

Touching the lives of the elderly



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

# Angelgram

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## Director's Corner

Linda Alderson, Executive Director

"Gonna take a sentimental journey ...to renew old memories"... These are the words that were being sung by the residents recently at Active Care Home of Scottsdale. One favorite part of my job is to hold auditions for our prospective new Music Angels. As I sat on the back patio of this home enjoying our beautiful Arizona weather, I was able to take in the wonderful sounds of the live music being played and take in the wonderful sight of the residents singing, clapping, smiling, and

tapping their feet to the beat. One resident closed her eyes, clapped her hands, and "danced" with her feet to "Java Jive". She smiled and danced in her chair the whole time as if she was taken back in time and reliving a fond memory. This is what our Music and Craft Angels do for the residents that we serve - our gifted Angels take them on a Sentimental Journey, and lead them far away from the boredom and loneliness they may be feeling. Though the Holidays are the time to be thankful, we at Audrey's Angels are thankful every day throughout the year for our dedicated Angels and our dedicated Supporters! Thank you to all of you who help to keep this journey going.

## State of the Organization

Earl Northcutt, Board Chairman

With 2009 nearly behind us, I wanted to spend a few moments reviewing what we accomplished this past year. As we began the year, we were concerned as a Board of Directors on how our organization would fare considering the economic situation. We formulated our budget based on what we thought would be the worst-case scenario for our fundraising activities. With this in mind, we scheduled additional fundraisers to augment our Golf Tournament and Dinner/Auction; one of these would be a garage sale, the other an Angel Concert.

As the year began we even considered not holding our annual golf, fearful that we would have so few participants that our revenue would not be worth the effort. We certainly underestimated our donors!! Not only was our Golf Tournament more successful financially than last year, our Dinner/Auction also brought in more revenue than 2008. Additionally, we had a successful garage sale and Angel concert. This left us, as of last month, with more funds available than we had at this time last year. Amazing and gratifying! Our exceptional donors responded beyond our expectations.

In addition to positive financial results, we achieved other goals set in the beginning of the year. Our Marketing Committee has rebuilt and updated our Audrey's Angels brochure with new wording and up-to-date photos. This brochure can be used in a variety of applications with added inserts. This committee is also updating the website. It should be online by the

beginning of 2010 at [www.audreysangels.org](http://www.audreysangels.org)

Since last December's Newsletter our volunteer hours have had a substantial increase, boosted by our December and July home sing-a-longs. These two activities resulted in a total of over 80 volunteers going to the homes to entertain our residents. The volunteers enjoyed these visits as much as the residents. This opportunity gave the singers a chance to visit our homes and relate to what our Angels accomplish every day.

The Board has also spent time in its development by writing new policies and procedures, creating a New Board Member packet for potential new members and by holding a retreat for Board Development.

As we enter 2010, we are looking forward to yet another year of success and growth. We will continue to keep our budget tight until we are comfortable

with the stability of the economy. We plan on adding one more Angel Concert as well as continued success with our other fundraising activities. As we increase the number of homes we serve, we will have some additional flexibility in our budget. Our new Speaker's Bureau and updated website will help us to educate the community about our programs.

All of our achievements and successes this past year have certainly been the result of our donors like you, our excellent staff and our active Board of Directors. I want to thank you all for your past and continued contributions to our organization. Without you, none of our valuable work would be possible.

*"I want to thank you all for your past and continued contributions to our organization."*

# Events

## Fall Dinner/Auction

Our Fundraising Dinner and Auction was a great success. This was our second year to hold this event at The Biltmore. The silent auction included a number of theme baskets donated by our Board of Directors and Advisory Board members.

Thank you to the dinner committee chaired by Sandi Donley. Special thanks to our volunteer Emcee and Auctioneer, John Urzi.

Music was provided by Gary and Rochelle Tinstman.

## Angel Songs Concert

Our first Concert, "Angel Songs", was held on Friday, August 14, at Paradise Valley United Methodist Church. We thank PVUMC for donating the space. The Angels who volunteered to perform included: Steve

Decker, Glenn Torrico, Rita and Dusty Beracy, Jeannie Benson and Ernie Winterkorn, Alesa with Steve Thomas and Gary and Rochelle Tinstman with Terri Sue Rossi.

Watch for Angel Songs concert 2010.

## Hon Kachina Awards

Congratulations to our founder, Audrey Alderson, on her nomination and acceptance as an honoree by the Hon Kachina Council.

Hon Kachina is a non-profit organization that honors community members for their exceptional

volunteerism. Of the many applicants only nine were chosen as 2009 honorees.



*Photograph provided by Ben Arnold*

## Program News

Our Angels continue to stay dedicated during this busy time of the year. Many are excited to share their holiday spirit and bring joy to the residents, homeowners, caregivers and families. It's a time to reflect and reminisce about traditions and holidays past. Our Angels involve the residents in the spirit of the season with music

sing-alongs and holiday crafts. We look forward to the coming year as we continue to grow. If you know anyone who would like to become a craft Angel or of a care home looking for programs please contact us at : 602-795-2122 or email: amy@audreysangels.org

## 2009 Holiday Singing Event

The Holiday Singing is from 2 - 4 p.m. on Sunday, December 20th, with an after party at Earl and Peggy Northcutt's home. We will be sending small groups of volunteers into the small residential care homes that we serve to sing Holiday music for about 15 minutes at a time.

Each group will be

assigned 4 homes to visit. If you are interested in joining a group or have a group of your own that would like to participate please contact Linda at: 602-795-2122. Song sheets will be provided.

**Please sign up by December 11th.**

## Patriotic Singing

On June 28th our volunteer singers visited some of the homes that we serve to sing patriotic songs with the residents.



## Understanding the Journey of Dementia

### 2.0 NCIAB credits awarded

If you are caring for a family member, friend, community members or offer professional care to our Loved Ones with memory impairment.

#### **You will walk away with:**

- A better understanding of dementia
- A greater sense of value about your care giving role
- Connection strategies when words don't work
- Dealing with your thoughts and feelings as caregiver

**Saturday, January 23, 2010**

Registration - 8:30 a.m.

Program 9 a.m. - 12:30 p.m.

**Paradise Valley United Methodist Church**

Hobbs Education Building

4455 E. Lincoln Dr.

Paradise Valley, AZ 85253

**RSVP by Monday, January 18**

602.840.8360 x132

Or tawn@pvumc.org

#### **Speakers**

Maribeth Gallagher, MS, NP

Rebekah Wilson, MSW

Hospice of the Valley

**Cost is \$10**

Payable and mailed to PVUMC

Seating is limited

# How to Help

## Please consider making a donation to Audrey's Angels

**Thanks to our donors** we have been able to bring entertainment, comfort and joy to the residents of the senior group homes that we serve throughout the Valley for the past eight years. To promote our mission and serve more seniors, we continue to need your help.

At the holidays you may want to make your donation as a gift to a loved one. Your donation can also be made as a Memorial tribute.

In a cost saving effort, this is the only year end donation request you will receive from us.

## Blissful Yoga Studios

Audrey's Angels is the recipient charity for the January donations class at Blissful Yoga. The class will be held on January 28, 2010 at 6:30 p.m. The studio is located at 19420 N. 59th Ave., Glendale, 85308. For more information please check the Blissful Yoga website at: [blissfultyoga.net](http://blissfultyoga.net)

## Fry's Gift Card Program

Audrey's Angels earned over \$700 through the Fry's Gift Card program in 2009. To be part of this program you need to purchase a gift card through Audrey's Angels. We pre-purchase \$5 gift cards that are linked to our organization. Please contact Linda at 602-795-2122 to purchase your card. The card can be reloaded for up to \$500 at a time, and reloaded as needed. Audrey's Angels will get a percentage of the funds spent. The more we spend with the cards the higher the percentage we receive.

## Bashas' Shop and Give Program

This program is running again  
From now until April 10, 2010

Our total earnings for 2009 came in at \$158.94. On your next visit to Bashas' please ask the clerk to link your card to our group **ID 24991**. You will need to re-new this link if you participated last time.

## Email Communication

*If you would like to receive future newsletters and updated communications via email, please send your email address to [audreysangels@cox.net](mailto:audreysangels@cox.net).*

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	
_____ Check	
Credit Card #	Exp date
_____	_____
Signature	_____
in memory of	_____
in honor of	_____
on the occasion of	_____
Send acknowledgement to:	
_____	
Name	_____
_____	
Address	_____
<b>Please clip and return to:</b>	
Audrey's Angels	
P.O. Box 22029	
Phoenix, AZ 85028-0029	
Credit card donations can be made by	
phone at 602-795-2122	
<b>Online donations can be made at:</b>	
<a href="http://www.audreysangels.org">www.audreysangels.org</a>	

<p><b>Board of Directors 2009</b></p> <p><b>Officers</b> Earl Northcutt, Chairman Jeanne Colasanti, Vice Chair Jim Poley, Treasurer Maggie Wilder, Secretary</p> <p><b>Board Members</b> Cindy Griffin Jacque Jensen Ken Rogers Karen Tittle David Van Vlack Christopher Yellen</p>	<p><b>Advisory Board</b></p> <p>Dr. Cal Bruins Marsha Darre Sandi Donley Maribeth Gallagher, MS, NP Charles Herf Jon Katov Mark Lawrence, BSN, RN Marty McCarty Susie Murphy Dr. Kathern Plenge Dan Schweiker Kami Skanderson Jennifer Unger</p>	<p><b>Honorary Board</b></p> <p>Patti Herf Lee Heriaud Andy McCain Gale Watson</p> <p><b>Staff</b> Linda Alderson, Ex. Dir. Jeannette Delster, CFO Dianna Horan, Fd. Dev. Amy Scharnberg, Prog. Co.</p> <p><b>Founders</b> Audrey Alderson Dr. Robert Alderson</p>
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