciation to everyone who made this wonderful facility possible.

• 2 to 5 p.m. Ice cream, tours of the ICS Food Bank, and special music by Bill Ganz, Western singer and guitarist
• 3:30 p.m. Dedication and donor tile wall unveiling to honor the community and supporters who made the new ICS Food Bank a reality

All are welcome! Please bring a donation of one or more of our April items of the month (spaghetti sauce, canned meats, milk or eggs) to help fill the ICS Food Bank shelves and refrigerators.

For more information, visit www.icstucson.org or call 297-6049. Thank you for supporting our work and mission!

ICS Thanks Our Corporate Partners

PLATINUM

The University of Arizona Medical Center

Northwest Medical Center

GOLD

Oro Valley Hospital

Commerce Bank of Arizona

COPPER

Omni Resorts Tucson

MacCourt Fund

Mutual of Omaha Bank

Bright Solutions from Tucson Electric Power