

QUALITY OF LIFE FOR SEDONA RESIDENTS

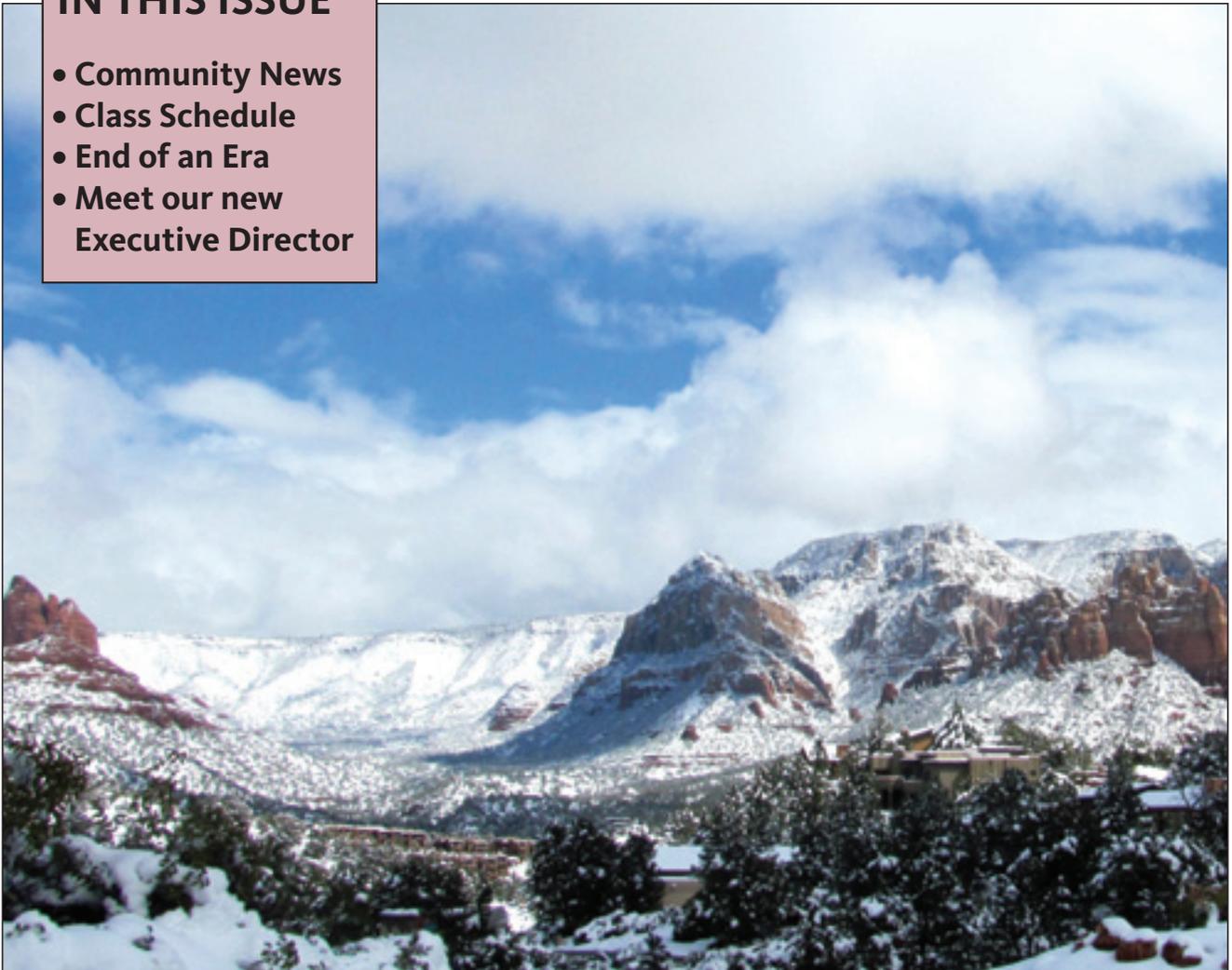
Sedona Community Center



NEWSLETTER - WINTER 2016/2017

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We look forward to a New Year
of good health, prosperity,
an abundance of love and laughter,
and pure happiness for each and every one.

www.sccsedona.org



By Linda Gray, SCC Admin Assistant

Happy New Year!

We had a rewarding and busy fall and winter. We added new classes, increased attendance at existing classes and increased room rentals for those wishing to hold meetings and celebrations.

In October we hosted a **Donor Appreciation party** to thank those who have given so much to support our mission of enhancing the quality of life for people of the greater Sedona community through our award winning food programs, outstanding exercise and educational activities, compassionate supportive services, and by providing a venue for meetings, social and cultural events. It was an afternoon of camaraderie, delicious Hors d'Oeuvres, tasty wines, and superb entertainment by Shondra Jepperson.

We were also busy recording contributions to the Center via the **Arizona Charitable Tax credit program**. This year, contributions were increased to allow a dollar-for-dollar deduction from AZ state taxes from \$200 to \$400 for individuals and from \$400 to \$800 for couples. This was in addition to the Kids Tax Credit, so many worthy charitable organizations were able to gain from this program as well as those who contributed. This year you can contribute to the Charitable Tax Credit up until April 15th!"

SedonaKind is a project of Cornucopia Community Advocates, a nonprofit organization created in 2000, dedicated to the mission of enhancing community spirit and effectiveness through sharing resources. In November they included SCC in their Gratitude Tree Project. As they note on their website, "We adults all get too busy with our lives and often fail to appreciate all the abundance that we already possess. Not only does being grateful help you improve depression and make you happier, you will sleep better and think better, too! By having



The SedonaKind team

Gratitude Trees in the adult section of the Library, the Airport, The Sedona Community Center, Oak Creek Country Club and The Collective, we will encourage adults in all walks of life to think about appreciating every moment, to notice all that they have and be grateful for it, and to create an attitude of gratitude."

*Gratitude unlocks the fullness of life,
It turns what we have into enough, and more.
It turns denial into acceptance,
chaos to order, and confusion to clarity.
It can turn a meal into a feast,
a house into a home, a stranger into a friend.
Gratitude makes sense of our past,
brings peace for today,
and creates a vision for tomorrow.*

Melody Beattie

Mountain High Flowers has adopted the Sedona Community Center through 2017 and has created several fund raising activities for us. They have, for some time, donated flowers on a weekly basis to spread caring and cheer for our Meals on Wheels clients. They now prepare Birthday Blossoms for our Meals on Wheels clients and for those partici-

pating in our congregate lunches. They also send Holiday Blooms for three holiday occasions. Live flowers for Valentine's Day and Thanksgiving, and Poinsettias for Christmas add color and life for all Meals on Wheels recipients. In addition, they are promoting awareness of our Meals on Wheels "So No Senior Goes Hungry" campaign to the community so that more people who could benefit from our food programs can be served. Their tireless work on our behalf is very much appreciated.



Giving Angels

Giving Angels is a 501 (c) 3 non-profit and has been creating Christmas bags for many in the Verde Valley. They collect donated items and their volunteers sort, wrap, bag and deliver the majority of them throughout the Verde Valley. For the past three years they have created and given us these bags for our Meals on Wheels clients. Sometimes the Meals on Wheels program is the only contact these seniors have with their community. They are touched and very appreciative that they are remembered and gifted at this time of love and sharing.

We also want to thank our restaurant partners, **Poco Diablo, Oak Creek Brewery and Grill, and El Rincon**, for sending meals to us, each on a monthly basis, to feed our Meals on Wheels and congregate lunch clients.

On Thanksgiving Day, the Elks Lodge prepared their annual **Thanksgiving Dinner** with all the trimmings. Many in our community enjoyed the excel-

lent meal and the camaraderie to be had by sharing a meal at the Elks Lodge with those in their community. Volunteers from SCC delivered 129 meals to our Meals on Wheels clients, both previous and current. The Elks volunteers delivered to the fire, police, and sheriff departments, radio stations, other businesses and other home-bound residents of the Verde Valley.

The Sedona Welcomers is an organization that provides an inviting atmosphere for women to get to know other women in the Sedona and Village of Oak Creek communities. Created in 1984, the Welcomers greet new residents as they move to the area and invite them to join. Their numbers have grown steadily over the years and they now have between 200 to 250 members. Their meetings are held eight times a year on the fourth Wednesday, with luncheons and presentations by interesting speakers. The December meeting is held on the second Wednesday. At the annual Christmas Faire held each December, the Welcomers make charitable donations to local non-profit organizations. This year (2016) they presented a donation to the Sedona Community Center. We greatly appreciate their support.



Natalie Stetz Tobias created Mitzzi's Slippers holiday gifts. She does this in honor of her mother. For the last two years she has donated slippers for all of our Meals on Wheels clients. You can imagine how appreciated these warm, fuzzy slippers are.

Erica Finch of Sedona Monthly magazine donated colorful, fun, warm socks for all of our Meals on Wheels recipients. Adding warmth on cold winter days adds cheer and comfort.

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Meet our new Executive Director!

Brenda Redel found her passion in 1986 while volunteering in a local neighborhood nursing home. Brenda says, "I drove by the center to and from work each day and one afternoon felt compelled to stop in and offer my assistance to the elders there. Things just clicked after that and have been clicking ever since."

Studies in creative art and advertising with a Bachelor of Fine Arts degree were a natural bridge to Brenda's leadership roles in health and social services. Through twenty years of progressive executive leadership, her affinity for the elderly expanded into a desire to make a positive impact throughout her local and regional community.

Brenda is known for community collaboration and building high performing teams that can get things done. Recognizing the importance of a unified team vision, she received formal training and is a skilled practitioner in Gallup Employee Engagement techniques.

As director of the Glendale Adult Day Health Center, Brenda was the first to design a program featuring art, music, movement, physical and occupational therapies that reached dozens of community members with traumatic brain injury and memory loss. Another first was leading a team in developing Kindervention, a unique, inclusive preschool for children with developmental delay that provided a specialized curriculum led by skilled early interventionists.

Brenda hasn't exactly left her first love. She continues to volunteer whenever possible for functions such as the Autism Academy's Sensitive Santa event or managing the registration booth for a



local non-profit's annual gala. When she can sneak away from the crowds, Brenda enjoys settling in behind her personal computer to peck away at a series of fictional adventure stories. Along with coauthor and husband, Kenny Cole, she hopes to have the book ready for publishing soon.

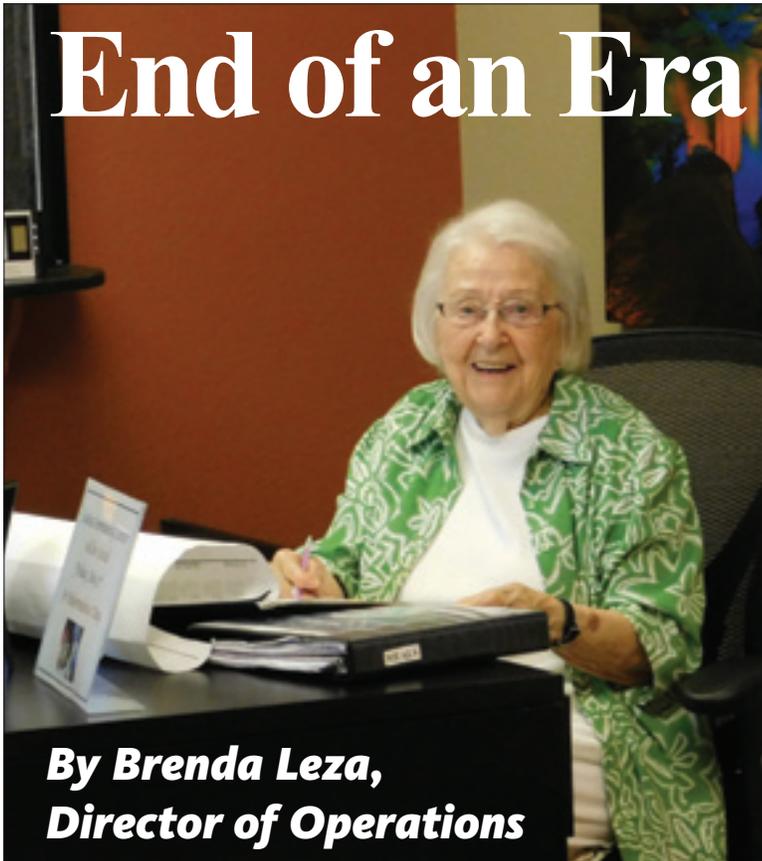
Brenda is excited to be joining the compassionate, impressive team at the Sedona Community Center. For whatever stage of life that people may be, Brenda finds great personal fulfillment in providing that link or resource towards a richer and fuller future for them. She looks forward to working with the team to find ways to enhance and add even more value to the already vital services that the SCC provides to the Sedona community.

Community News, Continued from page 3

December 10th was one of Sedona's favorite annual events; the Sedona Arts Center's super creative **Loving Bowls**. Over 1100 bowls and ceramics objects were offered for \$10, each lovingly made by

volunteer potters and ceramicists—and carefully glazed in SAC's studio by the indefatigable Cliff and Katie Hamilton. A wonderful collection of hand-made glass bowls, courtesy of The Melting Point, was also featured. As always, delicious chili and a desert were served (thanks to our own Chef Peggy). Proceeds from the one-day event go to support the Sedona Community Center, Sedona Food Bank, and Sedona Arts Center.

End of an Era



**By Brenda Leza,
Director of Operations**

It is the end of an era here at the Sedona Community Center. Our beloved receptionist, greeter, and honorary “mom”, Helen Kuczek, retired on Wednesday, November 2; her 95th birthday. We miss her smiling face and down home Tennessee sweetness every day. Helen had been

the “face” of the Center for over 12 years; 2 years as a volunteer and the past 10 years as part of our staff. She had taken fewer sick days than most of the rest of the staff and never had a complaint about having to come to work. She worked 5 days a week up until the first of last year, and Monday’s became a little harder to take without Helen at her desk. Helen was very involved in the Meals on Wheels program for most of her time here, and the drivers who deliver those meals have a special place in their hearts for her. She was the go-to person when we needed volunteers for special projects, as it was very difficult for any of them to say “No” to Helen. Her southern accent with the imploring words, “Honey, I need you, can’t you come help me out?” were sure to bring them in. I believe Helen was the most senior full time employee in Sedona, and I am sure that our appreciation, care and love for this woman will not wane in her absence. We honor her and thank her for all the years she has devoted to us, but do not begrudge her a bit of her retirement. She truly has earned it. Helen, we

love you and wish you a grand retirement and hope you can enjoy your leisure. We do hope you will grace us with your presence for lunch when you “take a notion”. You will always be welcome at our table.

Lunch at SCC



Every Monday - Friday at 12:00 PM, the Sedona Community Center cooks up a nutritious and scrumptious lunch! Chef Peggy prepares an appetizing three-course meal, cooked fresh daily in the Center’s kitchen. New menus are planned monthly and are available at the Center or on our website. For a \$5.00 donation, with no tax and no tip, it’s the best lunch deal in town! All ages are welcome. We ask diners to please call one day in advance (928-282-2834) to reserve their place at the table. For those who need a ride, with a two-day advance notice, Verde Valley Caregivers (928-204-1238) has partnered with the Center to provide FREE transportation.

Classes



*Some Classes: Prepaid tickets 4 classes for \$25.00 – Drop in \$7.00
Excludes Silver Sneakers, Art Class and WaterColor Class*

Exercise, Health and Wellness



Silver Sneakers Fitness Programs

with Karen Runyon

Silver Sneakers Classic

Monday & Wednesday 9-10am

Move to music through a variety of exercises designed to increase muscular strength and range of movement.

Class Cost: \$5.00 - Insurance Accepted

Silver Sneakers Chair Yoga

with Karen Runyon

Monday 10:15 – 11:15 am.

Offers seated and standing yoga poses with chair support to increase flexibility, balance and range of movement.

Class Cost: \$5.00 - Insurance Accepted



Building Brain, Bone and Balance

With Karen Runyon, Instructor

Wednesdays 10:15 – 11:15 am

Low key movements, resistance training and balancing postures to promote stability, balance, agility.

Class Cost: \$5.00

Exercise, Health and Wellness



Wiggle and Giggle

Michelle Barrett, Instructor

Tuesday and Friday 9:00 – 10:00 a.m.

Aerobic dance, balance, toning, stretching and laughter. Laughter is a big part of the class! Exercise chairs available for those who wish to chair dance. Class Cost: \$5.00

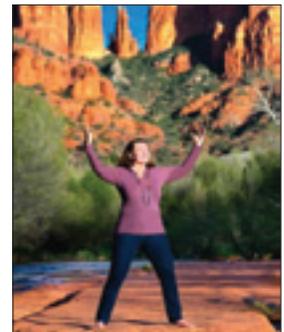
Medical Qi-Gong

With Lisa Bryant Dubrow

Mondays

10:00 – 11:00 am

Medical refers to using qi-gong to create health and healing in the body, as opposed to martial qi-gong or shen-gong. Medical Qi-Gong is a



mind body practice that improves one's mental, emotional and physical healthy by integrating postures, movement, breathing techniques and more. Class cost: \$5.00

**Call the Sedona Community Center
at 282.2834 for more information**



Mind, Body, and Spirit

Exercise, Health and Wellness



Meditation

With Anita D'Onofrio
Tuesdays 6:30 – 7:30 p.m.

Find that quiet place within yourself and relax, rejuvenate and be at peace.

Kundalini Yoga & Meditation

With Margareth – KRI certified.

Wednesdays
5:30 – 6:30 p.m



This is pure Kundalini Yoga in its authentic form certified by (KRI), Kundalini Research Institute. Kundalini Yoga is a sacred modality with a precise technique. It is the yoga of awareness, a spiritual yoga. Each class incorporates all 8 limbs (aspects) of yoga – movement, meditation, chants, sound, and deep relaxation to achieve an accelerated spiritual growth. The practice of pure Kundalini Yoga creates a strong connection to our higher guidance, while strengthening our core being to function effectively in the world. It is also excellent for depression, nervous system, immune system, flexibility and balance. Beginners welcome! Cost: \$10.00 per class.

Education

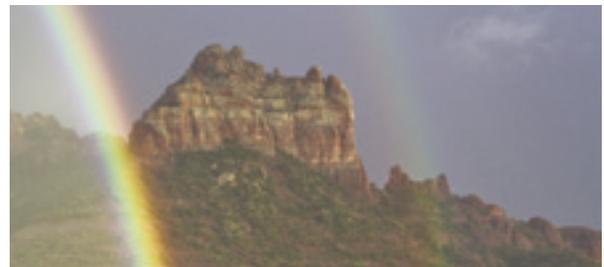
Watercolor Classes

With Cathryn Stedman

Wednesdays 1:30 – 4:30pm



This class is offered to beginning and intermediate students. Bring your watercolors and paper and join us for art and community. All levels are welcome. Classes \$10.00 each



A Course in Miracles

With Joan Harrington

Fridays 10:00 – 11:30 am

A unique, universal, self-study spiritual thought system that teaches that the way to Love and Inner Peace is through Forgiveness. Donation.

Life After Loss

Provided by Hospice Compassus at the Sedona Community Center

1st & 3rd Thursdays monthly - 10:30 – 12:00 a.m.

Ongoing grief counseling and bereavement support group in a quiet private setting. No charge.



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P.O. Box 2894
Sedona AZ 86339

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www.sccsedona.org

- Our services are partially funded by AAA/NACOG/DES, ALTCS, and the City of Sedona, and by the generous donations of people like you!
- Sedona Community Center is a 501C3 Non-Profit Organization.

OUR MISSION

Our mission is to enhance the quality of life for people of the greater Sedona community through our award winning food programs, outstanding exercise and educational activities, compassionate supportive services, and by providing a venue for meetings, social, and cultural events.

For the last quarter of 2016 SCC served:

Meals on Wheels: 3,546 meals
Community Lunch: 1,201 meals
Breakfast/Weekend Club: 1,845 meals

