

The Care Connection

NEIGHBORS WHO CARE, INC.

Volume 19 • Issue 1 • March 2015

Caring for Our Community, One Neighbor at a Time



*From humble beginnings you've
watched us grow...*



*Neighbors Who Care
20 years of Caring
1995 - 2015*


NEIGHBORS WHO CARE, INC.

"Senior Independence Through Volunteer Services"

**10450 E. Riggs Rd., #113
Sun Lakes, AZ 85248
Phone: 480-895-7133
Fax: 480-895-5508
www.neighborswhocare.com**

20 Years of Caring

Carol Bowers, Volunteer Services Coordinator

This year Neighbors Who Care celebrates 20 years of service for our community. The vision of the Greater Sun Lakes Interfaith Council was to be known as a Caring Community, assisting with the needs of those who live in the Sun Lakes and Sun Bird communities. During the years we have had major mile stones; moving four times, burning the mortgage on our permanent office and much more. We have clocked at least 1,465,033 miles, 55,000 of that on our van. We have thousands of hours recorded. Our community has an Adult Service and three community health nurses to compliment the success of NWC. We are looking forward to our future with you in mind.



Thank you volunteers



Carolyn Barrans has been a volunteer since 1998.

Carolyn has provided transportation for clients and is one of our most faithful van drivers. I wonder how many people really believe she is Danica.

Thank you Carolyn for all the miles and smiles you have shared with the people who we serve.



Roberta Wise, a NWC Volunteer since 1996. Serving as a Committee Services Coordinator and keeping donor records.

She reminisces, when she first became a volunteer, all clients and volunteer information was recorded on 3x5-index cards. Thank you Roberta, you know how to keep us humble.



Helen Bathgate has served 20 years as a volunteer for NWC, being our longest continuously active volunteer, she has recorded over 3322 miles providing transportation. Having served since 1995, she was very instrumental in the very beginning planning stages of Neighbors Who Care.



Eric Ehst
Executive Director

All Services per Calendar Year 2014

Volunteers ~ 467

Clients ~ 578

Hours ~ 18,324.5

Miles ~ 128,332

Occasions ~ 18,632

Our Mission

*The comfort of home
and the dignity of
independence; at
Neighbors Who Care,
community volunteers
help the elderly live
at home.*

Our Vision

*The elderly are able
to live at home for as
long as feasible with
pride, dignity, and
independence.*

You Are a Volunteer! (whether you know it or not)

Eric Ehst, Executive Director

America is known as the land of the rugged individualist. We think of our nation as having been built by intrepid pioneers, prospectors, inventors, and entrepreneurs. But that's only half the story. Where would we be without the Minutemen who volunteered to help win our freedom; the neighbors who gathered for the barn raisings; the volunteer firefighters who save lives. Even that rugged loner Wild Bill Hickok wouldn't have been quite as wild without the volunteer posse at his back.

But, again, that's only part of the story. Most volunteering isn't as hard, dangerous, or exciting as those examples. I'll bet you're a volunteer even if you don't do any of those things; even if you don't already volunteer for Neighbors Who Care, the Lions, the Rotary, or any other organized group. You volunteer every time you hold the door for someone carrying a load of packages, every time you take soup to a sick neighbor, each piece of trash you bend over to pick up off the sidewalk.

When you look at the big picture, our society would be a pretty sad, lonely, Dickensian place without all of the little volunteer acts we each perform every day. Every act of kindness, every expression of selflessness makes our world a little better, and not just for the people we help. Numerous scientific studies show

that people who volunteer are happier, healthier, and even live longer. I see it in the faces of Neighbors Who Care volunteers every day.

Here's the pitch. Neighbors Who Care wants to help you reduce stress, get some exercise, get out of the house, fill those vacant hours, and just feel good about yourself. We have a roster of 1200 of your homebound, disabled, and frail friends, relatives, and neighbors just waiting for you to lend a hand. They are friendly, have interesting stories to tell, are enormously grateful, and can't continue to lead independent lives in their own homes without your help.

We've already established that you're a volunteer at heart. Come volunteer for us and get credit for your great work. We offer many different volunteer opportunities to meet your needs and talents, flexible hours, and no minimum commitment. You have our money-back guarantee that you'll impress your friends, amaze your kids, take years off your age, and feel like Mother Theresa. I know you're already a closet "neighbor who cares". Come join our 500 other volunteers and make it official.

To take up this challenge or if you know of someone who needs our help, contact us at 480-895-7133 (www.neighborswhocare.com).

If you would like to experience the deep personal satisfaction that comes from volunteering to assist your neighbors or if you know of someone who needs our help, contact us at 480-895-7133.

The Care Connection is the official newsletter of Neighbors Who Care, Inc.

This newsletter is delivered to all volunteers, clients, donors, and associates of Neighbors Who Care, inc. on a quarterly basis. You have received this publication because we believe that you take pride in your community and service to improve the quality of life for others, one neighbor at a time. This newsletter provides you with wellness information and advertising that enhances your awareness of other services in our community. We are always interested in your comments or suggestions.

While efforts to ensure accuracy are exercised, the publisher assumes no liability for the information contained in either editorial or advertising content. Neighbors Who Care does not endorse any commercial products or information that may be advertised in the newsletter.

From the Board...

Why Are We Too Proud to Ask For Help?

By Grace Wilson-Woods, Board Member

Many of us come from a background or upbringing that taught us to take care of things on our own. Most of us resist asking for help for one reason or another. I certainly resisted because I felt I could handle everything once my husband was diagnosed with dementia in 2006. The first thing I did was set my retirement date from my job. Although he lost his sight in 2003, we managed pretty well to make major adjustments in our life. I learned to see myself as a "Jack of all trades". I began to take over many duties I had never done before. When the dementia diagnosis was added to my plate, I felt, no problem, I will master this as well. I went to classes to learn as much as I could about caregiving. At first, I did well keeping everything together. But as time passed, I began to feel overwhelmed. I was so overwhelmed that the sound of a drip from a leaky tub faucet was the "straw that broke the camel's back". I needed help and

I needed it right away. A friend gave me a reference for a good plumber but he was not able to get to me right away. What could I do? I did not have family members in Arizona who could help me with plumbing repairs. Thank goodness I remembered **Neighbors Who Care (NWC)**. I called and they put me on the list for help. I realized that they could not send someone that day but I knew help was coming. I began to calm down and regroup. The help NWC provided bridged the gap until I could get a professional plumber in to complete the repair. Was it hard for me to ask for help? Yes! Am I glad I did? Yes! Because of that help and the fact that I know others have been helped, I am committed to helping Neighbors Who Care as a volunteer.



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Announcing Forget Me Not

2015 Neighbors Who Care
20th Anniversary
Volunteer Recognition Brunch

March 14, 2015 • 9:30 am
Oakwood Ball Room
Sun Lakes, Arizona

Reservations are still being taken for all volunteers, client, and partners of Neighbors Who Care. Donations are welcome. Call 480-895-7133 by March 6, 2015.

Don't miss it!

**March 18, 10:00 a.m.
at Neighbors Who Care**

FIVE WISHES is the first living will that talks about our personal, emotional, and spiritual needs as well as your medical wishes.

FIVE WISHES is the most popular advance directive in America with more than 14 million copies in circulation. It was created with the help of medical experts and the American Bar Association's Commission on Law and Aging.

It meets the legal requirements for advance directive in most states, including Arizona. Any questions regarding the format of the document may be directed to the nonprofit organization Aging with Dignity, 1-888-5-WISHES.

RSVP 480-802-0090
Presented by Penny Fox
In Memory of Cissy Jennings





2015 Neighbors Who Care 20 Years of Caring

Forget Me Not

The theme for last year was Growing Together. The tree in the Volunteer Room is full of leaves.

Each leaf signifies a donation of \$1.00. This year is a year of Celebration and the theme is

Forget Me Not.

We will continue to recognizing all those who contribute \$1.00 or more by placing a symbol of celebration on our Giving Tree. A new symbol will be added each time you make a donation. Have your name added for 2015. This year we will be tracking the percentage of growth. Watch us grow! If you have, questions call Carol at NWC, 480-895-7133.

Thank you for all you do!

Carol Bowers, Volunteer Services Coordinator.



Rockin' Our Souls

20th Annual

Interfaith Choir Festival for Neighbors Who Care

March 8, 2015

3:00 PM

At Sun Lakes United Methodist Church

The Interfaith Choirs of Greater Sun Lakes

20 years of Harmony for Neighbors Who Care

Featuring

"The Rev and The Rav"

Rev. Vernon Meyer

and

Rabbi Irvin Weiner

and

Choirs from around the community

Ticket donation \$5

Available from your local congregation or at the door

www.neighborswhocare.com



**Neighbors
Who Care
Website**

**Things you
will find**

- Calendar of events
- Previous newsletters
- Services for you
- How to volunteer
- Announcements

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Art at the Lake March 7th

9:00 am – 2:00pm



Enjoy the annual Art at the Lakes art show and sale benefiting The Sun Lakes Firefighters' Emergency Relief Fund (SLEFR) and the 100 Club of Arizona (www.100club.org).

Our own SL firefighters will be grilling burgers and hot dogs. Don't miss Art at the Lakes. Volunteers are needed to help with a variety of tasks that day.

Call Bev Walter at 480-802-4680 or email her at bevwalther@msn.com.

Best of all come to meet the artists and fill your home with beauty from the artists of Sun Lakes while giving back to the men and women who watch out for us.



Fry's Community Reward Program

If you shop at Fry's Food stores and have a Fry's VIP card you can register to have your purchases count towards a donation from Fry's to Neighbors Who Care.

If you have a Fry's online account:

- Go to www.frysfood.com
- Click on "Sign In"
- Click on "My Account"
- Scroll down to "Community Rewards"
- Click on "Choose" or "Edit"
- Under "Select Your Organization" either find "Neighbors Who Care, Inc." or enter our organization number 25135
- Click on "Save Changes"
- You should now see Neighbors Who Care listed under "Community Rewards" whenever you visit your Account Summary page

If you do not have a Fry's online account:

- Go to www.frysfood.com
- Click on "Register"
- Enter your email address and create a password
- Select your preferred store
- Click on "Create Account"
- Enter your Fry's VIP card number (or phone number if tied to your VIP card) and your name
- When taken to the Account Summary page follow the instructions above to choose Neighbors who Care to receive donations from Fry's.

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Amazon will donate 0.5 % of the cost of any purchases made from Amazon.com to Neighbors Who Care if the purchaser uses the Amazon Smile Program.

There are two ways to make the donation:

One Time Purchase

1. Instead of going to www.amazon.com to make a purchase, go to www.smile.amazon.com.
2. Select Neighbors Who Care, Inc. (Sun Lakes, AZ) as your charity. Be careful as *Neighbors Who Care, Inc. (Waltham, MA)* is also listed.
3. Continue on to make your purchase.

Automatically Donate to NWC

1. Go to www.smile.amazon.com
2. Select Neighbors Who Care, Inc. (Sun Lakes, AZ) as your charity.
3. Follow the instructions to download the amazon smile app to your computer. This will place an amazon button on your web browser.
4. Anytime you wish to make a purchase from Amazon, click the button to go to Amazon Smile. It will open a box showing that you support Neighbors Who Care and allow you to search for your product. All purchases will automatically provide a donation to NWC.
5. You must download the app separately for each computer/phone/web browser you use to make purchases.

THE FLU

Taken from the www.azhealth.gov. Quarterly Health Initiative 20th Issue

What is the flu? The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death.

Common Signs and symptoms

- Fever (usually high)
- Headache
- Extreme tiredness
- Dry cough
- Sore throat
- Runny or stuffy nose
- Muscle aches
- Stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur but are more common in children than adults

Prevent the Flu

Get vaccinated! This is the first and most important step in protecting against flu viruses.

Stop the Spread

Flu viruses spread mainly from person to person by the droplets produced when people with flu cough, sneeze, or talk.

It is important that if you get sick with the flu...

- Stay home and rest
- Drink plenty of non-caffeinated fluids
- Use acetaminophen or ibuprofen to help with fever and body aches
- Wash your hands often to protect other people
- Avoid getting close to other people, especially when coughing or sneezing
- Cover your mouth when coughing or sneezing



Sun Lakes Disposal is generously donating revenue generated from its curbside recycling collection to Neighbors Who Care. If you are a client of Sun Lakes Disposal, your recycling efforts are hard at work! Neighbors Who Care is proud to have Sun Lakes Disposal as a partner in our effort to make Sun Lakes a better place to live.

If you are looking for a residential garbage service provider, please consider **Sun Lakes Disposal**.

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MAKING A DIFFERENCE

Carol Bowers, Volunteer Services Coordinator

I am proud to be a Neighbors Who Care volunteer. I am proud of the work NWC does. Is proud or pride the right word? Pride is something we all have or feel, and maybe do not want. I really think it is something I mix up with other emotions, like satisfaction or success. When I looked up Pride, it is the opposite of Humility. I guess I knew that, but the more I read the more humble I felt. I can feel dignity in knowing that I have a comfortable life and can make decisions for myself. I have satisfaction that I have made a good decision to live in a safe community where I can age in place. I practice healthy living, most of the time. I have companionship with friends and family. I can do things for myself and have the resources for the things I cannot. Do I feel proud? I could. I look around me and I feel humbled by what I see. I see people who graciously take their time and experience to unselfishly do for others, they even find joy in it, and go the extra mile so that someone they might not even know can feel a little more dignity. Moreover, they don't think a thing of it. I could be like other people I see who have lost that joy and something more. If I experience the loss of companionship of a love-one, a friend, health, financial well-being, so many things that could rip my heart out, gnaw on my confidence, corrode my way of thinking so that I could spiral out of reality into the doldrums of a very unhappy place. If I can't climb out of it, I'd become very unpopular. I see Neighbors Who Care as a place for stuck people to find vibrancy and a chance to have that independence again. The culture makes a difference. Not just for those I serve, but also for those who serve me. I hope I do not become too proud to ask for help if I need it. I want to remember that those who volunteer do so because they want to give back and it makes them feel satisfied that they could make a difference.



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20 Valley Locations - 2 Near You!

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Sun Lakes ~ 480-895-0881

6300 S Higley
Gilbert ~ 480-840-6060





Several months ago, Neighbors Who Care announced our partnership with United Fibers. We are still working on placement of the blue textile (clothing) bins. United Fibers has created an account for NWC so a percentage of all recyclables taken to the recycling center goes to Neighbors Who Care. Just tell them you want to contribute to Neighbors Who Care.

United Fibers is Arizona's largest Buy-Back Recycling Center. United Fibers' Drive-Thru Buy-Back Recycling Center is a convenient way to recycle. Experts in Innovation, if it has anything to do with recycling, it has everything to do with United Fibers. "We're on a mission to make the planet a better place, so let's do it together!" Check them out on line. Maybe even take a tour.

Address

390 East Ray Road
Chandler, Arizona 85225
480.726.0001
(Located on the West Side of Facility)

Phoenix Fibers

400 East Ray Road
Chandler, AZ 85225
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PHXfibers.com

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On April 7 there will be a concerted, one day, campaign to raise money online for Arizona nonprofits. Neighbors Who Care will be participating and our supporters can donate to us by either going to www.azgives.org and selecting Neighbors Who Care or by clicking on the

donation button that will be on the NWC website. Supporters can also go to the website to pledge their donations before April 7 and schedule them to be charged to their credit card or bank account on the big day.

Neighbors Who Care WISH List

Replacement refrigerator for Volunteer Room

Door Mats for front and back door

Bookshelf for front lobby – NWC Library

Easels – for posters

Black Poster frames (approx. \$10 each)

Faucets for restrooms (2)

Coffee and Snacks

Disposable coffee cups

Please call the office before making significant donations



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Contact us for information at: 480-895-2982
 Email: ThePerfectPlace85248@gmail.com

Neighbors Who Care will be expanding our services beginning in March

We are expanding our usual services, Monday through Friday from 8:30 am - 4:30 pm by adding three hours of additional volunteer opportunities and client services for respite, shopping and errands, minor repair, welfare visits, business help, friendly visiting, and reassurance calling. These services are now also available between 9:00 am and 1:00 pm Saturdays.

- When requesting services please call four days in advance; for Saturday, please call no later than the Tuesday before, just like you do for Friday services.
- Reminder calls are made on Friday afternoon. The schedule will be available Friday for the on-call staff member.
- Volunteers record their hours and miles by calling the NWC office voice mail or by submitting them on line to the NWC website www.neighborswhocare.com.
- The on-call volunteer or staff member will be available to answer questions or provide assistance if needed.

Volunteers who have not been able to assist because of work and school schedules, now have an opportunity to give back to the Neighbors Who Care communities.

To recap:

Clients can request services for appointments between 8:30 am and 4:30 pm.

Clients call on Tuesday prior to their Saturday request for services 9:00 am – 1:00 pm.

— **Services** cont. on page 12

Christine Lobdell Raney, AAMS®
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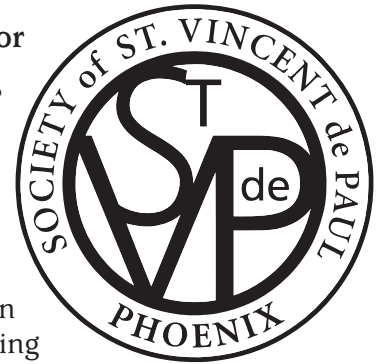
MAP to be Rolled Out at SLHOA1 soon

By Carol Bowers, Volunteer Services Coordinator

Sun Lakes 1 has a new program that they are planning to roll out soon called MAP (Member Assistance Program). I visited with Heather, the Community resources director recently. After hearing many rumors about what was proposed, I thought I had better check into it. Some were saying that the program was going to be just like Neighbors Who Care. Neighbors Who Care has been around for 20 years, and there is no reason why someone might recreate this program. The service proposed by MAP is for residents of Sun Lakes 1 only. It is for things that NWC does not do, specifically relating to Sun Lakes Country Club members. Those who are Sun Lakes Country Club members who need NWC services, may apply by calling NWC. We provide transportation to get to medical appointments, make referrals to those who provide in home care, etc, we have volunteers who do minor repairs, take clients to the grocery store, or someone may shop for them, or deliver an evening meal, to name a few. You can call Neighbors Who Care to register as a client. We also work with those who provide assistance in the community, such as the Fire Department, Sheriff's Posse, and Veterans Services. We also partner with local churches and clubs to assist in other services you might find a need for by offering information and referrals. Did you know that you don't have to be a Neighbors Who Care client to have a lock box installed? You buy the box, call us, and our volunteers will install the box. Watch for SLHOA1 Assistance information on your website and eBlasts. NWC will be deliberate in our efforts to work with SLHOA1 and other HOAs and service organization to see that our friends and neighbors are informed and have access to the available services in our greater Sun Lakes community. The MAP (Member Assistance Program) can be complementary to NWC. However, it won't replace NWC. Contact Heather at her SLHOA1 office or call Carol at NWC, 480-895-7133 if you have questions.

By Carol Bowers,
NWC Volunteer Coordinator

We looked into MAP at Phase 1, now, let's take a look at another well-known organization in our community, St. Vincent de Paul. For many of us it is as familiar as the Salvation Army when it comes to helping people in the community. The people who are apart of the St Vincent de Paul Society at St. Steven's Catholic Church in Sun Lakes will tell you! "They do it all". Someone who is struggling with making an electric bill, has an empty cupboard and no one to help, St. Vincent de Paul is there. Their volunteers will assist with utilities bills, pick up furniture, and help with whatever you might need in an emergency. They called me to speak to them about what services we provide. They want very much not to duplicate our services in Sun Lakes. This is another time we find a great opportunity to partner with another service organization right in our neighborhood. If you have questions about St. Vincent de Paul please contact 480-895-4766 ext. 200 or Carol at Neighbors Who Care, 480-895-7133 for more information.



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SO WHAT'S FOR DINNER?



By Joan Byrnes, Dinner Delivery Coordinator

How many times have you thought about what you are going to have for dinner? If it's not in your refrigerator or your freezer; you can hop in the car, drive to your favorite grocery store, stop at a fast food restaurant, or pick something up from one of the Country Clubs, no problem. What if you can't drive or you are unable to cook a meal; maybe the check you were waiting for isn't in the mail and you have no money to pay for the meal? Do your parents live in the community, and you live out of town? You want them to have a healthy warm meal delivered to them. What then?

Neighbors Who Care Dinner Delivery Service could come to your rescue! As a client, when you enroll in our Dinner Delivery Program, you'll receive a morning call Monday through Friday between 8:30 to 10:30. You will learn what meals are available and if you would like to order dinner. The only thing you have to do is decide if you want to order. The order is processed and our "Neighbors Who Care Volunteers" not only pick up the ordered meal but also deliver it to your door. If you have an appointment and might not be there

— **Dinner** cont. on page 15

Services

- continued from page 10

Volunteer services available on Saturday, 9:00 am – 1:00 pm:

- Respite to a caregiver
- Shop & Errands for a NWC client within our service area
- Minor repairs
- Business help
- Welfare visits
- Friendly visits
- Reassurance calls

These services are available to current eligible Neighbors Who Care clients.

These service opportunities are open to Volunteers

If you would like to request services on a Saturday, please call the NWC office at 480-895-7133. If you would like to volunteer on Saturdays, call or email Carol, at nwcvsc@gmail.com to update your volunteer status.

JOINT COMMUNITY EDUCATION WORKSHOPS

for Neighbors Who Care/ Sun Lakes United Methodist Church
sponsored by Christine Lobdell Raney/Edward Jones
2nd Tuesday of the Month ~
Call Diane to RSVP 480-802-0741

Mar. 10th

TOPIC TBA presented by Elaine
Poker-Yount of Visiting Angels

Apr. 14th

NEIGHBORHOOD SAFETY
How to leave you home safely for the
summer presented by the Sun Lakes
Fire Department

*April is the last workshop for the summer.
Workshops will begin again in October 2015.
Your suggestions for topics are welcome. You
may call Diane at 480-802-0741 or
Carol at 480-895-7133*



Work day at Neighbors Who Care

Saturday, March 28th
at 8:00 am.

Call Carol at 480-895-7133

Helpers for freshening the office:

Shampoo carpet

Clean & Wax floors

Wash windows inside & out

Fix crack in wall

Touch up paint

Replace faucets in restrooms

Dust light fixtures, blinds & fans

We'll need tall ladders,
a carpet shampooer, a floor polisher,
spackling, faucets, misc. rags & cleaners.

Interfaith Council of Greater Sun Lakes

Founded 1993

Founders of Neighbors Who Care 1994

President - Rev. Don Hendricks
Sun Lakes Community Church

Vice President - Rev. Jim O'Neal
Sun Lakes United Methodist Church

Secretary - Rev. Debbi Brown
Unity Church of Sun Lakes

Treasurer - Sr. Carol Bowers
Sun Lakes Lutheran Church



First Baptist Church of Sun Lakes	480-895-1088
St. Steven's Catholic Church	480-895-9266
Sun Lakes Community Church	480-895-9147
Sun Lakes Jewish Congregation	623-640-5913
Oasis of Grace - Assembly of God	480-766-8927
Risen Savior Lutheran Church	480-895-6782
Sun Lakes Lutheran Church	480-231-1506
Sun Lakes United Church of Christ	480-895-6317
Sun Lakes United Methodist Church	480-895-8766
Temple Havuret Emet	480-803-4120
Unity Church of Sun Lakes	602-309-1818

BREATHE A LITTLE EASIER...

A reverse mortgage is a loan that converts the equity in your home into cash. If you're 62 years old or older, consider this financial tool to:



- Boost monthly income
- Payoff a traditional mortgage or home equity loan
- Get rid of credit card debt and car payments for good
- Provide tax-free cash*

TERI TINNEY

Reverse Mortgage Consultant

480-254-6651

ttinney@urbanfinancialgroup.com

www.ufareverse.com/ttinney



NMLS# 589393



NMLS#2285 (www.nmlsconsumeraccess.org); Urban Financial Group Corporate office: 8809 South Yale Avenue, OK 74137; Arizona Mortgage Bankers License #0921300, Mortgage Bankers Branch License #0117862 - 625 W. Southern Ave., Suite E171, Mesa AZ 85210. Not all products and options are available in all states. Terms subject to change without notice. Copyright 2013 Urban Financial Group, Inc. All Rights Reserved

Transportation Raffle Winners

**Winners of the
October - December
Drivers Raffle are:**

October 2014

Over 100 miles

Nancy Osborne	140 miles
Bonnie Duncan	136 miles
Sylvia Buehler	133 miles
George Thomas	117 miles
Gordon McCleary	115 miles

50-99 miles

Jan Mullet	81.5 miles
Cora Lathom-Levensky	78 miles
Roger Arrand	78 miles
Bill Hackenyos	72 miles
Jerry Rex	69 miles
Lydia Claflin	64.5 miles
Joyce Davey	63 miles
Carl Day	58.50 miles
Rodney Imhoff	57 miles
Jean Caravello	55 miles

November 2014

Over 100 miles

Irene Johnson	274 miles
Virginia Baker	196 miles
Max Platt	176 miles
Joan Orent	105 miles
Ron Isaacson	103 miles

50-99 miles

Janet Jose	87 miles
Art Baessler	83 miles
Sandy Wilhaber	80.5 miles
Janet Rhea	76 miles
Jim Rainwaters	67 miles
Teri Koczara	66 miles
Arnold Arellano	66 miles
Peg Wirt	56 miles
Tom Chase	52 miles
Bonnie Jewell	52 miles

December 2014

Over 100 miles

Gary Hutchinson	180 miles
Bob Neely	167 miles
Ed Hill	150 miles
Roxy Banta	109 miles
Krissie Stewart	106 miles

50-99 miles

Morris Johnson	85 miles
Maria Arellano	80 miles
Lou Maldonado	78 miles
Jim Wood	75.5 miles
Ken Menno	68 miles
Neal Julien	64 miles
Kay Walimaa	52 miles
Jim DeVinck MD	52 miles
Joanne Knutson	52 miles
Barbara Thompson	51 miles

AARP Driver Safety Program

Neighbors Who Care offers the AARP Driver Safety Program each **2nd Thursday of the month** at **12:30** in our Volunteer Room. The course is recommended for each of our Volunteers who drive our clients and required for our volunteer Van Drivers.



Monthly Auto or Golf Cart Check



The **3rd Tuesday** of each month **8 am – 10 am**, Volunteers from Neighbors Who Care are available to assist you with a basic auto or golf cart check.

They will be located at the West side of the Sun Lakes Country Club.

This service is available to all.

CAREGIVER SUPPORT GROUP

**Every Monday
1—3 PM**

**Risen Savior Lutheran Church
23914 S. Alma School Road**



**All family
Caregivers are welcome**

Sponsored by Neighbors Who Care, Inc.

For information call 480-895-7133

Dinner

- continued from page 10

when the meal is delivered between 4:00 and 5:30, you only have to leave a covered container with the money for the meal inside it and your meal will be left.

If you are already taking advantage of our Program, wonderful, if you need more information, call our office at 480-895-7133.

Talk to you soon...

Joan



Will be closed for the following holidays in 2015 - 16

Labor Day, Thanksgiving and day following,

Christmas Day, New Year's Day,

Presidents' Day, Memorial Day, 4th of July

Please make a note

NWC will NOT provide services on these days



**Schedule for the
NEIGHBORS WHO CARE
"Go Daddy" Van**

Monday Wal-Mart on Arizona Avenue

Tuesday Wal-Mart on Arizona Avenue

Wednesday *Destinations will change*

Thursday Basha's Alma School Road

Friday Fry's Riggs Road

Volunteer Van Drivers are always needed: Are you already providing transportation for NWC and/or you would like to be trained to drive the NWC van to take clients shopping. Please contact our Volunteer Services Coordinator at

480-895-7133



NWC Service Guidelines

All services booked through Neighbors Who Care at 895-7133. Please schedule at least three business days in advance of your appointment. Services are available Monday-Friday between 8:30 AM—4:30 PM.

- ♥ **Van Transportation** — grocery shopping to select local stores
- ♥ **Transportation** — to/from medical appointments. Service is available twice each week. (when scheduling appointments please tell us the length of your appointment)
- ♥ **Shopping/Errands** — a ride to the bank or for groceries; or we will shop for you. (the number of stops must be planned in advance; no more than 3 stops per outing)
- ♥ **Business Assistance** — writing checks and letters; addressing envelopes; checkbook balancing; voter registration; tax preparation (this service is helpful for those with low vision)
- ♥ **Business Service Advocacy** — we provide counsel and assistance in dealing with contractors (home repair and financial); and ombudsman service in resolving service complaints
- ♥ **Minor Repairs** — such assistance as changing a light bulb or furnace filter
- ♥ **Respite Care** — a volunteer will stay with your loved one while you are out (this service is available up to 4 hours per week)
- ♥ **Dinner Delivery** — orders are taken by phone between 9-10 am, Monday - Friday, details are available by calling NWC at 895-7133
- ♥ **Friendly Visiting** — regular social visits from a NWC volunteer
- ♥ **Welfare Visits** — a brief daily welfare visit in the temporary absence of the primary Caregiver
- ♥ **Reassurance Calling** — daily or weekly check-in calls

CLIENT TRANSPORTATION APPOINTMENTS

**Please call: Neighbors Who Care
480-895-7133**

During Business Hours 8:30 am—4:30 pm

When making transportation appointments, Please call at least three days in advance or up to one month in advance.

- Call Monday for a Thursday time
- Call Tuesday for a Friday time
- Call Wednesday for a Monday time
- Call Thursday for a Tuesday time
- Call Friday for a Wednesday time

You may use our free services twice each week for Medical Appointments

You may use our services three times each week for dialysis or chemotherapy treatments

**Van service is available five days
each week for shopping**



Neighbors Who Care, Inc.
10450 E. Riggs Rd., #113
Sun Lakes, AZ 85248

Non-Profit
U.S. Postage
PAID
Phoenix, AZ
Permit 1010

*A thank you note from a daughter of
one of our clients:*

*"To whom it Matters, Thank you for all
you have done for our family. Two years ago,
when my mother was alive your group helped
get my mother to physical therapy. This
last year your group helped out my brother-
in-law who passed away. I asked my sister
what she wanted for Christmas this year.
She said a donation to Neighbors Who Care.
She still lives in Sun Lakes. Enclosed is a
check for all of my beloved family members
who your group so generously helped out.
Thank you from the bottom of my heart.
DJ"*

*Thank you to DJ and all who have
donated to Neighbors Who Care to say
Thank you. It is our honor and pleasure
to serve the people in our community.
Each donation goes to see that we can
continue to serve.*

March • April • May

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1:00
Support Group
@ RSLC

9:00-12:00
Medicare Benefits
Counseling
@ RSLC

8 - 3pm
Choir Festival
@ SLUMC

1:00
Support Group
@ RSLC

9:00
Community
Education Workshop
@ UMC

9:00-12:00
Medicare Benefits
Counseling
@ NWC

12:30
Driver Safety
@ NWC

9:30am - Volunteer
Recognition Brunch
@ Oakwood

1:00
Support Group
@ RSLC

8-10 am
Golf Cart Check
@ SL1

10am-Advance
Directive Work-
shop @NWC

1:00
Vol. Orient.
@ NWC

2pm - AFBH Panel
Discussion:
Your Brain, Sports,
Mental Health
602-712-9200

1:00
Support Group
@ RSLC

9:00-12:00
Medicare Benefits
Counseling
@ NWC

8am
Work Day @ NWC
10am Volunteer
Orientation @ NWC

White House
Council on
Aging - forum