

# The Care Connection

## NEIGHBORS WHO CARE, INC.

Volume 19 • Issue 4 • December 2015

Caring for Our Community, One Neighbor at a Time



*More than 30 dedicated NWC volunteers helped to make the 3rd Annual Welcome Back Community Fair the best yet!*

## CELEBRATION

**by Carol Bowers, Volunteer Manager**

*Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has. - Margaret Mead*

The times they are a changing! Our clients are getting to their appointments and having furnace filters changed; volunteers are adding up their time and miles and 10,000 people are turning 65 yrs. old every day. Neighbors Who Care is growing in so many ways yet we are staying the same. Always on the cutting edge, our community services are known not only in Arizona but also nationally. The first ever Virginia Piper Trust and Experience Matters, Encore Prize was awarded to Neighbors Who Care in October 2012. Such a prestigious award has set the standard for how we proceed with our programs and how we engage volunteers, volunteer retention, and best practices. A part of the vision of Experience Matters is to encourage Encore professionals to participate in programs in their community. Earlier this year Eric and I participated in an Experience Matters, ACTIVE 8 workshop. This spring, NWC received a voucher to continue with several members of the NWC board of directors, our staff, and selected volunteers. An Ad Hoc Engagement Committee, working with an ACTIVE 8 coach, met for three months to discern specific, programs that will help us to move forward into the future, continuing to meet the mission and vision of NWC. The focus is to Access, — **CELEBRATION** *cont. on page 10*



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

## Notice from the Board of Directors: OUR NEXT STEP

It is our intent for Neighbors Who Care to take a leadership role in the rapidly changing and expanding field of volunteer and community support for our aging population. Our goal is to find new and better ways to meet the physical, social, and psychological needs of our community members as they age, lose mobility, and become unable to independently perform all of the tasks necessary to lead a fulfilled life.

Neighbors Who Care has extensive experience in the field of Aging in Place and a broad base of community support, making it uniquely and naturally prepared to take on this task. In the coming months we will be meeting with community leaders and stakeholders; assessing the needs of our clients and community members; and cataloging available resources. We expect these efforts will lead to new programs, partnerships, and collaborations that will make our community one of the best and most caring places for people to live and to retire.

If you would like to be a part of this important work, please contact Eric Ehst at Neighbors Who Care.

  
**NEIGHBORS WHO CARE, INC.**

*"Senior Independence Through Volunteer Services"*

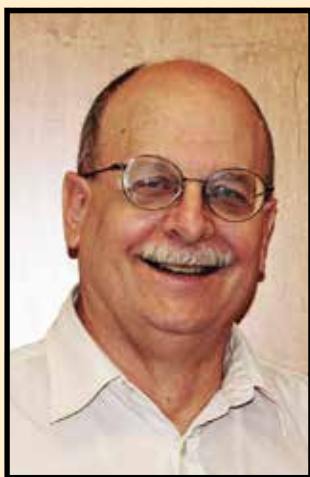
**10450 E. Riggs Rd., #113**

**Sun Lakes, AZ 85248**

**Phone: 480-895-7133**

**Fax: 480-895-5508**

**[www.neighborswhocare.com](http://www.neighborswhocare.com)**



**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.*

# NEIGHBORS WHO CARE WANTS TO REVOLUTIONIZE INDEPENDENT AGING

## Eric Ehst, Executive Director

Up until the last century few people lived past the age of 60 and most of those who made it that far spent their later years battling illness and physical impairment. Recent advances in nutrition and medical care have revolutionized aging. Today over 14% of the U.S. population is over 65 and 2% is over 85 and those numbers are rising fast. Over 10,000 people turn 65 every day and the number of people over 85 will triple in the next 25 years.

How are we going to cope with the exploding population of seniors, with the rapidly increasing lifespan, and with the changing expectations of retirement and independence? The challenge is so great that neither government nor private sector solutions will be adequate to meet the needs. Community organizations like ours will have to play a key role to create and implement low-cost, community based ways to keep people out of expensive institutions, in their own homes, close to friends and family.

Even though Neighbors Who Care is a local organization we have become an important player in the regional and even national efforts to define and improve the ways that we deal with aging and provide support for those who wish to remain independent. We started 20 years ago with a dozen volunteers driving their neighbors to the grocery store. Since then we've grown to 500 volunteers providing more than a dozen vital services to 1300 of their

frail and disabled neighbors. We're on the leading edge of innovation. We created a novel program to support frail seniors being discharged from hospitals and rehab centers. We provide free meals to fixed-income seniors on those occasions when they are facing a choice between eating and paying for their medications. We have recruited a cadre of caring volunteers willing to help people at a moment's notice, when urgent needs arise.

The world is changing rapidly and Neighbors Who Care has responded by becoming a great organization; a great place to volunteer, a great place to multiply the impact of your donations, and a great community partner. Our efforts have not gone unnoticed, winning a number of prestigious awards. However, the magnitude of the future challenges is so large that 'great' is no longer good enough. Our new goal is to become a 'transformative' organization; a laboratory to create and implement revolutionary new ways to keep the exploding senior population independent and fulfilled; to meet both their physical and their social needs.

We have built the foundation. What we need now is you. If you care about our community and you want to leave a lasting legacy, join us. We need your help to take the next step in our evolution from community leader to world leader. Together we can change the future of aging.

*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

## Where has the time gone

By Wes Davis, Board Member

Where has the time gone? It's hard to believe that twenty-three years ago my wife came home from an art show she was participating in Sun Lakes and announced we were moving to Sun Lakes. It is perfect for us she told me. The people are very friendly, the amenities are numerous and affordable. Isn't Sun Lakes a retirement community for "older" people, I asked? But that's for retired people I responded. We were both still working and neither one of us is 55. Not to be dissuaded, my wife moved to Sun Lakes and I tagged along. We were the new kids on the block and I have not regretted my wife's wisdom. Over the years, we enjoyed tennis, golf and many other amenities that have been added since moving here. Now after twenty-three wonderful years in Sun Lakes, we are the "older" people I spoke of those many years ago.

My estate planning practice has shown me over the years, there are many residents in our community who have lost their independence, and are no longer able to enjoy the amenities of our community. Due to advancing age, health problems, loss of a spouse or having no family in the area, becomes overwhelming obstacles. The very important interaction with other people become less and less as their mobility restricts them from venturing out in the community.

Four years ago, Pat Amica approached me about joining the Board of Neighbors Who Care (NWC). I accepted her invitation and joined the Board in December of 2011. While I was somewhat familiar with the services NWC offered our community, it was only after joining the Board that I realized the full breadth of the services available to our residents and the impact it has on the residents who avail themselves of our services. The energy and compassion of our staff of Eric, Carol, Bonnie, Joan, Verna and 500 plus volunteers is truly amazing. Our volunteers willingly give of their time, energy, and talents to help our clients to enjoy the comfort of home and the dignity of independence. We, on the Board of Director, are continually seeking new areas of service in which to enrich the lives of our clients. At our monthly meetings, we explore and discuss what additional services our organization can provide for our community and clients. I am honored to be a part of NWC and invite you to join our team and know that your service through NWC will make a life altering experience for our deserving clients (one of you neighbors).



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Exec. Dir.



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Case Worker



**Joan Byrnes**  
Dinner Del.



**Verna Mahnke**  
Office Coordinator



**Francisco P. Sirvent**





# Thank you

*A very special thank you to all the sponsors, donors, and volunteers who have made the Neighbors Who Care Welcome Back Community Fair a Major Success.*

## **SPECIAL THANKS TO OUR PARTNERS**

Bashas' Foods - Door Prize	Laser Creations - Signs	The Sun Lakes Camera Club - Photography
Bronson's Construction - Cash Donation	Lori Blum - Cash Donation	Bob Ralston - Photography
Classi Golf Cars - Small Tent	Rakhman Jewelers - Auction Item	Urban Financial - Cash Donation
Complete Music - DJ	Sun Lakes Fire Department – Safety & Dunk Tank	Walgreens - Flu Shots
Gladys Chernick - Cash Donation	Sun Lakes Rotary - Dunk Tank and cash donation	
Jim Vallani & Team - Food	Sun Lakes Sheriff's Posse - Traffic	
Keystone Law Firm - Large Tent & Photo Booth	The Classic Car Guys of Sun Lakes	
Kinect Physical Therapy - Horse Races	The Dry Heat Pickers - Music	

### **Rentals**

Rentals - Jackpot Sanitation  
Rentals - Y-KNOT Party Rentals  
Rentals - AZ Inflatables

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Alpha Chiropractic*	Devoted Guardian	Home Instead Senior Care	Prime Time Magazine	Sun Lakes Rotary
Alzheimer's Association	Dignity Health - Trama Team	Home Watch Caregivers*	Progressive Roofing	Sun Lakes United Church of Christ
American Cancer Society	Dr. Chelsie Reed*	Homestead Hospice	Pulte Homes – Lone Tree	Sun Lakes Women's Association
Arizona Sanitation	Dr. Elahi, DDS	Hospice of the Valley*	Purple Passion Senior Care	The Perfect Place
Avon – Katy Lynch	East Valley Marine League	Keystone Law Firm	RCK Glamour	Unity Church
Banner Home Care	Edward Jones – Christine Raney	Kinect Physical Therapy	Retirement Insurance Specialists	UPS Store
Basha' Grocery	Empire Driving School	Korean War Veterans Association	Right At Home Senior Care	Walgreen's
Brookdale North Chandler	Endeavor Home Care	Laser Creations	Safe Link Wireless	We Care Senior Services
CBRE	Family Home Care	Medmetrics Pharmacy*	Sanniec Massage	
Chandler Memory Care	First Light Home Care*	No Slip Zone	Spooner Physical Therapy	

## **VOLUNTEERS**

Barbara Carr	Lou Maldonado	Jim Rainwaters	Ev Rainwaters
Colette McNally	Christine Raney	Joel Goldman	Mahnaz Pourian
Connie Kindsvater	Shirley Warren	Kay Walmaa	Judy Walker
Debbie Sowder	Tori Johnson	Leonard White	Vicki Williams
Denis White	Dorothy Meeks	Linda Pierson	John McFarland
Donna Maldonado	Larry Buehler	Lou Larsen	Judy McFarland
Gladys Chernick	Irene Johnson	Nancy Osborne	Denise Fisk
Grace Wilson-Woods	Dick Eslick	Pat Nicholaisen	Dick Walker
Irene Brown	Phil Cobble	Ron Chase	Irene Brown
Jeanne Norton	Joe Trimm	Verna Mahnke	Mark Sowder

***Many, Many, More! Thank you***

***Next year the EVENT will happen on October 22, 2016***



## NEW RECREATIONAL THERAPY PROGRAM

An opportunity for clients, volunteers, and neighbors who might need modified physical activities yet really wants to get out and mix it up. We have just the right thing for you. The Neighbors Who Care Recreational Therapy Program is here to help you get out, meet new friends, renew acquaintances, and have a complete change of scenery for a little while. Each month we will have a new theme and we will be adding activities to the program.

The first week of each month, we are planning an activity that will take you to a new place. In January, we are planning a field trip to the Basha Museum, Jan. 6th 10 am. Plans aren't complete for February, but the hopes are to attend a Spring Training game. March we are planning a musical get away. We will be making announcements through the Neighbors Who Care Website: [www.neighborswhocare.com](http://www.neighborswhocare.com), *the Splash*, your local congregations, community news and community flyers. Watch for more information around the community.

The third Wednesday each month, we'll have a craft or activity. Even if you haven't done crafts for a while we will give you all the supplies you'll need to finish a project. January is Hot Tea month, so a cup of tea will be refreshing and we will get a head start for Valentine's Day. February Pi(e) Month and Heart Health Month, so we will be having a Pie Party and learn about keeping our heart healthy. March we will be celebrating St. Patty's Day with a Funny Hat Contest. We hope you will call to reserve your spot at each event so we can arrange transportation if you need it and make all the arrangements for refreshments and supplies. Call Neighbors Who Care at 480-895-7133.

Please fill out the Interest/Skills Survey on the next page and send it to Neighbors Who Care. This will help our Recreational Therapy Program planning team and give you a say in the activities we plan.



### JOIN US FOR OUR COMMUNITY EVENTS...

#### *Breakfast Club*

**8:00-9:00 A.M.**

Oct 7, Nov 4, Dec 2, Jan 6,  
Feb 3, Mar 2, Apr 6, May 4

First Wednesday of the Month

#### *Wine & Chocolate*

**4:00-5:00 P.M.**

Sept 18, Oct 16, Nov 20, Dec 18,  
Jan 15, Feb 19, Mar 18, Apr 15,

May 20

Third Friday of the Month

#### *Adventurer's*

**3:00-4:00 P.M.**

Kickoff Party Oct 28

Jan 27, Feb 24, Mar 23,

Apr 27

RSVP: Jessica D. Pace | 480.883.6811 | [Jessica.Pace@tbaz.com](mailto:Jessica.Pace@tbaz.com)

4913 S Alma School Rd, Ste 5 | Chandler, AZ 85248

480-883-6800

In the Fulton Ranch Promenade



## Recreational Therapy Program Interests/Skills Survey

Volunteers please check boxes you have knowledge/skills in sharing. Clients please check boxes you have interest and those you would like to learn. Please, complete the survey and return it to NWC.

Name \_\_\_\_\_ Phone \_\_\_\_\_ Email \_\_\_\_\_

☐ Volunteer ☐ Client

### Art & Crafts

- ☐ Beading/Jewelry Making
- ☐ Painting
- ☐ Ceramics/Pottery
- ☐ Drawing/Coloring
- ☐ Needlework
- ☐ Other \_\_\_\_\_

### Modified Fitness/Sports

- ☐ Yoga/Tai Chi/Meditation
- ☐ Mild Exercise
- ☐ Swimming/Water Aerobics
- ☐ Dancing
- ☐ Walking
- ☐ Bowling
- ☐ Bocce Ball
- ☐ Fishing

### Spectator Sports

- ☐ Football
- ☐ Baseball
- ☐ Basketball
- ☐ Tennis
- ☐ Golf
- ☐ Other \_\_\_\_\_

### Music

- ☐ Concerts
- ☐ Dance
- ☐ Theater
- ☐ Choral/Choir

### Beauty/Spa

- ☐ Chair Massage
- ☐ Facials/Skin Care

### Special Interests

- ☐ Gardening
- ☐ Computer/Computer Games
- ☐ Bird Watching
- ☐ Reading
- ☐ Collecting (Coins, Stamps, etc)
- ☐ Movies
- ☐ Cars
- ☐ Bing
- ☐ Card Games
- ☐ Puzzles
- ☐ Other \_\_\_\_\_

## Free Seminars:



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- Banks and investment companies can reject valid powers of attorney, increasing the risk of needing a conservatorship.
- Protect your child's inheritance from being lost in a divorce, lawsuit, or bankruptcy.

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## I am Poem

I am a girl that looks up at the stars and wonders  
I wonder what harms the earth  
I hear cries of pain  
I see wounds caused by people  
I want them to be healed  
I am a girl that looks up at the stars and wonders

I pretend that nothing is wrong  
I feel that we all need to save it  
I touch the stars and they help me  
I worry about the scars  
I cry for the past and future  
I am a girl that looks up at the stars and wonders

I understand we can't heal wounds or scars today  
I say that all will be all right  
I dream of a perfect world  
I try to understand  
I hope for a time when light overcomes the darkness  
I am a girl who looks up at the stars and wonders

(a poem written by Perri, 5th grade granddaughter of a volunteer)



**NEIGHBORS WHO CARE, INC.**

presents

**"Conversations and Consultation"**

at TrustBank in the Fulton Ranch Promenade

9-10:30 am

**The 1st Thursday Social Security Overview  
and**

**The 4th Tuesday Women's Financial  
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**Join Us For Our Community Events...**

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**March 12, 2016**

**10:00 am**

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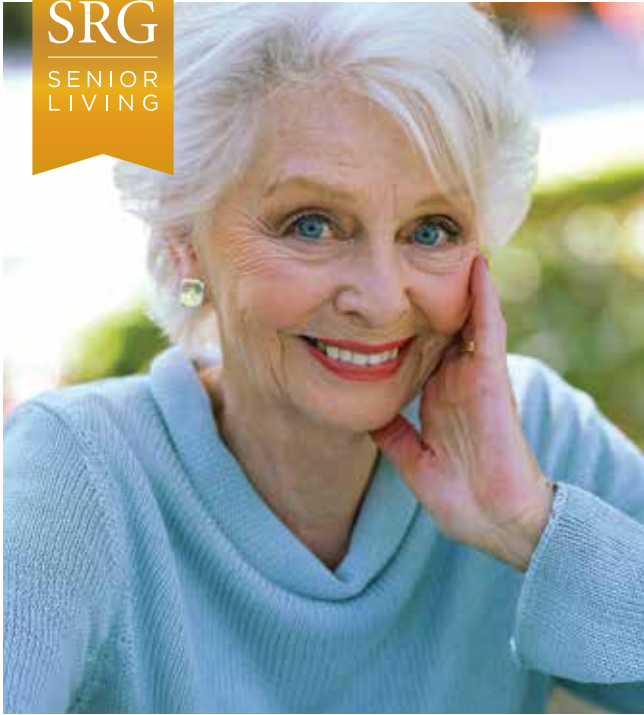
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## In Memory of

Our community remembers yet another of the Neighbors Who Care founding members. Mabel Boniface was among the original members of the Interfaith Council of Greater Sun Lakes representing the Anglican Church of Reconciliation and founding Board of Directors of NWC since 1994. Mabel moved to Sun Lakes with her husband Donald in 1978. For many years, she shopped for our clients and regularly attended the Interfaith Council meetings, serving as historian. She became a client of NWC and resigned from the IFC in 2014 when her health began to fail her. Her gentle spirit, kind heart, and smile, will be the legacy she leaves with us. Thank you, Mabel, for your service



## CELEBRATIONS

*- continued from page 1*

Design, Implement, and Evaluate each new program. The standing Engagement Team is made up of myself, Verna Mahnke, Lou Larson, Grace Wilson-Woods, and Madeleine Lutz. The team meets twice each month, we are focusing on developing programs such as Outreach, Volunteer recruitment, Speakers Bureau and Marketing. Since August, we have inaugurated a special committee who has engaged Sam Selby, a retired IT specialist, and highly skilled volunteer to evaluate our current Data Base and work with the IT team to determine, the best way to move forward with our IT program. Britney Buckles, CRT of Homestead Hospice, and Dana Cosgrove, MSW of Generations Home Care have just completed the development of our new Recreational Therapy Program. Our NWC staff will administer the new program and highly skilled volunteers will plan and present the program. We also have identified Faith Dragoon, who is leading our Community Outreach Team to recruit new volunteers. Most recently, I have identified Debbie Sowder as our Social Media Coordinator. She will be setting up the social media programs and assisting the staff and Ron Chase who is already coordinating our Website so well. The overall program will be the Ambassador Program, which will raise the bar for the overall engagement team goals and objectives. There will be more about the Ambassador Program in the March Care Connection. If you have questions please call me at NWC. In addition, fill out the questionnaire on page 7. We want your input and appreciate your skills as we move forward at NWC.



## In Memory of

A volunteer since 2007 Jacquely Moss recorded 477 volunteer hours for Neighbors Who Care. She gave her time to help in the office, most recently to schedule drivers for the NWC Van. She strived to help with the streamlining of the office scheduling and training. Jacquely, a very caring and giving person held many other volunteer positions over the years. First meeting her through the Interfaith Council of Greater Sun Lakes, she will be remembered for wearing purple, a lady that always smiled, cared deeply for others, and had time to help with a project. Jacquely has been missed since her health has forced her to take time away and will be missed even more now by so many.



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](http://www.BirdiesForCharityAZ.com) and select Neighbors Who Care (185) or contact the NWC office for a paper pledge form.



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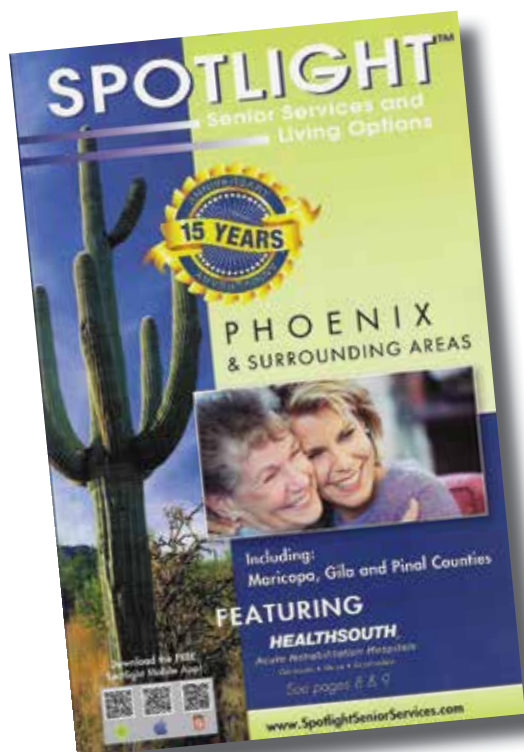
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# Giving Season 2015

## Reminder

You may make donations in the name of all your friends and relatives to Neighbors Who Care. We have card and envelopes for gift giving. All donations will be acknowledged after the first of the new year.

Don't forget to register for the AMAZON SMILE program. I have already started my shopping on line.

Instead of going to [www.amazon.com](http://www.amazon.com). I go to [www.smile.amazon.com](http://www.smile.amazon.com) when I make my purchase a donation goes to Neighbors Who Care. See the instructions below.

## Amazon Smile Program

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:

1. you use to make purchases.

### One Time Purchase

1. Instead of going to [www.amazon.com](http://www.amazon.com) to make a purchase, go to [www.smile.amazon.com](http://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

2. Go to [www.smile.amazon.com](http://www.smile.amazon.com)
3. Select Neighbors Who Care, Inc. (Sun Lakes, AZ) as your charity.
4. Follow the instructions to download the amazon smile app to your computer. This will place an amazon button on your web browser.
5. 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.

You must download the app separately for each computer/phone/web browser.



As we prepare for the holidays, please pray for Peace on Earth. We practice our faith in many ways; our Spirituality is a very personal thing. In this time of uncertainty and sadness, we must remember that there is HOPE and LOVE around us. There is LIGHT in our world. Share it with your neighbors and families and have a very BLESSED holiday season from Neighbors Who Care.





What if we could solve all of our community's issues by connecting experienced talent with nonprofits in need of their skills so they can better achieve their missions? You can make a difference and pay it forward by Volunteering with Neighbors Who Care.

Call 480-895-7133 to register for the next Volunteer Orientation opportunity.



A Big thank you goes out to Intel employees who are partnering with NWC to make this holiday season a bit brighter for some of our clients. During the month of December they will provide gifts to some of our homebound clients and caregivers.



A faith-based day care facility, providing a loving and nurturing environment for Seniors thru games, chair exercises, entertainment, educational challenges, snacks and more.

Located on the campus of :  
Risen Savior Lutheran Church  
23914 S Alma School Road, Chandler, AZ.

Contact us for information at: 480-895-2982  
Email: [ThePerfectPlace85248@gmail.com](mailto:ThePerfectPlace85248@gmail.com)

## 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](mailto:ttinney@urbanfinancialgroup.com)

[www.ufareverse.com/ttinney](http://www.ufareverse.com/ttinney)



NMLS# 589393



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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.

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

**\$16<sup>.65</sup>** Sign-Up for  
Monthly Disposal Service

And Receive

**FREE** \* RECYCLING  
SERVICE!



**Sun Lakes Disposal  
Residential Garbage Service**

CALL TODAY

**480.895.2965**

[arizonasanitation.com](http://arizonasanitation.com)

\*One time \$25 container  
set-up fee  
(Includes container  
delivery)

## Transportation Raffle Winners

**Winners of the  
July - August - September  
Drivers Raffle are:**

### July 2015

100 - 413 miles

Verna Mahnke	313.5 miles
Morris Johnson	237 miles
Joe Kilmoski	198 miles
John Rader	106.5 miles
Diane Paxton	100 miles

### 50-99 miles

Dwight Snyder	97 miles
Cheryl Stacy	96 miles
Bert Friedman	95.5 miles
Woody Neiman	88 miles
Jamie Williams	88 miles
Vesta Hayden	81 miles
AJ Bhardwaj	73 miles
Dorothy Meek	56.5 miles
Colette McNally	55 miles
Michelle Krohn	51.5 miles

### August 2015

100 - 324 miles

Ken Baker	182 miles
Dick Golding	118 miles
Jim Valliani	117 miles
Judy Walker	111 miles
Mac McCarty	100 miles

### 50 - 99 miles

Gary Bross	98 miles
Dee Rietveld	97.5 miles
Max Platt	88 miles
Dorothy Meek	85 miles
Faith Martin	80 miles
Susan Vancer	77.5 miles
Janet Kusmider	74 miles
Pat Daven	73 miles
Caro Virkler	65.5 miles
Arlene Hackbarth	58 miles

### September 2015

100-308 miles

Irene Johnson	217 miles
Virginia Meeker	158 miles
Gary Sanford	126 miles
Pat Naïve	123 miles
Sylvia Buehler	104 miles

### 50 - 99 miles

Ed Hill	93 miles
Jerry Rex	87.5 miles
Donna Strauch	87 miles
Judy Lamers	79 miles
Arnold Arellano	78 miles
Roxy Banta	78 miles
Betty Sanders	73 miles
Kimberly Montini	68 miles
Ellie Franklin	61.5 miles
Simon Buchman	58 miles

## Advertising Rates and Information Ad Sizes and Price

Full Page 8" x 10" \$800

Half Page Horizontal 8" x 4.875" \$400

Half Page Vertical 3.875" x 10" \$400

1/4 Page Horizontal 8" x 2.3125" \$200

1/4 Page Vertical 3.875" x 4.875" \$200

1/8 Page Horizontal 3.875" x 2.3125" \$150

### Print-Ready Ads

- Acrobat PDF preferred (exact dimensions, outlined fonts and no crop marks)
- TIF, EPS or Hi-res JPG (Minimum resolution 300 dpi)
- Ads must be exact dimensions, outlined fonts, no crop marks and no spot colors or RGB (convert to CMYK)
- Any black, unless it appears in a photo, should be 100% K

### Article Submission

Word document, txt, or .rft file  
(include the title, byline, and article)

**For information contact  
NWC 480-895-7133**



## SO WHAT'S FOR DINNER?

*By Joan Byrnes,  
Dinner Delivery Coordinator*

**The Holidays are here! And so is the cooler weather...**

Though the weather outside is much cooler, please remember it is important to protect your dinner delivery. Our volunteers have guidelines to follow when it comes to leaving meals when you are not at home. You must put a covered container such as a cooler, outside the door where you want your dinner left. If the container is not there, or you do not answer the door, volunteers cannot leave the food. It also would be convenient for the volunteer if you put your money in the container, so it will be available when they bring your meal. In addition, please have the exact amount or very close, for your delivery so the volunteer will not need to carry much cash.

As an extra convenience we offer "Prepaid Meals." Did you know you could pay cash or write a check, made out to Neighbors Who Care? Please, specify that the funds are to prepay your meals. This way, you will not have to worry about having the money available for the delivery volunteer. If, you would be interested in pre-paying your meals, please call the office, and ask for Bonnie Kosar our Social Worker or me at 480-895-1733.

**www.neighborswhocare.com**



**Neighbors  
Who Care  
Website**

## Things you will find

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

## 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**





**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**

## NWC WISH LIST:

### *Needed Highly Skilled Volunteers*

Someone to reattach missing slats on  
vertical blinds

Someone to make picture frames

- Marketing
- Arts and Crafts
- Public Speaking
- Program Development
- Recreation

## SERVICE GUIDELINES

All services are booked through Neighbors Who Care at **480-895-7133**.  
Please schedule at least three business days in advance of your appointment.  
Services are available Monday-Friday between 8:30 AM—4:30 PM

**Business Assistance** -- writing checks and letters; addressing envelopes; checkbook balancing; voter registration and tax preparation [this service is helpful for those with impaired vision]

**Business Service Advocacy** -- we provide counsel and assistance in dealing with contractors [home repair and financial] and ombudsman service in resolving service complaints

**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 three stops per outing]

**Dinner Delivery** -- orders are taken by phone between 9 - 10 am and delivered by volunteers between 3:30 - 4:30 pm Monday - Friday. Details are available by calling NWC at 480 895-7133

**Minor Repairs** -- such assistance as changing a light bulb or furnace filter

**Reassurance Calling** -- daily or weekly check-in calls

**Respite Care** -- a volunteer will stay with your loved one while you are out [this service is available up to four hours per week]

**Friendly Visiting** -- regular social visits from a NWC volunteer

**Van Service** -- the Neighbors Who Care van provides transportation to select locations weekly

**Welfare Visits** -- a brief daily welfare visit in the temporary absence of the primary Caregiver

**Recreational Therapy Program** -- providing moderate recreational activities to promote and encourage health, socialization, and independence in life activities away and at home



### 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**

## 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 3<sup>rd</sup> 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

## 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.



## 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 Havuret Emet	480-803-4120
Unity Church of Sun Lakes	602-309-1818

## December • January • February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3:00 & 6:00 Winter Concert SL-UMC	1:00 Support Group @ RSLC			9-10:30 Social Security Overview Trust Bank		
	1:00 Support Group @ RSLC	9 am Edward Jones Community Education Work- shops @ UMC		12:30 Driver Safety @ NWC		
	1:00 Support Group @ RSLC	8-10 Golf Cart Check @ SL1	Recreational Therapy 1-2:30 pm	1:00 pm Volunteer orientation		10:00 am Volunteer orientation
	1:00 Support Group @ RSLC	9-10:30 Women's Financial Empowerment Trust Bank		<p>A Proud Partner Agency of</p>  <p>SEASON FOR SHARING</p> <p>THE ARIZONA REPUBLIC   azcentral.com   GF   12 NEWS</p>		