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## AI in Healthcare: Turning Data Into Action

Written by Sydney Watts

This is a first look at how AI is supporting providers, improving patient experience, and shaping the future of healthcare.

You see and hear about it almost everywhere these days; Artificial Intelligence, or AI. It's become a constant topic of conversation. In many workplaces, it's already being used to boost productivity and streamline everyday tasks. On social media, AI-generated images and videos are spreading quickly, sometimes so seamlessly that it's hard to tell what's real and what's not. Far beyond offices and digital workspaces, AI is advancing into the spaces built to heal us, reshaping the future of healthcare as we know it.

What many people don't realize is that the future of healthcare isn't coming, it's already here. The implementation of AI usage among physicians increased from 38% in 2023 to 66% in 2024. (CHAI/NA-CHC, 2025). We are witnessing a rapid evolution in real time as AI becomes integrated into healthcare systems across the country. In many cases, it's quietly transforming the way healthcare teams work, often in ways patients may never even see.

New physician residents at learning institutions like TMC Health are learning AI for patient care in real time. Dr. Josh Lee, Chief Information Officer, practicing physician

and medical educator at TMC says "we leverage these new tools with residents in their very first year. They are learning to be doctors in an AI age, which I am really proud of as a medical educator."

### Understanding AI: The Three Buckets

Dr. Lee defines Artificial Intelligence as "using computing power to look at a very large bit of data, called a large language model, to then do something assistive to the user, to be their agent and take actions on behalf of the user through very thorough analysis." TMC Health views AI as a tool to support human expertise- not replace it. As Dr. Lee describes, there are "Three Buckets" of AI:

**Generative:** Asking AI to do something. It's going to create something for you in response to a prompt.

**Agentic AI:** Complete a series of

steps based on prompts a user provides.

**Analytic AI:** The ability to look at a large set of data, analyze and come back with conclusions.

TMC Health, a large integrated healthcare system serving Southern Arizona, including a Cancer Center in Green Valley, is currently making headway in all three of the pathways.

### Generative AI: Less Charting, More Caring

Dr. Lee explains that DAX Copilot, a generative AI documentation tool, is live in the ambulatory setting, the emergency department and it will soon be live in all inpatient areas. The technology works through a secure mobile electronic health record platform on a phone that remains in the exam room during the visit. As the provider and patient talk, DAX Copilot listens to the conversation and automatically generates the clinical note. TMC Health isn't alone in adopting this technology. According to Microsoft leadership, more than 400 healthcare organizations and systems across the U.S. are utilizing DAX Copilot to help clinicians with documentation and improve efficiency (Becker's Hospital Review, 2025).

### Agentic AI: Removing the Friction

TMC has ambitious plans for 2026, with the implementation of agentic AI as a major focus. Unlike some of the behind-the-scenes tools patients never see, this is an area where people will likely feel AI's impact directly, especially in moments that are often the most frustrating, like calling to schedule an appointment or

trying to understand a medical bill. "Every patient really deserves the right to have a very facilitated experience," Dr. Lee says.

What does that look like in practice? Imagine calling your healthcare provider and believing you're speaking to a person, but you're not. "You're talking to something that understands what you are saying," Dr. Lee explains. The system would be able to securely access your information, understand the reason for your call, and complete the necessary steps in real time, whether scheduling an appointment, answering billing questions, or directing you to the right department. The goal isn't to remove the human touch, but to remove the friction, creating a smoother, more responsive experience for patients from the very first phone call.

### Analytic AI: Turning Data into Action

TMC is also utilizing Analytic AI in situations where a patient's health could be significantly impacted, particularly in identifying those at risk for sepsis. "We have predictive tools running in the background. It's looking at every single part of the patient's history," Dr. Lee explains,



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*AI in Healthcare*  
continued from page 1

“to identify if a patient is at risk for sepsis.” If the system detects concern, an alert appears and can even suggest a treatment recommendation. The analysis happens far faster than any human could realistically sort through the same volume of data.

Dr. Lee explains that Analytic AI is also helping providers manage information overload. Tools are available to generate a concise, distilled summary of a patient’s chart. Instead of combing through what can feel like a “giant stack of electronic papers,” clinicians receive a clear snapshot of the most important details, helping ensure that critical information isn’t overlooked and allowing them to focus more fully on patient care.

**AI for Diagnosis: When Minutes Matter**

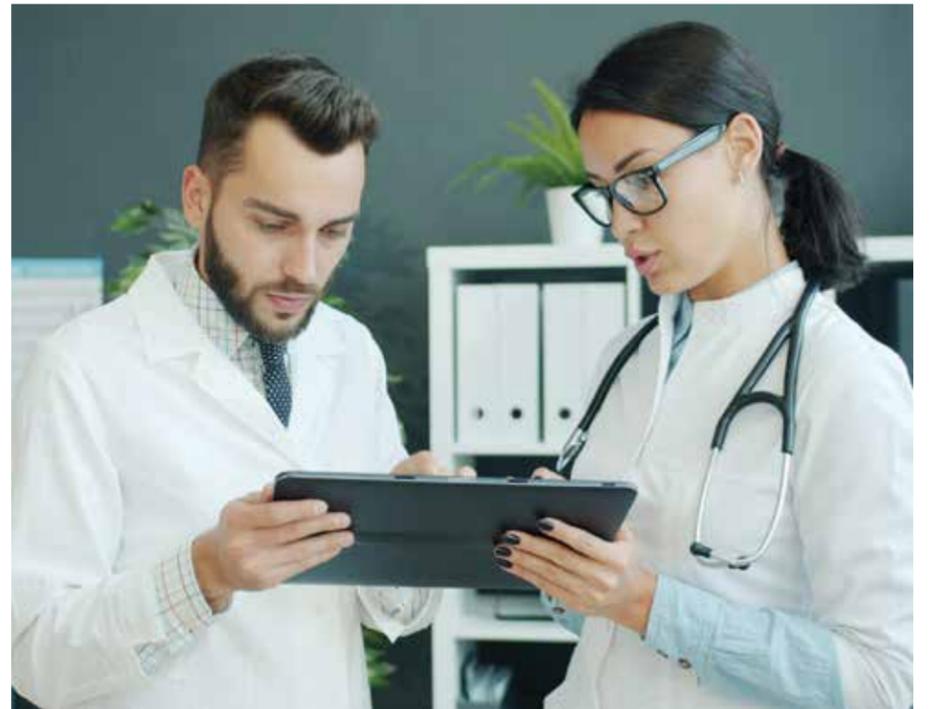
Several months ago, TMC implemented a new diagnostic support tool called AI Doc. The software is designed to help detect artery blockages in the brain, a critical factor in identifying strokes, more quickly. More recently, a second module went live that assists in detecting deep vein clots in the legs and pulmonary embolisms. Both

systems are built to accelerate diagnosis. When a potential issue is identified, the technology sends an alert to the radiologist and automatically moves the case higher on the worklist, helping reduce delays. It also serves as an early warning tool for surgeons, putting them on alert if a clot may need to be removed.

Importantly, this technology isn’t intended to replace clinical expertise or catch something no one else would have seen. As Dr. Lee explains, “It’s made it a lot easier for them to find it faster. It reduces delays in diagnosis.”

**AI in the Safety Net: Community Health Centers**

Unlike large, integrated health systems such as TMC Health, Community Health Centers (CHCs) are rooted directly in the communities they serve. They are designed to provide accessible, affordable care, with a strong focus on low-income and medically underserved populations. CHCs represent the largest primary care network in the United States, serving approximately 52 million patients each year (NACHC, 2025). As AI adoption grows within the safety-net system, nearly half of community health initiatives using artificial intelligence report improved outcomes (CHAI/NACHC, 2025).



United Community Health Center (UCHC) is one of many CHCs implementing AI technologies. Jon Reardon, CEO of United Community Health Center explains how UCHC has expanded opportunities for its clinicians to utilize ambient AI during patient visits, implementing a HIPAA-compliant platform designed to support documentation while protecting patient privacy.

He explains the reasoning behind adopting ambient AI, outlining benefits for both patients and providers:

“Ambient AI is now being utilized by a number of our medical providers. The purpose for this is four-fold. First, this allows our medical providers to focus on the patient, and not charting, while providing the needed medical service during the time of the visit. Providers became clinicians to serve patients, and the use of ambient AI improves that opportunity. Second, the use of this technology simultaneously improves the patient experience by providing the patient with the undivided attention from their provider while receiving their medical services.

Third, this is used to minimize the time needed for charting outside of clinic hours. Almost all medical providers have needed to complete their charting outside of normal business hours. This is often referred to as pajama time because this charting can continue late into the evenings. Decreasing or eliminating pajama time is one way we can help with retaining our medical providers through making the workload more manageable and decreasing burnout.

And finally, the use of ambient AI for charting increases the accuracy and efficiency of our documentation captured in real-time and decreasing reliance on provider recall later in the day.”

**The Human Win-Win**

The technologies utilized by TMC Health and UCHC are truly a win-win for both patients and providers.

Many of us have sat in an exam room while a provider typed steadily into a computer, dividing attention between the screen and the conversation. Tools like the ambient AI software utilized by UCHC and DAX Copilot are designed to change that dynamic, restoring eye contact, improving engagement, and making the visits feel more personal and connected.

This AI evolution in healthcare isn’t about replacing people with technology. It’s about using the innovation to strengthen the human connection at the center of care.

As Dr. Lee explains, “We want to reserve the space where only humans should be, for humans. It’s really important that you see me, a person as part of your care team and that it’s not all automated.”

AI in Healthcare isn’t about machines and robots. It’s about giving providers more time to be present, attentive and providing the patient with a facilitated experience that strengthens the patient-provider relationship.

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# Sharing Abundance. Addressing Hunger

Written by Carol Lambert,  
Garden Club Member

The Green Valley Gardeners (GVG) and the Sahuarita Food Bank (SFB) have been collaborating since 2017. At the garden club's Desert Meadows Park, there are nine dedicated garden plots plus plots assigned to winter resident members producing fresh vegetables for SFB. When the winter residents leave for the summer, year-around GVG volunteers continue to maintain the plots, harvest the vegetables and donate the fresh vegetables to SFB. This strategy works well because local groceries donate less food during the summer months, yet demand increases for the Sahuarita Food Bank because school lunch programs do not exist during these months. GVG donate 3,800 pounds of produce per year

Out back of the Sahuarita Food Bank are three raised gardens of vegetables that were built by Sahuarita Boy Scout troop 365 as two Eagle Scout projects and partially funded by the GVG. SFB staff and GVG volunteers have improved the soil and added an irrigation system with timers. They have planted: broccoli, cauliflower, cabbage, beets, lettuce, spinach, Swiss chard, carrots, spinach and cilantro. Plants are fertilized every two weeks.

Inside the Food Bank are four "hydroponic towers". Hydroponic gardening is a method of growing vegetables without soil, using nutrient rich water – a solution that feeds plants directly through their roots. If done correctly, this type of gardening offers faster growth and a higher yield. Previously the towers were infected with aphids and white fly. GVG volunteers took the towers apart, washed and sanitized them. New starts now replace the old ones every 3 – 5 weeks.

Besides the Green Valley Gardeners fresh produce, the Sahuarita Food Bank relies on multiple sources of food, including donations from residents and "grocery rescue" from local food stores. Annually the SFB distributes more than 66,000 pounds of non-perishable food and fresh produce and serves more than 7,000 residents.



The Sahuarita Food Bank has 4 hydroponic growing towers. Betsy Smith-Schatz is harvesting lettuce at one of the towers.



Janie Pearman (SFB volunteer) and Betsy Smith-Schatz have washed carrots grown at a Sahuarita Food Bank garden plot.



Betsy Smith-Schatz is shown harvesting one of the 3 raised bed garden plots located at Sahuarita Food Bank. The raised beds were constructed as Eagle Scout community service projects. Two scouts were partially funded by Green Valley Gardeners, both achieved their Eagle Scout awards.



Janie Pearman harvesting a giant head of romaine from one of the Sahuarita Food Bank garden plots. During the cool Sonoran Desert growing season, plants are grown that produce leaves, stems or roots for healthy eating.



On a typical Monday afternoon, a team of garden club volunteers will harvest produce at Desert Meadows Park. After harvesting the produce is washed and prepared as a donation for the Sahuarita Food Bank. Rhonda Rinn, Betsy Smith-Schatz and Karen Gabriel display a donation ready to be transported to the Sahuarita Food Bank.



The Sahuarita Food Bank provides the garden club with collapsible, reusable trays. Karen Gabriel has filled a tray with fresh cut broccoli from gardens at Desert Meadows Park for donation. Don't you love the hat? "GARDEN HAIR don't CARE"



Nancy Lucas is a co-chair of the Member's Garden Plots at Desert Meadows Park. She and Betsy Smith-Schatz, the other co-chair, oversee the 65 plots at the park. They also facilitate the member volunteers that plant, tend and harvest produce for the Sahuarita Food Bank.

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# Land, The Original American Dream

Written by Sydney Watts

What does it mean to own land? This question can only be answered through the lens of individual experience. To some, land is an investment, a tangible asset with the promise of financial return. To others, it is heritage, something deeply rooted, meant to be cared for and passed down through generations. And for many, it is simply home: a place to live and raise a family.

Today, homeownership is often framed as the American Dream. But that dream is rooted in something deeper. Long before master-planned communities and tight city living, the American Dream was land. During westward expansion, land represented opportunity. It meant independence, and self-reliance. It was the chance to shape your own future, to build something and leave it behind for future generations.

For ranching families, a ranch was more than a place to live. It was where life unfolded together. Generations worked side by side, sharing responsibility, labor, and hard-earned knowledge. Skills were passed down alongside stories, and daily life was built on cooperation, trust, and a deep connection to the land itself. That way of living became the foundation for what we now recognize as a Heritage Ranch. More than acreage, it's a living legacy, it's generational living.

## Nostalgia or Necessity

Technology and modernization have reshaped how people live, work, and connect. And somewhere along the way, the meaning of land and how families live on it shifted too. The wide-open spaces that once supported extended families working, living, and aging together slowly gave way to smaller lots, separate homes, and neighborhoods packed close together. What used to be common, grandparents, parents, and children sharing daily life became something you rarely see.

But for many families, economic pressures, rising housing costs, and longer life expectancy have prompted a shift in how they live. Multigenerational households are no longer viewed as unconventional or old fashioned. They are practical. For families balancing care for aging parents while supporting adult children, living together offers shared responsibility, deeper connection,



and greater financial sustainability. These shifting family dynamics are not driven by nostalgia alone; they are grounded in reality.

## By the Numbers: Multigenerational Living in the U.S.

- 11,400 Americans turn 65 every day, totaling more than 4 million each year
- Only 13–14% of adults age 75+ living alone can afford assisted living or daily home health care without using personal assets
- Fewer than 15% of older adults can afford both housing and long-term care services
- 57% of young adults ages 18–24 live with their parents
- 21.7% of adults ages 25–29 have returned to live with their parents
- 18% of Americans lived in multigenerational households in 2021 — a fourfold increase since 1971
- 40% cite financial pressures and 33% cite caregiving needs as primary reasons for multigenerational living
- A majority of adults in multigenerational households report positive experiences

Source: Old West Ranch, "Multigenerational Living," with data from Kiplinger, Pew Research Center, Harvard Joint Center for Housing Studies, National Low Income Housing Coalition, and Bowling Green State University.

## Heritage Ranch: Bringing Generational Living to Sahuarita

Just west of the Town of Sahuarita, about a five-minute drive, yet

beyond the reach of most residents' daily routines, lies a piece of the Original American Dream. Set quietly outside town limits, past shopping centers, familiar neighborhoods, and well-traveled roads. The space offers a unique way of life, a chance to build your Heritage Ranch.

At Old West Ranch, the land is not yet filled with homes or families. Instead, it is filled with intention. The vision behind this development is rooted in long-term, multi-generational thinking, an approach that looks beyond immediate needs to what can be built, shared, and sustained over generations.

The ranch encompasses 458 acres, thoughtfully planned to include a limited number of large-acreage ranch estates. Surrounded by miles of shared horseback riding trails adjoining thousands of acres of public land for expanded riding and exploring, expansive desert landscapes, and sweeping mountain views, Old West Ranch promises wide-open space for families to live, explore, and connect. A modern expression of the Heritage Ranch, designed to be enjoyed for generations to come. Multi-generational living is not only

made possible, but affordable, as up to five residences (homes and guest houses) can be built on a single parcel. With 36 acres in size for most parcels, there's still plenty of room for everyone! Learn more about this one-of-a-kind community at [www.oldwestranchAZ.com](http://www.oldwestranchAZ.com)

## Where Values Shape the Vision

Old West Ranch is the vision of Coronado Development, led by founder Dan Carless, Sr. More than a project on paper, it reflects the character and beliefs of the people behind it. The ranch was shaped not only by planning and design, but by a set of values that guide how they do business, treat others, and move through life. Those principles aren't separate from the development, they are built into its very foundation.

Respect for every individual, integrity in every decision, and a belief that your word should mean something. They believe in hard work, in striving for excellence, and in learning and improving. Creativity allows them to see possibility where others may not, while focus ensures they follow through with care and intention. Above all, they take the long view, valuing relationships, stewardship, and the kind of legacy that is meant to last for generations.



# Every Pet Deserves a Home The Animal League of Green Valley Helps to Make That Happen!

Written by Regina Ford

**A**nimal lover, Kim Eisele has a wish on her bucket list of dreams.

“I wish that every animal we take into our shelter gets adopted,” she says. “My dream is that every pet finds a home.”

Eisele lives her dream daily. She’s president of The Animal League of Green Valley, a position she’s held at the no-kill shelter since 2020 following the retirement of Jean Davis who headed TALGV for 16 years.

Moving to Green Valley in 2002, Eisele began volunteering as a dog handler at TALGV and soon became a dog coordinator. Over the years, her duties expanded to include serving as volunteer coordinator, an adoption counselor, coordinating the Dog Vet Care for Life Program, and serving on TALGV’s Board of Directors.

Eisele shares an office with Greta, the shelter’s 16-year-old office cat.

“I am here seven-days-a-week and Greta is right there with me,” she adds. “I love this place. It’s my passion. I’m surrounded by animals here and then go home to my three cats and two dogs, all adopted from TALGV of course.”

The Animal League of Green Valley is a private, 501(c)(3) not-for-profit animal shelter staffed with approximately 425 volunteers, including Eisele and two paid veterinary technicians.

“TALGV’s vision is a ‘home for every pet,’” Eisele says. “There has to be somebody for every dog and cat.”

TALGV’s mission is to “provide compassionate care, shelter, training, adoption opportunities, emotional support, and medical care,

for needy and homeless cats and dogs in Green Valley and surrounding areas, by carefully managing donated funds and volunteer talents.”

The majority of TALGV’s funding comes from the generosity of individual donors, local businesses, foundations, and bequests. TALGV receives no funding from federal or state sources.

Eisele says she is grateful for “community support.”

“Dry dog food can run \$4,000 to \$6,000 a month,” Eisele says. “Cats have canned food, especially those with kidney issues. Food supplies come from various sources like Hill’s Science Diet, Walmart, Chewy or we order on Amazon and it can be expensive.”

TALGV not only provides accommodations for cats and dogs whose owners can no longer care for them, the shelter also takes in lost, unwanted and abandoned pets and focuses on finding the animals a forever home.

Dogs and cats are regularly groomed, and dogs are walked multiple times daily. Cats and dogs are socialized with people and dogs participate in play groups.

“Right now, we have about 70 dogs, including 28 puppies, mainly pups

from large breed mothers,” Eisele says. “One mama came to us recently and gave birth to 11 puppies.”

Eisele estimates the shelter is home to about 90 cats, whose number fluctuates with the season.

“Spring usually means an increase of kittens and we may have 250 or

more kittens who will need homes throughout the year,” Eisele adds.

TALGV volunteers also provide foster care for a variety of reasons, including those animals who are fostered for medical reasons.



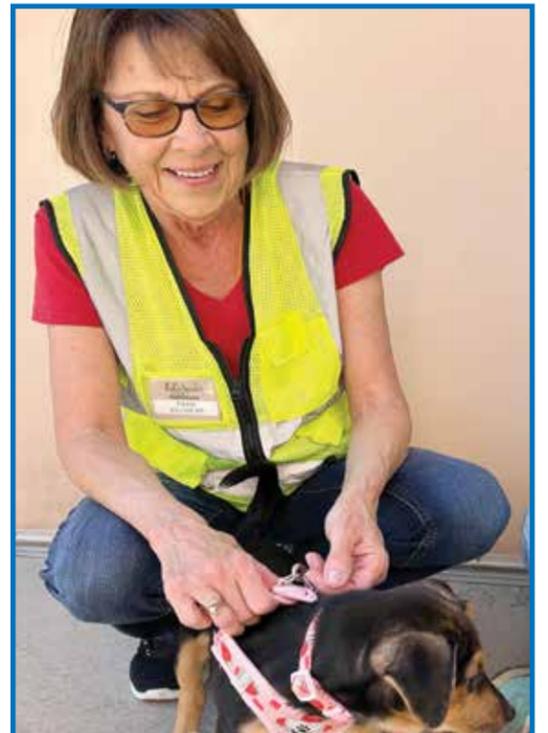
Kim Eisele, TALGV President



Lynn Tucker and Cheese Nip



Ann Macher with Donner and Vixen



Mary McMillen and Vixen



Baby Girl



Fern



Greta



Cheese Nip

*continued on page 9*

*The Animal League  
continued from page 8*

“Baby Girl is recovering from leg surgery so she is in a foster home,” Eisele says.

Baby Girl’s medical expenses will be between \$4,000 and \$6,000.

TALGV’s records show that from 2009 through 2025, TALGV found homes for approximately 14,248 pets. On arrival, every pet gets a full medical check-up and all necessary vaccinations.

“We see that every pet is spayed or neutered and every animal is chipped,” Eisele says.

Donations of pet food and pet supplies purchased by local residents as well as funds generated from the shelter’s Attic Thrift Store generates a percentage of the not-for-profit’s income.

Cats and dogs are continuously being brought to The Animal League of Green Valley. Many are strays, many are relinquished by their owners. Some are even abandoned on the property.

TALGV yearly records show that there were 945 adoptions in 2025, including 594 cats and 351 dogs. The shelter took in 1,076 animals (646 cats and 430 dogs). A total of 57 lost pets were reunited with their

owners and as of Dec. 31, 2025, 76 animals received support through Vet Care for Life and 192 received Vet Care Support for Life, a program that helps dogs who are seniors, large-breed seniors, or who are long-time TALGV residents.

Volunteers donated an impressive 133,416 hours to TALGV in 2025, the equivalent of 69 full-time employees with benefits, and there is always room for additional volunteers.

You can help these animals by making a donation which will help buy food and supplies or pay for medical procedures. You can also donate your time.

Visit talgv.org for more information or visit The Animal League of Green Valley in person at: 1600 West Duval Mine Rd, Green Valley, AZ 85614. TALGV is open seven-days-a-week 10 a.m. until 2 p.m. The shelter is closed on all major holidays. The phone number is 520-625-3170.

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- Peptides, BPC-157+KPV+MOTS\_CJC-1295

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- Colonics
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- Nutritional IV Therapy
- PRP MicroNeedling, Facials, Chemical Peels
- SRT, Meridian Stress Analysis

Dr. Bryan McConnell is a member of AMMG, Age Management Medical Group, AOA, Arizona Osteopathic Association, ACOFP, American College of Family Physicians, AANP, American Association of Naturopathic Physicians and AzNMA, Arizona Naturopathic Medical Physicians.

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This column is provided by TMC Health Cancer Center

# medicalnews

## COLORECTAL CANCER AWARENESS AND PREVENTION



March is National Colorectal Cancer Awareness Month, a time to raise awareness about one of the most common cancers in the United States. Colorectal cancer (CRC) affects the colon or rectum and remains the second leading cause of cancer-related deaths. While screening has helped reduce rates in older adults, a concerning trend has emerged: colorectal cancer is increasingly being diagnosed in younger individuals.

In 2019, one in five colorectal cancer cases occurred in people aged 54 years or younger, compared with one in ten cases in 1995. Despite this rise in younger adults, approximately 80% of colorectal cancer diagnoses still occur in individuals over the age of 54. These trends highlight the importance of awareness, early detection and prevention strategies across all age groups.

Early detection through screening is one of the most effective ways to prevent colorectal cancer or identify it at an early, highly treatable stage. Most major medical organizations recommend that adults at average risk begin colorectal cancer screening at age 45 and continue regular screening through age 75. For adults aged 76 and older, the decision to continue screening should be individualized in consultation with a healthcare provider, taking into account overall health, life expectancy and prior screening findings.

Individuals with a family history of colorectal cancer may need to begin screening earlier. Those with a first-degree relative (parent, sibling or child) diagnosed with colorectal cancer should start screening at age 40 or ten years earlier than the age at which their relative was diagnosed, whichever comes first. In higher-risk individuals, screening should generally be repeated at least every five years. Discussing personal and family history with a healthcare provider, such as your primary care provider, is essential to determine the most appropriate screening plan.

### Screening Options: Understanding the “Gold, Silver, and Bronze” Standard

All approved colorectal cancer screening tests are effective and save lives, but some provide more comprehensive evaluation than others. A helpful way to understand these options is to think of them as gold, silver and bronze standards.

#### Colonoscopy – The Gold Standard

Colonoscopy is the most comprehensive screening test. It allows clinicians to directly examine the entire colon and remove precancerous polyps during the same procedure. Because it can both detect and prevent colorectal cancer, colonoscopy is considered the gold standard of screening.

#### Stool DNA Testing (e.g., ColoGuard®) – A Strong Alternative

Stool DNA tests detect abnormal DNA and blood in the stool that may indicate cancer or advanced polyps. These tests are non-invasive and convenient, and can be completed at home. However, a positive result requires follow-up with a colonoscopy. Stool DNA testing is typically recommended every three years for average-risk individuals.

#### FIT (Fecal Immunochemical Test) – An Accessible Option

The FIT test detects hidden blood in the stool and is simple, affordable and completed at home. It must be repeated annually, and positive results also require a follow-up colonoscopy. FIT testing can be a valuable option for individuals who prefer a non-invasive approach to screening.

### Prevention: Reducing Your Risk

Lifestyle choices play a significant role in reducing the risk of colorectal cancer. Diet, physical activity, weight management and avoidance of tobacco and excessive alcohol use can all influence cancer risk.

#### The Role of Diet

Research suggests that unhealthy dietary patterns contribute to a portion of cancer cases, with pro-

cessed meats being strongly linked to colorectal cancer risk. Adopting a balanced, nutrient-rich diet can help lower risk and support overall health. I like to tell my patients to make their plate colorful by including fruits and vegetables with every meal.

#### Foods to include:

- Whole grains such as oats, brown rice, quinoa and whole-wheat products
- Dairy products like milk and yogurt, which may offer protective benefits
- Fruits and vegetables, especially colorful varieties rich in fiber and antioxidants
- Lean proteins such as fish and poultry
- Plant-based foods, including beans, lentils, nuts and seeds

#### Foods to limit:

- Red and processed meats such as bacon, sausage, hot dogs and deli meats
- Alcohol consumption: limiting or avoiding alcohol is recommended
- Sugar-sweetened beverages and highly processed foods
- Fried food and refined carbohydrates

#### Healthy Dietary Patterns

Dietary patterns such as the Mediterranean diet, DASH diet and other balanced eating approaches are associated with reduced colorectal cancer risk. These diets emphasize fruits, vegetables, whole grains, healthy fats and lean proteins

while limiting processed and high-fat foods.

#### Additional Lifestyle Factor

Maintaining a healthy weight throughout life, staying physically active and avoiding tobacco use are key strategies for reducing colorectal cancer risk. Adults should aim for 150–300 minutes of moderate-intensity physical activity each week. Regular exercise not only lowers cancer risk but also supports cardiovascular health, mental well-being and overall quality of life.

#### A Call to Action

Colorectal cancer is treatable when detected early through screening and healthy lifestyle choices. With March being National Colorectal Cancer Awareness Month, it’s an ideal time to take action. If you are 45 or older and have not been screened, talk to your healthcare provider about scheduling a screening test. If you have a family history of colorectal cancer, discuss whether earlier screening is appropriate for you.

Encourage loved ones to get screened, share information within your community and make small lifestyle changes that can have a meaningful impact on long-term health. Early detection saves lives—and awareness is the first step.

Let this month be a reminder that prevention, early detection and education truly save lives.

## Educating the Community

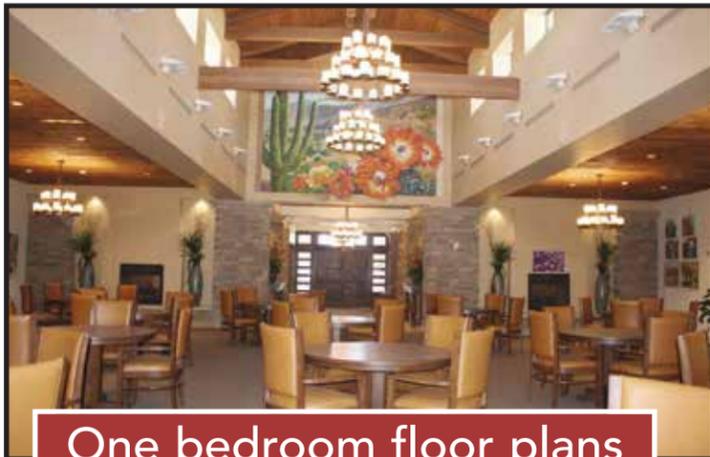
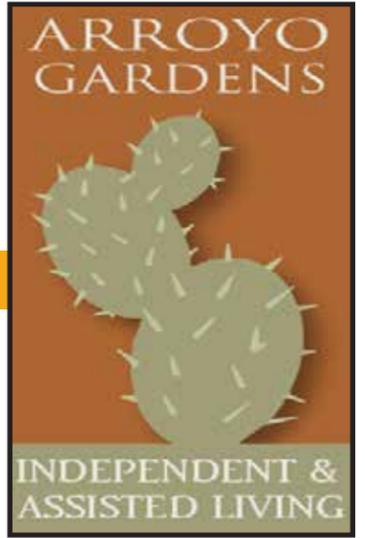


Alexis Lamie, MSN, FNP-BC

Alexis Lamie, MSN, FNP-BC, works with the medical oncologists and hematologists at TMC Health Cancer Center to treat patients with every type of cancer or hematologic diagnosis. Alexis is an experienced family nurse practitioner who has been recognized by the nursing community with the DAISY award, given to compassionate and skillful nurses who provide extraordinary care to patients and their family members. As an active member of the professional health care community, Alexis served on the BMG Elkhart Cancer Committee, the Oncology & Hematology Unit Practice Council of Memorial Hospital, and the Indiana Donor Council of Memorial Hospital while practicing in Indiana.

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In 2025, the heart of the Green Valley Council (GVC) beat stronger than ever, powered by the incredible dedication of our residents and volunteers. As an unincorporated community, Green Valley relies on the GVC to serve as its “Civic Voice,” and that voice is amplified by the power of volunteerism and the dedication of our residents.

Last year, our community reached an extraordinary milestone: 5,288 volunteer hours were donated to ensure Green Valley remains a vibrant, sustainable, and thriving community.



## A Year of Impact in Numbers

- **5,288 Hours of Service:** From a steadfast commitment to community-wide public safety to legislative advocacy, our volunteers are the engine behind the GVC.
- **8 Standing Committees:** These specialized groups serve as our direct interface with Pima County, the State of Arizona, and other governmental and tribal entities. Whether it's Health & Human Services, Environmental, or Transportation and Infrastructure, these committees work tirelessly to address the specific needs of our residents.
- **11-Member Executive Committee:** Led by a dedicated team of officers and members-at-large, this committee provides the strategic oversight and monthly leadership necessary to keep our member HOAs connected and informed.
- **30 Legal Workshops:** In an era where Arizona State Law—including new mandates on assessment collections, open meeting requirements, and governing documents administration is constantly evolving, these sessions serve as an essential roadmap for our members.
- **17 Forums and Community Events:** In 2025, the GVC demonstrated its commitment to holistic community leadership by hosting 17 diverse forums and community events designed to enrich the lives of our residents. These educational sessions served as a vital bridge between expert knowledge and local action, tackling the unique and ever-changing needs of our community.

## Special Initiatives

The GVC has undertaken three pivotal new initiatives to address new challenges and the evolving needs of our community:

**Wildfire Awareness & Mitigation:** In a strategic partnership with Supervisor Steve Christy and the District 4 office, we are launching a comprehensive wildfire defense program. This initiative will provide member HOAs with the education, awareness, and direct material support needed to create wildfire-resilient communities and landscapes.

**Home Title Fraud Prevention:** To combat the rising threat of property-related identity theft and fraud, the GVC has established a dedicated focus on Home Title Fraud Awareness. We are providing residents with the essential tools and resources to minimize their exposure and secure their most valuable asset.

**Legislative Advocacy:** The Council remains steadfast in its commitment to legislative action. By actively engaging with policymakers, we ensure the continued well-being and long-term sustainability of our member HOAs, ensuring that the unique “Civic Voice” of Green Valley is heard at every level of government.

## Why It Matters

Because we operate without a traditional municipal government, the volunteer hours given in service to the community represent more than just “time spent” - they represent **“The Civic Heart of Green Valley: Local Leadership. Community-wide Impact. Volunteer Spirit.”** Our volunteers ensure that Green Valley has a seat at the table with the Pima County, the State of Arizona, and many other critical decision-making bodies. The impact of these 5,288 hours can be seen in every corner of our community.

**Signature Events and Showcase Forums:**

**The Annual First Responders Fair**

The Annual First Responders Fair is a signature community event and a premier opportunity to meet, honor, and extend our gratitude to the dedicated agencies and people who serve and protect Green Valley every day. This high-energy event goes beyond a simple “thank you,” bringing residents face-to-face with our local heroes through a series of interactive exhibits and live tactical demonstrations. With a wide array of youth-focused activities and hands-on displays, the fair is designed to be a family-friendly bridge between the public and the professionals who keep us safe.



**The Annual Monsoon Madness Forum**

As the desert sky darkens and the winds shift, the Monsoon Madness signature event stands as our community’s definitive guide to navigating Arizona’s most dramatic weather season. This proactive educational forum is designed to demystify the monsoon phenomenon and detail critical safety measures that residents can implement to be safe before, during, and after the storms.



**2025 Showcase Forums**

- HOA Capital Reserve Planning Forum
- Wildfire Awareness and Mitigation Forum
- Santa Cruz Reliability Project North Workshops
- End of Life Planning and Care
- HOA Investment and Financial Stability Workshop
- Drainageway Maintenance and Erosion Control Forum

**New Green Valley Council Community Resource Center**

To continue our legacy of service and to meet the evolving needs of our community, the Green Valley Council must evolve alongside the community we serve. This growth has reached a pivotal milestone: the construction of a new 3,500-square-foot Community Resource Center. This state-of-the-art facility will serve as the heartbeat of our civic operations, providing the necessary space to house our meetings, forums, and workshops, and provide a dedicated service hub for our community residents. By investing in this physical foundation, we are ensuring that the GVC remains equipped to provide the advocacy, resources, and support essential to the long-term sustainability of Green Valley.



We invite you to partner with us in this vital mission. Whether you choose to make a tax-deductible gift to the GVC Foundation (re: Building Fund) or contribute directly to the Green Valley Council, your support is much more than a donation – it is a lasting investment in the strength and vitality of the Green Valley community. Join us in securing the future of Green Valley by contributing today.



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# Local High School Set to Represent Arizona in the Salute to Independence Parade: America's 250 Birthday!

Written by By Katie Laws

*Sahuarita High School Marching Band is seeking donations to help fund trip to Philadelphia this July.*

The Sahuarita Mustang Marching Band is a local high school group scheduled to march in Philadelphia for the Salute to Independence Parade, this July 4<sup>th</sup>. The cost to attend this once in a lifetime event is steep considering they need to transport over 100 students and staff with all their uniforms and instruments across the country. The band is seeking donations to help offset the total cost and as of publication, they were only half way to their \$250,000 goal.

Arizona Family Restaurant has helped this amazing group of high school students raise over \$6000 dollars. We're now looking to the

community to help send these kids the rest of the way to Philadelphia.

The Sahuarita Marching Band consists of 60% minority students and 24% of the band comes from low-income families, meaning they're below the poverty line. We don't want a *single* student to be left out from this incredible, once-in-a-lifetime experience! Many of these students have never left the state of Arizona and we hope that you'll be able to help us fundraise to get every single one of them to the parade in Philadelphia. But how can you help?

You can donate directly to this program! If you go to their facebook account, Sahuarita High School Music Boosters, you will see the top post has a link to donate. You can also reach out to Katie, owner at Arizona Family Restaurant, to help you make the donation. Please give her a call at 520-625-3680 and leave her a message with your phone number and she will get back to you.



Arizona Family Restaurant is dedicated to supporting our local community and proud sponsors to dozens of youth and community organizations. Please join us in supporting the Sahuarita High School Marching Band and let's get these kids to the Salute to Independence Parade this 4<sup>th</sup> of July!



# Forged in Community: Inside the Expanding Metalworking Crafts Club at Green Valley Recreation



Photos and Article by  
Guy Atchley

On a bright Arizona morning, the sharp scent of cut steel mingles with the dry desert air as members gather near a long, newly finished building at West Center. Inside, welders hum, grinders spark, and conversations drift between technique and storytelling. Today (February 12, 2026) marks a milestone: the ribbon-cutting of a permanent home for the Metalworking Crafts Club — a space that represents not just physical expansion, but the steady evolution of a community built on skill, curiosity, and collaboration.

For years, the club operated out of two shipping containers — functional but limiting. Now, with a climate-controlled facility designed for safety and growth, members are stepping into a new chapter that reflects both the popularity of hands-on crafts in retirement communities and the enduring appeal of working with metal.

## From Containers to a Permanent Home

According to CEO Scott Somers, the expansion has been months in the making. The club's previous setup lacked heating and air conditioning, forcing members to schedule work around the desert's extreme temperatures and limiting participation.

"The containers didn't have HVAC, and that really constrained when people could work," Somers explains. "This new structure is fully climate-controlled, has sprinkler systems, and is completely up to code. It gives the club room to grow."

That growth is expected to be significant. Membership has hovered around 40 to 50 people, but Somers anticipates numbers rising into the 70s or even 80s by the end of the year — a reflection of both increased visibility and improved working conditions.

The building itself is long and linear — "shotgun style," as Somers describes it — positioned conveniently next to the original containers, which will continue to be used for certain operations like cutting and sandblasting. The arrangement allows the club to separate heavier

industrial tasks from more detailed fabrication and assembly work, improving workflow and safety.

## A Club Born From Practical Need

The roots of the Metalworking Crafts Club trace back to 2013, when woodworkers and other GVR members realized they needed metal fabrication support for their projects. What began as an idea quickly gained traction, and by 2014 enough members had signed on to form a charter club.

Historian Bill Bachmann recalls those early days with a mix of pride and amusement. Equipment came from donations and members' personal garages, gradually accumulating until the club had enough tools to operate effectively.

"It started because people needed metal work done," Bachmann says. "We collected equipment wherever we could, and when space became available, we moved in."

By 2016, the club had settled into its shipping container home, supplemented by a donated storage shed for materials. Over time, membership grew, equipment multiplied, and the need for more space became obvious — setting the stage for the expansion celebrated today.

## The Art and Science of Metalworking

Metalworking occupies a unique space between technical discipline and creative expression. Members cut, bend, weld, and machine metals like steel and aluminum into everything from decorative yard art to functional repairs. The shop houses plasma cutters, drill presses, lathes, and welding equipment — tools that allow both precision machining and artistic fabrication.

Somers notes that while many projects are creative, the club also serves a practical role within the community.

"They do a lot of art



pieces and signs, but they'll also weld a chair back together or repair equipment," he says. "It's a mix of creativity and helping people out."

That volunteer spirit mirrors other GVR clubs, such as woodworking, where members often donate their time and expertise to assist fellow residents.

## A Lifetime of Skill, Shared

For Bachmann, metalworking isn't just a hobby — it's a lifelong vocation. He spent decades in machining, working with motion picture printing equipment that required extremely tight tolerances, followed by years in plastic injection molding. Joining the club allowed him to continue using those skills in retirement while mentoring others.

"It keeps your mind working," he says. "There's always a new job that comes through the door."

The club's membership reflects a wide range of backgrounds. Some are former welders, machinists, or fabricators; others are teachers who now help instruct fellow members.

And increasingly, newcomers with no prior experience are joining simply to learn.

One-on-one instruction is a hallmark of the club's culture. Experienced members guide beginners through techniques until they're comfortable tackling their own projects — a mentorship model that fosters both confidence and camaraderie.

## Repairs, Creations, and Unexpected Challenges

Walk through the shop on any given day and you might see patio chairs waiting to be rewelded, rusted yard art being restored, or custom mailbox stands taking shape. The variety keeps members engaged and often requires collaborative problem-solving.

"It's unimaginable what comes through the door," Bachmann says with a laugh. "We put our heads together and figure out how to fix it."

*continued on page 16*



**Metalworking**  
continued from page 15

While the club doesn't charge for labor, it typically requests a modest donation — often around \$20 — for projects requiring more than an hour of work, with additional charges if new materials are needed. The service is open not only to GVR members but also to the broader community, making the shop a valuable local resource.

**More Than a Workshop**

Within the broader ecosystem of roughly 60 clubs at GVR, the Metalworking Crafts Club is considered part of the arts and crafts category, alongside ceramics, glass arts, and woodworking. But its impact goes beyond classification.

Amenities like these play a significant role in attracting retirees to communities like Green Valley. Prospective residents often look for opportunities to stay active, learn new skills, and connect with others who share their interests — whether that's pickleball, tennis, or hands-on crafts.

“This is another opportunity for members to participate and



Bachmann sees the appeal clearly. Some members join to continue practicing skills they developed over decades, while others simply enjoy the learning process and the satisfaction of creating something tangible.

“It's another pastime, another learning experience,” he says. “You can take on a project of your own and see it come to life.”

**Looking Ahead**

Somers, now in his sixth year as CEO, says he hopes to remain with the organization for the long term, with the goal of eventually retiring from the position. His enthusiasm for GVR's mission is evident, and projects like the metal shop expansion illustrate the organization's commitment to continuous improvement.

“We've got a great mission, a great board, and wonderful members,” he says. “I really enjoy what we're doing here.”

**Sparks That Build Community**

As the ribbon is cut and members begin moving equipment into the new space, the atmosphere is both celebratory and forward-looking. The steady rhythm of tools starting up again signals a return to what the club does best: shaping raw material into useful and beautiful forms — and shaping a community along the way.

In a world increasingly dominated by digital interactions, there's something deeply grounding about working with metal. It requires patience, precision, and respect for the material — qualities that mirror the club's culture.

The new building may offer modern comforts and expanded capacity, but the heart of the Metalworking Crafts Club remains the same: experienced hands guiding newcomers, neighbors helping neighbors, and the quiet satisfaction of turning sparks into something lasting.

As members gather around workbenches in their new home, one thing is clear — the future of metalworking at GVR isn't just secure. It's glowing, bright and hot, ready to be forged into whatever comes next.

be engaged,” Somers says. “When people are looking at retirement communities, these kinds of amenities matter.”

**A Busy Season of Growth**

The metal shop expansion is just one of several major projects underway at GVR. Somers notes upcoming board elections that will gradually reduce the board from 12 members to nine — a move intended to streamline governance and avoid tie votes.

Meanwhile, a significant expansion of the lapidary and silversmithing club is planned at West Center, along with renovations to the box office and consolidation of member services. Landscaping improvements have also transformed the entrance, creating what Somers describes as a striking gateway for new members.

“These projects are about improving the experience and making West Center a true hub,” he says.

**The Value of Staying Engaged**

For many members, the metal shop represents more than a place to work — it's a social anchor and a source of purpose. Retirement can bring newfound freedom, but it also raises the question of how to stay mentally and socially engaged. Clubs like this provide an answer.



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# Heating Hearts: How Green Valley Cooling & Heating Keeps Our Community Warm

Written by Boo Rager,  
Green Valley Cooling & Heating,  
Marketing & Digital Content  
Coordinator

Since 1968, Green Valley Cooling & Heating has been a trusted name in Southern Arizona. What started as a small family business has grown into a women-owned company serving thousands of homes across Green Valley, Sahuarita, Vail, Tubac, Corona de Tucson, Amado, and Rio Rico.

Our NATE-certified technicians keep families comfortable through scorching summers and chilly winters. But behind every call is a deeper commitment: offering support to neighbors going through challenging times so comfort is never out of reach. That commitment lives in our Heating Hearts program, which we launched in 2016.

We provide year-round support for a wide range of needs: essential repairs, full system replacements, cool-

ing assistance during extreme heat, energy-saving upgrades, and more. The goal is simple: restore safety, comfort, and peace of mind to families in need.

Green Valley Cooling & Heating funds the majority of Heating Hearts, with our team members adding heart through food donations and committing their time to projects throughout the years.



Nominations come through our website, and each case is handled with care and discretion. We've helped dozens of households over the years; including community members with unexpected breakdowns, fixed incomes, or dealing with medical or financial hardship. In every situation, the help is meaningful.

A legacy of giving to date, Heating Hearts has had the privilege of providing more than **20 complete system** installations at no cost to families, countless essential repairs, and financial support to local nonprofits. Our team members have also donated their time to community building projects and volunteer efforts throughout the year. On top of that, we've contributed over **3,000 pounds of food** to local food banks through organized drives.

What makes Heating Hearts special is that it's about more than fixing equipment. It's about restoring confidence. We don't seek publicity or recognition. We simply want to ensure no one in our community has to choose between essential home comfort and other critical needs.

This spirit of care is woven into everything we do at Green Valley Cooling & Heating. We believe service goes beyond technical skill. It means showing up with respect, listening carefully, and treating every home like our own. We've always believed that to best serve our community, we must be an active part of it.

A dedicated committee of our team members has been established to carefully evaluate and oversee each

project, ensuring that recipients are chosen based on their specific needs. While we cannot accommodate every request, we encourage you to nominate someone in need by using the QR Code or link below. Your nomination could make a significant difference during the harsh summer months. We appreciate your support as we continue to give back to the community that has supported us for over half a century.

We're deeply grateful for the customers who support Heating Hearts through referrals. Their generosity allows us to help more families each year. We're also proud of our team, technicians, office staff, and leadership, who give their time and energy to make the program possible.

Green Valley Cooling & Heating is more than your average HVAC contractor. We're neighbors who care deeply about this community. Heating Hearts and our many other ways of giving back, are how we show that we care.

Thank you to everyone who has supported the program and to every household that has trusted us with their home comfort over the years. Together, we can help ensure more families in our community stay comfortable when they need it most. If you or someone you know is in need of assistance, please reach out to us. Together, we can make sure comfort is brought to those in need.

To submit a nomination, please visit: <https://greenvalleycooling.com/green-valley-heating-hearts/>

In need, or know someone in need? **Submit your recommendation here:**



Green Valley Heating Hearts is proud to support Sahuarita Food Bank and Community Resource Center



Luis and Harold shopping for the food bank.

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# Easter Sunday Services

## Our Lady of the Valley Roman Catholic Church

*Easter Vigil:*

Saturday, April 4, 2026 ~ Mass at 5PM

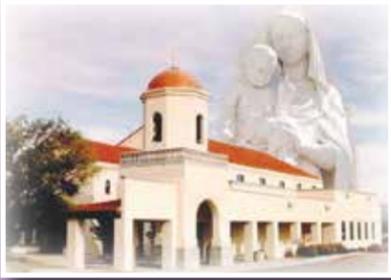
*Easter Sunday:*

Sunday, April 5, 2026 ~ Masses at 7AM, 9AM, 11AM, 1PM (Spanish) & 4PM

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## Holy Week Schedule



Evangelical Free Church  
Green Valley  
1393 W. Mission Twin Buttes Rd.  
[efgreenvalley.org](http://efgreenvalley.org)

**Sunday Worship Services**  
8:30 AM Contemporary Service  
10:30 AM Traditional Service  
4:00 PM Bible Study

**March 29 - Palm Sunday**  
8:30/10:30 AM Worship Services  
4:00 PM Choir Concert "My Savior's Love"

**April 3 - Good Friday**  
3:00 PM Worship Service with Communion

**April 5 - Resurrection Sunday**  
8:30/10:30 AM Worship Services

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Charity Scams  
Investment Scams  
Romance Scams  
Home Repair Fraud  
Tech Support Scams



# Southern Arizona's Top 5 Native Pollinators — and Why They Matter

Written by Ryan Bennett,  
Bills Home Service Co.

When people think about pollinators, honey bees usually steal the spotlight. But here in **Southern Arizona**, our desert landscape is supported by one of the most diverse casts of native pollinators in the world that have been quietly doing the work for thousands of years. These locally adapted species are perfectly suited for our heat, drought conditions, and native plants—and many homeowners are surprised to learn just how important they are.

Here are five of the most important native pollinators you're likely to encounter in our region.

## Native Bees (Including Cactus Bees and Carpenter Bees)

Southern Arizona is home to hundreds of native bee species. Unlike Africanized honey bees that make up 99% of our wild honey bee population, most native bees are solitary and live in the ground, hollow plant stems, or old wood.

**Why they matter:** Native bees are

incredibly efficient pollinators, especially for desert plants like palo verde, mesquite, and cactus. Some species even specialize in specific plants, making them irreplaceable.

**What homeowners should know:** Most native bees are non-aggressive and rarely sting. Leaving some undisturbed soil or natural vegetation can help them thrive. If carpenter bees are causing wood damage, professional guidance can help manage them without harming beneficial pollinators.

## Butterflies

From swallowtails to painted ladies, butterflies are both beautiful and beneficial. Southern Arizona's long warm seasons allow multiple generations to thrive each year.

**Why they matter:** As butterflies move from plant to plant feeding on nectar, they help pollinate flowering plants across the desert.

**What homeowners should know:** Butterflies rely on specific host plants for their caterpillars. Native milkweed, for example, supports monarchs.



Monarch butterfly nectaring on Mexican sunflower. Photo By Mike's Birds from Riverside, CA, US

## Moths (Including Sphinx and Hawk Moths)

Often overlooked because they're active at night, moths are critical pollinators in desert ecosystems.

**Why they matter:** Many desert plants bloom at night and depend on moths for pollination. Some species have long tongues that allow them to reach deep flowers other pollinators can't.

**What homeowners should know:** Outdoor lighting can disrupt moth behavior. Using motion-sensor or warmer-colored lights can help reduce their impact on these nighttime pollinators. This will also keep predator pests like spiders away from your home.

## Hummingbirds

Southern Arizona is a major hotspot for hummingbird diversity, especially during migration seasons.

**Why they matter:** Hummingbirds are expert pollinators for tubular flowers like chuparosa, ocotillo, and penstemon. As they feed, pollen sticks to their heads and beaks.

**What homeowners should know:** Native flowering plants provide better nutrition than sugar water alone. If you use feeders, keep them clean to prevent disease.

## Bats (Lesser Long-Nosed and Other Nectar-Feeding Bats)

Bats may not be everyone's favorite animal, but they are essential pollinators in the Sonoran Desert.

**Why they matter:** Certain agave and cactus species depend almost entirely on bats for pollination. These plants support wildlife and play a role in erosion control and desert stability.

**What homeowners should know:** Bats are protected and beneficial. If bats are roosting in an unwanted area, exclusion should always be handled by professionals to ensure it's done humanely and legally.

## Supporting Pollinators Around Your Home

Homeowners can make a real difference by:

- Planting native, drought-tolerant flowering plants
- Leaving some natural areas undisturbed
- Eliminating Africanized honey bee hives – in addition to being a public safety threat, Africanized bees are more aggressive and out-compete native pollinators and damage native plants.
- Seeking professional pest control solutions that focus on targeted treatments rather than blanket applications

Southern Arizona's native pollinators are a big reason our desert blooms each spring. With a little awareness and the right approach, homeowners can protect their property while also supporting the insects, birds, and mammals that keep our ecosystem thriving.

For more information about native pollinators or professional pest control services information, visit [www.BillsHomeService.com](http://www.BillsHomeService.com) or call (520) 376-1477.



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# Relay for Life – Wish Upon a Cure Please Join Us on March 28th

Written by Terrie O’Dierno

In 1985 when Dr. Gordon Klatt, a colorectal surgeon from Tacoma, WA., decided he wanted to raise money for the American Cancer Society. He never thought it would develop into a worldwide fundraiser. Now Relay for Life is raising funds around the world for the American Cancer Society.

The Relay for Life Mission Statement: The hope that those lost to cancer will never be forgotten, that those who face cancer will be supported, and that one-day cancer will be eliminated.

This year our community will come together on March 28th. Our event will be at Rancho Resort, 15900

Ranch Resort Blvd. in Sahuarita. Opening Ceremonies start at 10:00 am – Registration at 9:30am for Survivors and Caregivers. Closing ceremonies will begin at 4:00 pm – 5:00 pm. This year we will be focusing on Childhood Cancer with our team “Sonora’s Heart 4 Kids”, which will raise money specifically for Childhood Cancer. About 9,680

children will be diagnosed with cancer in 2026.

Opening Ceremonies will begin at 10:00 am with the Walden Grove HS NJROTC presenting Colors. This will be followed by the National Anthem, Opening prayer, and special speakers.

Our DJ, Steve Whittier, will be providing music throughout the day. During the day there will be bingo, games, prizes, raffles, and contests. Stop by all the team tents to see what they have to offer.

We will have a Memory Garden to remember those lost to cancer, honor the survivors, and hope for those still fighting. There will be a Memory Tent to make memorial flowers.

At 4:00 we will start our Closing Ceremonies with final walks around the track, ending with the Bell Ceremony.

Please remember to bring canned goods for the Sahuarita Food Bank. If you would like to start or join an existing team you can go to Relay for Life of Green Valley/Sahuarita.com or if you have questions contact Becky Housden at rdhousden@gmail.com. Any questions about Survivors registration contact Ginny Hutcheson at rflginny@gmail.com.

Information regarding the American Cancer Society can be found at cancer.org.

Following the Opening Ceremony, we will have Survivors and Caregivers come together in the first lap of the day. After this lap there will be lunch for the survivors and caregivers.

Around 12:45 we will present students from Sahuarita Dance Studio and Anza Trail School. Do not miss these talented dancers!



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# Restoring Balance: A Conversation on Acupuncture with Matthew Woolsey, L.Ac.

Written by Sydney Watts

For many people, acupuncture is something they've heard about but may not fully understand. Is it just for pain? Is it safe? Does it really work? To learn more, I sat down with local licensed acupuncturist Matthew Woolsey, who has been practicing in Arizona for more than 14 years. What followed was an insightful conversation about how acupuncture works, what it treats, and why he wishes more people would consider it sooner in their health journey.

## What is Acupuncture?

At its most basic, acupuncture involves inserting very thin, sterile filiform needles into specific points on the body to stimulate change. Matt describes it this way: "think of it as a very sophisticated stimulation and switching system for the body." He explains that the body has incredible innate wisdom and sometimes simply needs help remembering how to function properly.

He compares the body to an original blueprint, the healthiest version of



ourselves at birth. Over time, injuries, stress, illness, and life experiences can disrupt that blueprint. Acupuncture aims to restore balance and encourage the body to return closer to its original state.

## Conditions Treated

In Matt's clinic, most patients seek help for pain; back pain, neck pain, knee pain, joint pain, and headaches. However, acupuncture's reach extends beyond musculoskeletal concerns. It is often used to support sleep, stress, anxiety, digestive issues, hormonal imbalances including meno-

pause symptoms, fertility, certain thyroid concerns, and some neurological conditions.

Matt describes how acupuncture operates on a "root and branch" framework. The branch represents symptoms, while the root represents the underlying imbalance causing them. Rather than focusing solely on symptom relief, acupuncture seeks to address both the immediate discomfort and the deeper cause.

As Matt shares, "acupuncture is good for everything, but not everything equally well," because it stimulates multiple systems within the body such as the nervous system, chemical messaging system, oxygen flow. It's very customizable, depending on the patient's needs.

## How Acupuncture Supports the Body

One of acupuncture's most powerful effects involves the central nervous system. The body operates in two primary modes: sympathetic (stress mode) and parasympathetic (rest and digest). As Matt explains, "We cannot heal in stress mode." Acupuncture frequently helps shift patients into parasympathetic mode, and many people fall asleep during treatment. When the nervous system calms, other systems like digestion, circulation, and sleep cycles often begin to regulate more effectively.

## A Brief History of Acupuncture

Acupuncture originated in China, with references dating back roughly 2,000 years in *The Yellow Emperor's Classic*. Early forms of treatment looked very different from today's methods, but over centuries the practice became more refined and systematic. While closely related to herbal traditions, acupuncture stands on its own as a complete and practical form of medicine.

Acupuncture is becoming more accepted in the medical community. In modern day China, acupuncture

is integrated into the healthcare system, under one roof. A concept that is virtually unheard of in western medicine.

## Safety and What to Expect

Acupuncture needles are far thinner than hypodermic needles used for injections or blood draws, and most patients report little to no discomfort. When performed by a licensed professional, acupuncture is considered very safe. Minor bruising or short-term soreness can occasionally occur, but serious long-term side effects are rare.

Treatment frequency depends on the individual. Some patients experience relief after one or two sessions. Others may come weekly for a period of time or return monthly for maintenance care. Chronic conditions that have developed over decades may take longer to improve.

## Why People Should Try Acupuncture Sooner

Matt wishes more people understood is that acupuncture is a practical form of medicine. As he puts it, "you don't have to be a believer, it's not a religion, it's not voodoo, it's not witchcraft, it's a very practical, very effective type of medicine." He often hears patients say, "You're my last hope," and wished they would try acupuncture earlier in their healthcare journey rather than waiting until every other option has failed.

## About Matthew Woolsey

Matt's path to acupuncture wasn't traditional. Before becoming a practitioner, he worked as a landscaper in Salt Lake City. During that time, he was also facing personal health issues that weren't improving under conventional care. After trying acupuncture himself and experiencing relief, his curiosity grew. One day, his acupuncturist told him, "You know, you'd make a good practitioner." That encouragement led to a referral, a textbook, and ultimately a career change.

Matt moved to Arizona to attend acupuncture school in Tucson, completing a rigorous three-year, year-round master's program in Traditional Chinese Medicine. The training included more than 2,200 hours of education and clinical experience. After passing national board exams, he obtained his Arizona license and carries malpractice insurance. Matt has served the Green Valley community for over ten years and operates Green Valley Acupuncture in the Continental Shopping Plaza, Suite #132. To learn more, visit [gvacupuncture.com](http://gvacupuncture.com), or call 520-535-3939.

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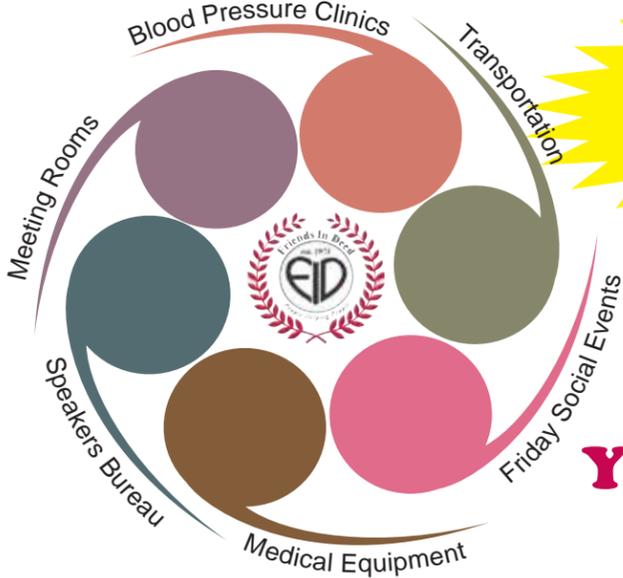
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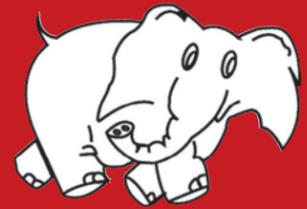
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# Keeping Southern Arizona Homes Spotless: Protecting Your Investment from Desert Dust and Hard Water

Written by Sydney Watts

Life in Southern Arizona offers beautiful scenery and plenty of sunshine, but it also brings some unique challenges for homeowners. Between desert and mine dust, windy conditions, and mineral-heavy water, exterior surfaces take a quiet beating year-round. In Green Valley, regular cleaning isn't just about keeping a home looking nice, it's an important part of protecting your investment and avoiding costly repairs down the road.

## Clear Views at Risk: Why Desert Dust and Hard Water Take a Toll on Windows

Windows are especially vulnerable to the region's dusty, mineral-rich environment. Fine particles settle on glass daily, and when moisture from rain, irrigation, or even a hose rinse mixes with that dust, it can leave behind stubborn spots and buildup. Add hard water, common throughout the area, and those minerals can slowly

bond to the glass itself. Over time, this can lead to permanent etching that cannot be cleaned and may require full window replacement. Routine professional window cleaning helps remove mineral residue early, protects window clarity, and extends the life of a home's windows.

## Sunlight In, Dust Out: Keeping Solar Panels Performing at Their Peak

Solar panels also need regular attention to perform at their best, especially in Southern Arizona's dusty environment. While panels are built to withstand the elements, they are constantly exposed to airborne dust, pollen, and mineral residue that gradually settles on the surface. Even a thin layer of dust can reduce energy output, and studies show that debris buildup can lower solar panel efficiency by 5 to 30 percent depending on local conditions. Southern Arizona's arid climate, combined with frequent winds and nearby mining activity, results in higher levels of airborne dust that settle evenly



across panels. This buildup is rarely removed by rain alone, even heavy storms do not fully clean the surfaces. Hard water residue from rain or irrigation can also dry on panels, creating mineral deposits that further reduce efficiency and may contribute to premature wear over time.

In a region where solar power plays a major role in managing energy costs, dirty or poorly maintained panels can quietly underperform without homeowners realizing it. Routine professional cleaning helps panels operate closer to their designed efficiency, supports long-term system performance, and allows trained technicians to spot early signs of buildup or wear before it affects output. Proper maintenance protects the homeowner's solar investment, ensures consistent energy production, and helps solar panels continue to deliver the savings and sustainability benefits they were designed for.

## Beyond Curb Appeal: Why Exterior Surfaces Need Regular Cleaning

Pressure washing is another key part of maintaining a home's exterior. Driveways, patios, walkways, walls, and roofs all collect layers of dirt and grime over time. Beyond impacting curb appeal, buildup can make surfaces slippery or contribute to long-term wear. Professional pressure washing safely removes embedded dirt and residue, helping keep outdoor spaces cleaner, safer, and better protected from damage caused by constant exposure to dust and minerals.

## Prevent Now or Pay Later: The Value of Proactive Exterior Care

Staying ahead of exterior maintenance is one of the simplest ways homeowners can save money over time. Preventative cleaning costs far less than replacing windows, repairing surfaces, or addressing damage caused by mineral buildup. Local

professionals like Wildcat Washers understand the specific challenges Southern Arizona homes face and tailor their services accordingly. With routine care, homeowners can protect their investment, improve comfort, enjoy clear views and clean outdoor spaces year-round.

## About Wildcat Washers

Wildcat Washers started from humble beginnings; two college students with squeegees looking to make money for school. Co-founded by Jose Manriquez and Cooper Cleveland, what began as a simple window-washing idea has grown into one of Southern Arizona's most trusted exterior cleaning services. From residential windows to commercial properties, solar panels, and pressure washing services, the company delivers dependable care with attention to detail.

Jose and Cooper are proud to serve the Green Valley community. They wanted to give back and say thank you to the people who do so much for the community. In February, Wildcat Washers visited the local Santa Rita Fire Department. They cleaned all the windows, at no charge, taking the tasks off the hands of firefighters who serve the community and look out for the residents.

The team has truly built "A Spotless Reputation," reflected in their many positive customer reviews and in their dedication to giving back to the community that helped grow their business. "We have nothing but gratitude for the hundreds of people who have trusted us as their go-to guys, so, to all of our amazing customers, thank you! We look forward to helping your community for years to come, with the same energy, positivity, and reliability that makes Wildcat Washers so special."

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