

The Care Connection

NEIGHBORS WHO CARE, INC.

Volume 22 • Issue 1 • March 2018

Caring for Our Community, One Neighbor at a Time

GOOD HEALTHKEEPING

We are dedicating this issue of The Care Connection to promoting a healthy lifestyle. Why? Because, even though we all know what we are supposed to do, it isn't always easy to follow through and actually do it. We can all use a little extra reminder from time to time.

As you turn each page of the newsletter, you will find a few features and articles focusing on three essential components of healthy living: Your mind, your body, and your soul. Here is why each of these together can help to enhance your overall wellbeing:

Mind

It's no mystery that as we age, we tend to get a bit forgetful. We can also be susceptible to diseases that affect our memories. But, no matter where you are cognitively, there are always ways to keep your brain stimulated and active.

According to a recent report published by Harvard Medical School, "scientists have found that brainy activities stimulate new connections between nerve cells and may even help the brain generate new cells, developing neurological plasticity and building up a functional reserve that provides a hedge against future cell loss." Harvard's report suggests reading, taking courses, solving puzzles or math problems, drawing, and crafting as excellent activities to promote brain wellness.

Body

Yes, aches and pains do come with age. So do injuries and ailments. And we must understand our physical limitations. But regular exercise, even if it's just walking around the house or stretching your arms, can help both your body and your mind. Research has shown that regular exercise can increase the number of blood vessels that bring oxygen-rich blood to the area of your brain that promotes thought. Exercise also encourages the development of new



nerve cells, increases connections between brain cells, lowers blood pressure, improves cholesterol levels, helps blood sugar balance, and reduces mental stress.

What you put into your body, naturally, also plays a huge part in your overall health. Eating nutritious meals and snacks not only gives you the energy you need each day, but also the vitamins and minerals that your body needs to thrive.

Soul

English novelist Daniel Defoe once said, "The soul is placed in the body like a rough diamond, and must be polished, or the luster of it will never appear". The spirit of your soul can be polished through many things, including what you think, what you feel, and what you do. Taking time to do something for yourself and finding ways to give to others can contribute to nurturing your inner self. Whether reading an inspirational book, listening to soothing music, engaging in lively conversation, or even volunteering your time, the benefits of taking care of your soul are immeasurable.

We hope that you will enjoy this issue and find some useful ideas. At Neighbors Who Care, our mission is to support the senior population in Sun Lakes and South Chandler. Through the dedication of our community volunteers, we are able to help our clients live in the comfort of their own homes with dignity and independence. If we can help you or a loved one, please contact us at (480) 895-7133.


NEIGHBORS WHO CARE, INC.

"Senior Independence Through Volunteer Services"

10450 E. Riggs Rd., #113

Sun Lakes, AZ 85248

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www.neighborswhocare.com





Eric Ehst
Executive Director

**All services per
Calendar Year 2017**

Volunteers ~ 409

Clients ~ 646

Hours ~ 19,510

Miles ~ 147,322

Occasions ~ 17,333

Our Mission

*The comfort of home
and the dignity of
independence; at
Neighbors Who Care,
community volunteers
help the elderly live
at home.*

Our Vision

*The elderly are able
to live at home for as
long as feasible with
pride, dignity, and
independence.*

NEIGHBORS WHO CARE VOLUNTEER WINS CHANDLER AWARD

Eric Ehst, Executive Director

At the Chandler Volunteer Recognition Breakfast on February 8, NWC volunteer Faith Dragoon was honored with the 2017 Multitasking Award. Held at the Chandler Center for the Arts, this annual event recognizes those who have made a difference to others in our city. That is certainly true of Faith Dragoon.

Faith has been one of our most active, reliable, and impactful volunteers. She provided more than 300 hours of volunteer service to Neighbors Who Care in 2017. She volunteers at least one 4 hour shift each week as our office scheduler, finding available volunteers to fulfill client service requests. This requires remarkable patience and people skills, making multiple outbound phone calls to contact volunteers, determine their availability for a task, and in many cases, talk them into fulfilling the needs of our homebound and disabled elderly clients. Whether it's driving them to the doctor, taking them for essential shopping, performing minor home repairs, providing caregiver respite, or a satisfying a myriad of other essential needs, Faith always finds a way to match our volunteers with our clients' needs.

In addition to her regular shifts, Faith often fills in at the last minute when other volunteer schedulers are unavailable. She also substitutes as a fill-in receptionist, answering inbound phone calls, taking client service requests and entering the data into our database. This also requires remarkable people skills, particularly when interacting with elderly and sometimes confused clients.

In addition to her office administrative duties, Faith volunteers on our Community Outreach Committee where she has taken on the task of providing a presence for Neighbors Who Care at community events within our service area. For

example, she can be found manning a NWC table at every community open-house, fair, information event, etc. She carries with her all of the necessary signs, information packets, and other paraphernalia to provide a professional look for our operation. Best of all, she provides a cheerful face and informed presence at the events where she easily strikes

up conversations to provide people with information about our organization. She not only officially represents us at scheduled events, she also serves as a roving ambassador, telling everyone she meets about our organization. Thanks to her easy manner and professionalism, Faith is directly responsible for recruiting over 70, sorely needed, additional volunteers for NWC this year, as well as finding numerous homebound seniors needing our services.

Faith's impact is evidenced by a simple story: One day she noticed that her neighbors'

garbage can had not been put out on the street for pickup. She investigated and found that her elderly neighbors were too frail to move the can to the street. They were also having difficulties with other daily tasks. She referred them to Neighbors Who Care to receive volunteer services to help them to continue to live independently in their own home.

As you can see, Faith helps out in a multitude of ways and makes herself available for many last-minute needs. She is a true multitasker and can often be found simultaneously helping homebound clients with their requests, finding current volunteers to fill requests, and talking new contacts into becoming volunteers. She is one of the essential sparkplugs driving Neighbors Who Care.

If you'd like to volunteer, contact us at (480) 895-7133 or www.NeighborsWhoCare.com. You may even get to talk to Faith when you call!



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.

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

NEIGHBORS WHO CARE BOARD OF DIRECTORS

The Benefits of Giving

By Francisco P. Sirvent
Neighbors Who Care Board Member

Giving of your time to charitable organizations is one of the highest forms of self-sacrifice. We all know that time is precious, so making time for others is, indeed, a true gift. After all, time is the only non-renewable resource that each of us has.

But volunteering also provides a sense of purpose and is good for the soul. It just feels good to do something good, right? At Neighbors Who Care, we are so grateful to our hundreds of volunteers who continue to support our mission every year. Their boundless energy and dedication are immeasurable and integral to our operation.

Of course, donating financially is another way to give back to a favorite charitable organization. Whether donating to a nonprofit or a particular cause, every single dollar can have a positive impact. And, like volunteering, there is an altruistic reward to financial giving. Quite simply, giving--and knowing that you are contributing to make a difference to others--makes you feel good.

Giving also provides opportunities for other benefits such as current year tax deductions. While not immediately rewarding, the money in your pocket from a tax deduction can make it possible for you to do something for yourself down the road. Or, you can use the money to make another charitable gift or include a donation in your will or trust when estate planning. In any case, no matter how you give or how much you give over your lifetime and/or after you're gone, your charitable donations may help to significantly reduce federal estate and gift taxes. That is certainly an added bonus.

The last thing to note about giving is to consider the idea of being good stewards with the incredible blessings we possess. We live in a time and country that probably has more resources at our disposal than any other time or country has ever seen. Creating a habit of giving to others—with no expectation for return—builds our character and creates discipline in the use of our own resources.

**"I have found that among its other benefits,
giving liberates the soul of the giver."**

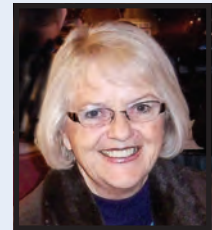
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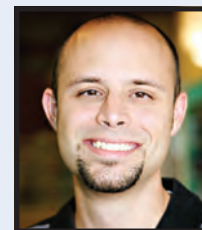
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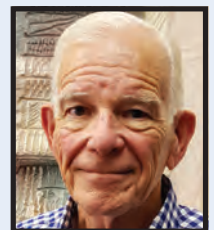
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Jennifer Lindley



Francisco P. Sirvent



Doug Hawkins

STAFF



Eric Ehst
Executive
Director



Jennifer Gustafson
Community Outreach
Manager



Bonnie Kosar
Case
Manager



Joan Byrnes
Dinner
Delivery



Verna Mahnke
Office/Volunteer
Coordinator

NEIGHBORS WHO CARE FALL FAIR OCTOBER 28, 2017

Friends, food, and fun...that's what our annual Fall Fair is all about!

With more than 70 local businesses offering services to the senior community, Neighbors Who Care welcomed area residents to our 5th Annual Fall Fair on October 27, 2017. It was a great time to bring folks together, make new connections, and share information. Participants were also treated to music performed by The Dry Heat Pickers, amazing classic cars from the Sun Lakes Classic Car Guys, and a wonderful model train display presented by the Short Line Model Rail Road. There were also fantastic raffle items, delicious food, and games for the young and young-at-heart!



NEIGHBORS WHO CARE FALL FAIR OCTOBER 28, 2017



THANK YOU TO EVERYONE WHO MADE THE NEIGHBORS WHO CARE 2017 FALL FAIR A GREAT SUCCESS!

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Lynnette Marzano
Jeannine Markandeya
Donna & Felix Petrillo
Barbara Carr
Colette McNally
Joel Goldman
Eric Ehst
Harry Huckemeyer
LuAnn Mulder
Sheryl Keeme
Helene Rusk
Ginger Voltmer
Yvonne Hooker

Volunteer Event Team

Students from Basha HS
Students from Basis HS
Students from Hamilton HS
The Key Club - Courtney Lassarre
Bonnie Watson
Vicky Rustad
Larry Buehler
LuAnn Mudler
Fred Voltmer
Joe Trimm
Wes Davis
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Renaissance
Rise Rehabilitation Services
Rustic River Homes
Sun Devil Auto
Sun Lakes United Church of Christ
UPS Store
V's Barbershop
Walgreen's



SIMPLE EXERCISES TO CHECK YOUR BALANCE

Do you have concerns about keeping your balance? You're not alone. As we age, such things as changing vision, inner ear problems, and weakened hips and ankles can throw off our balance.

But there are exercises you can do to help improve your stability. We've listed a few below for you to try, but please make sure you are medically cleared to do so. When doing any of these or other balance-supporting exercises, it is recommended to position yourself near a chair, counter, or wall to catch yourself, if necessary.

Chair Sit Ups

1. Sit in an armless chair.
2. Cross your arms across your shoulders with your left hand on your right shoulder and your right hand on your left shoulder.
3. With your head facing forward and without looking down, stand up and then sit down. Do not lean forward as you stand up.
4. Repeat as often as you feel comfortable.

Walk The Line

1. Place a line of blue painter tape down your hallway floor or on your kitchen floor near a counter.
2. Walk along the line placing your heel in front of your toe as you go.
3. You can also try doing this while walking only on your toes or only on your heels.

March In Place

1. Stand next to a chair or counter, but do not hold on unless you need to.
2. Alternate lifting your knees as high as you can.
3. Count a slow "one, two" as you lift each knee.
4. Continue lifting your knees for 1-2 minutes

Living Room Promenade

1. Walk slowly across your living room.
2. As you walk, slowly turn your head to the right as far as you can.
3. Turn around, and walk slowly back to your starting point as you slowly turn your head to the left as far as you can.

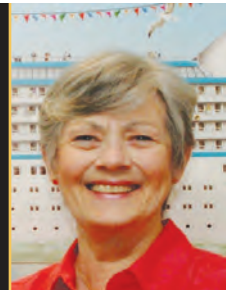
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NEW STAFF MEMBER: Jennifer Gustafson

Jennifer Gustafson has joined the Neighbors Who Care staff as our new Community Outreach Manager. With a background in both the nonprofit and private sectors, Jennifer brings experience in marketing, writing, recruiting, training, and event planning to her new role.



As Community Outreach Manager, one of Jennifer's main objectives is to broaden Neighbors Who Care's presence in the community and to recruit new volunteers to our organization. She also serves as our newsletter editor and will be instrumental in planning our annual Fall Community Fair. Additionally, Jennifer will be working closely with volunteer committees on various projects. If you have an interest in helping, please let Jennifer know.

Jennifer also has direct experience with Neighbors Who Care as her mother has received our services as a client.

"I have personally been touched by the kindness of Neighbors Who Care volunteers and staff, so being a part of the team has extra special meaning to me," Jennifer says. "And I am overwhelmed with how amazing our volunteers are. I hope I can keep up with their energy!"

Please join us in welcoming Jennifer to the Neighbors Who Care team. And if you know of anyone who would like to volunteer, please send them her way!

JUST FOR LAUGHS

Woman to her friend: "My memory is gone, Eleanor. I can never remember my computer password. So, I changed it to "incorrect." Now, when I log in with the wrong password, the computer will remind me, "Your password is INCORRECT."

An older gentleman went to the doctor complaining of a terrible pain in his leg. The doctor took a look and said, "I am afraid it's just old age. There is nothing I can do about it." The man said, "That can't be! You don't know what you are doing!" The doctor replied, "How can you possibly know I'm wrong?" The man looked at the doctor with great confidence and said, "Well, it should be quite obvious," the man replied. "My other leg is just fine...and it's the exact same age!"

A young boy watched his grandmother as she cleaned her dentures. He was riveted as she carefully took them out, then brushed and rinsed them. When they were thoroughly cleaned, she popped them back in her mouth. The young boy said, "Wow, that's cool, Grandma!" Then, he added, "Now take off your arm!"



DO YOU HAVE A STORY TO TELL?

Life is made up of moments. At Neighbors Who Care, we want to capture the special moments that make what we do so rewarding. If you are a volunteer who had a remarkable experience with a client, or a client who had a volunteer make a difference in your life, we would love to have you share your story with us!

And, because we know others want to hear your stories, we would like to share your comments in our upcoming newsletters and when making presentations to the community. Your stories are integral to telling the Neighbors Who Care story!

If you would like to share with us, please send us a letter or email.

Address: 10450 E Riggs Road, Suite 113, Sun Lakes, AZ 85248

Email: jennifer@neighborswhocare.com

We can't wait to hear from you!

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.
4. Or you can go directly to <https://smile.amazon.com/ch/86-0966061> to have your purchase automatically credited to Neighbors Who Care. You can bookmark this site to donate each time you shop.

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.

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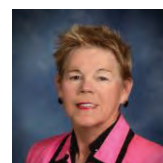
Agent Spotlight

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
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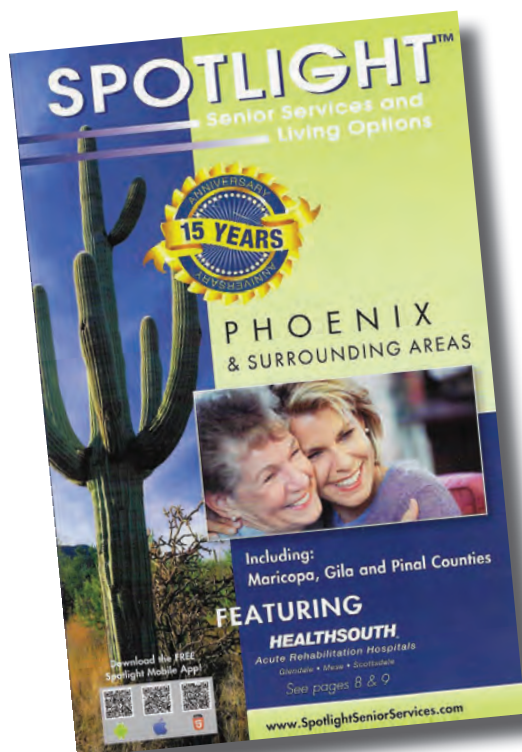
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We Have A Story To Tell

Sylvia Buehler: Reassurance Calling Volunteer

It's always nice to know that someone cares...even if it's just with a quick phone call to say, "Hello." At Neighbors Who Care, we offer Reassurance Calling services for our clients who would like daily or weekly check-ins. Our team of warm and friendly volunteers are available Monday-Friday to give you a call, brighten your day, and make sure everything is OK.

One of our dedicated Reassurance Callers is Sylvia Buehler. Sylvia has been volunteering with Neighbors Who Care since 2008. For the past four years, she's had the pleasure of calling one of our former clients, Jackie.

"It's been really wonderful talking with Jackie over the years," Sylvia says. "Giving her a call every morning has been a natural part of my day and something we have both looked forward to."

As Sylvia describes it, she and Jackie grew to become friends. And Jackie so appreciated Sylvia's kindness that she even did special things for her, such as baking cookies for her dogs. "Jackie knew how much I love my dogs, and it touched me that she would go to such trouble for them," Sylvia explains.

Aside from offering friendship, Reassurance Calling ensures the safety of our clients. Since Jackie always anticipated Sylvia's call, more times than not she picked up the phone right away for their regular chat. One time, however, Jackie did not answer. Sylvia immediately called the Neighbors Who Care office to have one of Jackie's contacts go to her house and check in on her. As it turned out, Jackie was fine. She just didn't hear her phone ring. But, in the event that she wasn't OK, our reassurance system was in place to make sure all was well.

Sylvia says she has greatly enjoyed being a Reassurance Caller for a number of reasons. First, it is an easy way to help someone. "It only takes 5-10 minutes out of my day," she says. "But, I know that I am making a difference in those few minutes." She also adds that Reassurance Calling is perfect for someone who wants to give back but may be homebound themselves. And, finally, Sylvia says, "If you like to talk on the phone, like I do, it's a lot of fun!"

If you would like to learn more about how to become a Reassurance Caller, please give Neighbors Who Care a call at (480) 895-7133.



Are You On Facebook...? So Is Neighbors Who Care!

Social media is a great way to keep in contact with family and friends. But it's also a great way to keep in touch with what is going on at Neighbors Who Care! If you are a Facebook user, we invite you to check out and "Like" our page. We will keep you updated on NWC happenings and helpful information.

You can find us on Facebook at Neighbors Who Care, Inc., Sun Lakes, AZ.

In Memoriam Carol Bowers 1947-2017

Carol Bowers, Neighbors Who Care's Volunteer Services Coordinator since 2011, passed away on October 27, 2017. She had been on medical leave since early August.



As one of the driving forces and public faces of Neighbors Who Care, Carol was, in large part, responsible for the success of Neighbors Who Care and our growth as an organization. She recruited and trained hundreds of neighborhood volunteers, planned our annual community fairs and volunteer recognition celebrations, edited our quarterly newsletter, and represented NWC at countless meetings and events.

Carol was also known in our community as one of the nicest and most caring people you will ever meet. She was consistently cheerful and optimistic, even in the midst of chaos. You would never come away from a meeting without feeling better about the situation and about yourself.

We are grateful to have known Carol and to have had her as part of our team. Her memory and impact will live on here at Neighbors Who Care.

WE NEED YOUR DONATIONS

Without your support many of your neighbors would be unable to continue living in their own homes. You make it possible for them to get to life-saving dialysis and chemotherapy, get groceries and hot meals, and sometimes just see a friendly face.

Neighbors Who Care is a community organization – community volunteers banding together to help their neighbors. We're also funded by community dollars. Most of our small budget comes from donations from people like you. Without you we couldn't train the volunteers, keep our office open, keep track of our clients, schedule the help people need, or do any of the myriad of invisible "backroom" things necessary to run an organization.

We're incredibly thrifty and efficient with the money we receive. Our volunteer service model and low overhead allow us to do \$3 worth of services for the community for every \$1 we receive in donations. We squeeze every penny until it screams.

Unfortunately, the need for our services and the need for money keeps going up. Prices are rising. We've had to install a new computer database to replace our obsolete system and allow us to add more clients and more efficiently schedule our volunteers. Our grocery van is getting old and needing more repairs. The list goes on.

At the same time, our donations have been slowly declining.

This is where you, the neighborhood hero, come in and save the day. In the middle of this newsletter is a donation envelope. Please pull it out and send it back with a check or credit card number. It doesn't have to be a large amount (although we certainly welcome big checks from those who can afford it). You can also go to our website, www.NeighborsWhoCare.com, and make a donation online.

YOUR NEIGHBORS NEED A HERO! MAKE A DONATION TODAY!



YOUR COMPLETE AUTO SERVICE PROVIDER

Family Owned & Operated ~ Since 1978

Engine Repair • Diagnostics • Emissions • Alignment • Suspension
Transmission • Struts & Shocks • Clutches • Auto Glass • Window Tint



WE ARE THE BRAKE EXPERTS LIFETIME WARRANTY*

STANDARD As Low As **\$89.95**
PREMIUM As Low As **\$139.95**
Service Includes:
* New brake pads or rear shoes
* Inspect master cylinder & brake hoses
* Resurface rotors or rear drums
* Road test the vehicle
* Repack front wheel bearings (Except sealed units)

Most Cars & Light Trucks

*See Store Manager for Details

nwc



NEW!

Matt Bennett
Store Manager
Over 17 Years Experience

OIL CHANGE PREMIUM SYNTHETIC BLEND

Includes
Tire
Rotation!

✓ Up to 6 Qts 5W-20 or 5W-30 **\$19.95***
Premium Valvoline Motor Oil
✓ Oil Change * Lube * Filter
✓ Complete Vehicle Inspection



Please call or go online to schedule an appointment

*Most cars & light trucks ~ Plus Waste Disposal Fee

nwc

Visit our Website
to Schedule your
Appointment today!
SunDevilAuto.com

19 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



NUTRITIOUS SNACK TIME TREATS



Looking for some new snack ideas that are both tasty and healthy? Adding some variety in your diet is not only nutritionally beneficial, but also keeps your daily eating a little more interesting! Check out these easy options when making your next grocery list:

- Vegetables with dip
- String cheese sticks
- Raisins or craisins
- Hummus and pita bread
- Almond butter on crackers
- Fruit smoothie
- Pudding cups
- Hard boiled eggs
- Fig newtons
- Dried apricots
- Cottage cheese and fruit
- Chocolate milk
- Avocado on toast
- Bananas
- Cheese and crackers
- Greek yogurt with granola
- Oatmeal cookies
- Bran or fruit muffins
- Fresh berries with a dollop of whipped cream



SO WHAT'S FOR DINNER?

*By Joan Byrnes,
Dinner Delivery Coordinator*

At Neighbors Who Care, we know what it is to give and receive. Every time one of our Dinner Delivery Volunteers takes a meal to one of our clients, picks up their mail, or brings in their newspaper, they are also giving and receiving. What a great feeling to know that you are doing something that helps someone else and in return be able to feel good about what you are doing!

When we think about our Dinner Delivery Program, we know the impact we have on our clients. Food is such an important part of life....not only by the nourishment the meal provides, but the thought of knowing there will be a meal available if you want it.

As a reminder, if you are currently enrolled in our Meal Program and have an appointment and will not be home to receive your meal, leave a covered container by your front door with the money for the meal and our Volunteers will leave the meal and save you the stress of worrying that you will not be home in time. If no container is provided, our Volunteers are instructed not to leave the food. We also offer the opportunity to prepay for your meals. For more information about our Prepaid Meal Program, please call our office and I will be glad to explain how to enroll.

Also, if you have an interest in Volunteering or want information about our Dinner Delivery Program, call us at (480) 895-7133 or stop by Monday through Friday 8:30 to 4:30. We are located at 10450 E. Riggs Road, Suite 113 in Sun Lakes.

Remember Neighbors Who Care In Your Planned Giving

Neighbors Who Care appreciates your donations in order to keep our important services and programs operating in our 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 about how to remember us in your Estate Plan, contact the Neighbors Who Care office at (480) 895-7133.



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
480.895.2965
arizonasanitation.com



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



Fry's Community Reward Program

Neighbors Who Care receives over \$1000 each year from Fry's because our supporters shop there. You could help us get more just by signing up. If you shop at Fry's food stores and have a Fry's VIP card you can register to have your purchases count towards a donation from Fry's to Neighbors Who Care.

Good news - you no longer have to reenroll every year!

If you have a Fry's online account:

- Go to www.frysfood.com
- Click on "Sign In"
- Click on "My Account"
- Scroll down to "Community Rewards"
- Click on "Choose" or "Edit"
- Under "Select Your Organization" either find "Neighbors Who Care, Inc." or enter our organization number, 25135
- Click on "Save Changes"
- You should now see Neighbors Who Care listed under "Community Rewards" whenever you visit your Account Summary page

If you do not have a Fry's online account:

- Go to www.frysfood.com
- Click on "Register"
- Enter your email address and create a password
- Select your preferred store
- Click on "Create Account"
- Enter your Fry's VIP card number (or phone number if tied to your VIP card) and your name
- When taken to the Account Summary page follow the instructions above to choose Neighbors Who Care to receive donations from Fry's

SUMMER VOLUNTEERS NEEDED

Are you a year-round resident of Sun Lakes or South Chandler? If so, we would love to talk to you about volunteering with Neighbors Who Care.

Of course, we are always looking for new volunteers to help our clients who live here all year long. But, with many of our "Snow Bird" volunteers heading back to their homes up north, our need for help in the summer increases dramatically.

Volunteering with Neighbors Who Care is easy. After attending an informational orientation meeting and registering as a volunteer, you are ready to go! We have many opportunities that will match your interests and availability. Our services include transportation, meal delivery, respite care, reassurance calling, minor repairs, friendly visiting, and shopping. Whatever works for you, works for us too!

Please call our office at (480) 895-7133 to find out more about joining our team of amazing volunteers.



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**

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**

www.neighborswhocare.com



Neighbors Who Care Website

Things you will find

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

Transportation Raffle Winners

Winners of the
July, August, September 2017
Drivers' Raffle are:

July 2017

100+ miles

Tim Holland
Verna Mahnke
Dennis Mulcahy
Donald Prestin
Jim Rainwaters

50-99 miles

Rose Ann Dennette
Dennis Manz
Mel Moss
Pat Muldoon
Frank Naive
Karen Palbicki
Michael Rogers
Bruce Stead
Mike Whitehouse

August 2017

100+ miles

Barbara Casper
Stu Frost
Randi Rex
George Thomas
Helga Wahl

50-99 miles

Simon Buchman
Ronald Chase
John Concannon
Mary Eberle
Mary Ernst
Jeannine Markandeya
Diane Paxton
Jerry Rex
Janet Rose
Christy Thomas

September 2017

100+ miles

Joanie Leckey
Linda Monje
Jim Space
Bob Stephens
Ginger Voltmer

50-99 miles

Mary Alice Boten
Joanna Coles
Dick Golding
Nancy Grube
Connie Luther
Dick Metz
Janet Rhea
Pat Richards
Margaret Smith
Judy Walker



*Our office will be closed for
the following holidays in 2018:*

Memorial Day, 4th of July, Labor Day,
Thanksgiving and day following, and Christmas Day.

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

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

Transportation Raffle Winners

Winners of the October,
November December 2017
Drivers' Raffle are:

October 2017

100+ miles

Nancy Ash
Mac McCarty
Joan Orent
Donna Quinn
Glenn Wahl

50-99 miles

Rita Brown
Ann Galleger
Ed Hill
Connie Kindsvater
Janet Kusmider
Marie McCadden
Pat Naive
David Ransberger
Pat Rappuhn
Marita Reed

November 2017

100+ miles

Virginia Allen
Joyce Davey
Irene Johnson
James Meagher
Sandy Wilharber

50-99 miles

Judy Hampton
Paula Herzstein
Ford Kitchel
Joanie Leckey
Colette McNally
Dennis Mulcahy
Richard Parker
Gerry Rooney
Barbara Simmons
Bonnie Watson

December 2017

100+ miles

Barry Droke
Tim Holland
Lynn Mollohan
Donald Prestin
Jim Rainwaters

50-99 miles

Glen Butler
LaDonna DeLaune
Paula Herzstein
Victoria Larson
Ronald Mancuso
Verna Mahnke
Dennis Manz
Bill Rethke
Dwight Snyder
James Wood



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.



Volunteer Orientation Schedule

We are always glad to welcome new volunteers to Neighbors Who Care! Here are the dates for our upcoming Volunteer Orientations so you can get started in your new role supporting our neighbors in need. **All orientations run from 1:00 – 3:00 pm.** Call the office at (480) 895-7133 to reserve your spot.

March

Tuesday, March 6
Tuesday, March 27

April

Tuesday, April 10
Tuesday, April 24

May

Tuesday, May 8
Tuesday, May 2



Volunteer Recognition Reception: Save the Date!

In recognition of National Volunteer Week, we invite our wonderful Neighbors Who Care volunteers to attend a patio reception on Monday, April 16 at the Palo Verde Country Club Patio from 4:30–6:30pm. This event replaces the volunteer brunch held in previous years, but promises to be a great way for us to mix, mingle, and honor the outstanding achievements of our volunteers in the past year.

Invitations will be forthcoming in the mail, but please Save the Date!

Arizona Gives Day April 3, 2018

If you are looking to donate to Neighbors Who Care, consider doing so on Tuesday, April 3. This is Arizona Gives Day, a 24-hour online giving drive to benefit local nonprofits and strengthen our community.

Giving on Arizona Gives Day is easy. Go to www.azgives.org and enter Neighbors Who Care in the “Find Organizations” box located on the upper right-hand corner of the home page. You will be directed to a page with Neighbors Who Care as one of your options. Click on the “Give” button associated with Neighbors Who Care, and you can complete your donation on the page that appears. That’s it! Your contribution will directly benefit Neighbors Who Care and provide us with opportunities for additional rewards.

Thank you for helping us help our community!

