

Y OPAS

Helping Seniors Thrive



(back row) Vicki McAllister, Maggie Barkdoll, Brian McDonald, Kate Bibber, Jane Forde (front row) Marcia Wright, Jill Sears, and Maureen Davies.



Cossette Wiedenroth, Beverly Strom, Madeline Carney, and Jeanne McLain.

decide on a local charity to support. By pooling their donations together, the group creates an impact in the community that far exceeds that of one single person's donation.

In May, 100+ Women Who Care donated \$10,900 to Y OPAS. Sears was overcome with gratitude and stated, "Having the support of our community means everything to us. We could not do what we do without volunteers from the community and support from our generous community partners. This gift is huge for us."

To learn more about Y OPAS and volunteering your time, visit www.ValleyYMCA.org/OPAS. 100+ Women Who Care Valley of the Sun meets quarterly and welcomes guests who have a heart for giving. Register for their August 27 giving circle or learn more at www.100WWCValleyoftheSun.org.



community impact
By Kim Tarnopolsk | Submitted photos

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In Ahwatukee, there's an ongoing need to support our growing senior population. As individuals age, some people find it difficult to remain as independent as they once were. Driving to appointments or running errands becomes a challenge; simply leaving the house is impossible for some seniors.

Thankfully, our community has an organization dedicated to helping our seniors. Y OPAS is an outreach program, under the umbrella of the Ahwatukee Foothills Family YMCA, that serves seniors 65 and older, living independently in Ahwatukee. Their mission is to provide support services that enable seniors to maintain their independence.

Many of Y OPAS's clients rely on their services as their only source of transportation and socialization. One such client, Patricia, said, "I have been with Y OPAS for several years, and just last year, Y OPAS provided 79 rides for me. That's 79 times a caring, compassionate volunteer not only provided transportation to all my many medical appointments, Y OPAS social events and shopping, but companionship and the peace of mind to know I never had to worry about how I would get there."

Jill Sears, program director of Y OPAS, had the opportunity to bring Y OPAS' mission to the attention of 100+ Women Who Care Valley of the Sun. Jill is a member of this philanthropic group that allows its members to nominate local charities, resulting in awareness, exposure, and funding for the organizations. Quarterly, this group of 100+ women collaboratively

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