

The Center Newsletter

June 2020

Words cannot express the depth of gratitude we have for you, our supporters. When the pandemic crisis hit, we were able to expand our meal program. We are now serving over 900 meals a week. The donations made by you have kept us going strong. The impact of your support cannot be measured in dollars. Your support has given our seniors and homebound hope, and given us confidence that we can provide the services needed. Thank you!

Thank You
FOR YOUR
SUPPORT

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Thank You Notes

“Thank you for your loving care of the Payson seniors. The meals are great and the handouts keep our minds and hands busy. You all are truly a blessing and appreciated. Together we’ll make it.”

Love & Bear Hugs, Mary K.

“Thank you for your great meals and caring service in these chaotic times.” Kent & Pennee

“Your meals, snacks, and kindness do not go unnoticed”

Family of Teresa



A Win for All by Robert Strayer

I've been a member of the Payson Senior Center for over three years and no matter where I go or who I talk to, I share what a great place the Senior Center is.

When I joined the Payson Senior Center, I met with employees and volunteers who had energy. Energy is contagious. Staff showed me the benefits the center provides. Everything from Bible study which is my favorite, to dance to aerobics to movies and craft workshops and even a great kitchen staff that cooks awesome meals. Sharing and Caring all in one place. Who can ask for anything more?

I attended a Volunteer Seminar where information was shared on what was available to do at the center. I thought about the joy I felt serving others working at a restaurant in my younger years. I decided to volunteer serving meals directly after our Bible study. What a joyful feeling that is when we give of ourselves.



The best answer as to why I support the Payson Senior Center is that my life has been blessed personally. I am blessed by staff, volunteers, and members of the center because they make me feel like part of their family. We never know how long we will be here. I try to make any interaction with others the best and most fulfilling they may have that day. For tomorrow, they may be gone. If I can make someone's life better today, I will try my best.

In conclusion, the Payson Senior Center helped me be a better person, allowing me to serve others in so many ways.

My wife Linda supports the Payson Senior Center because she is a social butterfly and, because of that, volunteering for the Payson Senior Center's Fund Raisers is a perfect fit. She realizes some seniors become isolated with limited contact from others. Being a part of the fund raiser gives her the opportunity to connect with fellow seniors and form new social relationships while raising money for the center.

It's a win-win for ALL!



Benefits of a Nap

by: Ann Leonard



Did you know that occasional napping (1-2 per week) was associated with a 48% lower risk of a heart attack, stroke, or heart failure compared with those who didn't nap at all? This association held even after controlling for factors such as age, nighttime sleep duration, daytime sleepiness, depression, and regularity of sleep, as well as other cardiovascular disease risks such as high blood pressure or high cholesterol. The only factors that influenced this link were older age (65+) and severe sleep apnea.

This study was done in Switzerland for over 5 years with selected residents of Lausanne with participants between ages 35 and 75. There were all kinds of statistics referenced in the article. And at the end of the article, it gave a disclaimer that maybe there weren't enough facts yet. This study was referenced from the paper "Association of napping with incident cardiovascular events in a prospective cohort study" published in the journal Heart.

Anyway, my husband decided he needed to nap every day.



THANK YOU!

SAFEWAY 
— Foundation —

THANK YOU Safeway Foundation for your generous donation to the Payson Senior Center! Your support is helping us continue and expand meals to our Homebound and other services.



Trinkets & Treasures is our fine re-sale store that provides 30% of our funding. We temporarily closed our store due to COVID-19. We are happy to say that we were awarded two grants to help us. We are grateful for the support from our local businesses.

(Trinkets & Treasures is re-opening with limited hours)

THANK YOU!



**WELLS
FARGO**



THANK YOU Wells Fargo for your donation to the Payson Senior Center!

Your support is helping us continue our services such as Meals on Wheels and Senior Transportation.



COVID-19 Prompts Giving



Preston Miller, a twelve-year-old in our community, created these beautiful sketches. He gave them to the Senior Center hoping they would bring some joy and encouragement to our seniors.

Payson Care Center provided 160 goodie bags for our Meals on Wheels Homebound and Seniors. A yummy treat that brought smiles to many. The Powell Place also provided wonderful bags with snacks and games.



The Central Arizona Board of Realtors donated a \$2,500 donation to our Meals on Wheels program. Many local realtors also made a personal donation. These funds were crucial in keeping our doors open and our meal program expanding. The support of our community is what keeps us going strong.



Local sewing enthusiasts provided the Center with enough masks for all of our homebound, seniors, and staff.



A Happy Life with a Furry Friend

by: Ann Leonard

Our Payson Humane Society has pets of all sizes and ages. I recommend adopting an elderly dog or cat that needs a forever home. Many of us are alone most of the day and a cat or small dog sitting with us is comforting companionship. Plus, a pet is supposed to help with lowering blood pressure. I haven't had a dog or cat ever tell me I was goofy about anything I thought or did. The Humane Society has a program "Senior to Senior" - personally I think they should call it "Older American to Experienced Pet" but I digress. Any senior 60+ qualifies for a reduced rate adoption of any animal that is 7+ years in age. It's a \$25 adoption fee. If you are on home-delivered meals, the Senior Center may be able to assist with some pet food and a pet doctor visit.

For more information please

visit <http://humanesocietycentralaz.org/> or call [\(928\) 474-5590](tel:9284745590)



Activities in a New Way

Exercise, Bingo, Bible Study, Line Dancing, and other activities are still thriving despite the pandemic! Even though the Center is closed to in-house activities, it doesn't mean that we are not active.

We have VIRTUAL ACTIVITIES:

Tuesdays & Thursdays you can join Joanne on Zoom for Strength & Balance classes.

Wednesdays you can join Laura or Jan for Phone Conference Bingo, Join Edwin for Phone Conference Bible Study and wrapping up your Wednesday you can Join Dodi & Laura for Zoom Line Dancing.

Fridays you can join Laura for Zoom Line Dancing. This Week you can join Sharon for our Senior Bookworms Club via Zoom on Wednesday.

Zumba with Bernie via Zoom Mondays, Tuesdays, and Wednesdays.

***Please visit paysonseniorcenter.org for schedule updates**



Our first line dancing class held online was a success! A big shout out to Lois (age 91) and Ed (age 88) and to all the others for dancing with us! For more information please call the Center @ 928-474-4876 or border



COVID-19 Tax Incentive for 2020



The Coronavirus Aid, Relief and Economic Security (CARES) Act includes several temporary modifications to current tax laws that can be utilized in 2020. One of these modifications was created to encourage taxpayers to continue to make donations to qualified nonprofit organizations such as The Payson Senior Center during these difficult times.

The CARES Act allows individuals to contribute up to \$300 to a qualified nonprofit in 2020 as an "above-the-line" deduction. This means you can take the deduction even if you don't itemize deductions on your tax return or would otherwise be limited in the amount of deductions you can take. This above-the-line deduction will also reduce your adjusted gross income (AGI) which could actually increase the deductibility of other expenses, improve your qualification status for IRA contributions, etc.

This tax modification will only be available in 2020, so please consider donating up to \$300 to the Payson Senior Center to take advantage of this program. This is an opportunity to benefit The Payson Senior Center and your tax return at the same time!

The AZ Tax Credit is one of our main sources of funding. Do you have friends and family that work in AZ and have a AZ state tax liability? Would you consider sharing our tax credit program with them?

www.paysonseniorcenter.org



ARIZONA
CHARITABLE TAX
CREDIT

HERE IS MY DONATION OF \$ _____

I want to help provide for critically needed meals and transportation programs!

Please make checks payable to Payson Senior Center & mail or drop off at The Center 514 W. Main St.
OR complete the Visa or MasterCard information below and mail or drop off at The Center.

YOU MAY ALSO DONATE SECURELY ONLINE: www.PaysonSeniorCenter.org

Card Number _____

Expiration Date _____

CCV# _____

Name on Card _____

Billing Zip Code _____

Please fill out the following information for your tax receipt:

Name: _____ Phone: _____

Address: _____

EMAIL (optional): _____

A RECEIPT FOR YOUR RECORDS WILL BE MAILED TO YOU

Here is my gift of \$25 \$50 \$100 \$250 \$1,000 \$1,950 (1 yr. of Meals on Wheels to a Homebound)