



Angelgram

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

June 2009

In this issue

Pg. 1 Director's Corner; Angel Songs
Pg. 2 Events; Facts on Aging; Program News
Pg. 3 Fundraising Efforts; Donation Invitation

Director's Corner

Linda Alderson, Executive Director

It is hard to believe that the year is half over! Many of us are so busy with our daily lives and tasks that we wonder "where did the time go?" The residents in the homes we serve don't face that problem.

We get to choose to relax, choose to work on a project, choose what we want for dinner, what we want to watch on TV. The residents that we serve do not have that many choices. For the most part, their homes are chosen for them by their loved ones, their food is chosen by their caregiver, and the TV Channel is set for what the majority would like to watch.

Enter our Angels and the residents get to choose a song to sing along to, they get to choose the color of the paint to use in an

art project. And you, our wonderful donors, choose to support our mission of touching the lives of the elderly through our unique programs. Your gifts let our Music and Craft Angels bring a connection to the outside world to these often lonely seniors. Alesa, one of our Music Angels, shares some of her stories of being with the residents in the homes that we serve.

We have many upcoming activities where you can actively participate. Volunteer Patriotic singing is taking place on June 28, our first public Angels Songs concert is scheduled for August 14, and our annual dinner/auction will be held at the Arizona Biltmore Resort and Spa on October 1. Please see page 2 for more information for all of these events.

We hope that you choose to continue to support our organization. We invite you to participate in our events and we offer you the chance to schedule a time to visit one of the homes we serve to see what a difference your support makes.

Angel Songs

Alesa has been an Angel with Audrey's Angels for a little less than a year. She has such good rapport and tells such wonderful stories about the residents that some of those stories are being shared here.

"I'll try to recall some stories about the residents in the care homes." Alesa added that "Some days my own memory could use a lube job. When I mention to the residents that my memory is off some days, mostly they identify and we all get a good laugh."

"I get a satisfied feeling when I see even the smallest response in the hour spent entertaining the residents. I feel satisfaction when Natalie wakes from her snooze on the couch intermittently to sing along with maybe 4 or 5 melodies she is familiar with, then off to dream land once again. Bob uses a throat activation device and though he uses it to speak he sings every word by mouthing them in silence, head nodding and smiling even through the sadness of recently losing his beloved wife."

Every Angel has their own choice of music, style and presentation. Alesa says, "I try to mix up the tunes each visit, adding new ones as I can get them learned. It seems the songs that are most well known do get the most lip service universally; however, I sing even the lesser known tunes because there always seems to be someone who recalls every tune at one home or another. I always enjoy it when the residents take the time to clap. It is a small victory for exercise if not for anything else!"

Alesa has a lot of stories, like the one about Virginia, a resident who seemed off in her own world for several visits. When

she shook Alesa's hand after one visit and thanked her for the lovely music it was a surprise to the other residents who commented that Virginia rarely speaks.

At another home Ilene knew most of the words to every song, but admitted she had forgotten them until Alesa started to sing and Ilene's memory came flooding back. It was clear that she was having a good time. Alesa told her, "That is why we do this work, why we are here, to stimulate your memories, to get things stirring around inside, to get the brain thinking and remembering." This brought big smiles to them both.

There are many more stories. Alesa says, "In fact probably each time I go to a home I could keep a journal of something I notice twitching inside some of the lesser able folks and the continued joy of the very enabled folks. It is my pleasure to do this work."

Alesa is truly thankful to be a part of our organization. She finds the work personally satisfying as she truly touches the lives of the elderly.

"That is why we do this work, why we are here, to stimulate your memories, to get things stirring around inside, to get the brain thinking and remembering"

Alesa



Alesa performs for the residents

Events

Audrey's Angels Sixth Annual Golf Tournament

Thanks to your loyal support we raised nearly \$12,000 for this event.

In 2009 our golf tournament outperformed the event held in 2008. Because of the strong support we received, we have increased our net revenue for this event even during this challenging year!

There were 64 golfers in attendance at the Raven Golf Club at South Mountain. There were 13 adult teams and 3 sponsored youth teams from First Tee.

1st Place - Bob Alderson, Dean Toth, Jeff Tully, Marty Tully

2nd Place - Dick Cole, Penney Cole, Curtis Ensign, Nick Keipert

Golf Tournament Sponsors

Platinum: Lee & Becky Heriaud

Gold: Bob & Audrey Alderson, Bonnie & Cal Bruins, Desert Jewel Care Homes, Diamondspur Builders, Don Dodgen, Susie and Pat Murphy - Guttilla Murphy Anderson, P.C., and Maggie & Tom Wilder

Silver: Mary Alice Annecharico, James Book, Book Transportation Consulting, Ed Bortner, Jeannette A. Delster, CPA, Desert Springs Care Home, Paula & Tom Rugen, Trimester Inc

Sponsor -a-Youth Team: Tim Alderson, Connie & Gary Forney, Octagon Sports

Program News

Summer is here and the temperatures are rising and we continue to be hot with our programs. We are reaching out to over 90 homes each month! With an average of 10 hours of programs (music and crafts) each day.

We are reaching residents throughout the valley from Sun City to east Mesa and from Chandler to north Scottsdale.

Our music Angels bring songs that help residents reminisce and encourage them to sing along to their favorite tune. Our craft Angels continue to provide "art parties" assisting residents in creating works of art while socializing in a fun hands on group atmosphere.

A new Angel asked if we were going to continue our program during the hot summer months or if we would take a break. No break!

We will continue to provide these homes with cool and refreshing programs that brighten each resident's hot summer day!

Angel Songs

A Summer Concert Event

Friday, August 14, 6:30 - 8:00pm

Held at Paradise Valley United Methodist Church
4455 E. Lincoln Drive, Paradise Valley, 85253

Live performances by several music "Angels" of Audrey's Angels

For tickets please call 602-795-2122

\$10 for adults, \$5 for children 12 and under

Save the date for our Fall 2009 Dinner and Auction October 1, 2009

Audrey's Angels invites you to join us for our Dinner and Auction fundraising event. It will be held at the Arizona Biltmore Resort and Spa, 2400 E. Missouri Ave., Phoenix.

Invitations will be sent in the fall. You can also make a reservation by calling Linda at 602-795-2122 or emailing audreysangels@cox.net.

In-kind donations are now being accepted for the auction.

Volunteer Opportunities

Audrey's Angels currently offers four annual opportunities for volunteers.

In February volunteers provided handmade valentine cards for the residents in the homes we serve.

In July there is a Patriotic Singing program. Volunteers are needed to visit the care homes and participate in a sing-a-long. The program is scheduled for Sunday, June 28, 2009 from 2 - 4. There will be an after party to connect with other volunteers in the program. Call 602-795-2122 to volunteer. Or email

audreysangels@cox.net.

Handmade cards are requested for Grandparents Day, September 13, 2009. If you can help please call 602-795-2122, or email audreysangels@cox.net.

The final event will be a holiday singing program in December. To volunteer contact audreysangels@cox.net or phone 602-795-2122.

We appreciate your participation in our volunteer events. Your time will be well spent!

Basha's Shop and Give Program

This program ended on March 31.

Thank you to the 19 people who participated!

Our total earnings came in at \$158.94.

This was a new fund raising event suggested by Jeannette Delster.

Rummage Sale

Toni Jacoby chaired another new fund raiser for 2009. On April 18 she allowed us to hold a rummage sale at her home. The net proceeds were close to \$1,400.

We still need your help

Audrey's Angels is doing everything we can to bring in funding to continue our mission of enriching the lives of the elderly through our interactive programs presented in senior group homes.

We can no longer depend on much funding from grants and foundations. They are focusing on emergency needs. Corporations aren't in a position to give. More than ever non profits are depending on individuals who support their mission to also give financial support. We are grateful for everything that you do in support of our organization.

Facts on Aging

Assisted Living: Your Role as Visitor

- Your presence is the best gift that you can give to your loved one.
- Visit as often as you can while maintaining your own routine.
- Dropping in unexpectedly lets you monitor the quality of care in the home.
- Respect your loved one's schedule by avoiding visits during nap time or scheduled activities.
- Find ways to connect and interact. Photo albums can help you to share memories. Play cards or checkers. Read the newspaper or a book that interests your loved one.
- Attend to their appearance. Brush their hair, bring in attractive clothing. Check into what kind of lotions work best if they have dry skin.
- Keep your promises. When you say you will visit make it a priority commitment.

Please consider making a donation to Audrey's Angels

Here is my tax deductible gift - contributions are deductible to the extent allowed by law: please consult your tax advisor

Gift Amount

Please Circle:

\$25 \$50 \$75 \$100 Other\$_____

Name _____

Address _____

email _____

Phone _____

Method of Payment

____ American Express ____ Visa

____ MasterCard ____ Check

Credit Card # _____

Exp date _____

Signature _____

Please clip and return to:

Audrey's Angels

P.O. Box 22029

Phoenix, AZ 85028-0029

Credit card donations can be made by phone at 602-795-2122

Online donations can be made at:

www.audreysangels.org

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