

## June Moment of Art

At the tender age of 18, Jessica Phillips embarked on her first career as a professional ballet dancer with Ballet Arizona, despite all odds. Jessica graced the stage as a corps de ballet soloist and ultimately principal dancer, performing in over 500 shows for 10 accomplished and challenging years.

Her thirst for knowledge didn't stop with dance. Jessica's fascination with health and nutrition led her to obtain certifications as a Holistic Health Coach and Certified Kundalini Yoga Instructor. After hanging up her tutu, she decided to impart her passion for dance as an instructor and established *Sun & Moon Studio* of Sedona and *Sedona Dance Academy* in 2020. *Sedona Dance Academy* is currently in its 3rd year. There have been 6 showcases with a total of 90 students. The next performance will be *The Nutcracker* in December. All are invited!

Jessica's mission is to promote healthy movement by offering dance instruction to people of all ages and skill levels. It is not just about dance for her. Jessica wants to build a tight-knit community centered around movement and connection. As a heart-centered businesswoman and dance teacher, she's found her second career to be beyond fulfilling. Jessica is incredibly grateful to be in her current position, sharing her love of dance and spreading joy.

Today's impressive lineup of performers are:

Phoebe Jones performing a solo from the romantic ballet, *Paquita*.

(Names to come) group of students will tap dance to *Higher Love*.

*This piece was beautifully choreographed by esteemed teacher, Kirstyn Lazur.*

Jessica Phillips will close the show performing a ballet solo.

Please welcome the *Sedona Dance Academy* students.



*Jessica Phillips*





*31 Years*  
Caring for  
older adults in need





# Creating a caring age-friendly community



VVCC commits to supporting and encouraging older adults in their quest to age in place in their community of choice by enhancing their independence, promoting higher quality of life, and reducing barriers to happiness, making the Verde Valley an attractive and sustainable retirement destination



# Build & sustain our capacity

To serve residents who face mobility challenges due to health conditions or advanced age





# Transportation is biggest service

- Provided by volunteer drivers & staff
- 150 volunteers & small staff
- 3 ADA wheel-chair mobility vans
- 30,000 trips to 1,800 individuals annually





# Serving Sedona & Verde Valley



- 80% of trips outside of Sedona: Flagstaff, Prescott & Phoenix metro area
- About 30,000 Volunteer hours



# Services beyond transportation

- Shop with or for
- Business assistance
- Handyman help
- Pet Assistance



# Services to live independently

- Care Coordination
- In-home assessments
- Friendly phone calls & visits
- Loaning of emergency alert units
- Do not charge for services





# Special Response to COVID



- Provided 1,000 vaccinations to homebound & caregivers
- By team of nurses and physicians
- Partnership with Spectrum Healthcare
- Currently have 15 retired nurses & physicians as volunteers



# Newest Services

- **Tech Coaching:** how to use cell phones, tablets & computers
- **Virtual Care Assistance:** for telehealth appointments
- Partnership with NAH to also serve their patients





# Your support is making lives happier



- Serving 400 – 500 Sedona residents
- Making 11,000 trips for Sedona residents possible
- Social Outings