

Our Mission...

“Helping seniors, disabled individuals and families in financial crisis achieve stable and independent lives.”

Conference Offers Information and Inspiration

One in five people in the United States today will experience a mental health disorder at some point in their lives. Many will first turn to their faith leader or spiritual network for comfort and information.

Mental illness is a growing and often confusing issue in our communities and in our houses of worship. It is also a costly issue.

According to the World Health Organization one in five of the leading causes of disability worldwide is attributed to mental health problems.

Interfaith Community Services is proud to host **“Faith Communities and Mental Illness: Mind, Body, Spirit and Community”** – a full-day conference focusing on the intersection of faith and mental health. This informational forum to be held **Friday, April 25**, will offer insights and resources to better support and encourage individuals and their loved ones who are coping with mental illness. It will also offer inspiration for reducing the stigma that surrounds mental illness, so often a barrier to treatment for those needing help.

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Friday, April 25, 2014
8:00 a.m. - 4:30 p.m.

Catalina United Methodist Church
2700 E. Speedway Blvd.
Tucson, AZ 85716

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Awarded four stars four years in a row!



Construction Underway on New Client Welcome Center

If you’ve been to our northwest offices recently, or plan to visit soon, you’ll notice the main entrance and waiting area have been moved to the conference room, and chain-link fence is blocking off part of the parking lot.

ICS has broken ground on our new building expansion! The project will add 1,600 square feet to the current campus. This includes a dedicated Client Welcome Center to increase comfort and confidentiality for our clients and volunteers, as well as new offices to accommodate expanded services.



We are only able to do this because of the generosity of so many who donated to our *“Safety, Services, and Sustainability”* capital campaign. Because of you, we met our goal of raising \$450,000 for basic construction and furnishings for the new wing.

We hope to have the expansion complete by summer, and we are grateful to all who stepped forward to support our capital campaign to make this building possible. You are truly helping us meet the need to better serve today – *and tomorrow.*

Conference Offers Information and Inspiration

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The conference will feature noted, national keynote speakers and a host of local experts who will cover a wide range of mental health topics, including:

- Aging and Mental Health Issues
- Dealing with Stigma
- Suicide Awareness and Prevention
- Veterans, Their Families and Mental Health
- The Role of Faith in Healing
- Youth and Mental Illness

Sessions are designed to raise discussion, exchange ideas and share real-life stories from those who have journeyed through mental health challenges. In addition to exploring the interfaith aspects of mental illness, the conference will also encourage dialogue on mental health programs that are working in local congregations. Behavioral and healthcare agencies will provide information on local care resources.

Conference registration is \$40 per individual, \$30 each for teams of two or more registrants and includes materials, as well as continental breakfast and lunch. **Register online at www.icstucson.org or call 520-297-6049 ext. 233.**



Keynote Speakers:



Rabbi Simkha Y. Weintraub is Rabbinic Director of the Jewish Board of Family and Children's Services, one of the nation's premier voluntary mental health and social services agencies, and author of "Guide Me Along the Way: A Jewish Spiritual Companion for Surgery." Rabbi Weintraub has lectured on Jewish spiritual resources for confronting illness and maintains a private practice in couples and family therapy.



Terrie M. Williams is a Licensed Social Worker, mental health advocate and founder and president of the Terrie Williams Agency. Her book "Black Pain: It Just Looks Like We're Not Hurting," which recounts her struggle with depression, is credited with starting a national dialogue on the impact of mental illness, particularly on the African-American community. She has participated in a United Nations World Mental Health Day and has appeared on television programs including the *Oprah Winfrey Show*.



Dr. Nancy Kehoe, RSCJ is a distinguished clinician, licensed psychologist and author of "Wrestling with Our Inner Angels: Faith, Mental Illness, and the Journey to Wholeness." In mental health settings, she has trained staff members to lead groups on spiritual beliefs and values. Her *Religious History Assessment Tool* is widely used by mental health professionals.

Presenting Sponsors:



Contributing Sponsors:



Participating Sponsors: Catholic Community Services of Southern Arizona, Coalition for African-American Health & Wellness, Congregation Anshei Israel, Copper Canyon Alzheimer's Special Care Center, St. Elizabeth's Healthcare, Delta Sigma Theta Sorority Tucson Alumnae Chapter/Physical & Mental Health, Casas Adobes Congregational UCC, Rising Star Baptist Church

INTERFAITH COMMUNITY SERVICES PRESENTS:

A CONVERSATION WITH MS. TERRIE WILLIAMS

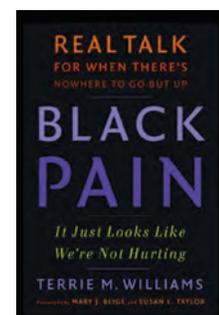
April 26 - 8 a.m. - 12 p.m., Rising Star Baptist Church, 2800 E 36th St, Tucson

\$10 individual/\$15 family (includes breakfast)

To register visit <http://alturl.com/vhmdp> or call 520-297-6049 ext. 243. For information contact Veda Kowalski at 520-297-6049 ext. 218.

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Noted author and national speaker, Ms. Williams was selected as Ebony Magazine's "Power 150" for activism. Event also features a panel of local experts moderated by Dr. Fred Wiggins, Licensed Psychologist.



Efforts Expand at Eastside Office



ICS is partnering with **New Spirit Lutheran Church** to boost options for neighbors in need on Tucson's east side. The church, which lets us use space for our eastside financial assistance office and Resource Center, also runs a food pantry at the site from 1-4 p.m. on Tuesdays and Thursdays and 10 a.m. to 1 p.m. on Saturdays.

Under the partnership, ICS will help with food drives and recruit and train volunteers for the pantry, which offers emergency food boxes as well as extra canned and dry goods, meat from the Community Food Bank of Southern Arizona, and fresh vegetables grown onsite or purchased through Market on the Move.

On the horizon, the church plans to allow ICS to expand into its former youth room and use it as a reception area that will be shared with food pantry clients. The room is connected to the current Eastside Resource Center. It's an open space with couches and a bookshelf that ICS Eastside Coordinator Lori Block could see holding toys for children of clients who are waiting to be seen or to go through the food pantry.

The move will also enable ICS to relocate its eastside reception desk into the shared area. Currently, the desk is in the same room as the eastside case management desk. Separating the desks will improve client privacy. The converted space will serve as a hub where all clients can gather as they access the food pantry or ICS services. ICS opened its eastside office in 2006 to respond to the needs of people who live on Tucson's east, far from where many of the city's basic services are located. The office initially offered emergency financial assistance and case management. In 2012, ICS opened a Job Resource Center at the site, providing one of the only places in the area where people could get free one-on-one help with building resumes, learning or polishing interview techniques, and conducting online job searches.



Helping a client at the Eastside Resource Center

Jim, an HVAC technician, is one of many people who have received help at the eastside offices. His entire department is being laid off, and as of May 22, he'll be out of a job. Jim heard about the ICS Eastside Resource Center through his fiancé who got a job after using the services. While Jim is accustomed to working with his hands, he had to learn how to use the computer to set up a free email account and apply for jobs online. He also needed help assembling his resume. Jim is feeling optimistic about his job search and appreciates the "intensely personal" help he receives at ICS.

"Our partnership with New Spirit Lutheran Church provides clients with one location to get help with many basic needs," remarked Lori Block, Eastside Case Manager. *"We are all very excited about setting up a joint reception area which will give people a comfortable place to wait, that is out of the weather, and will provide information about all services offered at this location, as well as information about other agencies and organizations that may be able to help them."*

ICS Eastside Office

8701 E. Old Spanish Trail, on the campus of New Spirit Lutheran Church

Hours:

- **New Spirit Food Pantry**
1-4 p.m. Tuesdays and Thursdays
10 a.m. - 1 p.m. Saturdays
- **ICS Financial Assistance/Resource Center**
10 a.m. - 3 p.m.
Monday through Thursday

Eastside Volunteers Needed



ICS is currently seeking volunteers who can lift up to 50 lbs. If you'd like to volunteer at the New Spirit food pantry, contact **Volunteer Resources Manager Sandi Brickley at 520-297-6049 ext. 217**. For more information about the pantry and our partnership, call ICS Associate Director Terri Patt-Smith at 520-297-6049 ext. 211.

Special Thanks...

Rincon Congregational United Church of Christ, Church of the Painted Hills United Church of Christ, and Oro Valley Church of the Nazarene participated in the "**Souper Bowl of Caring**" on Super Bowl Sunday, February 2. They collected much-needed items for the ICS Food Bank at a time when donations slow down. The **Tucson Chamber Artists** offered tickets for prime seating at its **10th Anniversary Signature Event** in January to ICS to sell and keep a portion of the sales from those tickets. The **Tucson Dance Academy** presented ICS with a check for \$1,500 to support our programs after making us the beneficiary of their holiday **Spirit of Christmas** show. The **International Christian Cycling Club** and St. Andrew's Presbyterian Church held the **Third Annual Vistoso Challenge Charity Bike Ride** in January, raising over \$2,000 for ICS's programs. *Thanks to all for making a difference!*





Support ICS on AZ Gives Day April 9

Arizona Gives Day is a chance for all Arizonans to unite to raise money for local nonprofits and causes they care about. It's a 24-hour, online movement to harness the giving power of our community.

ICS is asking our supporters to participate by going online to AZGives.Org and making a tax-deductible donation to ICS on April 9. Whether \$10 or \$10,000, your contribution will help ICS make a difference for people in need in Pima County. By giving on this special day, you'll be part of a powerful effort to make our state a better place.

Just what does your support do for ICS?

- \$10** enables ICS to provide a gas voucher to help a person in financial crisis look for or keep a job.
- \$25** supports three families with emergency food through the ICS Food Bank.
- \$50** provides 12 meals to low-income seniors through ICS Mobile Meals.
- \$100** allows ICS to help two people obtain the medications they need to stay healthy.
- \$500** assists six families with their electric bills.
- \$1,000** provides a month's rent to help two families stay in their home.

Consider giving a gift and asking 10 of your friends to do the same. Your donation to ICS on AZ Gives Day may also help us earn even more. Prizes in the form of additional cash donations are given throughout the day to the Arizona charities with the most donors overall, the highest donation amount overall, the most donors for small nonprofits and the most donors per hour during specific hours.

AZ Gives Day runs from midnight to 11:59 p.m. on April 9. Visit www.azgives.org and search for Interfaith Community Services to make your donation. If you want to help and don't want to forget on April 9, you can already go online and schedule your donation. Thank you for caring!



Fun Atmosphere Brings Volunteer Back to Phone Work

When **Ruth Ann** retired from her job at American Airlines after 20 years of helping customers over the phone, she thought she never wanted to do that type of work again. When she came to ICS volunteer orientation, she made it clear on the interest form. "I'll do anything but talk on the phone," she wrote.



But when her volunteer group took a tour of ICS, she was struck by the camaraderie and joyful atmosphere of everyone in the transportation office. She knew that was just where she wanted to be.

"So here I am, working on the phones again," she says with a laugh.

Ruth Ann is one of the dedicated people who schedules rides for Pima County seniors and individuals with disabilities so they may continue living independently. She coordinates volunteer drivers for those who need them. The tasks are similar in many ways to how she spent her working career, including the fact that a friend who worked side-by-side with her at American Airlines now also works the phones for **ICS Transportation**. "It's customer service and helping people," she says, and "The recipients are so sweet and so grateful."

One of the most interesting people she's assisted is a 90-year-old woman who was taking painting classes, Ruth Ann says. "That was so cute. Every week, someone would drive her to her art class. That says more about her than anything," she adds.

Although scheduling free transportation for people who can't get around on their own anymore is a very important job, Ruth Ann says it's no sweat to come in and help. She admires the drivers and their patience. "(Volunteering at ICS) doesn't take much out of your life, and it gives so much to you," she says. "It takes very little – not even sacrifice – on your part, to get some satisfaction from at least helping a little bit."

If you are looking for rewarding volunteer opportunities, ICS offers many ways to get involved and make an impact. See the ICS website for volunteer openings or contact **Sandi Brickley, Volunteer Resources Manager** at sbrickley@icstucson.org.

Volunteer Orientation Schedule

Northwest: 10 a.m. to noon at 2820 W. Ina Road	Eastside: 10 a.m. to noon at 8701 E. Old Spanish Trail
<ul style="list-style-type: none"> ● Thursday, March 27 ● Thursday, April 3 ● Wednesday, April 16 ● Wednesday, May 7 ● Thursday, May 22 	<ul style="list-style-type: none"> ● Monday, April 14 ● Monday, May 12 ● Monday, June 9 ● Monday, July 14 ● Monday, August 11

Faith Engagement News

ICS's 73 faith community partners are the heart of our serving so many people working to regain their independence and stability. We are fortunate to serve with such dedicated communities of faith. **Thank you!** Here's a sampling of congregations' hearts and hands at work:

- **Christ the King Episcopal Church** and **Rising Star Baptist Church** hosted our most recent Faith Council meetings of the advocates from our congregational partners.
- **Southside Presbyterian Church** and **St. John on the Desert Presbyterian Church** hosted alternative giving fairs for members to give gifts to various missions, including ICS, in honor of loved ones.
- **Oro Valley Church of the Nazarene**, **Church of the Painted Hills** and **Rincon Congregational United Church of Christ** held Souper Bowl food drives on Super Bowl Sunday to support the ICS Food Bank.
- **Alive Church** and **Unitarian Universalist Church of Tucson** invited ICS staff to speak in services, and clergy and members of **Beautiful Savior Lutheran Church** and **Mountain Vista Unitarian Universalist Church** visited ICS.



To schedule a visit to ICS or to have ICS staff speak to your congregation or to explore having your congregation join ICS in the good work described in this newsletter, call us at 520-297-6049.

Faith Communities and Health

The next *Bridging Faith and Health: Congregational Health Leader Training* will take place in May. Anyone interested in gaining insights into building a health ministry in your congregation is encouraged to participate in this training. These are ministries that help people address all aspects of their health – spiritual, physical, mental, relational – in the context of their faith. More details will be forthcoming or contact Karen MacDonald at 520-297-6049 ext. 221 or kmacdonald@icstucson.org.

Here are examples of health ministries offered by ICS partner congregations:

- **Ebenezer All Nations Seventh Day Adventist Church** is hosting the Complete Health Improvement Program (CHIP), a lifestyle education course that helps participants learn habits to prevent or reverse chronic disease while experiencing positive changes in energy, mood, and resilience.
- **Mountain Shadows Presbyterian Church** has grown a thriving health ministry that includes collaborating with two other churches to present a caregivers workshop and offering a seminar led by the pastor for members on healing prayer and home Communion.

ICS is available to assist congregations in developing their own health programs. Contact **Karen MacDonald** to get started!

Thanks to Our Faith Community Partners

Abiding in Christ Fellowship • Aldea Spiritual Community • Alive Church • Ascension Lutheran • Avra Valley Community Church • Baha'i Faith - Oro Valley • Beautiful Savior Lutheran • Canyon del Oro Baptist • Capilla del Sol Christian • Casas Adobes Congregational UCC • Catalina United Methodist • Christ Presbyterian • Christ the King Episcopal • Church of the Apostles Episcopal • Church of the Everlasting Gospel • Church of the Painted Hills UCC • Community Christian Church Marana • Congregation Anshei Israel • Congregation Chaverim • Congregation Or Chadash • Congregation M'kor Hayim • Cortaro Vista Community Church • Country Club at La Cholla Chapel • Desert Skies United Methodist • Dove of Peace Lutheran • Ebenezer All Nations Seventh Day Adventist • Faith Christian Fellowship of Tucson • First Christian Church • Flowing Wells Baptist • Fountain of Life Lutheran • Grace St. Paul's Episcopal • Immanuel Presbyterian • Maranatha Seventh Day Adventist • Mountain Shadows Presbyterian • Mountain View Baptist • Mountain Vista U.U. Congregation • New Spirit Lutheran • Northminster Presbyterian • Northwest Baptist • Northwest Community Friends Church • Oro Valley Church of the Nazarene • Oro Valley United Church of Christ • Our Saviour's Lutheran • Pusch Ridge Christian Church • Resurrection Lutheran • Rincon Congregational UCC • Rising Star Baptist Church • Sanctuary United Methodist • Santa Catalina Catholic • Southside Presbyterian • St. Andrew's Episcopal Church • 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. Matthew's Episcopal • St. Michael & All Angels Episcopal • St. Odilia Catholic • St. Philip's In The Hills Episcopal • Streams in the Desert Lutheran • Tanque Verde Lutheran • Temple Emanu-El • Templo La Uncion • The Good News Community Church • Third Church of Christ, Scientist • Tortolita Presbyterian • Tucson Community of Christ • Unity of Tucson • Unity Spiritual Center of Peace • U.U. Church of Tucson • Vida Nueva/New Life Church of God



DEAR NEIGHBOR,

If you are 55 or better, you probably don't need another retirement community bombarding you with junk mail or probing questions. **I am not writing today to change your mind.** I am simply writing to tell you about a different kind of option at **Splendido**.

Thinking ahead, **we built a different kind of community** altogether. We mean your investment is **protected** here—90% refundable. You're even guaranteed a full refund up to 120 days. Your estate is safe and backed by an organization you can trust, with more than 70 years experience in our area. But beyond that—we work to ensure **your future health care needs are met**, if and when the need should arise.

It's a plan for tomorrow, and the day after . . . and the day after that. It's a plan for your future that protects you, your children, and those you care about the most.

Be a little curious. You may be surprised with what you find.

Sincerely,

Tom

Tom Rios
Experience Director
Splendido

13500 N. Rancho Vistoso Blvd., Tucson, AZ 85755
(520) 762.4090 | www.splendidotucson.com



ICS is pleased to feature our corporate partner Splendido!

Got Fruit Trees? Don't Let the Fruit Go to Waste!



ICS works with **Iskashitaa**, a network that empowers refugees by creating opportunities to better integrate with the larger Tucson community while gaining skills that serve them in America. That includes harvesting – or “gleaning” – fruit from the trees people have at their homes and then distributing the fruit to area food organizations, including the **ICS Food Bank**. If you'd like to volunteer to harvest or if you have fruit that needs harvesting, please call 520-440-0100. Be sure to specify you want your fruit sent to ICS. Thank you!

Thanks, Corporate Partners

Platinum



Gold



Silver



Copper



Recent Foundation & Corporate Grants & Gifts *Thanks to these business and foundations for supporting our work:*

- Wal-Mart Stores - La Cholla & Ina
- Northern Trust Bank
- Kai Family Foundation
- East Valley Lutheran Thrift Shop Inc.
- The David C. and Lura M. Lovell Foundation
- Oro Valley Community Foundation
- Trico Electric Charitable Trust

Coming Events – Mark Your Calendar!

Annual “Bach’s Birthday” Concert
2 p.m. Saturday,
March 22,
Dove of Peace Lutheran Church, 665 W. Roller Coaster Road



Dove of Peace presents its annual Bach’s Birthday concert featuring the music of the Baroque master. Members of Tucson Chamber Artists and the Tucson Symphony Orchestra will perform Bach’s Trio Sonata for Flute and Violin with Benjamin Nisbet on violin and Alexander Lipay on flute, and his sublime Violin Concerto in A-minor with Emma Votapek on violin. An offering will be collected to benefit ICS, and birthday cake will be served!

Alive Church’s Inaugural Community Golf Challenge Benefiting ICS
1 p.m. Saturday, April 5
La Paloma Country Club
3660 E. Sunrise Drive



Alive Church invites the community to tee up in this four-person scramble golf tournament in support of ICS at beautiful La Paloma resort. Fees are \$125 per person or \$500 per foursome. Cost includes dinner at Alive. Raffle, silent auction and prizes are also featured. To register or for more information, call Bill Boltz at 520-370-8553 or go to the “What’s Happening” tab at alivechurch.com.

Free Write-A-Will Workshops
3-4:30 p.m. Monday, March 24
St. Francis in the Foothills United Methodist Church, 4625 E. River Road
Presenter: Robby Adamson, Attorney

10-11:30 a.m. Wednesday, March 26
St. Mark’s United Methodist Church, 1431 W. Magee Road
Presenter: Jim Marvel, Attorney



Do you need to update or write your will? Join ICS for free Write-A-Will workshops presented by experienced estate attorneys. Have you experienced a major life change such as the birth of a child or grandchild or the death of a spouse? Do you know if your will is valid and in order? Are you looking for ways to make a difference for a favorite faith community, school or charity that will last long after you are gone? In partnership with the Planned Giving Roundtable of Southern Arizona, ICS is again sponsoring free, 90-minute interactive seminars that offer education about making or updating a will, how to protect even the most modest estate, ways to formalize your wishes, and how to ensure those wishes are known and respected. The workshops are open to the public and are informational only, not a sales presentation. To reserve your spot, call 520-297-6049 ext. 228.

MEMORIALS AND TRIBUTES: 1/1–3/3/14

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

All of our cats, starting with Lassie and ending with Caterina: Lee & Teresa Hager-Milligan
Wayne & Ann Marie Barry: Fred & Sandra Eaton
Eugene Ray Brown Jr.: Larry & Linda Keegan
Bradley Steven Browning: Marilyn Browning
Ward Budzien: John & Barbara Anderson; Kenneth & Wylene Vinall
Gwynda Downing: Bruce & Doreen Malone; William & Helen Sanders
Olive Edwards: Pete & Sheila Lipera
Anne Ervin: Pete & Mary Quick
Morris Ewing: David & Jean-Marie Huisjen
Beau Felton: David & Marianne Parmenter
Marjorie Funckes: Arnold Funckes
Lois Pauline Hewitt: Violet Hansen

Peggy Holleman: Theresa Miller
Tom Jackson: Catherine Buckner
Elisabeth King: Howard & Dorothy Reeve
Laura & Ronald: Shirley Johnson
Lura Lovell: David Griffis
Richard McGirr: Barb Farr
My Wife, Victor & Becky: Henry Martinez
Bob Poole: John & Mary Smith; Robert & Jane Sterritt
Dorothy Radick: Phillip & Phyllis Davis
Patricia Richardson: Steven Richardson
Elayne “Benny” Robinson: Dick & Bonnie Kampa; William & Kathleen Scherzinger
Charlie Sides: Barb Farr
Linda St. Laurence: Joe Botsko
John Wahl: Joel & Lidia Allen

In Honor Of: Given By

Sandra Sue Belden: Judy Gould
Wendell & Pauline Gardner: Michael & Maridale Powell
Diane Tidwell: Zachary & Merrie Schwartz
Judy Wahl: Joel & Lidia Allen
Dick & Judy Weill: James & Kathleen Wells

ICS is part of Jim Click's 'Million for Tucson' Jeep Cherokee raffle. Visit www.icstucson.org or call 297-6049 ext. 228 for information and/or to purchase \$25 raffle tickets (5/\$100).



Main Office:

2820 W. Ina Road
Tucson, Arizona 85741
campus of Christ the King Episcopal
Ph: 520-297-6049; Fx: 520-797-3029

Eastside Office:

8701 E. Old Spanish Trail
Tucson, Arizona 85710
campus of New Spirit Lutheran
Ph: 520-731-3076; Fx: 520-731-8906

Marana Resource Center:

13644 N. Sandario Road
Marana, Arizona 85653
Ph: 520-744-2485

Email: info@icstucson.org
www.icstucson.org

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Annual **eegee's** Coupons Will Benefit ICS

This year, eegee's has designated ICS as the major recipient of its annual coupon booklet program! Each booklet will be available for a \$7 donation and contains \$48 worth of monthly discounts on eegee's food purchases. The entire amount of the proceeds will be given to nonprofits chosen by eegee's. Of the booklets sold in eegee's restaurants, ICS will receive 75 percent of proceeds. **But ICS gets to keep 100 percent of proceeds from all booklets that we distribute directly!**

The booklets will officially be offered in June in eegee's restaurants; however, eegee's is generously making booklets



available to ICS for distribution this spring. Coupons in the booklet will be redeemable starting in June.

This is an important promotion for ICS. Donations raised will help sustain services, including our financial assistance and Job Resource Center programs for neighbors in need.

The program makes a great project for your youth or community group! **To pre-order booklets** for yourself or your group, please call 520-297-6049 ext. 228 or email mfitzgerald@icstucson.org.

Reserve yours TODAY and help change lives through your contribution!