The Care Sonnection NEIGHBORS WHO GARE, ING.

Volume 21 • Issue 2 • June 2017

Caring for Our Community, One Neighbor at a Time





Friendly visitor, BFF



More Friends of NWC



"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

Sanner Tine

by Carol Bowers, Volunteer Manager

Every year the songs played on the radio bring back memories from summers past. Picnics, beach bonfires, S'mores, burnt marshmallow, diving off the wooden platform in the middle of the lake (hoping the fish don't tickle your toes), sleeping on a cot at summer camp, the musty tent at primitive camp, the clank of paddles on the side of the canoe. I wish mom had saved more of the postcards my grandmas and aunts wrote to us on their trips.

Not long ago one of our neighbors and I were talking about the sunburns we got as girls soaking up the sun at the lake. She didn't remember what she used to get a "tan"; in my day, it was baby oil and a sun lamp. We agreed we would have liked to have known then what we know now about melanoma. Maybe the Victorian ladies had the right idea about keeping their skin pale. My friend and I both have freckles. You know, first you burn, then you peel, and then the freckle explosion. Sometimes, it was just a freckle explosion. Seldom did we tan. My father-in-law from California told me when I moved there, my skin would turn a golden brown after a while. It did but faded several years later after I moved to the east coast. I still had freckles.

There is something about summer memories. Attending graduations, weddings, and parades, and taking grandparents to the cemetery to put lilacs on the graves of loved ones while children feed the ducks in the pond. Do you remember making potato salad, slicing watermelon, and the smell of hot dogs grilling? In our mind, we can hear the sound of baseball games, water slides, and children playing in wading pools. Don't forget family vacations in the car (with no air conditioning). Going to Disneyland, zoos, and company picnics; fireworks, sparklers, cap guns, and "snakes" melting on the sidewalk (and the black marks that stayed all summer)... the Root Beer Barrel Drive-in, convertibles, drive-in movies, and a first kiss... a blanket on the grass... poison ivy.

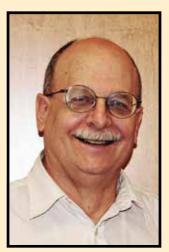
Interestingly, I can't remember it being HOT or MOSQUITOES. On the other hand, maybe I just don't want to.

Today, life isn't always as busy as when we were younger, but there are still plenty of things to do and memories to make. Today, we are more concerned about our health, the sun, our diet, and staying in good physical

condition. Did you know walking just 5 minutes a day, staying active with family and friends, sleeping well and eating well is the best practice?

Check out the rest of the Care
Connection to learn all the ways
to stay well and engaged over the
summer and ways you can give
back this summer while all your
neighbors are swatting mosquitoes
and dealing with humidity in other
parts of the country.





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.

HEAR YE! HEAR YE! HEAR YE!

Eric Ehst, Executive Director

"Thank you for coming to my rescue!" Without your help and kindness, I'd be in a home." At Neighbors Who Care we regularly receive testimonials like these and we'd like your club, organization, church group, or business to know why. For 22 years Neighbors Who Care has been here to help frail, homebound, and disabled residents of Sun Lakes and south Chandler continue to live independently in their own homes. We've grown to the point where our 500 volunteers touch the lives of their neighbors almost 20,000 times each year. We've helped a lot of people, but there are so many more people who need help, and so many new and exciting ways to help.

Neighbors Who Care is one of those badly kept secrets. A lot of people have heard of us and many know that we help people, but few know the true extent of our reach or the range of services we provide. We want to remedy that. As part of an extensive new community outreach effort, we have created a speakers' bureau. We have a range of speakers (board members, staff members, and knowledgeable volunteers) ready and eager to let the community know what we do. We desperately want people to know about us so that folks who need a little help to stay in their homes know where to turn; where family members can go to find assistance for their loved ones; and where community members with a little free time can go to give back.

This is especially important in these fast changing times. We are on the cusp of a revolution in how medical care is accessed; how homebound seniors, especially those suffering from dementia and social isolation are cared for; how people who have been discharged from hospitals are aided to complete their recoveries at home. 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 are in the process of identifying the unmet needs of the people in our community so we can create new collaborations and partnerships to improve lives and make this a better place to live for all of us.

If you are a member of any sort of club, congregation, community group, or business that is located in or has members from Sun Lakes or south Chandler, we want to talk to your group. We want to let you know who we are, what we do, and how we can work together to make this a great place to live. We especially need to reach out to the Chandler communities where we are less well known.

To arrange for a speaker, or just to get more information, contact Neighbors Who Care: www.NeighborsWhoCare.com (480) 895-7133.



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.

 $\textbf{\textit{The Care Connection}} \text{ is the official newsletter of Neighbors Who Care, Inc.}$

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.

If you know longer wish to receive this publication, contact us at the address/phone on the front page.

KEEP YOUR KITCHEN SAFE

Contributed by Barbara Carr, Vice-president

As a NWC board member, we are always finding ways to keep our clients safe. Here are a few ways to keep your kitchen safe. From the consumer Product Safety Commission, "more than 32,000 people in 2014 were hurt using pots and pans- from burns to shattering glass pans."

- Mitts are mandatory
- Never add liquid when a glass pan is piping hot.
- There is no need to rinse meat, poultry or fish before cooking doing so can spread bacteria to your sink, counter tops, or other kitchen surfaces.
- Rinse all produce even if they are prewashed.
- Put leftovers in the refrigerator as soon as possible even if they are still warm.
- Nuke with Care Microwaves cause more emergency room scald injuries than any other kitchen device. Let food cool a few minutes before removing and be careful touching a hot container or removing a cover.
- If you're frying, keep a lid nearby to smother a small grease fire.
- Place utensils in the dishwasher with the sharp end down.

THREE GERM MAGNETS: Sponges - Faucet Screens - Stove knobs



The Neighbors Who Care Board of Directors has changed a bit in the past few months. We have said "Adieu and Thank you" to Dr. Jonathan Askew who served for six years. We have said "Thank you and best wishes" to Barbara Hodge who has taken on new responsibilities in her work at Ocotillo Gardens Senior Living.

Now, we are welcoming **Doug Hawkins** as the newest member of the Neighbors Who Care Board of Directors. Doug lives in the Sun Lakes, Oakwood community. A resident since 2011, Doug's career has centered in education. He was professor and director of the MBA program and Associate Dean of the College of Business at Grand Canyon University. He is a member of the Sun Lakes Breakfast Rotary Club. He loves to read, golf, and travel (he has trips planned to England and Mexico later this year). He is married to Dee Ann an active realtor with Go Hawkins Realty in the area. They have two children and three grandchildren. We are looking forward to having Doug as a partner on our team at Neighbors Who Care.

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aith Dragoon

Neighbors Who Care Volunteer Recognition Brunch 2017

By Carol Bowers, Volunteer Manager

We celebrated our 22nd annual Volunteer Recognition Brunch at the Oakwood Country Club Ballroom on March 12, 2017.

Our theme was A Gift to the Community. Our centerpieces were gift boxes, beautifully decorated with blue ribbon and blue Forget Me Not flowers, each made by volunteer, Sheryl Nieman. The Chordaires Show Chorus of Sun Lakes entertained us with wonderful renditions of many of our favorite songs. Each guest took home a magnetic clip with the NWC phone number and website printed on it. One lucky person from each table took home the gift box filled with mementos and beautiful note cards of photographs taken by one of our volunteers, Dee Rietveld. This year we used the services of three photographers; Phil Cobble, NWC volunteer, Dee Rietveld, NWC volunteer, and volunteer Mirsine Deros, Sun Lakes Camera Club. Also, on our volunteer Events committee: Helene Rusk, Jeannine Markandeya, Gladys Chernick, Colette McNally, Sheryl Keeme, Ginger Voltmer, Joanie Lechey, Joel Goldman, Therese Jimanowicz, and others helped with last minute setting up and taking down the decorations.

> Our Neighbors Who Care Ambassador for 2017 is Faith Dragoon. Faith has been a volunteer since May of 2015. She has spent most of her time as a scheduler in the office and a member of the Outreach Committee. She takes the need for additional volunteers very seriously and goes to great lengths when it is time to represent NWC in the community. Thank you Faith for all you do!

Other awardees are Don Prestin, Mike Rice, and Verna Mahnke receiving the ABOVE and BEYOND Award. Each drove over 2000 miles in 2016 for NWC. SUPER STAR awards were presented to Carol Tucker, Faith Dragoon, Marcie Noble, Pat Richards, and Rita Brown who each served over 300 hours in 2016. This year a significant "Energizer Bunny Award" was awarded to Gladys Chernick, Colette McNally, Lou Larsen, and Debbie Sowder. Each is a member of the Events Committee and has put in time and efforts that reminded us of the renowned pink bunny that keeps going, and going to get the job done.

Other volunteer service awards that where presented: 23 - five year pins, 20 - 10 year pins, 12 - 15 year pins, and one - 20 year pin. Fortythree volunteers who served over 100 hours received thanks from the City of Chandler, and Points of Light Presidential pins.

Those who volunteer one or more hours each week are appreciated beyond words. Thank you Neighbors Who Care volunteers for all you do.



HOW DID ALMA SCHOOL ROAD GET ITS NAME?

By Douglas Dewar from Ironwood

My wife Sandy and I moved here from California last June, and have always wondered how Alma School Road got it's name, if there was a school, where was it?, and who was Alma, well...Here is the answer for anyone who is curious.

By Jaimee RoseThe Republic | azcentral.comTue Nov 6, 2012 1:37 PM

Boy, did we get carried away answering this one. A reader wants to know how Alma School Road, a big swath that runs through Mesa and Chandler, got its name. And thus, our epistle begins.

Once upon a time in 1882, a school sat between the railroad tracks and Mesa's current Main Street. It was called the Alma School, and the road that ran in front of it had the same name.

"There were some homes strung out along the road, so the little community was known as Stringtown," says Marshall Trimble, our state historian. Also, he says, "ASU played its first baseball game against Stringtown and lost."

Trimble tells us that the Alma School was the first wooden schoolhouse in Mesa, and it was red. A bigger one was built in its place in 1906, Trimble says.

But we're not going to stop there. Because who was Alma, we want to know, and why did Alma get his or her name on a school? According to "X Marks the Place," an Arizona history book by Byrd Howell Granger, the community we call Mesa had many names way back when. One was Stringtown. Another was Alma. Either way, the community was founded in the late 1870s by Mormon settlers, and this was the community school. The settlers also named their church group the "Alma ward," according to the city. They liked that name.

It comes from the Book of Mormon, in which there are not one but two ancient prophets named Alma: Alma the elder and his son, Alma the younger, who is far more famous in Mormondom.

The Book of Mormon is a sacred cornerstone and scripture of the Mormon faith, which is officially called the Church of Jesus Christ of Latter-day Saints.

Have you ever heard of Lehi, an older section of north Mesa, also founded by Mormon pioneers? They grow lots of oranges there. Lehi was a Book of Mormon prophet, too.

And so was Nephi, who has his own town in Utah. Lehi was Nephi's dad.

Even Mormon was a prophet, and he got his name on the book.

Lastly, just in case you want to know, "alma" is the Spanish word for "soul." Lets do this again. Send questions about Arizona to

jaimee.rose@arizonarepublic.com.





NEIGHBORS WHO CARE SURVEY

Starting this summer, in early June, Neighbors Who Care will begin a survey of our existing Clients, Volunteers and the Sun Lakes service area. What will make each survey unique is the focus on unmet needs in the areas we serve. The survey team will be asking key questions to create a Strategic Road Map to guide the future of NWC and collaboration with other community partners.

You will have an opportunity to share your insight primarily by phone. Our survey will begin with clients and volunteers.

When your phone rings and it is an unfamiliar number, you may choose not to answer, PLEASE let it ring through to your answering machine. Our callers will leave a message for you to return their call. Each caller is a trained NWC volunteer and all information shared is confidential. If you would like more information, please call our office at 480-895-7133,



NEW DATA BASE AND THE NWC WEBSITE:

Just a quick update on the new Neighbors Who Care Database and Website... As some of you may have realized that our website, NeighborsWhoCare.com was not functioning April and early May. We hope by the time you read this we will have our new, redesigned site up and running to keep you aware of what is happening at NWC.

The details are just about done for our new database, too. We want to keep up with the latest technology while making it easier for everyone to access information and have the capabilities to better serve our neighbors. Thank you to our team that has worked countless hours to make this happen.

Desert Dwellers a new group at Neighbors Who Care

By Randy Hooker, volunteer

A new group at Neighbors Who Care; Desert Dwellers, is being organized by coordinator Randy Hooker. The overall purpose of the Desert Dwellers is to create an opportunity for members and leaders to become friends. to encourage new people to join in, find new friends, and be a registered Neighbors Who Care volunteer.

Each group of 4-6 Members will have one leader, and the coordinator will oversee the leaders. Every member and leader will make one call and receive one call each week, on a designated day.

Member #1 will call #2, who will then call #3, who will then call #4, who will then call #5, who will then call #6, who will then call #1, thus completing the chain.

If a Member is not reached within a reasonable timeline, the calling member will then reach out to their leader. If the leader cannot reach the missing member, the leader will then reach out to the coordinator, and the Leader will then call the next member in the chain.

Each member and leader must respect the privacy and confidentiality of others.



The initial calling time will be on Wednesday from 12:00 noon to 4:00 pm, Arizona time.

Seasonal people are also welcomed and encouraged to join in. Any out-of-town or outof-country long distance expenses would of course be the caller's responsibility.

Simply reach out to Randy Hooker if you have any ideas or questions, or if you're interested in joining the Desert Dwellers. randy@azhooker.com, (602) 791-8787.



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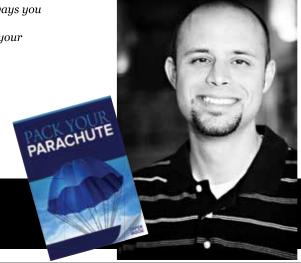
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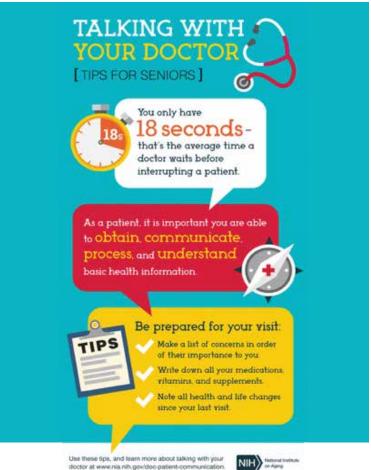


The Future is Coming to NWC

Those of us in the Chandler area have no doubt seen the white cars with the sensor domes on top driving around. Those are WAYMO's (formerly Google) self-driving cars being tested on city and suburban streets and highways. NWC's executive director, Eric Ehst, recently went for a self-driven test ride around Chandler.

Neighbors Who Care is now in talks with WAYMO about a possible partnership to have their self-driving cars transport our homebound clients to their appointments. The first step would be a very limited demonstration program with WAYMO cars (with licensed drivers in the driver's seat as currently required by law) picking up NWC clients and volunteers and taking them to local medical offices.

Stay tuned for updates on our progress!



Neighbors Who Care Reassurance Callers

By Sue Klein, Reassurance Caller Coordinator

Reassurance Callers; "How are you this morning?"

Its morning, you have fed the dog and then you walked him. You are feeling good, but you could handle a few friendly words and then the phone rings. It is Mary or John who checks on you 5 days a week.

"Good Morning, Fran! How are you? Do you have plans for today?"

Suddenly, your day picks up and

you feel happier just knowing someone cared enough to call and ask. It is that simple, to bring a smile to someone who doesn't get around very much.

A phone call once a day can truly brighten someone's day. And it only takes a few minutes.

If the client doesn't answer the phone, the caller can call the Neighbors Who Care office. Then follow up with other assistance.

Are you already a volunteer? You may add Reassurance Caller to you volunteer services list. Call the Neighbors Who Care office to begin the process. Once I receive the information to make you a Reassurance Caller, you will receive a call from me personally with the name of someone for you to call. Are you a client and don't have a Reassurance Caller or if you are not a client of NWC and would like to have a little bit of security in knowing there is someone who is looking out for your well-being please call 480-895-7133.

Friendly Visiting

By Carol Bowers, Volunteer Manager

We are introducing yet another Service leader at Neighbors Who Care. We would like to introduce you to our newest Friendly Visiting Coordinator, Patti DeBruycker. Patti has been associated with NWC as both a client and a volunteer, giving her a behind the scenes look at what we do.

Patti is a resident of Sun Lakes. her passion is to help people, make their lives nicer, and give back for all

those who have helped her. She has experience in the field of customer service and education. She served as a special education teacher assistant for 20 years before coming to Arizona. Patti has traveled several time to Europe and raised three daughters. She enjoys reading, card making, and scrapbooking.

Welcome Patti, we hope you will enjoy meeting both our volunteers and clients as a service leader for NWC.

If someone who is a client would like to have a Friendly Visitor please call Bonnie, our case manager. If you are a volunteer and would like to brighten someone life and be a Friendly Visitor, please call Carol, we can be reached at 480-895-7133.





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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







www.SpotLightSeniorServices.com

A VOLUNTEER'S STORY

by Jim Wood, Volunteer

Let me share a story (the observant reader will recognize it as one I shared earlier, but I think it's worth repeating).

Sometime after I had retired from part-time work at the Sun Lakes UMC in the fall of 2009, I became involved with Neighbors Who Care as one of its volunteers. I've written about the purpose of this helping agency in other writings. Suffice it to say, one particular day I transported an (elderly) woman to her doctor's appointment. Following her appointment and while we were headed back to her home, we engaged in conversation. She mentioned, rather wistfully, that she was a recent widow and wondered if I might do her a favor. I replied that if I could, I would certainly be glad to help. "How might I assist you?" I asked.

It seems that she had had her late husband cremated. He had indicated he wanted his ashes spread in three different locations. Though the mortuary had separated his ashes in three different plastic bags, the problem was they were all tightly crammed into the same container. The woman couldn't remove them. She asked, "Do you think you could separate them for me?" I would try.

I parked the car, and we went into her home. She showed me the container, and I quickly determined it would be a difficult task. After struggling to free the packets, I realized the only way to solve the problem would be to empty the contents of one of the bags, the top one, thus providing enough space to maneuver the remaining bags. Surprisingly, the woman agreed to my somewhat gruesome strategy.

In hindsight, I realize I should have taken the container outside to accomplish the task. Instead, I elected to remove the contents of the top bag over her kitchen sink. I punched a small hole in the bag and emptied its contents into a bowl the woman provided. Her cremated husband's ashes created a fine dust that accumulated over the kitchen countertop and my hands and arms (cough, cough). Fortunately, I was wearing a short-sleeve shirt. I took a quick look to see how the woman was reacting to the mess I was creating. She seemed unperturbed and even somewhat fascinated with the proceedings. Task accomplished, I was able to remove the other two bags containing the ashes of the beloved spouse and deposit what I had emptied into a newly supplied bag. The woman was delighted

and thanked me profusely. While she was busy finding another container for the now freed bags of her husband's ashes, I cleaned up the mess I had made. Unfortunately, in the process, some of the remaining ashes were washed down the kitchen sink drain.

This episode ir my life and ministry was, without a doubt, one of the strangest experiences I have thus far encountered. But, who knows what adventures lie ahead?



03-20-17

Dear Mr. Ehst,

Thank you for the Care Connection, I enjoy reading it.... Especially the last issue with its "Benefits of Laughter article. Loved it"

Why not a little funny story, when space permits, to make us laugh or at least smile with each issue. I am enclosing a couple little stories that may be of interest.

Sincerely.

"A friend of NWC"

Thank you for sending the note and a couple stories that made us laugh. Mr. Ehst

Story from a friend: SAY A PRAYER

Little Johnny and his family were having dinner at his Grandmother's house.

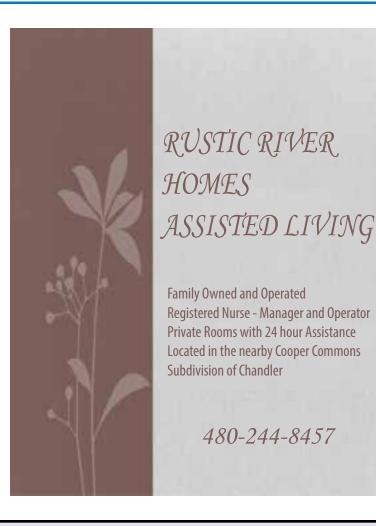
Everyone was seated around the table as the food was being served.

When little Johnny received his plate, he started eating right away.

"Johnny! Please wait until we say our prayer." Said his mother.

"I don't need to," the boy replied. "Of course, you do" His mother insisted. "We always pray before eating at our house."

"That's at our house." Johnny explained. "But this is Grandma's house and she knows how to cook".





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VOLUNTEERS NEEDED

We are sure you are sick of us asking for more volunteers. We are tired of asking all the time. I hope we can explain just a bit. Since NWC began, the average number of actively involved volunteers hasn't changed that much. Sometimes we will call 75 people, in a four-hour period and only get 12 people who can take a request. Giving our volunteers an option to reject or accept a service, which means they can say "No". We may have called everyone once for an assignment, but many of those calls go unanswered with just a message left.

Most volunteers have said they are available most any day. If I were to check the box that I was available M-F in the afternoon I could expect someone to call me one or more times each week.

Alternatively, I could call in and request a volunteer opportunity. The schedulers would be so grateful. If I am going on a trip or away for an extended period, I should call to let the office know.

To service the older adults in our community, enabling them to live independently, depends on your help. NWC was founded on the idea of community and care. Every day, I hear from volunteers who wish their parents had our services in their community. In addition, every day I hear from individuals who express sincere appreciation for the volunteers who helped them make their doctor appointment or fix something in their home. Please pass this plea on to your friends and neighbors. Tell them so many people leave for the summer, our requests become increasingly hard to fill. Sometimes office volunteers get discouraged when they cannot fill a request because of the lack of a available volunteer. Recruiting volunteers is an ongoing thing, especially when we are accepting two clients for every volunteer recruited. The statistics prove it is not for lack of trying or someone doing their job better than another. It is about living longer and Boomers coming of age. Let us get real and take action to be sure that our essential services are available to our community all the time and for all who need them (it might be you or me).

Call the Neighbors Who Care office right now to learn more about what we do, why, and how we can all work together as a team to help our neighbors. 480-895-7133.



SO WHAT'S FOR DINNER?

By Joan Byrnes, Dinner Delivery Coordinator

I have many things in life to be thankful for. And one of them is that I live in a community where I have the opportunity to receive the joy of giving and helping others through Neighbors Who Care. As most of you know every day during the week I call some 76 Neighbors Who Care clients who have qualified for our Dinner Delivery Service. This service offers dinner delivery Monday through Friday by our volunteers who give their time to deliver meals to our clients. Our clients can purchase meals for \$4, \$5, \$6, and \$7 per meal. Did you know that five volunteers are needed every day so we can offer this service? We have many volunteers who help every month as well as our "Snow Bird" volunteers who deliver when they are here enjoying our weather. However, we are in need of new volunteers to help us. Our list of qualified clients gets larger every day which puts a demand on our present volunteers. It's not a difficult job to do and probably will take an hour or two from your day. Meals are picked up after 3:30 pm during the week and then delivered.

If you have an interest in volunteering or want more information about our Dinner Delivery Service, please feel free to call our office 480-895-7133 or stop by our office Monday through Friday 8:30 to 4:00. We are located 10450 E. Riggs Road, Suite 113 in Sun Lakes.

I'm looking forward to meeting you,

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^{.65} Sign-Up for Monthly Disposal Service

And Receive

FREE * RECYCLING SERVICE!





Sun Lakes Disposal
Residential Garbage Service
CALL TODAY
*One tire

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

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

Automatically Donate to NWC

- Go to www.smile.amazon.com
- 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.

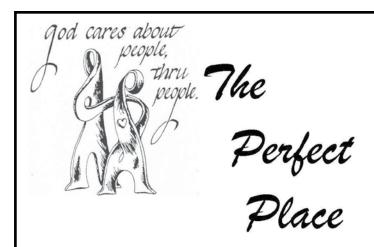
"A single individual is enough for hope to exist, and that individual can be you," Pope Francis

We Care Every Day, In Every Way

Experienced senior care for total peace of mind

Bathing Assistance • Dressing Assistance • Grooming Assistance with Walking • Medication Reminders Errands • Shopping • Light Housekeeping Meal Preparation • Friendly Companionship Flexible Hourly Care • Respite Care for Families Live-In Care





A faith-based day care facility, providing a loving and nurturing environment for Seniors thru 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 January, February March 2017 Drivers Raffle are:

January

100-329 miles

Sandy Wilharber 201.5 miles Larry Buehler 176 miles Jim Egan 148 miles Frank Mills 112 miles Jim Rainwaters 110 miles

50 - 99 miles

Lori East	96 miles
Michael Rogers	83 miles
Fred Hoonhorst	82 miles
Marlys Stanga	77 miles
Joan Orent	72 miles
Lettie Merriam	60 miles
Ellie Franklin	57 miles
Karen Palbicki	57 miles
Janet Rhea	50 miles
Iohn Monie	50 miles

February 100-295 miles

Barry Droke 256.5 miles
Dennis Chidester 131 miles
Verna Mahnke 128 miles
Judy Walker 121.50 miles
Dave Franklin 104 miles

50-99 miles

Pat Rouse	86 miles
Dennis Mulcahy	77 miles
Rita Brown	72.5 miles
Dennis Manz	72 miles
Kay Hunsaker	68 miles
Loie Rudge	66 miles
Joanie Titus	60 miles
Ron Chase	59 miles
Paula Herzstein	57 miles
Jim Balonis	50 miles

March

100 - 719 miles

Don Prestin209 milesGeorge Thomas135 milesTom Howard122 milesJim Space115 milesDan Hosman110 miles

50-99 miles

50-99 mi	les
Dot McNulty	93.5 miles
John Concannon	89 miles
Victoria Larson	84 miles
Pam Crews	84 miles
Connie Kindsvater	68 miles
Debbie Sowder	61 miles
Pat Naïve	57 miles
Jean Kulander	56.5miles
Evie Sherman	50 miles
Debbie Ketcham	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	\$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

NEIGHBORS WHO CARE, INC.

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

re.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











The 3rd Tuesday of each month 8 – 10 am Volume a basic auto or golf auto or golf a basic auto or golf a 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 480-895-9147 Sun Lakes Community Church Sun Lakes Jewish Congregation 623-640-5913 Oasis of Grace - Assembly of God 319-464-2872 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

June • July • August							
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	10 am Volunteer orientation @ NWC 1 pm Support Group @ RSLC						
	1 pm Support Group @ RSLC		1 pm Volunteer orientation @ NWC	12:30 pm Driver Safety @ NWC			
	1 pm Support Group @ RSLC			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.				