



Living ^{our} Faith

The Newsletter of Interfaith Community Services

Vol. 24, No. 4

Fall 2009

Tucson, AZ



Our Mission

Helping seniors, disabled individuals and people in financial crisis achieve stable and independent lives through support from volunteers, faith communities and the community at large.



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Many hands keep bells ringing at ICS

If you've been near our Caregiving Services Office lately, you may have heard the jingling of a little bell. It's the kind of

happy sound that signals the winning of angel wings in the movie, "It's A Wonderful Life."

The bell-ringing is a ritual that has taken hold recently among the Caregiving office volunteers who arrange rides for home-bound seniors and disabled persons. Each time they are able to match up a volunteer driver with a recipient needing transportation to a doctor appointment, shopping trip or other errand, they perform the ritual.

"We say, 'Thank You, God' and we ring the bell," explains one of the 20 office volunteers who help coordinate the Caregiving Services transportation effort for Senior



Services Manager Cheryl Andersen.

It has been a bell-ringing kind of year for the Caregiving Office – and all the other services offered by ICS.

In the fiscal year that ended June 30, **ICS provided 49,708 services.** This includes rides and meals for seniors, rent assistance to families about to be evicted from their homes, utility aid to households facing utility cutoffs, and food to put on the tables of parents and their children with nothing else to eat. Our Food Bank and Emergency Financial Assistance programs saw growth as high as 55%, while our overall growth was a **10% increase over the previous year.** Watch for the specific program statistics in our Fall annual report.

Continued on Page 2

Concert series features exciting range of music

A series of concerts hosted by faith communities throughout Tucson this fall will benefit the work of Interfaith Community Services.

The public is encouraged to attend and support the mission of ICS which is to help seniors, disabled individuals and people in financial crisis achieve stable and independent lives.

In most cases there is not an admission charge to these events, however, an offering will be taken. Upcoming Concerts include:



Concert Series

Next concert: 'Music from the Fountain,' Page 7

Sunday, September 27 - 3 p.m. Dr. Jeffrey Jahn and Friends Benefit Concert. Fountain of Life Lutheran Church, 710 S. Kolb Road.

Saturday, October 10 - 7 p.m. Fall Concert at Resurrection Lutheran Church, 11575 N. First Avenue.

Sunday, October 25 - 11 a.m. - 4 p.m. Jewish Food Festival and Family Fun Fair! Sponsored by

Congregation Or Chadash. Brandi Fenton Memorial Park, 3492 E. River Road. \$3 gate admission.

Sunday, November 22 - 3 p.m. An Afternoon with Jose Solorzano, Benefit Piano Concert, Oro Valley United Church of Christ, 1401 E. El Conquistador Way. Reception to follow. Tickets \$15 each.

Dec. 11, 12, 13, 18, 19 & 20. The Celebration Choir and Drama Ministries of Oro Valley Church of the Nazarene present "The Splendor of Christmas" at 500 W. Calle Concordia. Ten performances; times on ICS website.

'Freedom from Hunger' a huge success

Through the efforts of our member faith communities and Tucson business partners, **556 bags of food** were donated to help feed Tucson families this summer!

The campaign, held in June and July, came just in time to support a **record-breaking day in the ICS Food Bank ... Monday, August 3rd...when 81 families were served.**

Thank you to everyone who supported this effort and to those who continue to donate toward the growing need.

Our special thanks to:

- CDO Baptist Church and guitarist Dustin Jones;
- Tammie Christensen and the staff of Best Buy – Oro Valley Marketplace;
- Jenifer Adams – Spartan Promotional Group;
- Fry's Food Store – First and Oracle;
- Rural Metro Fire Department.

They helped make the "Freedom from Hunger" Finale Concert a huge success!



Some of those who helped make the drive a success: Top left, Rural Metro Fire Department firefighters; top right: Jane Poynter of Paragon Space Development Corp., receiving a Certificate of Appreciation from Food Bank Manager Frank Hayes; and bottom, staff of Best Buy - Oro Valley Marketplace.



ICS volunteers report high level of satisfaction

At the lead of ICS Volunteer Resources Manager Sandi Brickley, a website volunteer survey was recently conducted.

Of the 121 responses, 88% heard about ICS through their congregations. The overwhelming motivation of ICS volunteers is to give back to the community and help those in need.

Our volunteers feel good about the support provided by ICS staff, appreciate the pre-screening of the recipients be-

fore assignments are made, and 92% agree that their input is valued.

Their suggestions included that we need more space for the food bank, and the CARE database used for matching volunteers and recipients needs improvement!

Thanks to all of those who responded to the survey. Volunteers continue to be the "Heart" of ICS!

Bonnie's column

Continued from Page 1

We did all that despite cuts in government funding for some of our programs such as Emergency Assistance. How? It all comes down to **volunteers and community support**. Our more than 600 active volunteers donated 36,439 hours of service last fiscal year, a 17% increase over the year before. That's \$682,502 worth of volunteer hours.

Community support is the other key reason for our ability to serve more people in a shrinking economy. The support of our faith communities, individuals, and a wide range of

community groups helped ICS to finish FY 2009 in solid fiscal shape. Our gratitude and thanks go out to everyone.

Now, we ask for your continued support. If August's numbers are an indicator of requests for ICS services, we are facing a very challenging year. One mid-August day, a record 81 families come to the ICS Food Bank. On the same day, our volunteers had to tell 371 callers that we were unable to help with emergency assistance. Our goal is to turn "we are sorry" into "yes, we can help." Your assistance will help ICS to respond to even greater needs.

The Board of Directors and leadership of ICS look toward the coming months with confidence and optimism. With your support, we'll keep the bells ringing.

**ICS thanks its
CORPORATE
PARTNERS**

PLATINUM LEVEL



GOLD LEVEL



YOUR HOMETOWN BANK



COPPER LEVEL



Tucson and Green Valley Team

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JEWISH FEDERATION
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GRANT AWARDS. We are grateful to the following organizations for recent grants:

- Eliot Spalding Foundation
- Trico Charitable Trust
- Episcopal Community Services
- Sundt Foundation
- The Phillips Family Foundation

Charitable Remainder Trust is way to make a real difference

By Jane Nugent

Like many, you may have wanted to make a difference by supporting activities and services in your community. Why not consider a charitable remainder trust (CRT)?

This will allow you to sell appreciated assets, defer capital gains tax and build a diversified portfolio. In addition, it will provide you with cash flow, which you could use in part to support the services of ICS, and receive an income tax deduction at the same time.

To set up a CRT, you contribute assets, ideally appreciated ones, to a trust that will ultimately transfer them to a charity. Once the trust is funded, the trust pays annual amounts to you and/or one or more other beneficiaries for life or for a fixed number of years, not to exceed 20.

Beneficiaries can include you, your spouse, children, friends and Interfaith Community Services.

A well-designed CRT has well-defined tax and economic benefits. You get a charitable income tax deduction when you fund the trust, based on the charity's "remainder" interest in the trust, subject to all the normal income tax limitations on charitable deductions.

If the designated charity is publicly



supported, which Interfaith Community Services is, then your charitable deduction will be based on the fair market value of the contributed assets, whether appreciated publicly traded stock, appreciated closely held stock or appreciated

real estate.

A CRT is an extremely flexible planning vehicle, and can be shaped to meet individual needs and objectives. It is important to explore all the alternatives, calculate the projected benefits of each and decide whether a CRT is the right strategy for you. It is also important to be sure that both the trust document and its administration meet all the complex requirements of the tax law.

Your financial advisor and your attorney can help you decide whether a CRT is the right choice for your personal financial plan. In many cases, a CRT is a worthwhile choice for both the donor and Interfaith Community Services.

For more information on including ICS in your estate planning, please contact Monnie Applegate at 297-2738 ext. 222.

(Jane Nugent is a Vice President and Senior Personal Banker for Northern Trust Bank and a member of the ICS Planned Giving Committee.)

Designs sought for new ICS note cards

Calling all artists!

ICS is seeking designs for our new note card(s) to be used throughout 2010, ICS's 25th anniversary. If you are an artist or photographer, please consider submitting your design idea.

General guidelines: The design needs to be compatible with ICS's commitment to compassionate service and our interfaith origins. We are flexible on the content and nature of the design, including photographs. In addition to printing on note cards (the folded note

card size is 4.25" height by 5.5" width), the design should be adaptable to web usage and other applications. The selected art and rights of reproduction will be donated to ICS, with credits given to the artist.

Selection will be made by a committee of staff and volunteers. Questions should be addressed to Bonnie Kampa, bkampa@icstucson.org. **Design concepts should be submitted by Oct. 1, 2009 in order to have final art ready by Nov. 1.**

Golf field expands to 288 players

There are just a few slots remaining for participants in the "We Care" Golf Classic, which will be held **Wednesday, November 11** at the Omni Tucson National Golf Resort.

Due to the popularity of this ICS event, both the Sonoran and Catalina Courses will be used. If you have not registered, do so **TODAY**.

The schedule for the event – a Texas (Step Aside) Scramble is as follows:

- 10:30 – 12:00 Registration/Practice
- 10:45 – 11:45 Putting Contest
- 11:00 – 11:45 Lunch (optional)
- 12:00 Opening Ceremonies
- 12:15 Carts leave for assigned holes
- 5:00 – 6:00 Mexican Buffet and Awards Ceremony

Note: Current and prior professionals are welcome to participate, but their teams are ineligible for awards.

In addition to Hole-in-One prizes and awards for the straightest drive and closest to the hole, there will be a "long drive" demonstration sponsored by Krank Golf with an opportunity to win prizes.



Photo by Peter Wong, 2006

The Sonoran Course at Omni Tucson National

Go to www.icstucson.org to register for the event or sign up to be a sponsor. Call Monnie Applegate at 520-297-2738, ext. 222 for more information.

GIFTS IN HONOR AND MEMORY: JUNE - AUGUST 2009

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 acknowledgement is sent to both donor and honoree. Thank you.

IN MEMORY OF, GIVEN BY

Dr. Ned and Suzanne Bloomfield's daughter Rachel, Barry and Diane Kalpin
Ryan Armstrong, Josephine Cordasco
Ann Marie Barry, Wayne Barry
Bill Bittmann, Gary Beck
Virginia and John Callicotte, Sr., John and Nancy Callicotte
Betty Carras, Harry and Joan Robertshaw
Iris Joan Clark, Loretta Zucker
Calvin G. Cooper, Avadele Cooper
Aleah Cruce, Michael and Karen Cruce
Julie Dibler, Billie French
Betty Gibson, Helen White
Joyce Gruman, Philip and Patricia Moorhead
Thomas Hruby, Stephen and Sally Pagnucco
Ida Job, Floyd Job
Cherry Lee, Kathleen Thomas
Ray, Maureen and Sarah McClure, Patricia McClure
Susan MacDonald, ICS Staff and Board Members
John D. McPherson, Sr., Mary Louise McPherson
Roland and Martha Milligan, Don and Louise Milligan
Kay Nixon, Elizabeth McConner
Jack Padovano, James and Barbara Patrick
Carl Petersen, Frank and Pat Bergen; Jeff and Anne Harman; Nancy Smallhouse
Linda St. Laurence, Joe Botsko
Barney Versel, Bernice Menkin
Ken Weissenborn, Natalie Weissenborn
Robert C. Williams, Deon Williams
Jerry Wisot, Mac and Tiena Fiske

IN HONOR OF, GIVEN BY

Camino Del Sol, Joe and Dorothy Harrison
Jan and Archie Anderson Anniversary, Jim and Yonny Beers
Richard and Carol Backus' 50th Anniversary, Marcia Halligan, Renatta Kaiser, Fred and Marie Lane, Jeannie Lovstrom, William and Karen Merrill, Andrew and Barbara Nathan, Peter and Shirley Nelson, Dick and Bonnie Kampa, Dale and Sandi Sikkenga
Boaz Cohon's Bar Mitzvah, Barry and Diane Kalpin
Lorna Eberhart, Steven and Donna Douglas
Donald Engle's 88th Birthday, Bonnie and Dick Kampa
ICS Finance Committee, Joel and Lidia Allen
 (Committee members: **Andy Fiore, Mac Fiske, Wendell Gardner, Ed Jenkins, John McIntyre, Wendell Tyson, and Joyce Wood**)
Marjorie Funckes, Arnold Funckes
Marlin Glassell's 91st Birthday, Janet M. De Keyser
June Head, Gene and Janie Morrison
ICS Drivers, Patricia Murray
Joan F. Raphael, Sherry Sobel
Beth and Howard Rice, John and Nancy Callicotte

Please consider making a lasting gift to support ICS. For more information, call Bonnie Kampa (297-2738, ext. 212) or Monnie Applegate (297-2738, ext. 222).



Faith communities help keep ICS strong

In these difficult times, we have been deeply gratified by the continuing strong support of our faith community partners. In-kind and financial giving, as well as volunteers from congregations have helped keep ICS on solid footing to help more neighbors in need. Thank you all!

Our staff has redoubled our efforts to continue nurturing our partnerships with congregations. We have spoken in worship services, attended mission fairs and parking lot sales, presented to congregation boards and committees and classes, and hosted group visits to our office. In short, we welcome any and every opportunity to communicate all that we're doing together. Here are some examples of recent activities:

Mountain Shadows Presbyterian Church brought a large supply of back-to-school items for children of our financial assistance clients to start the school year right.

Ascension Lutheran Church designated August as "ICS month." They had special collections of food for our food bank and of monetary donations. ICS thanked the congrega-

tion during worship for their support.

St. Mark's Presbyterian Church invited ICS staff to speak to their Deacons Board as a way to keep our partnership strong.

Church of the Painted Hills (United Church of Christ) started a "Buck a Book" program and is sending the proceeds to ICS.

St. Mark's United Methodist Church sent their special Easter offering to ICS to support our programs for seniors and financially-distressed people.

Church of the Apostles (Episcopal) hosted our Council meeting in June, with a lovely lunch.

The Episcopal Parish of St. Michael and All Angels hosted a beautiful celebration of the "Feast of St. Mary" and **Pipe Organ concert** on Saturday, Aug. 15. Thanks so much to **Rev. John Smith, organist Jane Haman, and soloist Sonja Peterson** for sharing your talents with us.

Our sincere thanks to these and all of our 48 faith partners. We couldn't do this service without you!

Caregiver support workshop planned

In conjunction with Alzheimer's Association, Family Caregiver Outreach Program, and Caregiver Consortium, ICS is sponsoring a workshop: **"Build Your Toolkit for Support of Caregivers."**

This workshop is for clergy, chaplains, and congregation-based health program leaders. In a time when more and more people are caregivers and when people increasingly turn to their faith communities for help, this will be valuable information. Congregations are encouraged to send a team of clergy and health-related leaders.

- **Date:** Thursday, October 8, 2009
- **Time:** 8:30 a.m. Registration and Breakfast; 9:00 a.m.-12:00 p.m. Program
- **Place:** Lutheran Church of the Foot-hills 5102 N. Craycroft Rd.
- **Cost:** \$10 for one person; \$15 for a team

See our website (www.icstucson.org) for a registration brochure, or call Karen MacDonald for more information (297-2738 ext. 221).

Congregations embracing Health Advocacy concept

Congregations are a natural place to integrate spiritual, physical, emotional, and relational aspects of health.

Through ICS's Health Advocacy Outreach, we have talked with 33 congregations over the last year about ways they can build their own health programs.

A number of congregations are at various stages of exploring or implementing health-related services. One is planning a health emphasis in October, including a health fair and congregational walk in the park. Another congregation is starting a community garden, based on a concern for nutrition that was raised in their health education forum.

In all of these efforts, more people are receiving health education and advocacy that helps them stay healthier. These benefits are grounded in faith and supported by peoples' communities of faith.

For more information on how your congregation can implement a health program, call Karen MacDonald at 297-2738 ext. 221.



A Health and Wholeness workshop at the Redemptorist Renewal Center.

Diamond Children's Medical Center: A special place for children and their families

In recognition of our Platinum Partner, ICS is pleased to feature UMC in this newsletter.

When Diamond Children's Medical Center opens this spring at University Medical Center, don't expect your typical hospital. In addition to providing the most advanced technology, treatments and medical expertise available, Diamond Children's will embody the belief that a patient's surroundings can have a profound healing effect on both mind and body.

"Research shows that a 'family-centered' children's medical center – where parents are actively involved in all aspects of the child's care, and the design of the hospital accommodates families' physical, psychological, social and spiritual needs – improves health outcomes," says Vicki Began, RN, MN, vice president, UMC Women and Children's Services. "We are committed to creating an environment that is positive and healing to children."

Safe, comforting atmosphere

UMC spent many years planning Diamond Children's and held numerous focus groups with patients, families and children



Eye-level rendering of the Diamond Children's Medical Center

to get their input into what they wanted in a children's hospital. A wealth of ideas emerged from those meetings, including an overall theme focusing on nature to offer a constant, comforting atmosphere.

Occupying the top three floors of UMC's new six-story bed expansion building, Diamond Children's will offer private rooms for each pediatric patient, sleeping quarters for parents, multiple play rooms, educational support and family spaces, a stage for children's entertainment and celebrations, and of course toys – everything to make children and families feel safe and at home.

Children's emergency care

Already open on the first floor of the bed building is UMC's new 43,000-square-foot Emergency and Trauma Services. The state-of-the-art facility, featuring Southern Arizona's only level 1 trauma center, includes the new Diamond Children's Emergency Care Center.

Now, when children arrive at UMC for emergency care they go directly into their own special waiting room complete with play area. They're triaged and enter the pediatric emergency treatment area without having to deal with the adult environment. Open 24 hours a day year-round, this new center is the only such facility in Southern Arizona.

A special staff

Diamond Children's staff will feature physicians in dozens of pediatric specialties including physician faculty and researchers of The U of A College of Medicine, Steele Children's Research Center, and community pediatric physicians.

Services will include a new pediatric cancer and bone marrow unit, extended-stay intensive care unit for long-term patients, and a children's classroom for patients to continue their education while they are hospitalized.

"Diamond Children's will provide a beautiful healing environment," says Began. "From the moment you walk into the hospital lobby, with its natural lighting and creative design, you'll know you have entered a special place for children."



Bird's-eye rendering of the new wing

Fountain of Life Lutheran hosts next concert in 'Music' series

Dr. Jeffrey Jahn and representatives from Fountain of Life Lutheran Church will host the next concert in our "Music for the Soul" series.

The event is **Sunday, Sept. 27 at 3 pm.**

"We invite you to join us at Fountain of Life Lutheran Church, 710 S. Kolb, for an eclectic version of 'Music for the Soul'...on the road," Jahn said.

Joining him will be a variety of musical talent including the **Arizona Repertory Singers**, harpist **Gregg Reynolds** and several vocal soloists.



Dr. Jeffrey Jahn

In addition, their popular **Youth Bell Choir**, "**The Sunshine Ringers**" under the direction of **Catherine Cmiel**, Director of Music at Fountain of Life School, will perform.

Lasso a great steak and benefit ICS

Dine at "**The Steak Out**," Tangerine and Thornydale roads, any **Saturday or Sunday from 11 am to 5 pm** and **10%** of your meal purchase will go to **ICS.**



Be sure to mention to your waiter that you want the donation to go to **Interfaith Community Services.**

We hope you enjoy this tasty way to help us "rustle up" some funds.

How car donations work



Do you have a vehicle that you would like to donate? By doing so, you can support the mission of Interfaith Community Services!

Recent car donations have brought in more than \$7,000 in much-needed funds for ICS programs.

Your vehicle is not in Tucson? Not a problem! Just call toll-free 1-877-537-5277 or send an email to donations@charitableautoresources.com.

A representative will schedule a pickup that's convenient for you, and provide you with confirmation of your donation.

If the gross proceeds from the sale of your donated vehicle are \$500 or more and if you provide your social security number to the representative at the time of your donation, you will also receive an IRS tax form 1098C stating the sale price of the vehicle. This amount is what you actually claim on your itemized tax return. Please contact your accountant for additional tax information.

Volunteer shows there's no substitute for dedication

Karen Connelly is a substitute driver for Mobile Meals, but that doesn't begin to describe the importance of her job.

Here's an example. Recently, the regular driver on one of our routes had to cancel at the last minute.

Maureen Pattison, our Mobile Meals assistant, called Karen at 10:25 a.m. five minutes before the meals were supposed to be picked up from the food preparer. Karen picked up the meals and made the rounds on time.

As a substitute driver, Karen ends up working more days per week and



Karen Connelly

more hours than regular drivers, Pattison said. "Regular drivers do an average of eight hours a month, but she does 10 to 12. Sometimes Karen drives two or three times a week as opposed to once a week."

Karen said she prefers being a substitute driver because "I get to meet more people and it's not the same routine all the time.

"I love what I'm doing," she said.

ICS is so grateful to all its Mobile Meals drivers, and to the substitutes like Karen who keep the system working when things break down.

Thank you!

Gifts of Love program distributes school supplies

As of mid-August, ICS had distributed school supplies for at least 150 students through its Gifts of Love program and had enough for about 50 more. Special donations came from GAP Ministries, Aldea Spiritual Community, Capilla del Sol Christian Church, St. Mark's Catholic, Mountain Shadows Presbyterian, and Rincon Congregational.



2820 W. Ina Road
Tucson, AZ 85741-2502
520-297-6049
Fax 520-797-3029
www.icstucson.org
info@icstucson.org

Volunteer Training Schedule

Training is held in the
ICS Conference
Room, at
2820 W. Ina Road.

Tuesday, Sept. 8
10 a.m. – Noon

Thursday, Sept. 24
1 – 3 p.m.

Tuesday, Oct. 6
1 – 3 p.m.

Thursday, Oct. 22
10 a.m. – Noon

Tuesday, Nov. 10
1 – 3 p.m.

For more information
or to reserve a spot in
a training session,
contact Sandi
Brickley at 297-2738
ext. 217.

GREEN MAIL

The number of people who have signed up for the electronic version of this newsletter now stands at 327.

Thank you for helping us cut back on our printing and mailing costs – savings that can be passed on to clients through ICS programs.

You can still switch from this paper version

of “*Living Our Faith.*” Just send an email to scaulley@icstucson.org, write “Go Green” in the subject line, and in the body of your message, give us an email address where we can reach you and the address you want removed from the print newsletter mailing list.

We’ll notify you by email when a new newsletter is available and provide a link that will take you there.

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Find us now on Facebook and YouTube!

NEWSFLASH: ICS has joined the world of social networking. You can receive regular updates on ICS events by becoming a “Fan” of ICS on Facebook. Visit our ICS home page (www.icstucson.org) and click the link below the “Find us on Facebook” icon.

We’re also on YouTube! You can watch our video “ICS... Making a Difference” by going to our ICS home page.

Interfaith Community Services thanks our ongoing supporters!

Faith Communities:

Avra Valley Community Church
Beautiful Savior Lutheran
Canyon del Oro Baptist
Capilla del Sol Christian
Casas Adobes Congregational UCC
Catalina United Methodist
Christ the King Episcopal
Christ Presbyterian
Church of the Apostles
Church of the Painted Hills
Congregation Chaverim
Congregation Or Chadash
Congregation M'kor Hayim
Cortaro Vista Community
Dove of Peace Lutheran
Fountain of Life Lutheran Church
Grace St. Paul's Episcopal
Immanuel Presbyterian
La Aldea (formerly Community Church

of the Foothills)
Lutheran Church of the Ascension
Mountain Shadows Presbyterian
Mountain View Baptist
New Spirit Lutheran
Northminster Presbyterian
Northwest Baptist
Oro Valley Church of the Nazarene
Oro Valley United Church of Christ
Our Saviour's Lutheran
Resurrection Lutheran
Rincon Congregational UCC
Sanctuary United Methodist
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. Michael and All Angels Episcopal
St. Odilia Catholic
St. Philip's in the Hills Episcopal
Temple Emanu-El
Third Church of Christ, Scientist
Tortolita Presbyterian
Tucson Community of Christ
Tucson Young Nak
U.U. Congregation of NW Tucson
U.U. Church of Tucson

ICS Community Partners:

American Red Cross, Southern Arizona Chapter; Pima County Community Action Agency; Pima County Community Development and Neighborhood Conservation Department; City of Tucson Human Services Department; Community Food Bank; United Way of Tucson

and Southern Arizona; Robert Wood Johnson Foundation; Pima Council on Aging

ICS Mobile Meals Partners:

Amber Lights
Campana Del Rio
Health South Rehabilitation Hospital
Mountain View Care Center
Northwest Medical Center
Oro Valley Hospital
Santa Catalina Villas

Supporting Groups:

Presbytery de Cristo
Desert Skies UMC
Chapel of Country Club of La Cholla
Lutheran Church of the Foothills
Lord of Grace Lutheran