

Community

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100+ Women extend helping hand to Y OPAS

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In the heart of Ahwatukee, a quiet revolution has unfolded - one that champions dignity, independence, and the power of human connection.

The Outreach Programs for Aging Seniors (Y-OPAS), a heartfelt initiative by the Ahwatukee Foothills Family YMCA, is transforming the lives of seniors by ensuring they remain vibrant, valued, and, most importantly, independent.

Established in 2001 and embraced by the YMCA in 2006, Y-OPAS is more than a program; it's a lifeline for seniors aged 65 and older in Ahwatukee.

With the support of compassionate community volunteers, Y-OPAS offers free services that address the everyday challenges seniors face - provid-

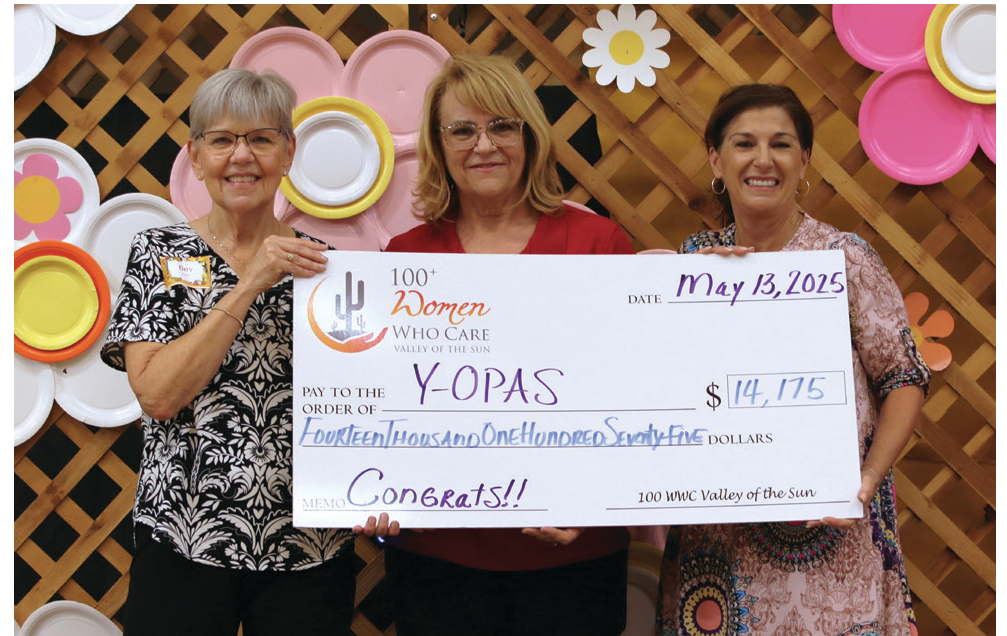
ing transportation to appointments, assistance with grocery shopping, friendly visits, and even minor handyman tasks.

The beauty of Y-OPAS lies in its simplicity and sincerity. Volunteers, aged 21 and above, bring more than just their time; they bring warmth, companionship, and a sense of community.

Whether it's a ride to the doctor or a shared cup of coffee, these moments forge bonds that uplift both the seniors and the volunteers themselves.

As our population ages, programs like Y-OPAS become essential. They not only help seniors stay in their homes longer but also enrich their lives with social interactions and support.

It's a testament to what we can achieve



Celebrating the generous gift from 100+ Women Who Care Valley of the Sun - Ahwatukee to Y OPAS are, from left, Bev Strom, Brenda Nichols and Liz O'Neall. (Kim Tarnopolski)

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when we come together with empathy and purpose.

For those seeking to make a meaningful impact, Y-OPAS offers a chance to be part of something truly special. By volunteering, you're not just helping someone with errands, you're affirming their place in the community and reminding them they're not alone.

In April, Brenda Nichols and Bev Strom stepped into the spotlight and shared the heart-warming mission of Y-OPAS with the women of 100+ Women Who Care Valley of the Sun – Ahwatukee.

Their words touched something deep, and the response was powerful. Inspired by their story, the members came together and chose Y-OPAS to receive their collective gift of \$14,175 – a gift rooted in compassion, connection, and hope.

“On behalf of Y-OPAS’ team of volunteers and the seniors we serve, we extend a heartfelt thank you for being selected for this amazing gift,” said Brenda Nichols, Y-OPAS executive director.

“This gift directly impacts the well-being of our aging community, helping to reduce isolation, foster independence and create a stronger more connected environment for those who deserve it most, our senior population. We are humbled by the generosity of 100+ Women Who Care, thank you again.”

Since their very first gathering in 2015, 100+ Women Who Care Valley of the Sun has given more than \$1.4 million to local nonprofits – proof of what happens when women come together with open hearts and a shared purpose.

To be a part of something meaningful, join them at their next Giving Circle on August 5, at the Foothills Golf Club. Guests are always welcome.

Learn more or register at 100wwcvalleyofthesun.org.

To learn more about Y-OPAS or to become a volunteer or a client: valleyymca.org/opas. Together, we can continue to build a community where every senior feels seen, supported, and cherished. ■