

The Care Connection

NEIGHBORS WHO CARE, INC.

Volume 20 • Issue 4 • December 2016

Caring for Our Community, One Neighbor at a Time



NEIGHBORS WHO CARE, INC.
"Senior Independence Through Volunteer Services"

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Fax: 480-895-5508
www.neighborswhocare.com

The morning was cool, clear, and calm. As I drove in the drive off Riggs Rd, north of the newly painted medical building, I saw a caravan of trucks and workers, unloading tables, chairs, and tents in the parking lot. Turning the corner at the end of the drive, I could see there were no lights in the dark cavernous delivery truck. I pointed my car headlights into the darkness to see young men unloading poles and barrels. The crew was there to set up for the Neighbors Who Care Fall Fair. It is only 6 am, too early for the sun, birds, or me. Nevertheless, there they were, from Y-Knot Party Rental, Mike, Chris, Shawn, and others. Mike walked up to me and said, "Do you have a map?"

Is this where you want the tents? Where do the rest of the tables go?" "Same place as last year," I said, sipping my hot coffee and trying to engage my brain. "Sign here," he said. The next two hours were full of a lively transition from a lonely, quiet parking lot into a fairway of tents and E-Z UP Sun Shades, tables, colorful vendors, games, people bustling here and there, cars with trunks up unloading things, and classic cars rumbling into the covered parking. Neighbors Who Care volunteers were scurrying about bringing out boxes and loading ice and food into huge coolers. So the day began, October 22, 2016.

The next few hours seemed to fly. The air was full of music, laughter, and conversations. The sun was hot for October; relief only came with a cool breeze from time to time. Then, before we knew it, people were walking toward the exit, volunteers were packing up, the tents came down, and then it was quiet. Just puddles of water from thawed iced remained as Jim and his crew from Sun Lake Waste Management loaded full trash

and recycle barrels onto their trailer. The day came to a close and a tired and happy Event Team of volunteers drove off into the sunset.

Hard work and creative juices went again into this year's Fall Fair. This event was the biggest and best event we have had to date. Every year we learn more, the number of fairgoers increase, and new and generous sponsors rally around our cause. This year was wonderful! I call it "the mess of success"; everyone who should be here is here; everything that can go wrong will, and everything that goes right is outstanding. The Sun Lakes Fire Fighters



and a trio of young recruits thrilled the younger crowd with water games using the 2" hose from the bush truck. Small faces were painted like butterflies, and board members were dunked in the dunk tank. The music, outstanding, as usual, was moved up a notch by a young man who played an awesome banjo, accompanied by the Dry Heat Pickers. We enjoyed the tiniest trains and proud engineers of the Short Line Railroad Club. And we took a stroll down memory lane among cars driven by our grandparents, sported by our parents, and dreamed about by us.

The 2016 Neighbors Who Care Fall Fair was a great success. The food and entertainment, all donated by our generous sponsors, made it possible to provide a professional and well set up venue. In addition, the raffle prizes helped us raise \$10,000 and we have exciting stories to tell until next year. It was truly a community effort to bring everyone together once more. Thank you to all our fairgoers, our dedicated volunteers, and enthusiastic and generous supporters for all you do!



Eric Ehst
Executive Director

**All services per
Calendar Year 2015**

Volunteers ~ 453

Clients ~ 633

Hours ~ 18,350.5

Miles ~ 136,265

Occasions ~ 18,681

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.*

DON'T BE A VICTIM OF AGEISM

Eric Ehst
Executive Director

I'm sure you've noticed - we live in a society that worships youth. Just turn on the TV, look at most ads, or listen to pop music. Until recently, movie stars, with a few exceptions, disappeared at 40. You have to dye the gray hair and take the dates off your resume to get a job. In our society older people used to become invisible, mostly ignored and unappreciated.

Well, there's good news. Fueled by our ever-lengthening life expectancy and the huge number of baby boomers hitting retirement age (10,000/day), things are changing. We're no longer automatically consigned to a rocking chair on the kids' front porch, or warehoused in a nondescript nursing home. More and more of us are continuing to live in our own homes, traveling, working and, most importantly to Neighbors Who Care, volunteering to change the lives of others. Our new President-Elect is old enough to qualify for Social Security and Medicare.

One of the greatest universal desires for most people is the ability to live independently with dignity. This does not change as we grow older. Even those who have some infirmity affecting their ability to perform some of the tasks of daily living, strongly wish to maintain their independence. These are the people who Neighbors Who Care serve and they deserve to be honored and respected. Our clients include war heroes, scientists, university professors, CEOs, mothers, fathers, farmers, machinists, and many others. All have lived full and productive lives and they all have stories to tell. Our oldest client turned 104 last month. Her paramount desire is still to be able to live in the home she loves with the man she loves. She is living proof that, yes, 100 is the new 80.

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 only thing all of these wonderful people have in common is they need some help doing the little things necessary for daily living. Maybe they can't drive and need a ride to the grocery store. Or they can no longer climb a ladder to change a light bulb. Or they can't see well enough to balance the checkbook. This is where you come in. Our volunteers have resumes every bit as diverse and impressive as those they help but they also understand, even in retirement, they maintain their value and their visibility through helping others in the community.

Don't be a victim of ageism. Don't disappear into the background of our community. Our volunteers know you don't have to live in the White House to be a winner or to make a difference in the world. Contact Neighbors Who Care today.

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, on a quarterly basis. You have received this publication because we believe 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

FALL FESTIVAL

By Christine Lobdell-Raney, Chair, Board of Directors

Ahhhh...the weather is cooling - finally - and Neighbors Who Care is welcoming everyone back out into the spectacular outdoors! We celebrated our 4th annual Fall Festival on October 22, 2016 - and a most successful festival it was! We enjoyed live music, great food, games, prizes, and raffles. We had a fantastic Antique Car Show with more than 40 cars that stirred up memories, and provided for some great conversation and reminiscing. We had 120 vendors with all sorts of helpful information including flu shots, physical therapy, and massages - and, yes, the ever present "dunk tank."

We were excited to see so many of our neighbors come over and fill up the parking lot near our Neighbors Who Care offices. It was simply the best Fall Festival we have hosted. And, that comes with a lot of work and effort from our official Fall Festival Committee headed up by Carol Bowers and her team of volunteers. The committee worked for months tending to the details, and then dozens of volunteers turned out for the "day of" events. Carol credits this year's success to all the volunteers who worked so hard to make this a great day - even the ones at the dunk tank!

We thank all of our vendors who came out as well! Thank you for sharing your time and energy on a Saturday. This event is a wonderful place to meet the local businesses and business owners so when you need services in the future you already have a connection.

And as far as success in helping NWC continue to serve the community - we raised about \$10,000. and signed up a whole new crop of volunteers - and as we know, it's the volunteers who are the heart of who we are and how well we serve.

We will be celebrating Fall next year with another better-than-ever Fall Festival! Plan to join us in 2017!

Oh....did I mention we had a dunk tank....?



Donation Appeal

Neighbors Who Care appreciates your donations in order to keep our important services and programs operating in the community. One way to support our programming is to remember us in your Estate Plan by naming Neighbors Who Care as a beneficiary in your Will, Trust, on your Life Insurance, or Annuity policy. For more information on how to remember us in your Estate Plan, contact Neighbors Who Care office (480) 895-7133, Christine Raney (480) 802-0741, or Francisco Sirvent (480) 209-6942.

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Vol. Serv.



Bonnie Kosar
Case Worker



Joan Byrnes
Dinner Del.



Verna Mahnke
Office Coordinator



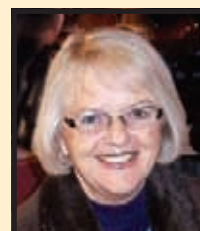
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Korean War Vets
New Adventures In Learning
Sun Lakes Community Church
Sun Lakes Posse Medical Equip.
Sun Lakes United Church of Christ
Sun Lakes Women's Assoc.
The Perfect Place – Adult Day Services

VOLUNTEER EVENT TEAM

Adriana VanBuskirk
Barb McKinney
Barbara Carr
Bob Ralston
Bonnie Kosar
Bonnie Watson
Brian Curry
Carol Bowers
Chrystal Nguyen
Colette McNally
Cyndi Santos
Dale Rusk
Dan Hosman
Debbie Sowder
Denise Fisk

Dennis White
Donna Sullivan
Dot McNulty
Ev Rainwaters
Emily Pierce
Eric Ehst
Faith Dagoon
Gale Tanaka
Gladys Chernick
Glenn Wahl
Grace Geisinger
Helene Rusk
Helga Wahl
Jayden Brookout
Jeannine Markandeya
Jennifer Lindley
Jim Egan
Jim Rainwaters
Joe Trimm
Joel Goldman
John McFarland
John Newman
Jonathan Askew
Judy Hampton
Judy McFarland
Katie Manross
Kerin Cox
Kiera Fleck
Larry Buehler
Leonard White
Linda Bengtson
Linda Ems
Lou Larsen
Marcia Wagner
Mark Sowder
Mark VanEngelen
Marnie Newman
Michael Kamenca
Mike Rice
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Nina Fryer
Paul Feeney
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Phoebe Olive
Ray Bertsch
Richard Eslick
Ron Chase
Ron Moffatt
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Sheryl Keeme
Sheryl Neiman
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THESE ARE PICTURES FROM THE FALL EVENT



Fall Fair –
The Short Line Model Railroad



VOLUNTEERS
A Gift to the Community
The 22nd Annual
Neighbors Who Care
Recognition Event
March 11, 2017
10 am - noon



The planning committee is meeting the first time on December 13, to begin making plans for the March 11, 2017 Volunteer Event. The Brunch will be at the Oakwood Ball Room again this year. The Sun Lakes Chordaires will be our guests this year with what promises to be a grand show. We will be sharing stories and thanking those of you who have given special gifts to our community through Random Acts of Kindness. Please call or email me at nwcvsc@gmail.com to share a story that we can share at the Brunch. Join the "RAK tivist" movement and commit a Random Act of Kindness for someone you admire.

BE KIND

We will be celebrating the accomplishments over the past year and honoring special people who have made our organization great in the community. Watch for your invitation in the mail on or before the middle of January. We must have our reservations in by February 28.

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NEIGHBORS WHO CARE VOLUNTEER DIANNE WYVILL FROM ACROSS THE POND TO SOUTH CHANDLER'S SUN LAKES...



English born Dianne Wyvill now lives in Sun Lakes. The Mother of two boys and grandmother of one has been a Neighbors Who Care volunteer office worker for five years. She explains that Wednesdays are her days to help schedule drivers in the office. Diane is matched with partner, Carol, for much of her volunteer time in the Neighbors Who Care office. She loves her work knowing she is making a difference but truth be told, she also loves the laughs and fun she experiences as she and Carol get their work done.

Each week, clients are matched with volunteers who will help them get to doctor appointments or with respite care if they are caring for a homebound family member. Dianne is only one of 600 volunteers who are getting it done for people in the NWC South Chandler service area. We want to thank Dianne and ask the question: How would YOU like to join in on the fun? Send us a message through www.neighborswhocare.com or give us a call to get started 480-895-7133.

NEIGHBORS WHO CARE ENCORE FELLOW LINDA DEHOFF



Linda DeHoff, is our new Encore Fellow. She retired recently from Intel and is sharing her expertise with us this new year. She will be teaming up with Neighbors Who Care volunteers led by Madeleine Lutz, to begin a program to determine existing programs and unmet needs of individuals, service providers, and companies in our service area. When someone from her committee calls or

contacts you, please help her, help us, to make our community an even better place to live.

Dear Friends and Volunteers,

What would I do without those of you who volunteer to take me to my appointments so I can feel more independent and carry on with my life, which was so active.

My appreciation to all of you who are always so kind and courteous and make my day. You are so dependable!

You make it possible to stay in my home.

Thank you again for all your help.

Sincerely, "Gigi"

WHAT TO DO IF YOU FALL

By Barbara Carr, Board Member

Each year millions of us fall. In fact, one out of three of us older people will fall. Falling once doubles our chances of falling again. In addition, one out of five falls cause a serious injury such as broken bones or a head injury. Whether we are home or somewhere else, a sudden fall can be startling and upsetting. So if you do fall, stay as calm as possible and take several deep breaths to try to relax. Here are a few things to remember:

1. Remain on the floor or ground for a few moments. This will help you get over the shock of falling.
2. Decide if you are hurt before getting up. Getting up too quickly or in the wrong way could make an injury worse.

FOLLOW THESE FIVE STEPS FOR GETTING UP:

1. Lie on your side or roll over onto your side, bend the leg that is on top and lift yourself onto your elbows or hands.
2. Rest again while your body and blood pressure adjusts.
3. Pull yourself toward a chair or other sturdy object. Then put your hands on the chair seat and slide your stronger leg forward so that your foot is flat on the floor. Keep the other leg bent so the knee is on the floor.
4. Then from this position slowly rise and turn your body to sit in the chair.

Practice these steps often and be prepared in case you fall; most of all, stay calm.

FOLLOW THESE STEPS IF YOU FEEL ANY DISCOMFORT OR ARE UNABLE TO GET UP:

1. Call out for help if you think you can be heard.
2. If you have an emergency call device, or a telephone, call for help.
3. If you don't, try to slide yourself toward a telephone or a place where you will be heard.
4. Make noise with your cane or another object to attract attention.
5. Wait for help in the most comfortable position for you.
6. If you can, use a pillow or something to raise and cushion your head, and cover yourself with a piece of clothing or a blanket to stay warm.

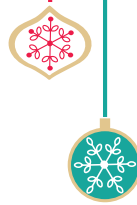
7. Try to move your joints to ease circulation and prevent stiffness



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Agent Spotlight

Susan Hayward

Hello clients and friends,

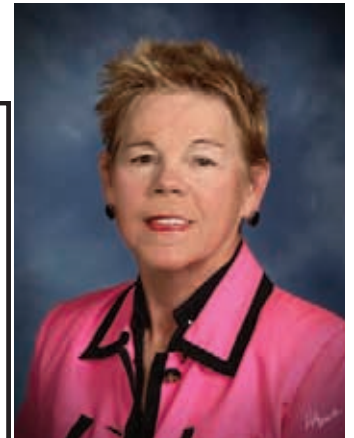
Please enjoy this brief newsletter as a way for me to update you on how to stay active and healthy.

I have been in the insurance industry over 35 years. I started helping my Mom and Dad when they turned 65 and needed guidance in choosing a Medicare plan. To help guide them through the Medicare maze was such a privilege. I specialize in helping consumers find the best plans for their needs.

I appreciate the opportunity to have met with you and thank you for placing your trust in me for your insurance needs. For me the ultimate reward is when someone calls me and says "I was told to call you because you are the Medicare expert."

Thank you once again for your business and I look forward to seeing you again soon.

Susan Hayward



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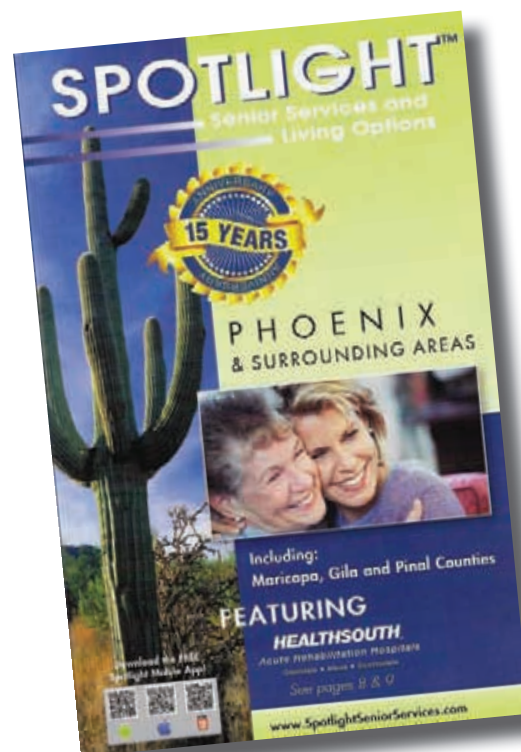


BIRDIES MEAN BUCKS FOR NEIGHBORS WHO CARE

NWC is once again partnering with Birdies for Charity to raise money for our programs. In 2016 NWC received over \$11,000 from this partnership. The money is raised by donors like you pledging to give an amount based on the number of birdies made at the 2017 Phoenix Open Tournament in February (each penny per birdie pledge is approximately a \$15 donation). Donors can also pledge a set dollar amount if they like.

To make a pledge go to www.BirdiesforCharityAZ.com and select Neighbors Who Care or contact the NWC office for a paper pledge form. The Pledge deadline is 5PM Sunday, February 5, 2017.

Awareness, Support, Solutions



www.SpotLightSeniorServices.com

SUN LAKES CREATIVE ENGAGEMENT PARTNERS



Making Music group at SL United Methodist Church.

October kicked off the inaugural events for The Sun Lakes Creative Engagement Partners. The first steps were to collaborate with The Perfect Place, who held a workshop for families afflicted with dementia sponsored by Visiting Angels and Chandler Memory Care. Then Sun Lakes United Methodist Church has agreed to provide space for the Oakwood Creative Care program C.A.R.E.S Sessions and the Making Music Therapy for Memory and Parkinson Disease. This session will be funded by individuals participating and from The Cottonwood/Palo Verde Foundation grants. Beginning in 2017, other programs will be added and further funding secured for new programs that will be made available in our community. The lead non-profits involved are Neighbors Who Care, The Perfect Place, and the Arizona Alzheimer's Association. The meeting of the SLCEP has been facilitated by the AZ Commission on the Arts Projects representative, Tessa Wendt.

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Gilbert ~ 480-840-6060**



Open Mon-Fri @ 7am, Sat @ 7:30am, Closed Sunday

FIRST ANNUAL FUN WALK NOVEMBER 5, 2016



November 5, 2016, was the First Annual Fun Walk Sponsored by the Cottonwood Palo Verde Foundation for Neighbors Who Care. Thank you to the Foundation. The Foundation has certainly been generous to the Sun Lakes Creative Engagement Partners and Neighbors Who Care. We hope these and other efforts over the coming months will offer more opportunity for education and services for families, friends, individuals, and caregivers living with dementia and Parkinson's disease. Watch for more information and community calendars in future newsletters, on our website neighborswhocare.com and the *Sun Lakes Splash*.

SENTIMENTS FROM COLETTE MCNALLY, SECRETARY OF NEIGHBORS WHO CARE BOARD OF DIRECTORS



Her words speak for all of us, board members, staff, and volunteers who worked with and knew Frank and his inspirational giving ways. He drove countless people to their doctor appointments, chauffeured the van wherever people needed to go, and encouraged diligent and appreciative workers, playing his accordion while they put out the newsletter. In addition, he never saw a cookie he didn't like!

"I have just heard that Frank DiFrancesco has passed. Frank and Judy were one of the first very active volunteers I met when I first moved to Sun Lakes. Their

knowledge and expertise in computer technology was shared with the community on a regular basis through the Computer Booter Club and was greatly appreciated.

Their support for technology and their volunteerism was of great importance to Neighbors Who Care. They were always readily available and quick in dealing with our computer needs and lent their support on a regular basis developing programs and reports that made all our services known and reliable.

Their graciousness and generosity at all times was something I will always appreciate and try to imitate in my efforts at volunteerism in the community.

Thanks Frank and Judy for being who you are."

Colette McNally, Secretary, on behalf of the NWC Board of Directors.

America's Choice in Homecare.
VisitingAngels
LIVING ASSISTANCE SERVICES

Join America's Choice in Homecare®

- ☑ **Rewarding Positions**
- ☑ **Flexible Scheduling based on Caregivers availability**
- ☑ **Weekdays, weekends, evenings, 24/7 shifts**
- ☑ **Work-Life Balance**
- ☑ **Hiring Now**

**Job
Openings**

Call Today — Become a Visiting Angel!

480-833-8247

Ask for Tish! Immediate openings!

Caring Careers Available Now —
Join our compassionate and reliable
Visiting Angels team of caregivers!

Care services include: Assistance in Personal Care, Meal Preparation, Light Housekeeping, Errands & Shopping, Medication Reminders and Rewarding Companionship.

* Registered trademark of Living Assistance Services.
Each Visiting Angels office is independently owned and operated.





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**.

**\$16⁶⁵ Sign-Up for
Monthly
Disposal Service**

**And Receive
FREE * RECYCLING
SERVICE!**



**Sun Lakes Disposal
Residential Garbage Service**

CALL TODAY
480.895.2965
arizonasanitation.com

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





Fry's Community Reward Program

For Neighbors Who Care to continue receiving donations Fry's Community Rewards participants with Neighbors Who Care may begin re-enrolling in the 2016-2017 Fry's Community Rewards program beginning August 1, 2016!

How to Re-Enroll for the Fry's Community Rewards Program

1. Go to www.FrysCommunityRewards.com
2. Click on 'Sign-In'.
3. Enter your email and password, click on 'sign in'.
4. Click on your name (top right hand corner), under 'Account Summary' scroll down to "Community Rewards".
5. Click on 'Edit' under Community Rewards.
6. Under Find Your Organization: Enter the NPO number (25135) or Neighbors Who Care then select 'search'.
7. Under 'Select Your Organization', click on the circle next to your organization.
8. Click on 'Enroll'

*If you have re-enrolled correctly, you should see a green box with 'Your enrollment in the Community Rewards Program has been updated. Thank you for participating!' You will also see the information listed under 'Community Rewards' on your Account Summary page.

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:

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.

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



Presented by Chandler Memory Care

ADJUSTING TO LIFE IN COMMUNITY LIVING

A Practical Guide for new residents and their families

If you are thinking about moving a loved one into Assisted Living or Memory Care, this is your first step. Getting your expectations in sync with some of the unspoken details of daily life can make the transition into community life easier for everyone.



**Friday
January 13th
1:00 pm**

**Risen Savior Lutheran Church
Fellowship Hall**

23914 S. Alma School Rd. • Chandler, AZ 85248

RSVP to Heather at (480)833-8247

Care provided by The Perfect Place
Families needing care for their loved ones during meeting must RSVP by Jan. 2



**The
Perfect
Place**

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: 480-895-2892
Email: ThePerfectPlace85248@gmail.com**

Transportation Raffle Winners

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

July 2016

Over 100 miles

John Reed	121 miles
Colette McNally	116 miles
Joyce Davey	112 miles
Wayne Dettlaff	102 miles
Marsi Wychulis	100 miles

50 - 99 Miles

Ron Mancuso	93.5 miles
Ed Lamers	83.5 miles
Thad Enloe	77 miles
Jean Caravello	70 miles
Leonard White	69 miles
Roxy Banta	62 miles
Carl Day	59 miles
Pat Rappuhn	55 miles
Dick Metz	55 miles
Judy Lamers	55 miles

August 2016

Over 100 Miles

Mike Rice	244 miles
Virginia Meeker	170 miles
Frank Mills	156 miles
Susan Vancer	134.5 miles
Terry Bolduc	130 miles

50 to 99 Miles

Gayle Tanaka	95 miles
Don Pollard	94 miles
Betty Sanders	86.5 miles
Joan Orent	81.5 miles
Ann Galleger	74.5 miles
Stew Schulz	70 miles
Denis White	69 miles
Ursula Gmerek	66 miles
Pat Stead	55 miles
Kathleen Baldwin	53 miles

September 2016

Over 100 miles

Debbie Sowder	208 miles
Verna Mahnke	193 miles
Sri Sivakumar	123 miles
Mark VanEngelen	121 miles
Sue Edwards	105 miles

50 to 99 miles

Pam Crews	98 miles
Mac McCarty	93 miles
Larry Buehler	91 miles
Cathy Bowlby	91 miles
Pat Daven	71.5 miles
Connie Luther	64.5 miles
Art Clark	64 miles
Kimberly Montini	59 miles
Loie Rudge	54 miles
Ron Moffat	50 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**



We'll be closed for the following holidays in 2016-17

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:

Volunteers Needed:

Friendly Visitors • Respite Visitors

Van Drivers • Dinner Delivery

Transportation to and from the doctors

Event Committee Members

Assist with the monthly Car and Golf Car Check

Saturday office cleaning

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



NWC 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 9:00 AM—4:00 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
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 would you 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 three days
each week for shopping*



MONTHLY AUTO OR GOLF CART CHECK

The 3rd Tuesday of each month 8 – 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.

Available October thru May.

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

December • January • February

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Holiday Concert	10 am Volunteer orientation @ NWC 1 pm Support Group @ RSLC					
	1 pm Support Group @ RSLC		12 pm Volunteer orientation @ NWC	12:30 pm Driver Safety @ NWC		
	1 pm Support Group @ RSLC	8-10 am Car Check		10 am Volunteer orientation @ NWC		8:30 am Cleaning Day @ NWC 10 am Volunteer Orientation @ NWC
	1 pm Support Group @ RSLC	1 pm Volunteer orientation @ NWC				
			VOLUNTEERS! Don't forget to wear your name tags when serving for Neighbors Who Care. If you do not have a photo ID, come in to get your picture taken a new name tag will be mailed to you.			