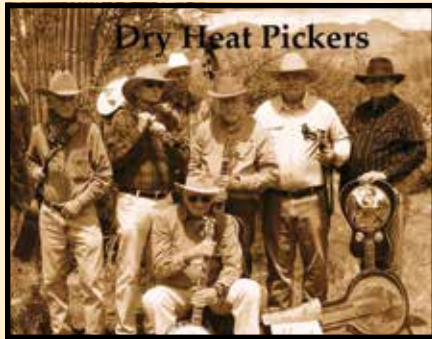


The Care Connection

NEIGHBORS WHO CARE, INC.

Volume 19 • Issue 3 • September 2015

Caring for Our Community, One Neighbor at a Time



*Featured at the
3rd Annual Fall Fair,
Dry Heat Pickers*

LIVING WELL

The Caring Connection

Did you know?

Genworth Financial Study reported 55% of Americans over 65 said their greatest fear regarding a long-term illness was being a burden on family. People 55 and older control more than $\frac{3}{4}$ of America's Wealth.

Harvard School Researchers found evidence that socialization is key to healthy aging. Today 10,000 people turn 65 everyday, staggering. Over the next 30 years, the 65+ population will be larger than the younger generation.

A recent independent study reported that when a senior becomes part of a retirement community, they are more likely to make new friends and try new things and reported better experiences than they expected.

Everyday we get newsletters and information from those we partner with, who provide medical and non-medical care in our community. We get information from a very large variety of resources. It is very difficult to pass it all along to you. "You" are the Volunteers, Clients, Families, and supporters of Neighbors Who Care.

Living Well, is Wholistic: Mind, Body, and Spirit. Caring for your whole being: Eating a balanced diet, getting enough sleep, getting outside, and out and about; walking if we can or rolling with a friend; playing and laughing, maybe even at our self; talking to our family and friends; and leaving a little time to pray will do a body good. Socialization, health, and recreation can be healing to our soul.

I hope you enjoy this Care Connection focusing on LIVING WELL as much as I have enjoyed writing it.

Carol Bowers, Editor



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

NEIGHBORS WHO CARE, INC.

"Senior Independence Through Volunteer Services"

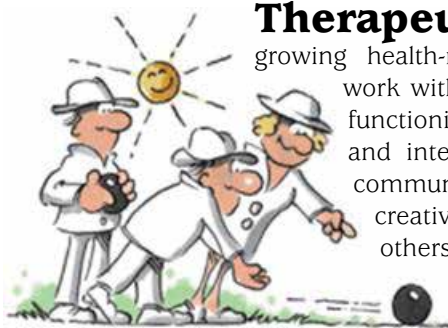
10450 E. Riggs Rd., #113

Sun Lakes, AZ 85248

Phone: 480-895-7133

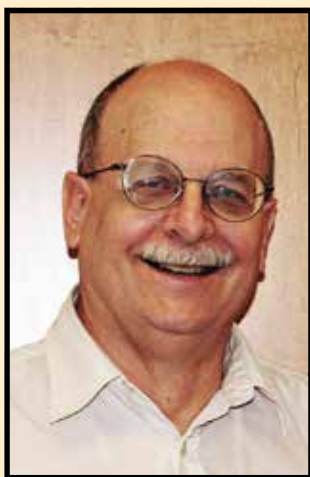
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Therapeutic Recreation is one of the fastest growing health-related fields today. Recreational therapists work with people to improve motor, social and cognitive functioning, build confidence, develop coping skills, and integrate skills learned in treatment settings into community settings. Examples of activities include creative arts (e.g., crafts, music, dance, drama, among others), sports, adventure programming, dance/movement, and leisure education. We took

— **RECREATION** *cont. on page 14*



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.*

S.M.A.R.T.

Strategic Memory & Alzheimer's Rehabilitation Training

The statistics about Alzheimer's disease and dementia are staggering. How many of us, who, and when is enough to give any of us pause as to the future of our cognitive health. The fact is we are living longer. As someone said to me recently, "it is as important to exercise our mind as it is our body". We are a world of aging individuals. Most of us want to be independent and active for years to come. Our active community has an opportunity to take part in a study with Dr. John DenBoer, a prominent valley licensed psychologist and clinical neuropsychologist who created the SMART program. Dr. DenBoer provides the cognitive testing for you. The testing gives you an idea about your personal cognitive skill, and allows you to track your progress with the SMART program. Several individuals have been participating in the program are from right here in Sun Lakes. Enrollment is open.

The **SMART** program is designed to keep seniors mentally fit! The program includes six cognitive modules that exercise different parts of your brain. By doing these exercises, you may slow down the progression of conditions like Alzheimer's and dementia.

A **SMART** coach is an individual who is trained to work with the SMART program, as well as trained for assisting individuals who have MCI, or mild cognitive impairment. MCI, or mild cognitive impairment is a result of conditions like Alzheimer's and dementia.

SMART is:

- Cognitive intervention program for dementia
- Alzheimer's /Dementia
- Mild cognitive impairment (MCI)
- Increase in brain resiliency via new learning

- Improvement in quality of life
- Certified SMART Home Care Professionals – trained to work with your personalized SMART Program
- Consultations from Dr. John DenBoer

Neighbors Who Care has agreed to partner with Dr. DenBoer and Affordable Home Care of Scottsdale, to bring SMART to a larger number of people in our community. We are currently recruiting NWC volunteers to serve as Caregiver/Coaches for the program. In addition, we will be taking requests for people who are interested in participating in the program. If you are a NWC volunteer currently and would like to attend SMART Certification training, please call our office (480-895-7133) to be registered for the 3-hour training class, which will be held in in September. New volunteers will need to register for both the 2-hour NWC Volunteer Orientation class and the SMART certification training. The program is designed to be ongoing, with each series of three workbooks, set up as 6-12 week sessions. There is a break between workbooks, and coaches may work with more than one client.

Coaches may also have a backup or substitute if they are going to be away. We want this program to benefit as many as we can in our community, sign up today to be a coach or as a client.



Dr. John DenBoer
Licensed Psychologist
Clinical Neuropsychologist

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

Health in Advancing Years

By Dr. Jonathan E Askew, MD
5 1/2 yrs. NWC Board Member

Though we often think of health negatively, it is NOT the absence of disease but rather the minimizing of suffering and maximizing of enjoyment of life, love, family, and faith. Modern medicine with surgery and drugs is only 15 % of the solution to enjoyment of good health.

An example of this is an 80 year-old woman in the community who was also on my hospice service for severe dementia. The expensive dementia medications were reduced and then stopped. Her children, mostly out of state, increased their efforts to see her, along with friends and fellow church members. She loved music, and there was an effort to increase her exposure to both secular and sacred music. Even though at first it was hard to see, she recognized the music. In short, she woke out of her delirium and was able to go to a daughter's home. She was released from hospice as her prognosis was vastly improved, and she lived 1 ½ years longer, dying a peaceful death in her sleep.

Neighbors Who Care is one of many organizations, which address the 85 % solution for healthiness along with the medical and nurturing community. There are several organizations in the Sun Lakes community affording dignity and comfort during the sojourn of life after experiencing the inevitable changes that come with aging.

As a board certified OB/GYN and public health-trained physician, I am asked about what expertise I have in the field of geriatrics and end-of-life medicine. Since I am also a geriatric patient at the age of 73, I am experiencing a lot of the effects that I see in my geriatric patients.

After 7 years of practice in hospice and palliative medicine, I have concluded that reducing polypharmacy, simplifying goals for the later-life journey, and reducing isolation from family, neighbors and the greater community, are goals that work toward healthiness of mind, spirit and body.

New Board Member — FRANCISCO P. SIRVENT

Francisco graduated from the University of Arizona in 2001 with a B.S. in Biosystems Engineering at the top of his class. He entered the legal profession as a law clerk in 2002 and then pursued his law degree with Arizona State University. He obtained this degree in 2006 and was one of a few students to earn a Certificate in Law, Science, and Technology.

God has blessed Francisco and wife, Nicole with three beautiful children, ages three and under, twins. Gabriel and Isabella, and Sophia is the younger tiebreaker. Francisco and his family are members of Central Christian Church. He enjoys outdoor activities including fishing, hunting, camping, hiking, and photography.

Francisco has a special concern for elder law and the mission of Neighbors Who Care. He has been a loyal partner and supporter of NWC for the past three years since opening his practice, Keystone Law Firm & Wealth Partners, in the Sun Lakes area.



Christine Raney
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Colette McNally
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Mahnaz Pourian



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Carol Bowers
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Bonnie Kosar
Case Worker



Eric Ehst
Exec. Dir.



Joan Byrnes
Dinner Del.



Verna Mahnke
Office Coordinator



Francisco P. Sirvent

Transportation Raffle Winners

**Winners of the
April - May - June
Drivers Raffle are:**

April 2015

100-237 miles

Carolyn Barrans	203 miles
Ed Hill	179 miles
Dean Lindsey	136 miles
Pat Richards	112 miles
Donald Zomes	101 miles

50-99 miles

John Concannon	79 miles
Michael Rogers	75 miles
Janet Kusmider	67 miles
Jerry Rex	66 miles
Betty Sanders	64.5 miles
Marie McCadden	63 miles
Pat Stead	55 miles
Dick Aplin	55 miles
Paula Herzstein	52 miles
Mary Boyer	50.5 miles

May 2015

100-244 Miles

Dennis Mulcahy	139.5 miles
Art Baessler	132 miles
Sandy Wilharber	124 miles
Charlie Sivertson	112 miles
Ron Chase	111 miles

50-99 Miles

Monica Mills	90 miles
Bill Rethke	89 miles
Pat Stein	80 miles
Ed Lamers	77 miles
Jim Wood	67.5 miles
Jan mullet	67.5 miles
Frank Mills	57 miles
Carolyn Hargarten	54 miles
Mary Ellen Smyth	52 miles
Kathleen Baldwin	52 miles

June 2015

100 - 382 Miles

Debbie Alexander	303 miles
Bonnie Duncan	181 miles
Esther Sheets	161 miles
Genene Gude	121 miles
Marcie Noble	100 miles

50- 99 Miles

Rita Brown	81 miles
Victoria Larson	80 miles
Sherrill DiMauro	74.5miles
Dave Lucas	65.6miles
Nancy Hughes	64 miles
Bert Friedman	58.5miles
Marie McCadden	54 miles
Pat Richards	54 miles
Patty Donahue	51 miles
Peggy Abney	51 miles



SO WHAT'S FOR DINNER?

By Joan Byrnes, Dinner Delivery Coordinator

The success of our Dinner Delivery Program is because of our Staff and our terrific Volunteers at Neighbors Who Care who work so hard to make it a success! We all need each other.

If you know someone who might benefit from our Dinner Delivery Program, please ask them to call our office, Monday through Friday from 8:30 to 4:30, 480-895-7133 and ask for our Social Worker, Bonnie Kosar. Bonnie will make an appointment with them to determine if they are eligible for Dinner Delivery or there might be, other services that NWC provides that could be of help to them.

As a friendly reminder to our Neighbors who receive meals, if you are not going to be home when your meal is delivered or think you might be late getting home from an appointment, don't forget to put a cooler outside your door so that your meal will be left. Our Volunteers are told not to leave the food if there is no container. Not only will your food stay cool if left in a container, but also no hungry littler critters will have it for their dinner! It also saves our Volunteers from coming back again or you missing a meal. Please also let me know if you will need change when ordering your meal. This will enable our Volunteers to have extra cash on hand to make change.

I am always looking for volunteers to help deliver the meals to our clients. Please call me if you can spare some time and would like to help. I'm available Monday through Friday, 8:30 am to 12:30pm.

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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23914 S. Alma School Road



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A Highlight of Their Week is ANNIE

FRANK AND PAT are a Neighbors Who Care team! Shortly after moving here, they attended the Neighbors Who Care Open House held in the parking lot across from Bashas! (The Fall Welcome Back Event) There, they met Penny and Susan at the NWC table and listened to what they had to say; shortly afterwards Frank and Pat attended the NWC orientation and began volunteering.

They say that since they are without parents, volunteering gives them time with older people and the positive connections, which come when you get to know someone. "When you see the needs, and feel the appreciation from the clients, you find you can do it! When you see how people have to live (physically unable to do their own cleaning, or shopping, and in wheelchairs and unable to get out) you feel compassion to help." They make the time, they pick the days to volunteer which fit into their schedule, and they know that a couple of hours to give to service is really welcomed. "It makes us feel better to help. The clients really appreciate our help – and maybe a payback is that someday when we need help, someone will help us."

Pat goes in to the NWC office on Tuesdays, and answers phones and when she's there, Pat also signs herself up for driving assignments to bring people to appointments. They also deliver meals in the afternoon on Thursdays, and shop for Annie on Fridays.

Annie is unable to get out to shop. Annie makes it easy for



Frank and Pat to shop for her, by making her list organized by the layout of the store, and by noting which items have coupons to go with them, and of course, by providing the coupons! When they've finished the shopping, Frank and Pat bring the items into Annie's kitchen where she supervises putting them away.

They enjoy hearing the stories about where the client is from, stories about their families, stories about what a street used to look like before the houses went in. Frank gets a kick out of driving a client with whom he enjoys having conversations.

Annie recently bought an iPad from AARP, and got the internet service set up, but then realized she didn't know how to operate the iPad. So Pat spent time showing her how to use it, and told her not to worry, just play around with it to get used to it. When Annie accidentally took a picture of her knee, Pat showed her how

— Frank and Pat cont. on page 14

5 Questions To Ask Before Getting A Senior A Pet

<http://www.caregiverstress.com/senior-activities/social-issues>

(Caregiver Stress: Home Instead Senior Care Service, 5/5/2015)



Sometime we might think that it would be good for a senior, for someone who is living alone or has just lost a loved one or a beloved pet, to get a new pet. The kind of pet, the age of the pet, the kind of care it would need and how long it might live, are just a few of the questions we must ask before getting a pet for the senior person in our life. Here are the 5 big questions that we might not think about but are so very important:

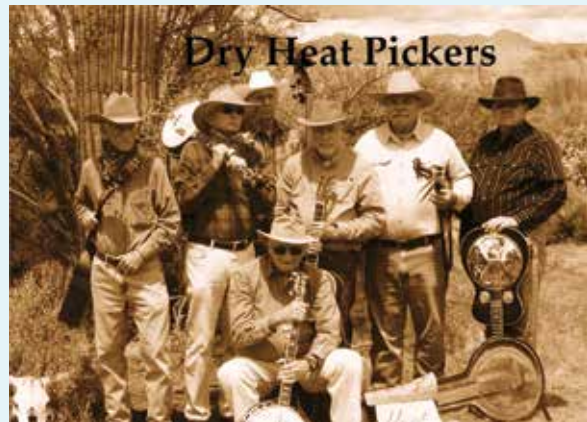
1. **Is anyone allergic?** Is the senior or any family members allergic to cats, dogs, or birds? Some dogs have hair that doesn't bother most people. Some cats have fur or no fur. Birds are different, too.
2. **Who will care for Fido?** Is the senior able to care for the pet themselves? Can they change a litter box or scoop the yard.

Are they able to get proper veterinarian care when and if it is needed. Would they know how to give pills or groom them?

3. **What breed makes the best couch potato?** Many seniors want a pet that is content to sit on the couch to be petted and pampered. Small dogs and cats can often fit the bill. However, puppies and kittens often want to chew or claw that couch first.
4. **Are you a cuddler?** Most cats and dogs like to cuddle; some don't want to be bothered. Those who cuddle will fill up your time and space unless you set boundaries. Dogs especially like to have companionship. Some companionship is wonderful, if a cat decides to be independent, the senior might be lonely again. Usually the person receiving the pet would want to pick it out. They might find the perfect match; someone to keep their feet warm on a cold night or purr in their ear on a quiet afternoon.
5. **Who will choose the new pet?** If you are "shopping" for a pet for a senior, take them along don't pick a pet because it is the only one left. Think about how you would pick a pet for yourself. It could still be a surprise if the pet is one that the senior has expressed a desire for or owned before. Pet adoption is a very special way to find a new pet. Check with the humane society or other pet adoption agencies.



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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.

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FLU SHOTS

The flu vaccine is the best way to protect yourself from the influenza virus. It may sound like a minor illness, but it can cause dangerous problems for some people. It can even be deadly.

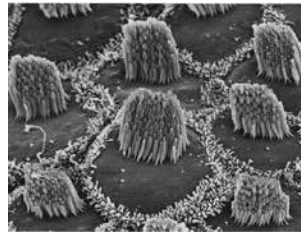
Learn the facts about the vaccine so you'll be ready to stay flu-free.



When should I get vaccinated?

Peak flu season may begin as early as October and run through May. The best time to get a flu shot is as soon as it's available, usually in September or October. It takes about 2 weeks for the shot to be most effective. You can still get the vaccine in December or later, but the earlier in flu season you get it, the better your odds of staying well.

A Walgreen's Pharmacy representatives will be at our Fall Event on October 24th for a Flu Clinic. Bring your Insurance/Medicare Card and roll up your sleeve. Neighbors Who Care wants everyone to have a happy and healthy Flu Season. Stay well.



Snapshots of Life: *The Biological Basis of Hearing: Something interesting from the National Institute of Health* Did you know that chickens have ears? The picture of Chicken Ears under a microscope is very interesting, if you know that you are looking at Chicken Ears. Chickens have sensory hair cells that make up the inner ear. Protruding from each hair is a tall bundle of stiff appendages that capture vibrations and enable the chicken to hear everything. Around them, the flatter area has supporting cells, which have been shown to have the capacity to regenerate damage or destroyed hair cell.

Sensory hair cells are vital for hearing for people too. But crank up the MP3 player and the sound waves can break and sometimes snap off and kill the hair cells.

In humans, the destruction of hair cells by noise exposure, injury, or disease can lead to permanent hearing loss. Scientist have discovered that in chickens (as well as in fish, amphibians, and reptiles) supporting cells have the power to regenerate. It is anticipated that a better understanding of these sensory and supporting cells may provide clues to treating and possibly reversing hearing loss in humans. Read more at directorsblog.nih.gov/2015/06/18 or Peter Barr-Gillespie and Kateri Spinelli of Oregon Health & Science University.

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Tips for Long-Distance Caregiving

By Florence Matthews

Source: Genworth Financial

There's little doubt that physical distance adds another layer of complexity to caregiving. When you are suddenly faced with a caregiving crisis and are unable to simply run down the street to handle it, taking care of a loved one can get a little bit harder.

If you are a long distance caregiver, take heart. In my years as a Care Advocate working with families, I've found a few basic rules hold true if you want to prepare yourself.

- Gather information BEFORE the crisis. This includes contact information for your loved one's doctors, medications, medical history, local pharmacy and other support services.
- Create a "Care Notebook." Keep important information in one place that you can take with you. Include paperwork from doctors, Care Advocates, service providers, and so on. Be sure to include community services that might be appropriate, such as Neighbors Who Care or Area Agency on Aging.
- Review care needs. A proper care assessment will evaluate your loved one in two important areas: Activities of Daily Living (ADLs) and Instrumental Activities of Daily Living (IADLs). In general, ADLs refer to daily self-care activities, such as bathing, dressing and eating. IADLs are an indication of how well an individual's environment is maintained, such as managing money, shopping, preparing meals and housekeeping.
- Recruit a Care Team. This includes family members, friends, geriatric care manager, social worker or nurse, and others who can provide help and advice in finding and providing long-term care. Don't forget to have your loved one compose and sign advance directives, such as a health care proxy and durable power of attorney, and other release forms that are required if you want to speak with their doctor and in some instances make decisions on their behalf. Also, remember to keep copies of all these documents.

- Hold a family/team meeting. You can do it by phone or in-person, but be sure to hold a family meeting well in advance of your loved one's care issues.

- Paying for care. Many people are surprised to learn that very few long-term care services are covered by Medicare or Medicaid. The alternative is to pay for long-term care from other sources, such as out of pocket. Be sure to explore your options for paying for care before a care situation arises.

- Take care of yourself. Don't forget it is okay to ask for help. Join a support group for caregivers, and remember to set aside quality time to enjoy time together.

In Memory



This summer we said good-bye to **Penny Fox**. She was NWC's 2014 Ambassador of the Year. Penny had been an active volunteer for NWC since 2013. She was a dedicated office assistant, who worked as receptionist and scheduler. She was very intuitive and caring with everyone. People liked her and she

liked them. She recognized an opportunity to spread the word about Neighbors Who Care and knew who to call or talk to about education or funding.

She lived our Mission: *"The comfort of home and the dignity of independence; at NWC, community volunteers help the elderly live at home."* When one met Penny, you would meet someone with a twinkle in her eye, a spring in her step, and a song in her heart. The days she volunteered in the office, she would fill the space with little tunes she would whistle and a happy voice. Susan, Neighbors Who Care and the Sun Lakes community will miss the person who brightened our day. "Thank you Penny, for All You Did" **Carol Bowers, Volunteer Services Manager, NWC.**

#NeighborsWithSelfies

Send a selfie to Info@neighborswhocare.com, and join our #NeighborsWithSelfies campaign.



Rose sent a picture of herself and her best friend forever who came for a visit this summer.



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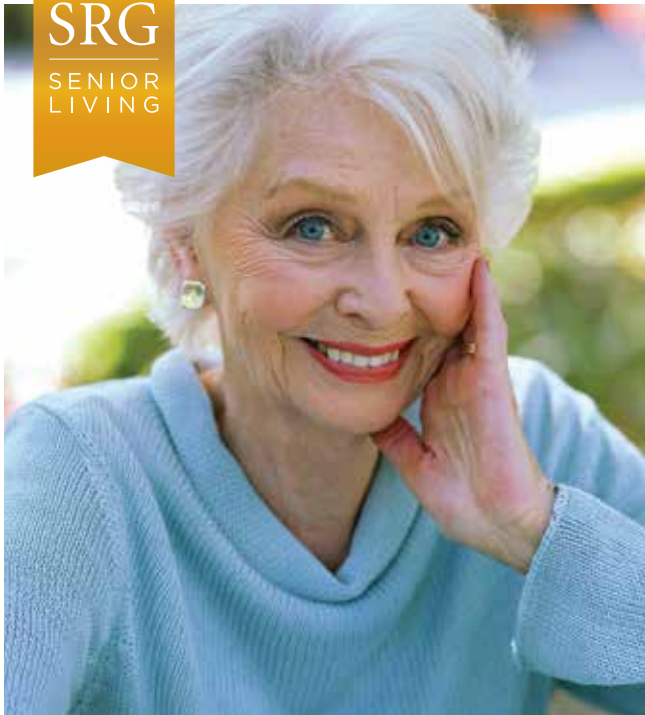
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Watch Championship Golf – Support NWC



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Keeping Track of Medications Safely

Our friends at Caregiver.com have written a great little article about medication safety with bullet points to be aware of. Many years ago as a young woman, I had a mix up with my medication. Anyone could make a mistake. Never the less, I am extremely aware how important it is to ask questions, know how to take prescriptions the way they are prescribed, and be mindful of side effects. We have a new private pharmacy, Medmetrics Pharmacy, in our community and our own Sun Lakes Fire Department has the Medical Flash Drives to help us help our first responders. All the little things that help us, help ourselves are priceless whether we are healthy and on the go or living alone with health issues and overwhelmed with "stuff". Keep these things in mind:

- Interactions: drug interactions are especially a concern for seniors.
 - Make a list of all medications vitamins and herbal remedies
 - Note the doctors name who prescribed it
 - Take the current list to each doctor appointment
- Include the pharmacist's information on the medication list that you provide to the doctor

— **Medications** *cont. on page 15*

Driving and Transportation Safety



Transportation can be an obstacle for many older people, and especially here in the Sun Lakes and south Chandler communities where it is a big challenge with few options to get around.

Neighbors Who Care has been helping resolve some of these issues by providing volunteers who will happily drive NWC Clients to the doctor, the grocery store, the bank, and more, several times each week. We also have a van service. If you think you need to give up driving we just might be able to help. For family members who are long distance caregivers, rest easy, we have it covered. There are several new organizations that provide transportation for a fee, check them out carefully.

Tips: Is It Time to Stop Driving? (alz.org/driving)

Some people are able to continue driving in the early stages of Alzheimer's disease, but it requires ongoing evaluation to ensure safety. Here are some tips from the Alzheimer's Association that it may be time to stop driving.

- Forgetting how to locate familiar places
- Becoming angry or confused while driving
- Confusing the brake and gas pedals
- Failing to observe traffic signs
- Hitting curbs
- Returning from a routine drive later than usual
- Making slow or poor decisions in traffic
- Using poor lane control
- Forgetting the destination you are driving to during the trip
- Driving at an inappropriate speed
- Making errors at intersections



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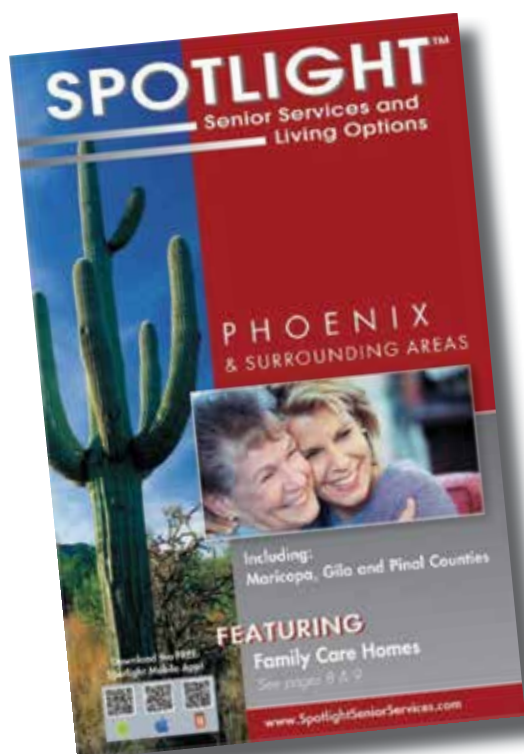
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www.SpotLightSeniorServices.com

Why do you want to age in place?

- Do you feel safe aging in your own home? What modifications could be made to make you feel safer?
- How do you feel about your adult child moving in with you to provide continuous care if living independently is no longer safe?
- How do you feel about transitioning into living with your adult child and his or her family if living independently is no longer safe?
- How do you feel about having a referred caregiver come into the home to provide care rather than changing your living arrangements, or when your adult child is not available to provide care?
- Are there care tasks you would rather a referred caregiver perform than your adult child?
- What are your preferences regarding referred caregivers? Does each parent want a separate referred caregiver or is sharing care acceptable or preferable?
- If you have several adult children sharing the care tasks, do you have preferences about which child handles, which tasks?
- How do you feel about the medical treatments and medications you are currently taking or performing?
- Do you believe there is a better type of care available?
- What are your goals for your end-of-life transition? Do you want to create a Do Not Resuscitate Order?

Adult children: Take the time to listen to your parents regarding their goals for care and see where you can make modifications to make them more comfortable. You may want to check in with your parents throughout your care relationship to determine if these goals have changed and what further modifications can be made to ensure your parents continue living the quality of life they desire.

Neighbors Who Care are able to assist with transportation, shopping, and respite. Call us at 480-895-7133.

This article is adapted from the caring Referral Team at Griswold Home Care in Gilbert, AZ. If you or a loved one is considering in-home care, contact the caring Referral Team at Griswold Home Care in Gilbert, AZ. They refer non-medical in-home caregivers in Gilbert, Chandler and the surrounding areas. Call today (480) 347-9752.



AARP Driver Safety Program

Neighbors Who Care offers the AARP Driver Safety Program every **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.



Facilitating Mobility and Independence in the community through Safe Driver Skills.

www.DrivingToIndependence.com
(855)449-3331



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Email: ThePerfectPlace85248@gmail.com**

Interfaith Council of Greater Sun Lakes

Founded 1993 – Founders of Neighbors Who Care 1994

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 Havuremet	480-803-4120
Unity Church of Sun Lakes	602-309-1818



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

Thank you to all who have so
generously donated thing on our
WISH List in the past:

We are always happy to get
Coffee, Bottled water, Snacks



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

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 is once again partnering with Birdies for Charity to raise money for our programs. In 2015, NWC received over \$11,000 through this partnership. The money is raised by donors pledging to give an amount based on the number of birdies made at the 2015 Phoenix Open Tournament in January (each penny per birdie pledged is approximately a \$15 donation). Donors can also pledge a set dollar amount if they like (\$20 minimum).

To make a pledge go to www.BirdiesForCharityAZ.com and select Neighbors Who Care (185) or contact the NWC office for a paper pledge form.

RECREATION

- continued from page 1

people to concerts and last year, a field trip to a ball game and we hope to incorporate more field trips and community activities this year.

At NWC, our mission is to increase the opportunities for our clients, volunteers and our neighbors to live at home for as long as feasible with pride, dignity, and independence. As we age, our ability to get out, to socialize, play, meet new people, and explore new possibilities narrows. At NWC, we work hard to get people to doctors, physical therapy, shopping, and hair appointments, but it is more difficult to find the things that people like to do and how to get them there. During the next several months, we are going to be asking you to share with us what you and/or your neighbor's like to do. Those who are clients may call to arrange transportation to the scheduled activity, "Laughter is the Best Medicine", Sept. 16th at 1:00 pm, (it will not affect the number of rides you have each week). Our activities will take place in the Bass Volunteer Room at NWC, the third Wednesday each month at 1:00 pm. Sponsored by Homestead Hospice, we are hoping to hear from you soon. Please call NWC at 480-894-7133 to sign up for September 16th. Space is limited so please help us outgrow the space as soon as possible. Our first activity will include refreshments. The October and November activity will depend on your response.

Don't forget to mark your calendar for Sept. 16 at 1:00 pm and call NWC @ 480-895-7133 to sign up.

FRANK AND PAT

- continued from page 5

to delete the unwanted picture.

Frank and Pat say they always feel so good when they come back home after helping others. They remind us that Neighbors Who Care is always thankful for every hour of volunteer service, and that during the summers when almost half the volunteers leave, the need is greater. To volunteer, consider calling NWC for training at (480)895-7133.

MEDICATIONS

- continued from page 10

- Avoid Pharmacy Shopping: “Poly-Pharmacy” the technical term for pharmacy shopping.
- Use just one pharmacy
Make sure to use the same pharmacy each time
- The pharmacist can be someone who can be of tremendous help
Pharmacists can often spot drug interactions
- Throw away Outdated Medicines: It doesn’t save you money to keep out dated prescriptions
- Some medications degrade over time
Don’t save antibiotics
- Watch for Side Effects: Seniors can be sensitive to new medications
- Read the leaflets and keep them in a safe place for each medication you take. Caregivers need to be aware of how to cross-reference these
- Never Borrow or Lend Medicine: Prescriptions are for you and no one else. Other individuals may have special medical histories or taking medicines that can cause interactions
- Never give away old prescribed medication or donate it
- Ask your pharmacy how to dispose of old medications
- Take each medicine as prescribed: don’t skip a dose.
Skipping a dose could cause problems later
- Let your pharmacist or physician know if you can’t afford your medications
- You can look up the name, either the brand or generic name, on www.needymed.com see if you are eligible
- Check, Check, and Recheck: before taking a medication, double-check the label
Be sure that you are taking it according to your doctor’s instructions
Is it the correct dosage
Are you taking your medication correctly
Are you taking it at the right time
Taken properly, all medications have their purpose. Be sure to check with your physician and pharmacist if you suspect a problem or need additional information.

WAYS TO PREVENT ELDERLY DEHYDRATION + Must-Try Summer Mocktail Recipes

Senior dehydration is a common health issue that can lead to bigger problems if proper hydration is not made a priority, such as urinary tract infections and low blood pressure. Proper hydration helps to keep the body and vitals regulated.

— **RECIPES** cont. on page 16



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 or Saturday 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**



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.

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

RECIPES

- continued from page 15

STRAWBERRIES AND COCONUT WATER

To make 2 Strawberry Mocktails combine:

- 1 Cup of fresh coconut water
- 1 cup strawberries hulled and sliced
- 3 T of sugar syrup or agave nectar
- Ice

To make the sugar syrup, boil sugar and water together in a ratio of 1:3 sugar and water until it thickens to a runny syrup consistency. Store in a jar for all future cocktail making.

Measure 1 cup of coconut water. Combine the strawberries and sugar syrup and blend. Add the coconut water. Serve with Ice

CUCUMBER LEMONADE WITH BASIL

To make 3 or 4 Cucumber Lemonade treats combine:

- 1 cucumber
- 3 C water
- 3 lemons
- 2 T sugar
- 1 small bunch basil
- 1 C soda water

Start by cutting your cucumber in half, scoop out the seeds and chop it into pieces (save half unpeeled to slice with the remaining lemon and basil). Put cucumber in a blender and puree till smooth, strain through a sieve, extracting as much liquid as you can. Fill a separate bowl with 3 C of water. Squeeze 2 lemons and mix in the sugar. Pour lemonade and cucumber juice into a pitcher. Add reserved cucumber and basil, refrigerate until chilled. Serve with Ice.

September • October • November

Sun

Mon

Tue

Wed

Thu

Fri

Sat

1:00
Support Group
@ RSLC

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

1:00
Support Group
@ RSLC

9 am
Community
Education
Workshops @ UMC

12:30
Driver Safety
@ NWC

1:00
Support Group
@ RSLC

8-10
Golf Cart Check
@ SL1

Therapeutic
Recreation
1-2 pm

1:00 pm Volunteer
orientation
9-10 am AZ Priority
Care Ed Series

10:00 am Volunteer
orientation or
NWC Cleaning Day

1:00
Support Group
@ RSLC

