

# The Care Connection

## NEIGHBORS WHO CARE, INC.

Volume 21 • Issue 1 • March 2017

Caring for Our Community, One Neighbor at a Time



*Volunteers toasting to the New Year for Neighbors Who Care*



*Client/Volunteers making Valentines for Veterans*

## BENEFITS OF LAUGHTER

Had a good laugh lately? Laughter connects people, eases trouble and makes the day brighter. It releases stress, activates learning and supports memory. In short, laughter is good for your brain. *At Neighbors Who Care, volunteers treat people with respect and dignity and enjoy a good laugh.*

### *Why is laughter so beneficial?*

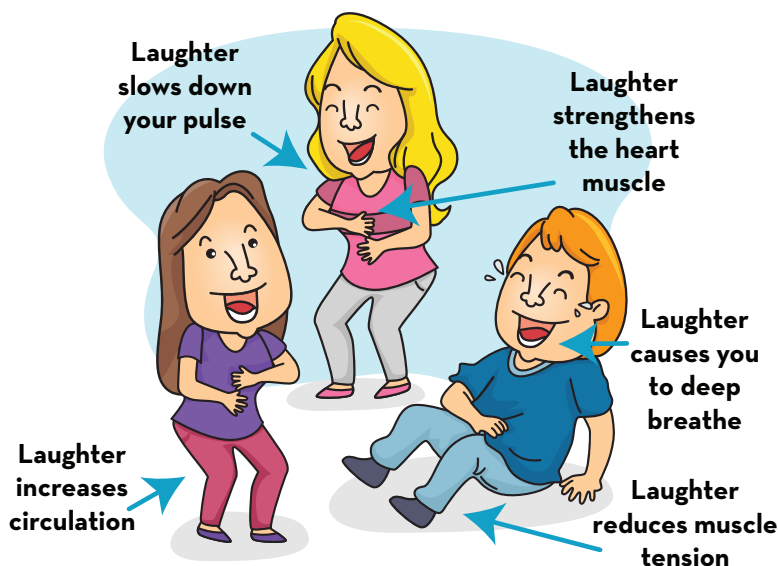
**Laughter triggers feel-good chemicals.** Bursting into laughter stimulates endorphins. This releases dopamine in the brain where it promotes feelings of pleasure and well-being and even relieves pain. *At Neighbors Who Care, we promote feelings of pleasure and well-being.*

**Laughter helps learning.** According to research from the University College London, when people try to understand jokes, it activates parts of the brain important to learning and understanding. *At Neighbors Who Care, we are patient when you don't get the joke right away.*

**Laughter improves short-term memory.** A research study at Loma Linda University in California found that older adults who watched 20 minutes of funny videos prior to memory recall tests did significantly better than adults who were asked to wait quietly. Researchers say laughter reduces stress levels, and when stress is lowered, memory improves. So, making time to laugh may be especially helpful for older adults who are experiencing memory loss. *At Neighbors Who Care, we like a good laugh while arriving early for an appointment.*

**Laughter engages the whole brain.** Laughter sustains high-amplitude gamma waves throughout the entire brain. It provides the brain with a workout that promotes clear thinking, focus and thought integration. Brain MRI studies show that laughter has brain effects similar to meditation. *At Neighbors Who Care, we encourage low impact exercise and high impact humor.*

*So, find time to laugh each day. It is good for your brain and your health!*



**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 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.*

## A MESSAGE TO OUR LOYAL DONORS

**Eric Ehst, Executive Director**

***Thank You! Thank You! Thank You!***

We couldn't do it without you. Your generosity keeps the lights on, the computers and phones working, the shopping van gased up. You pay the modest salaries of a small but incredibly hard-working staff. We are so thankful you are partnering with us to change lives.

I'd like to explain what happens when we receive your donation and apologize to any of you who have ever felt you were not thanked promptly or properly. Neighbors Who Care is a small, volunteer-based charity. Unlike larger organizations, we do not have a professional "development" staff and virtually all of your money goes directly into running the programs that aid the homebound and disabled community members we serve. We spend almost nothing on fundraising and sometimes it shows.

Each day I retrieve the mail from our mailbox. Donation checks are sorted to determine if they come from clients we serve, individual donors, congregations, community groups, or businesses. I also check to see if they were given in memory of a loved one or in honor of a person or special occasion. Once a week I go online to individually process any credit card donations and, after we close the office for the day, I take the checks to our credit union for deposit. For donors who have requested that a family member or honoree be notified of a "memorial" or "honoring" donation, I email that information to a volunteer who hand-writes a notification card and mails it to the requested address. I also give the deposit information to our bookkeeper for accounting purposes. Within a few days of the weekly deposit, a trusted volunteer comes to our office and spends several hours entering the donations into our computer database. Each entry automatically generates a thank you letter to be sent to the donor. I personally review the letters and another volunteer folds them and stuffs the envelopes for me to place in the outgoing mailbox. Monthly I

use our database to create a list of the month's donations so our volunteer board members can call the donors to personally thank them (no solicitation). The board members enjoy the opportunity to connect with our contributors and donors, who are often surprised to receive a call, and appreciate the personal response.

We have found this system to be the most efficient use of our limited resources and a good way to accurately account for and acknowledge donations. It also allows us to protect sensitive donor information. Unfortunately the process takes some time and relies on the availability of volunteers. Best practices for nonprofits call for donors to receive thank you letters within 48 hours of making the donation. I've never figured out how to do that without using donor dollars to pay dedicated staff members to immediately process letters. As you can see, our donors may not hear from us for several weeks. It's also why we don't rewrite our thank you letters very often and you may receive the same text following multiple donations. This doesn't mean we love you any less. It's because we don't want to use your very important money hiring staff just to speed up the process. We are very proud that every dollar is used effectively and our volunteers multiply its power so every dollar you give results in \$3 worth of impact in the community.

We love you, we really do. Our donors are among the kindest and most generous people in the world. If you ever have a question about a donation (or anything else), feel free to call, email, or stop by. All of you are welcome to come by our office at any time to see your dollars at work. I'd love to show you real life examples of how you help to change people's lives. We really can't do it without you.

*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, 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

### 2016 BOARD OF DIRECTORS ACTIVITIES

By Ron Chase, Treasurer, Board of Directors

Here are highlights of some of the activities your board of directors was involved with during the past year.

One of the major accomplishments was the formation of an Advocates Circle. The benefits of the Advocates Circle are to provide valuable insight in program areas; enhance fundraising through the board members' own giving and their identification, cultivation, and solicitation of other donors; develop high-visibility ambassadors for the organization; and establish a means for ongoing involvement of former board members. The Advocates Circle consists of community and business leaders along with former board members. Two very successful meetings were held in 2016 and the Circle plans to meet every six months going forward.

A board funding committee was created with the intent of having the board look at ways to obtain new funding and increase existing funding. This committee will use the Advocates Circle's recommendations to assist them in this activity.

Other activities that had board member involvement were participation on the Volunteer Engagement Committee whose purpose is to create job descriptions and recruiting plans for "highly skilled" volunteers; the Volunteer Outreach Committee which is making revisions and upgrades to marketing materials and identifying schools and companies to approach to tell about Neighbors Who Care; assisting with the planning and day-of activities for the Volunteer Recognition Party held each year in March; assisting with the Welcome Back Party held in October by selling tickets, working in the food tent, set-up and tear-down, participating in the dunk tank, and obtaining gifts and sponsors.

In September, a highly-skilled retiree from Intel started working for Neighbors Who Care as an Encore Fellow. She has a year's project assignment to provide a plan for a community needs assessment and then implementing it with the help of board members and other volunteers. This will be a program that determines existing programs and unmet needs of individuals, service providers, and companies in our service area.

— Board cont. on page 13

### Welcoming Adam McCown to the Board of Directors

Adam McCown was born and raised in Arlington, Texas. After graduating from Baylor University, he moved to Seattle and received his Doctor of Pharmacy from the University of Washington School of Pharmacy. Adam moved to the Ocotillo area of Chandler in 2009 where he worked in retail pharmacy prior to starting Medmetrics Compounding Pharmacy.

Adam takes a particular interest in helping patients stay healthy, with an emphasis on functional medicine and compounding to help patients achieve their wellness goals. Adam is married to Bryanne who is also a pharmacist. They have two daughters he adores. When not serving patients at Medmetrics, he enjoys traveling, reading, golf, and sports of all kinds.

## Staff



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Vol. Serv.



**Bonnie Kosar**  
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**Joan Byrnes**  
Dinner Del.



**Verna Mahnke**  
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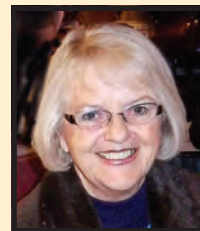
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**Francisco P. Sirvent**



**Jennifer Lindley**



**Barbara Hodge**



The theme this year will set the pace for new programs and new events throughout the year. We are collaborating with The Perfect Place and others to bring educational opportunities to the community. We will be hosting a community calendar with events that will bring our community together, outside the usual happenings of golf, tennis, pickle ball, theater, etc. The common goal of Neighbors Who Care and so many others is to make it possible for all of us to live in our own homes as long as possible and do it successfully. It takes the community to make it happen. Whether we are able bodied or not there is something we can do to achieve the goal of successful community living. Volunteering is an opportunity to share a bit of our time, our life experience, our compassion and so much more with others.



**Chordaires Show Chorus of Sun Lakes**  
**Will be celebrating with Neighbors Who Care**  
**at the March 11, 2017 Neighbors Who Care**  
**Volunteer Recognition Brunch**  
*A Gift To The Community*



The Chordaires will be setting aside their already ambitious schedule to prepare a wonderful program just for Neighbors Who Care. If you are a Neighbors Who Care Volunteer and have not made your reservation for the Volunteer Recognition Brunch, March 11, 2017, be sure to call NWC at 480-895-7133 before March 3rd. We are looking forward to a great performance Chordaires are currently hard at work preparing for this year's Spring Extravaganza: April 1, 2017 in the Cottonwood San Tan Ballroom. For more information, check out their website: [www.chordairesshowchorus.com](http://www.chordairesshowchorus.com).





# Returning by popular demand. Neighbors Who Care Celebrates National Volunteer Week. April 24-28, 2017



A fun filled week presented by service providers in our community especially for our volunteers. Volunteers may drop by the Neighbors Who Care office between 10 am and 2 pm.

There will be lunch served each day and service providers who will pamper our volunteers with a chair massage, hearing and eye screening, skin screening, and blood pressure checks. We are planning daily raffles and other gifts. Plan to stop by to see how Neighbors Who Care contributes to the community, and register to become a volunteer, too.

**SERVICEUNITES**  
National Volunteer Week

## Staying Engaged

A Place for Mom, a senior care referral service regularly distributes a Senior Living Blog on social media. It is good to find things that are helpful to all of us who are Seniors Living (in the Sun Lakes communities). I have extracted some of their suggestions that could help us all.

This one is about Senior Isolation. It is very interesting to learn firsthand what it might be to become an isolated senior. Especially while recovering from some recent surgery. I am fortunate to have a wonderful family, but unless I invite them to help, they might not ask. I needed to let someone know I would like him or her to be involved in my hobbies and interests. I must promote connectedness and good social health for myself, for example, this is a list of things we all can do or encourage our friends or family members to do to avoid falling into loneliness, isolation, depression:

- Promote a sense of purpose thru hobbies that interest us
- Have transportation available
- Get a pet
- Be involved in our community

— **Staying Engaged** *cont. on page 11*



Administration for Community Living

## AGE OUT LOUD WILL BE THEME OF 2017 OLDER AMERICANS MONTH

The Administration on Aging (AoA), part of the Administration for Community Living (ACL), has announced "Age Out Loud" will be the theme of Older Americans Month in 2017. The theme for the May observance is intended to give aging a new voice – one that reflects what today's older adults have to say about aging.

The 2017 theme gives us an opportunity to shine a light on many important issues and trends," reported ACL. "More than ever before, older Americans are working longer, trying new things, and engaging in their communities. They're taking charge, striving for wellness, focusing on independence, and advocating for themselves and others. They expect to continue to live their lives to the fullest, and they're insisting on changes that make that possible."

- See more at: <http://www.npaonline.org/age-out-loud-will-be-theme-2017-older-americans-month#sthash.pDGFNBQy.dpuf>

What it means to age has changed, noted ACL, and Older Americans Month "is a perfect opportunity to recognize and celebrate what getting older looks like today."

In May AoA and ACL will "amplify the many voices of older Americans" and raise awareness of vital aging issues across the country. The observance will be promoted online using the official hashtags #OAM17 and #AgeOutLoud.

The National PACE Association (NPA) advances the efforts of Programs of All-Inclusive Care for the Elderly (PACE®). PACE programs coordinate and provide all needed preventive, primary, acute and long-term care services so older individuals can continue living in the community.

- See more at: <http://www.npaonline.org/>

The National PACE Association will share additional details about the observance, including resources and materials, as they are made available by ACL(link is external).

- See more at: <http://www.npaonline.org/age-out-loud-will-be-theme-2017-older-americans-month#sthash.AU4jgYoK.dpuf>

Watch for more at [www.neighborswhocare.com](http://www.neighborswhocare.com)



AGE OUT LOUD: MAY 2017

**Neighbors Who Care  
Volunteer Recognition  
Brunch**

**March 11, 2017  
9:30 am - Noon**

**Call  
480-895-7133**



## Live life to the fullest and share the experience as much as you can

As an adult, with children who will one day be my caregiver (or maybe not), I think about things I can avoid as a care receiver. I have begun a journal of the things I want my children, family and friends to have to remember me by (or maybe not). I want them to know that I don't especially like macaroni and cheese, unless it has peas and hotdogs in it. I use moisturizer every day after my shower. I like red nail polish on my toenails, orange shades of lipstick and brown/black mascara. Don't be afraid to offer me a glass of wine or a cocktail—I'll enjoy it.

I won't leave a guilt trip on anyone who does not want my great grandmother's, mother's furniture or clock. I have enjoyed them, but kids these days like industrial, minimalism or something like that. If they do want something sentimental, I will put masking tape with their name on it, just like my mother did.

I have promised to not hold a grudge or expect too much from anyone. I will forgive and not mention if I remember. I will share the things that make me happy and make me smile, but I won't harp on them.



I hear of families torn apart by misunderstandings, grudges, and differences of opinions over religion, politics, and money. I seem to remember my mother telling me we just don't discuss such things. (Of course, we never talked about sex). I know even though I don't always agree with my family, they probably know it. I have made sure I have my Will, Power of Attorney, Medical Power of Attorney, and any other paper work finished. I am not concerned about when I'm gone as much as before I get there.

If going to a music program or creating art is offered in my community, I want to be there. Even if I don't remember it, can't hear it or can't see it. It would be nice to know whoever took me might have enjoyed the experience.

When a family has shared what they would like or do like in their life, hopefully those things aren't forgotten or ignored. Money should never be an issue. There is always a way. And if there is no family to carry on, there will always be volunteers who will care. We are never alone.

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## TEN THINGS FOR CAREGIVERS (AND EACH OF US) TO DO

1. Keep records of all medications, what they are for, and any reactions.
2. Clean out the medicine chest and keep a record of all medications, the doctor that prescribed them, and what the expiration date is.
3. Keep records of all doctor appointments, date, address, phone number, and the reason for the visit.
4. Have insurance information up to date and available.
5. Maintain copies of medical records and dates of surgeries and procedures.
6. Plan for the unexpected.
7. Have Advance Directive and Durable Power of Attorney.
8. Keep a record where all important documents are kept.
9. Have your Last Will and Testament.
10. Have all monetary records available.

### **A GUIDE TO TAKE WITH YOU TO THE DOCTOR**

1. Changes in your diet or appetite
2. Weight Changes
3. Medication you are taking or any changes
4. Changes in thoughts or feelings
5. Problems with memory, hearing, or sight
6. Changes in sleep patterns
7. Accidents, injuries, or falls
8. Changes in daily activities or living situation
9. Mobility difficulties
10. Exercise or activity





## UPDATE: SUN LAKES CREATIVE ENGAGEMENT PARTNERS



Experiential workshop facilitated by Arts Commission representative, Artist Tessa Windt and Alex Nelson, Senior Director of Grants and Program, for AZ Commission on the Arts. Also in attendance were, Maureen Linton, Parish Nurse for Sun Lakes United Methodist Church; Carol Bowers, for Neighbors Who Care; Judy Waltersdorf, Director, Diane Thackeray, Donna Snodgrass, and Eileen Curran for The Perfect Place; Elaine Kraemer and George Thomas for the Cottonwood Palo Verde Foundation; Mindy Wakefield, Strategic Outreach Manager for the Alzheimer's Association of AZ; Sherri Friend, CEO for Oakwood Creative Care.

Last fall a group of us in the community began meeting to determine what programs there are for individuals who are caregivers, that include their loved one and fill the needs of the caregivers. We identify programs, and explore how we can incorporate those programs into a cooperative effort to fill the needs in the community, develop a community calendar and identify meeting space.

There are some very good programs in the valley but few in the Greater Sun Lakes and south Chandler communities. We were able to secure funding from the Cottonwood Palo Verde Foundation and meeting space at the Sun Lakes United Methodist Church to enable a music therapy program, "Making Music," to begin. That program has been ongoing since October and serves about eight couples on a weekly basis. (For more information, call Wayne Mangold at 480-580-8317 or Carol Bowers at Neighbors Who Care, 480-895-7133 ex 160).

The next program to begin meeting is sponsored by Oakwood Creative Care, currently with two locations in Mesa and a potential location in the Sun Lakes Communities and now in Sun Lakes.

At Neighbors Who Care, we have explored ways of engaging individuals who we serve. Individuals who are limited in their ability to get out into the community because of illness, disabilities, early onset dementia, isolation, and limited mobility to be included in opportunities of therapeutic recreation and creative aging in one-on-one experiences with their Friendly Visitors, Respite Volunteers, and occasional outings and events with NWC.

The Sun Lakes Creative Partners, will be meeting mid-February to lay the groundwork for the future. Our objective is to provide experiences for individuals to remain in their own home successfully.



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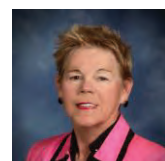
### Agent Spotlight

Susan Hayward

Successful in the insurance industry for over 35 years, Susan started helping her parents when they turned 65 and needed guidance in choosing a Medicare plan. Helping guide them through the Medicare maze was such a privilege. She now specializes in helping consumers find the best plans for their needs.

Susan appreciates the opportunity to have met with so many in our community who have placed their trust in her to meet their insurance needs

"Placing your trust in me for your insurance needs is the reward I get when someone calls and says 'I was told to call you because you are the Medicare expert.'"



Susan Hayward  
Phone: 480-802-0090  
Cell: 858-774-2509  
foxhayward@yahoo.com

# LAUGHTER: MEDICINE FOR THE HEART

## (FROM TODAY'S CAREGIVER, JAN-FEB 2007)

By Jane E. Maxwell

"Laughter and tears are both responses to frustration and exhaustion. I myself prefer to laugh, since there is less cleaning up to do afterward." —Kurt Vonnegut

Laughter is like a breath of fresh air that we desperately need. This seemingly simple act affects most of your body systems. Laughter strengthens the immune system by stimulating your body to increase production of immunoglobulin. It improves your heart rate and circulation by boosting the oxygen supply to your brain. Laughter controls pain by decreasing muscle

tension, distracting attention, and increasing the production of endorphins, natural painkillers. Laughter is like giving yourself an internal massage as it stimulates and soothes. It truly is medicine for the heart.

Sometime when we feel inept, like a duck out of water, in our efforts to care for our loved one, the healthiest way to respond is to laugh at our own imperfections. We are human and at times say the wrong thing, spill soup down the front of the patient's shirt, or mess up at the most inopportune moment. But if we can't laugh, all we do is cry.

Humor, like prayer, helps us to rise above our circumstances. Seven years ago, the idea of laughter was difficult for me to apply to the care of my terminally ill husband. Because I had worked as a registered nurse for over forty years, I was much too intent on fixing the symptoms of his illness and controlling his reactions to the chemotherapy and radiation. I was increasing not only my stress level, but also his.

Then as we turned on the TV and radio to some of his old favorites — "I Love Lucy," "Abbot and Costello," "All in the Family," and "Mayberry RFD," along with the music we grew up with, we began to laugh. Tensions faded, muscles relaxed, pain was lessened, and we reconnected. Laughter reminded me that one is much more than his or her illness. We are all persons first, still alive, and able to enjoy levity. Joy is still possible for the patient and the caregiver.

Try keeping a journal of humorous things you see, hear, or read. Place cartoons on your refrigerator or bulletin board. They will be there when you need them. Avoid negative people. Do not put yourself down. Call someone today to arrange to meet for a few hours to renew your spirit. It truly will be medicine for your heart.

"A sense of humor can help us overlook the unattractive, tolerate the unpleasant, cope with the unexpected, and smile through the unbearable." —Moshe Waldoks

Jane E. Maxwell is a Registered Nurse and hospice volunteer. She has cared for hundreds of patients over her forty-year career, many with terminal illness. She was a caregiver for her husband and other loved ones for several years. She is the author of the book, "Lifelines for Caregivers."

*Notes from Carol: When I began to write something for the newsletter, I knew I wanted to be positive and upbeat. The more I read the more I found out about laughter. I sure needed that, more than I knew. Over the years, I worked either in the Parish or as a Hospital Chaplain. I was always looking for the lighter side of things. Then I saw the movie "Patch Adams". Yes, there is a lighter side, my lighter side. Since that movie came out, I have heard of other doctors, volunteers, and caregivers who have sported red noses, balloons, and funny music to bring laughter to those who needed a smile. One member of our congregation who was scheduled to assist with the worship service served communion in his clown costume on Sunday. What takes us out of our comfort zone and away from the mundane and brings laughter with it.*

**FTA FAMILY TAX ADVANTAGE**

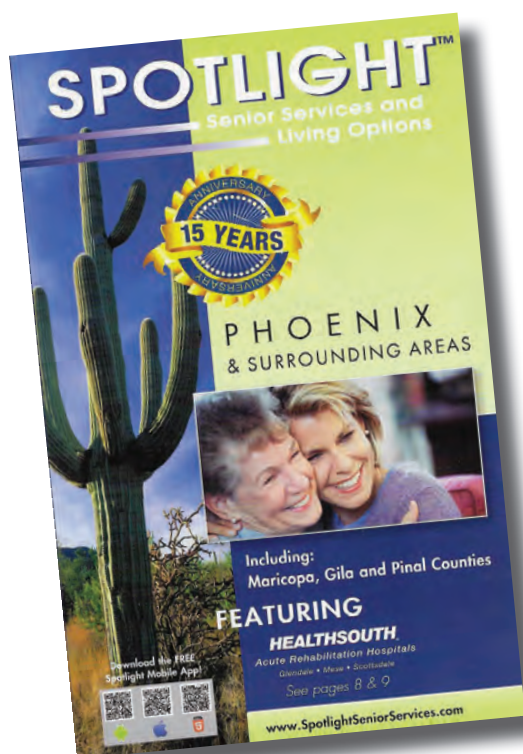
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## Staying Engaged

- continued from page 6

- Exercise
- Keep up with doctor visits
- Be courageous enough to talk about incontinence issues
- Stay actively engaged in the things that interest us
- Eat out (specially with friends)
- Make interacting with family a family

Whether we live in an active adult community or nearby, we are fortunate to have opportunities through our HOAs, OptumCare Community Center (which is free for everyone over 50), Chandler Senior Center, free concerts with the Chandler Symphony Orchestra and, so much more thorough our churches and places of faith nearby. Neighbors Who Care provides free services though out our community; arranging rides to the doctor, minor repairs, replacing furnace filters and lightbulbs, shopping, hair dresser appointments, friendly visitors, respite, van service, reassurance calls and welfare visits . We always need volunteers to help provide these services and look to the community for assistance. We help make our community one of the very best in the country. We serve a 32 square mile area with lots of able body individuals, young professionals; stay at home moms, and many seniors. We recruit highly skilled professionals and give them an opportunity to serve to the best of their ability for a couple of hours or more. If you want to help or need help to prevent senior isolation call Neighbors Who Care, at 480-895-7133 to become a client or a volunteer.

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[www.SunDevilAuto.com](http://www.SunDevilAuto.com)



## 20 Valley Locations - 2 Near You!

9716 E Riggs Road

Sun Lakes ~ 480-895-0881

6300 S Higley

Gilbert ~ 480-840-6060

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



# Sun Lakes Rotary Club presents its 24th Annual Charity Golf Tournament



## It's Coming

Sun Lakes Rotary Club's  
24th Annual Charity Golf Tournament and Fundraiser  
will be held at the Oakwood Country Club,  
24218 S. Oakwood Blvd., Sun Lakes

## Sunday, March 26, 2017

11:30 am — Golf Check-in  
12:15 pm — Golf Ball Drop  
12:30 pm — Shotgun Start  
4:45 pm — Social, Raffles  
and Silent Auction  
5:45 pm — Dinner and  
Tournament Awards

Immediately following play, all participants and  
guests are invited to go directly to the Oakwood  
Country Club Ballroom for dinner.

## Tournament Sponsor



New Horizon Farms LLP is a farrow-to-finish pork production  
system producing nearly 425,000 head of hogs annually to  
market. It is based in Minnesota. It has contributed to this  
tournament for the purpose of providing funds for a worthwhile  
project and to further the efforts of Rotary; Sun Lakes Rotary in  
particular.

### Featuring:

- Golf Ball Drop from helicopter
- Bazooka Golf Ball Launch
- Foursome Photo Booth
- Box Lunch
- 18-holes of golf at  
Oakwood Golf Course
- Dinner

### Benefiting:

- Educational needs of Chandler  
Unified School District
- Eradication of Polio worldwide
- Many local charities, including  
Neighbors Who Care



100% of Net Proceeds from this event fund Sun Lakes Rotary  
Foundation 2000, a 501 (c)(3) tax-exempt foundation  
— IRS Tax Identification Number 86-0947391.

### Sun Lakes Rotary Club

P.O. Box 13094  
Chandler, Arizona 85248  
[www.sunlakesrotary.com](http://www.sunlakesrotary.com)

### For details, contact

Don Bell or Ed Anderson, Co-Chairmen of Golf Committee  
612-396-0069 (Bell), 480-385-9266 (Anderson)

## 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.



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)





## 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](http://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](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

1. Go to [www.smile.amazon.com](http://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.



## Board

- continued from page 3

Board members participated in a Piper Trust training seminar on assessment and evaluation. At the annual Christmas holiday concert with the Chandler Symphony, board members sold tickets and helped usher.

Neighbors Who Care purchased a new database. The Board was involved in the vendor selection process starting back in 2015, researching and interviewing many vendors and their database packages. The result was a signed contract in April of 2016. This was a very time- consuming project, making sure the selected database was the right fit for Neighbors Who Care. We found a highly skilled project leader to lead us through the selection process and current implementation. The new database should be fully implemented in the first quarter of 2017. Thanks to the Cottonwood Palo Verde Foundation for their generous donation to partially pay for the new software and system.

Last year we welcomed two new board members – Jennifer Lindley and Barbara Hodge. We had to say good bye and a big thank you to Jon Askew for his service. His term on the board ended in November 2016.

The board had a busy and successful year under the leadership of our executive director and chairperson. We are looking forward to working together again this year.



**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](mailto:ThePerfectPlace85248@gmail.com)**

## Transportation Raffle Winners

**Winners of the  
October • November • December  
Drivers Raffle are:**

### **October 2017**

#### **100-480 miles**

Jim Space	408 miles
Barry Droke	348 miles
Janet Hold	270 miles
Ron Chase	253.5 miles
John Newman	121 miles

#### **50-99 miles**

Nathan Pleitner	88 miles
Connie Kindsvater	88 miles
Dennis Mulcahy	85.5 miles
Jan Mullet	79 miles
Linda Wasserman	79 miles
Gary Bross	70 miles
Helga Wahl	68 miles
Marita Reed	61 miles
Edith Tanniru	65 miles
Christy Thomas	54 miles

### **November 2017**

#### **100-262 miles**

Bob Roden	262 miles
Paul Feeney	159 miles
Mike Partridge	157 miles
Dick Metz	157 miles
Glenn Wahl	121 miles

#### **50-99 miles**

Jean Caravello	89 miles
Charlie Sivertson	77 miles
DeEtta Faith	75 miles
Bill Rethke	74 miles
Roger Sherman	74 miles
Rachel Enloe	67 miles
Bob Evans	65 miles
Margaret Smith	60 miles
Pat Naïve	50 miles
Dot McNulty	50 miles

### **December 2017**

#### **100-233 miles**

Colette Mc Nally	198 miles
John Reed	146 miles
Dan Flicker	129 miles
Dianna Roeder	112 miles
Art Baessler	102 miles

#### **50-99 miles**

Ed Hill	99 miles
Margaret Smith	97 miles
Joanie Lechey	83 miles
Joyce Davey	80 miles
Simon Buchman	70 miles
Jerry Rex	64 miles
Sheryl Nieman	60 miles
Marcie Noble	54 miles
Sharon McGregor	54 miles
Pat Stead	53 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 2017-18*

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 3<sup>rd</sup> 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.

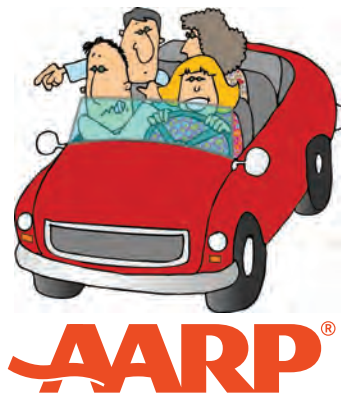
This service is available to all.  
Available October thru May.

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

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Permit 1010

## AARP Driver Safety Program

Neighbors Who Care offers the AARP Driver Safety Program every 2<sup>nd</sup> 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

## March • April • May

**Sun**

**Mon**

**Tue**

**Wed**

**Thu**

**Fri**

**Sat**

10 am  
Volunteer orientation @ NWC  

---

1 pm  
Support Group @ RSLC

1 pm  
Support Group  
@ RSLC

1 pm  
Support Group  
@ RSLC

1 pm  
Support Group  
@ RSLC

8-10 am  
Car Check

1 pm  
Volunteer  
orientation @ NWC

1 pm  
Volunteer  
orientation @ NWC

12:30 pm  
Driver Safety  
@ NWC

10 am  
Volunteer  
orientation @ NWC

8:30 am  
Cleaning Day @ NWC  

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10 am  
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.