



Angelgram

Audrey's Angels enriches the lives of the elderly by bringing interactive programs into senior group homes.

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Roots and Wings

Bob and Audrey Alderson have been a driving force as two of the founders of Audrey's Angels. Bob's upcoming retirement as Chairman of the Board invites us to reflect on our accomplishments and to envision our future. At the end of October, Bob and Audrey sat down to answer some questions regarding their involvement in shaping the past and their vision of the future for Audrey's Angels.

When asked why Audrey's Angels was started Audrey replied, "We saw a need. My specific call was to do music sing-a-longs in the senior group homes." The Alderson family had placed their aunt in an assisted living home. They saw that the homes provide 24 hour attention to the physical needs of the residents but often have less time available to meet their social, emotional and recreational needs.

"We asked the homeowner if we could bring in musicians for sing-a-longs and she agreed to give it a try," Audrey said. "She also suggested that we should add crafts."

Audrey's Angels has continued to work with the homeowners in developing its program. "We visualized what we have and it's a big part, but not the only part of what we pictured," said Bob. "We wanted to offer additional services: one on one companionship, visiting readers, and transportation to shopping and doctor visits," Bob added.

The homeowners wanted music because most of the residents respond well to it. According to Audrey the program is "about the residents." Bob added, "We specialize in music because we could visualize it and the homeowners requested sing-a-longs.

What does success look like for the Audrey's Angels program? It's a chair bound woman getting up to dance with her daughter. It's a man waving his arms to conduct a performer and later the homeowner discovers he was the conductor of a symphony orchestra. It's the sound of a man singing when no one in the house has ever heard him speak. The program has so many positive outcomes. "People believed in us from the beginning," said Audrey.

Bob and Audrey will be stepping out of the day to day operations of Audrey's Angels at the end of 2008. Audrey retired from the Board in early 2007. Bob chose 2008 to retire because, "The organization wasn't ready for the change in January of 2008. We've done a lot of work preparing for me to step down in 2009." Bob added, "My legacy is a committee system. This system should let the board operate more efficiently." With Earl Northcutt as the new Chairman of the Board the transition will be smooth.

As the Aldersons look to the future for Audrey's Angels they envision it growing, first here in the Valley and eventually on a much wider scale. Bob said, "We'd like to see a manual that will show other cities how to do our program."

The Aldersons also see Audrey's Angels becoming an agent for change in how the frail elderly are treated. Audrey's Angels will work to make sure that seniors are an integrated and connected part of our society.

Audrey's Angels is an organization with an innovative past and an inspiring future. Please continue to support the Alderson's legacy.

*"People
believed in us
from the
beginning."
Audrey Alderson,
founder*

Events

Soaring With Angels Fall Dinner/Auction

The Fundraising Dinner and Auction was a tremendous success. The turn out was slightly over our goal of 150 guests.

The Biltmore was a wonderful choice of places to hold the event.

The room was spacious and the food was impressive.

The silent auction had a variety of items. This year's assortment was a high caliber offering.

Music was provided by Igor Glenn and The Jazz Cowboys.

Thank you to the dinner committee chaired by Sandi Donley. Special thanks to our volunteer MCs, Charlie Herf and John Urzi.

In addition to being the organization's biggest fundraising event, the evening also provided a chance to honor retiring founders, Bob and Audrey Alderson.

Grandparents Day Celebrated September 7, 2008

Audrey's Angels partnered with Pima Neighborhood Girl Scouts to celebrate the day. All of the homes we serve were invited to participate in the program. Eleven homes and one adult day care center received flowers from a special donation given through Audrey's Angels. Several Girl Scout Troops sent handmade cards to the residents of the homes.

Grandparents Day was established to

celebrate America's elderly. The seniors at the homes where we helped to celebrate appreciated the special attention and recognition.



Save the date for our Spring 2009 Golf Fundraiser April 5, 2009

Our Golf Tournament will be held on April 5, 2009. Let's work to expand this event from the 76 golfers who attended in 2008.

As in past years we will be partnering with First Tee of Phoenix. They will send youth teams to play in the tournament. We ask that you consider sponsoring a youth team. Last year 6 teams were sponsored. In 2009 we hope for 10 sponsored youth teams.

We are also looking for corporate

sponsors. A host sponsorship covering greens fees and dinner is \$7,500. Greens fees only is \$5,000 and dinner only is \$2,500.

Corporate sponsorship benefits will include recognition in the program, signage at the entrance to the tournament and on the beverage cart and 4 golf registrations.

Other sponsorship levels will include our Platinum, Gold and Silver Sponsorships with benefits as described in the Golf Invitation.

News Channel 3, "Dan and Friends"

After attending our October 2nd dinner, Dan Davis of News Channel 3 was invited to observe our Angels in Action at Active Care Home of Scottsdale.

Two of our Angels, John Urzi and Alesa came in to entertain the residents. The seniors sang and clapped and even danced the

"Hokey Pokey"!

Dan Davis interviewed Audrey Alderson, John Urzi, Alesa and the owners of Active Care Home.

Thanks, Dan.

Director's Corner

In this newsletter you will read "Roots and Wings" which describes the vision Audrey and Bob Alderson had when they started Audrey's Angels. What they don't tell you is that for the past 7 years they have voluntarily dedicated a huge part of their lives to ensure that Audrey's Angels would grow and that our mission would be met.

On November 20th of this year, Dan Davis and camera man Jaime Ontiveros, from News Channel 3 visited one of the homes that we serve while two of our Angels interacted with the residents. Dan and Jaime were overwhelmed with the fun and joy being experienced at this home. When the story aired, Dan reminded viewers that these folks are "our mothers, grandmothers and aunts". Tara Hitchcock mentioned that this group of people is often forgotten. Yes - they are.

The frail elderly are also our fathers, grandfathers, uncles and brothers. They are our teachers and mentors. They are our war heroes (men and women, overseas and at home). They did their part in their individual way to help shape our world and the people in it. Now - they are lonely. Now - they are forgotten. They wonder if they will see a new face today. Where are their friends? Where are their family, their pets or even their furniture? These seniors NEED our help. They NEED a connection.

The homeowners and careworkers at the small residential adult care homes do a fabulous job of caring for the needs of the residents. We step in to offer hope and a connection to the outside world. A new face to sing with them, a new face to bring conversation and smiles.

If you are already a supporter of Audrey's Angels, we thank you and ask that you continue to support our mission! If you are just now learning about Audrey's Angels, we invite you to call us and set up a time to see our "Angels in Action" so you can know us better. Ph. 602-795-2122

It will tug at your heartstrings to see the joy these residents feel when one of our Music or Craft Angels is present in their home. After witnessing this you will be moved by this experience.

Our Angels have seen miracles like people dancing for the first time, singing for the first time, and even talking for the first time since entering the care home. Our Angels are always asked to stay longer and invited to please come back soon!

These residents depend on us and we depend on YOU to keep our program going. Audrey's Angels needs your financial help so that we can continue Audrey and Bob Alderson's mission. Thank you for your support.

Facts on Aging

Celebrating the holidays with the elderly

Generally speaking, the older we get the less we need. This presents a real challenge at gift giving time. Our aging loved ones have limited needs, but we still want to include them in gift giving. Some suggestions for gifts they might enjoy:

- Your presence
- Send cards and letters
- Large print calendar with family birthdays and anniversaries written in
- Greeting cards and stamps

- Non-skid socks
- Large faced watch with large numbers
- Photographs/scrap book
- Lap blanket
- Lotion for dry skin
- Items of clothing with Velcro closures
- Large print books
- Easy to read playing cards

The most important gift we can give is to remember our loved one in a way they will appreciate.

Happy Holidays!

Program News

Angel Training

Training was held on September 20th at Paradise Valley United Methodist Church. Maribeth Gallagher, Psychiatric Nurse Practitioner, led the workshop. She was joined by ASU music therapy student Wendy Stapley who is also one of our angels.

Angel Thank You

The party was held on November 1, from 1-5 at the home of Advisory Board member Kathern Plenge and her husband Robert.

The Angels who attended had a chance to perform and celebrate together.

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Now through March 31, 2009 link your Bashes' Thank You Card to Audrey's Angels and Bashes will give 1% of your total shopping dollars (up to \$5,000) to Audrey's Angels.

On your next visit ask the cashier to link your thank you card to our group ID # 24991

This is a great way to support Audrey's Angels at no cost to you!

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