

<<First Name>> <<Last Name>>

<<Address Line 1>>

<<City State ZIP Code>>

September 12, 2022

Dear <<First Name>>,

Moving into a new community is exciting! There are all sorts of new favorite places to find, and there are many opportunities to meet new people. But whether you are moving on your own or with others, there can also be a sense of isolation. You are away from old friends, from familiar places, and you sometimes miss your old life.

I recently moved from Kansas City to accept my new position as Polara's Chief Clinical Officer. In Kansas City, I knew my neighbors and their life patterns. I knew the days they came home late and the days they left early. I will eventually learn these things here, but right now, I am solidly in the isolation of a new location.

It leads me to think about isolation in general and the effects it has on us. **We are coming out of the ravages of a worldwide epidemic that forced us to isolate ourselves from family and friends.** We are ready to return to our lives, but those two years left their imprint on us. Some are still wary of being in groups, and many still feel the depression of that forced isolation.



September is Suicide Prevention Month. Those who complete suicide suffer from extreme isolation, a feeling that the world would be better off if they were no longer in it. Of course, nothing could be farther from the truth. **Suicide sends shock waves through our world.** They touch our family, friends, colleagues, and even our casual acquaintances.

Here in Yavapai County, there were 74 suicides last year. **Those personal shock waves rippled through our community 74 times.** Two were teenagers. Sixteen were senior citizens. 75% chose a firearm, which is much higher than the national average of 53%.

Suicide is a mental health issue. **It is a topic we shy away from discussing.** But we should be able to ask when we sense someone is in trouble – “Do you feel you could harm yourself or others?” If the answer is yes, then we need to be ready to suggest avenues of help.

Polara Health offers many ways to help someone considering suicide, from crisis intervention to mental health counseling. The **Senior Peer program** works with area seniors to help overcome those feelings of isolation and provide social interaction. **Our substance abuse program** offers residential and outpatient services, helping those who often feel there is nowhere else to turn. **Family counseling** helps guide families through

the turbulent years of adolescence. Counseling also helps to counteract the effects of cyberbullying.

When you donate to Polara Health, you help support these mental health services that are critical to preventing suicides in Yavapai County. Your gift also allows Polara to provide other services such as free community screenings of the powerful film "My Ascension." This documentary chronicles a young woman's inspiring journey following her suicide attempt and how it forever impacted her life. **We so appreciate your support in any amount, and we are most grateful for your willingness to help save lives.**

Here is an example of how your gifts can help others. I started working with "Ann" when she was in recovery from substance use. Her suicide attempt was her wake-up call. She eventually moved into her own apartment and completed her GED. I took a job at another community mental health center, not knowing that Ann had been hired as a peer in their substance use program. At our holiday party, I was happily surprised to find I was again working with Ann, not as a client, but as a co-worker! After several years and another job change, we met in a doctor's waiting room where I learned that Ann is now in college and working as a case manager for a local substance use program. **From the isolation and depression of a suicide attempt to the success of a program case manager working on her college degree - these are the miracle stories we cherish!**

Isolation and depression can happen to anyone. Please don't forget to check on your own senior neighbors. Reach out a hand to a struggling teen. We can help counter isolation. We can be a lifeline without even knowing it.

There is help and healing from the caring professionals at Polara Health, and we are only a phone call away. **Your support can help provide that connection to break the despair of isolation.**

With grateful thanks,

Erin Kantor
Chief Clinical Officer



PS: Please scan the QR code to find a list of mental health and suicide prevention resources and numbers.

Thank you for generously supporting mental health services in Yavapai County!

You may also donate securely online at polarahealth.com/donate

<<First Name>> <<Last Name>> \$25 \$50
<<Address Line 1>> \$100 Other \$ _____
<<City State ZIP Code>>

Check enclosed payable to Polara Health
 Please contact me about donating a Required Minimum Distribution or appreciated security
 I would like information about including Polara Health in my estate planning



Polara Health is a qualifying Arizona Charitable Tax Credit Organization.



September 2022

[FULLNAME]
[AddressLine1]
[AddressLine2]
[City] [State] [ZIP]

[Salutation],

“It’s all about education. Flying is an expensive passion, and it’s often hard on families. We must share our resources so that young pilots can grow in skills and in training. They are our future.”

- David Kleine. First Wing Donor

I was recently asked how I became interested in flight. I can’t remember when aviation wasn’t a part of my life. **I grew up in an aerospace family.** My father was a precision machinist for the aerospace industry, and I apprenticed with him when I was young. I had my first flight lessons with my best friend at 19, and I’ve gotten a thrill out of every takeoff (and landing) since. **In my family, membership in EAA was a rite of passage that we each felt the need to do.**

Florence, my late wife, grew up in a similar fashion. Her dad got into aviation in his teens, working with the late, great Kelly Johnson at Lockheed. He helped to build the P-38 Lightning for British and, later, U.S. forces. His favorite plane that he built was the SR-71, the famous “Skunk Works Blackbird.” As part of the Skunk Works team, he helped design the secret aircraft our fliers used in WWII.

Florence and I both had rewarding careers in aviation. My clients included Boeing, Raytheon, Hawker Beechcraft, and more. I helped develop several new aircraft, including the Kodiak for Quest Aircraft, designed to fly missionaries into the most remote places on earth. The biggest airplane I helped bring to market was the Boeing 787.

Florence was a technical math major in college. She worked at Lockheed during her college summers and was hired by RCA Engineering right out of college. There were 39 men (tigers) and only one woman (tigress) on her team. Her project was the Saturn V ground checkout system, which eventually sent the first man to the moon!

Our kids and grandkids spent every summer at AirVenture, and our granddaughter built her first airplane wing during Young Eagles Air Academy in Oshkosh. **In our family, aviation is simply part of our DNA,** and we’ve been fortunate to nurture that passion in all family members who wish to be a part of it.

But what about those families with a young boy or girl who has no financial means to fulfill their dreams of flight? Florence and I shared a passion for EAA’s Young Eagles program. My Cessna Crusader T303 and I flew many first fliers for Young Eagles. For those who want to advance from that first flight and learn more about aviation, EAA’s continuing education program accompanies them all the way to their pilot’s certificate – and beyond.

Florence and I decided that EAA's many education programs were well worthy of our financial support. She was deeply involved in the charitable side of EAA, helping to develop The Gathering before it even acquired its current name. She worked tirelessly to support the Foundation and help fund the Young Eagles program.

Every year, Florence and I donated to EAA in a meaningful manner. As we began planning our estate, **we decided that EAA's education programs deserved a larger share of our assets. Our legacy gift will have an impact that will be felt long after we are gone.**

First Wing members pledge to donate at least \$10,000 from their estates to the EAA Aviation Foundation. This can be through a bequest, an annuity, or your family charitable foundation or trust. Your legacy designation can be for an EAA program that you feel a particular fondness for or the ongoing efforts of EAA.

If you are involved with aviation almost anywhere in the world, I feel that you must be involved with EAA and the giving side of what they do. Funding the next generation of pilots, helping them grow, and increasing the numbers of those who obtain real aerospace experience is our future both as pilots and as an organization. **It's about creating a legacy for our young people, and those who will follow us in flight.**

Our First Wing pledge is a culmination of everything we lived, loved, and believed in all these years of our lives. It is a good decision for us. I hope it will also be one for you.

As I sat at our table at The Gathering this year, Florence was beside me in spirit. **It's good to know that our years of service for EAA won't cease once we are no longer here.** Your gift to the EAA Foundation's First Wing allows you that same assurance. **It's all about the next generation.**

Please consider including the EAA Foundation in your estate plans. For more information, please contact the Foundation at 888-500-5600 or donor@eaa.org.

With grateful thanks,

David L. Kleine
EAA Lifetime 593215 and First Wing Donor