

The Care Connection

NEIGHBORS WHO CARE, INC.

Volume 22 • Issue 3 • September 2018

Caring for Our Community, One Neighbor at a Time

You're Invited To Our 2018 Fall Fair

Presented by



This time of year in Sun Lakes and South Chandler brings with it a renewed sense of community as we welcome back many friends and neighbors

who summured up north. Here in our communities, autumn is a time of celebration!

Free Event

In the spirit of the season, Neighbors Who Care is bringing back our annual Community Fall Fair on Saturday, October 27 from 9:00am – Noon at the NE corner of Alma School and Riggs Roads. We would love to have you, your family, and friends join us at this free event. Kids are welcome to join in the fun, too!

This year's theme, "It's a Beautiful Day in our Neighborhood," harkens back to when people took the time to get to know each other and help their neighbors in need, much like we do here at Neighbors Who Care. We chose this theme based on the message of kindness and understanding at the heart of Fred Rogers from the PBS children's television show, Mister Rogers' Neighborhood.

What to Expect at the Fair

If you've attended our fair before, you know that it's a great place to connect with a multitude of Senior Services and other local Vendors. Whether you are looking for yourself or for an aging loved one, our fair is one of the best places to find the best services in the area. Even if you don't need extra help now, it is always a good idea to know what services are available for the future.

Additionally, our fair will include live entertainment, a classic car show, a dunk tank, face painting, a balloon twisting artist, a model train display, the Sun Lakes Posse and Fire Department, and critically acclaimed food trucks serving a variety of brunch options for purchase. Come hungry! We will also be holding a raffle for some amazing prizes that will surely catch your attention!



6th Annual Fall Fair

Saturday, October 27, 2018

9:00am – Noon

10450 E Riggs Road
(NE corner of Alma School and Riggs Roads)



Parking is available at the event location and at Washington Federal located just one mile away from the fair at 1010 W Chandler Heights Road (near Safeway off of Alma School Road). We will have a luxury shuttle van making continuous trips from this location courtesy of The Park at Copper Creek.



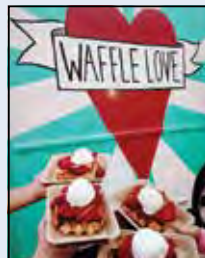
"Senior Independence Through Volunteer Services"

10450 E. Riggs Rd., #113

Sun Lakes, AZ 85248

480-895-7133 • (F) 480-895-5508

www.neighborswhocare.com



ONLY WITH YOUR HELP!

Eric Ehst, Executive Director



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.*

These are the words of those we serve:

"Thank you for coming to my rescue!"

"I know we couldn't have made it without your help."

"Thank you for the wonderful support you provided to my grandfather."

"I can never thank you enough."

"Without your help and kindness, I'd be in a home."

Neighbors Who Care is a great community organization. Our volunteers do many of the little things necessary to enable our frail, homebound, and disabled neighbors to continue to live independently in their own homes. They drive carless neighbors to lifesaving dialysis and chemotherapy appointments. They get groceries for homebound neighbors. They change lightbulbs for those who can no longer climb a ladder. They deliver hot meals to neighbors who can't stand up long enough to cook a meal. They make welfare visits and reassurance calls to people who live alone. They provide respite for family caregivers. They follow up with neighbors who have just been released from the hospital. These services and many more create a lifeline of caring for our community.

Our Impact

On average, our clients have been receiving help for more than five years. That's five more years of independence; not having to move in with family; not having to go into an institution; not losing their life savings. One of our disabled clients, a wonderful and generous lady, has been living alone in the house she loves with our help for 21 years. Without your kindness she would have been institutionalized many years ago.

While almost everything we do for the people we help is done by volunteers and with about \$600,000/year worth of donated time and vehicle mileage, it still takes money to keep Neighbors Who Care up and running. We need an office, a computer system, a professional social worker (angel) to be a champion for the clients, a small staff to recruit, train, and manage the volunteers, and an assortment of supplies and miscellany. Even with the most aggressive penny-pinching, we need about \$325,000/year to keep things going.

Here's the problem: Despite the fact that both

costs and the need for our help continue to rise, our donations have been declining. The amount of charitable donations we receive from individuals, congregations, and community groups has dropped by almost \$50,000/year over the past 2 years. Our support from foundations and other funders has also declined. For example, the United Way is also losing donors and is no longer able to support us because we do not serve one of their targeted "high-poverty" areas.

Here's How You Can Make a Difference

Make a donation - Most of our donations come when someone simply mails us a check. We can also take donations by credit card, either over the phone or by filling out a simple form. Our recently upgraded website allows supporters to make online credit card donations, and now you can sign up for recurring donations from your credit card (monthly or as often as you like). This is a simple and painless way to provide a sustaining level of support that ensures our future success. And you can modify or cancel the payments any time you wish.

Employer match - Many companies will match employees' or retirees' gifts of money or volunteer time. Check with your employer.

IRA distribution - If you've reached that magic age of 70½ and need to take mandatory minimum distributions from your IRA, all or some of that distribution can be donated directly to NWC tax free.

Estate planning - In addition to direct cash donations we encourage our supporters to remember NWC in your estate planning. Just 10% of your estate or life insurance/annuity will create a lasting legacy, ensuring that your generosity will continue to touch the lives of others for years to come. This is a perfect way to "pay it forward" and help to guarantee that the organization that was there for you and your loved ones will continue to be there for those in the years to come.

Many of us have an aging relative far away. For those in Sun Lakes and South Chandler who find themselves alone and homebound, Neighbors Who Care is there to lend a hand. You can be a hero to the neighbors we're helping today and ensure that we're here for those (maybe even you) who will need us in the future. Please help.

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 no longer wish to receive this publication, contact us at the address/phone on the front page.

NEIGHBORS WHO CARE BOARD OF DIRECTORS

A Board's Eye View

By: Jennifer Lindley, Board Secretary

In 2016, I joined Neighbors Who Care as a member for the organization's Board of Directors. I am 35 years young, mother to two small boys (loves of my life!), and work for a local municipality doing economic development.

So why do I serve on this Board? According to the CDC, "the current growth in the number and proportion of older adults in the United States is unprecedented in our nation's history. By 2050, it is anticipated that Americans aged 65 or older will number nearly 89 million people, or more than double the number of older adults in the United States in 2010." In my professional life, I work on attracting and providing new jobs, job training programs and stimulating local economic activity. I truly believe that helping communities improve residents' access to available services is only a small part of what I can do as a member of a community. I am also a big believer that economic development should not only focus on economic and political processes and policies, but also the social well-being of a community.

Neighbors Who Care has become an organization near to my heart. Over the last several years, I have seen the tremendous amount of assistance our dedicated staff and volunteers have provided to our clients. It's such an important safety-net for the community, and plays a vital role in the well-being of the entire community. Volunteers and staff regularly receive calls from individuals and families for all types of crisis and requests for assistance – from needing a dinner delivery and assistance with transportation to a medical appointment, to repairs and regular friendly visits and calls. Before joining the Board, I had no idea how much demand existed in our community for this kind of assistance – and the impact it has on our elders.

Looking forward at the direction of the organization, we are continuing to grow and seeing an increase in our clients' needs and requests. We recently implemented a new database that will help us to be able to streamline our requests. We're building a strong foundation for planned giving and more fundraising activities in the future. Our Board is planning for the future of the organization and how we continue to keep this work and organization alive so we can be here when needed. However, we can't do it without the community. Your donations and volunteer hours share light and hope with the lives of so many. On behalf of the Neighbors Who Care volunteers, Board, and staff, I thank you for your support.

"Perspective is everything when you are experiencing the challenges of life."
~ Joni Eareckson Tada



Barbara Carr
Chair



Ron Chase
Vice Chair



Jennifer Lindley
Secretary



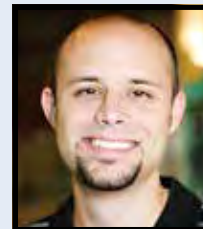
Doug Hawkins
Treasurer



Joel Goldman



Grace Wilson-Woods



Francisco P. Sirvent



William C. Wilhelm



Philip Hotchkiss



Ramon Omar Rubio

STAFF



Eric Ehst
Executive
Director



Jennifer Gustafson
Community Outreach
Manager



Bonnie Kosar
Case
Manager



Joan Byrnes
Dinner
Delivery



Verna Mahnke
Office/Volunteer
Coordinator

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	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

NEIGHBORS WHO CARE SPEAKS TO GROUPS

Do you belong to a club or group that might be interested in having someone from Neighbors Who Care speak at one of your upcoming meetings? Please let us know! We have both staff and board members who are available to share more about the impact that Neighbors Who Care has on residents in our area.



Believe it or not, there are still many people who have not heard of Neighbors Who Care and the free services that we provide. By speaking to local clubs in the Sun Lakes/South Chandler area, we are able to get the word out to prospective clients about how we can help them as well as to folks who might like to learn more about how they can volunteer or offer financial support.

Our presentation can be tailored to suit your club's needs, whether you are interested in a quick talk or something a little bit longer. We bring handouts for your members and can answer questions on the spot for those who would like more information about our organization.

If you would like to schedule a speaker from Neighbors Who Care to come to your club or group meeting, please contact our office at (480) 895-7133. We are always happy to talk to you!



NEIGHBORS WHO CARE: AN HISTORICAL PERSPECTIVE

Originally known as Neighbors Helping Neighbors, Neighbors Who Care (NWC) was founded in 1994 by the Greater Sun Lakes Interfaith Council. Those who were initially involved, including clergy and community members, saw the need to identify and provide services to neighbors who were aging in place in their own homes. The first service provided was to go grocery shopping for homebound or disabled persons when members of their household, family, or friends were unable to help them. These services were first open to all Greater Sun Lakes and SunBird area residents.



Historic photo of Anne Porter, our first paid director (when it was Neighbors Helping Neighbors) and the NHN President, Rev. Gary Vaughn was taken in 1995

Founding Visionaries

At the time of NWC's inception, the President of the Greater Sun Lakes Interfaith Council was Rev. Hal Teuscher of Sun Lakes Lutheran Church. Other key members of the Council were Rev. David McDaniel, All Faiths; Rev. James Rentz, First Baptist Church; Milton Gross and Shirley Greber, Jewish Congregation; Rev. Jack Hamilton, Episcopal Church; Rev. Marshal Lindsay, Methodist Church; and Rev. Don Steedly, United Church. The first director was Gene D. Mangis of Sun Lakes, along with Bonnie Hotch of the Baptist congregation. Volunteer training began in September 1994 with 26 people in attendance. Another training session was held on January 3, 1995, which provided enough combined volunteers to get the program up and running.

Early Growth

Later in 1995, after more volunteers were trained, Neighbors Helping Neighbors was awarded a \$25,000 grant to support the organization. Ann Porter was also appointed as the first paid director. Ann, a Sun Lakes resident, was a graduate of the University of Wisconsin and was working at the Volunteer Center in Phoenix. By the fall of 1995, an office space was donated, and the number of caregivers had grown to 176.

Silver Celebration

Today, Neighbors Who Care is poised to celebrate our 25th year of serving our neighbors in Sun Lakes and South Chandler. We feel blessed to offer a myriad of services to help them remain as independent as possible in their own homes. With nearly 650 clients and more than 400 volunteers on our roster, we can proudly say that the efforts which began many years ago are clearly making a difference.

As we reflect upon the humble beginnings of Neighbors Who Care, we are grateful to those of the Interfaith Council who cared enough to help our neighbors in need.

GOOGLING FOR LAUGHS

A young man was trying to convince his grandmother that she should learn how to get on the Internet. After explaining the benefits of being “online,” the grandson finally succeeded in getting her to agree to give it a try. Sitting in front of the computer, she put on her reading glasses and said, “Ok, what do I do now?”

Her grandson opened up the home page of the Google search engine. He said, “Now, type ANY question you want into the bar over here and you will be able to get an answer.”

The grandmother looked quizzically for a moment, then slowly began typing. The grandson looked at the computer screen and saw what his grandmother asked: “How is Mildred doing today?”



HOW TO BECOME MORE COMPUTER SAVVY

Computers can be intimidating, especially because technology continues to change. But, like many things, if you don’t try it, how will you know if you don’t like it? With a positive attitude and an open mind, you may find that you enjoy learning about computers and exploring all that they have to offer. Here are some tips to help you get started:

1. Ask for Help. When you decide you are ready to get acquainted with computers, it is okay to reach out for help. Whether you ask a family member, friend, or even a volunteer at the library, there are many people who would be more than willing to assist you.

2. Get to Know Google. Once you are connected to the Internet, you can ask the search engine Google how to do almost anything, including “How to use Google.” Of course, Google won’t be able to tell you how your friend Mildred is doing today (see above!), but it can be your best friend when there is something you need or want to know.

— **Computer** cont. on page 13

DO YOU “LIKE” NEIGHBORS WHO CARE?

If you like the services provided by Neighbors Who Care, please also “like” us on our Facebook page, Neighbors Who Care, Inc., Sun Lakes, AZ. Why is this so important?

Numbers Matter

In the world of social media, the number of “likes” or followers that you have on your Facebook page has an impact on how often your posts show up on the News Feed pages of others. The more “likes” our Facebook page has, the greater the chance that our program will get noticed. This strategy increases Neighbors Who Care’s exposure and helps to get the word out to potential clients, volunteers, and donors.

Validation

Even though Neighbors Who Care has an outstanding reputation for the services our volunteers provide to the frail, disabled, and homebound residents of Sun Lakes and South Chandler, a strong presence on social media serves to validate us as a legitimate nonprofit organization. This validation also helps to comfort those who may need our assistance, as well as motivate those who wish to give of their time, talents, and financial support.

Communication

Posting on Facebook helps us to reach our intended audience with important information. What’s more, using Facebook allows us to get the word out about an event or other timely matter quickly and efficiently. Once again, the more “likes” we have, the more people will learn about what we have to offer.

Please take a moment to “like” the **Neighbors Who Care, Inc. Sun Lakes, AZ** Facebook page. We will “love” you for it!



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)*

WE HAVE A STORY TO TELL: A New Volunteer's Perspective



Bim Ernst began volunteering with Neighbors Who Care this summer. In his first three weeks alone, he logged in close to 10 hours of volunteer time. He has provided services to our clients including transportation, dinner delivery, and grocery shopping. With many of our volunteers still out of town during their summer hiatus, Bim came to us at a critical time when we've needed additional help.

"Bim has a positive, can-do attitude," says Verna Mahnke, Office and Volunteer Coordinator. "He is always eager to volunteer for a new service."

What motivates Bim to give of his time so enthusiastically? "I enjoy meeting other people and helping those who need a little extra support," he says. "Everyone I have met has been so cordial, and it makes me feel good to drive those who can't take themselves or help someone find items in the store from their grocery list."

As a retired Sun Lakes resident, Bim says he appreciates that Neighbors Who Care is flexible and works around his schedule when offering volunteer opportunities. He adds, however, that he isn't always busy and appreciates the chance to spend his time doing something meaningful for others. "It's much better than sitting at home, and I want to be able to help people while I can and before I might need services as a client myself one day," Bim explains.

If you have some extra time and would like to do something to help your neighbors in need, we invite you to join our volunteer team at Neighbors Who Care. We have no minimum time requirement, and you can choose which volunteer services you would like to provide. Contact our office at (480) 895-7133 to learn more. Your help is greatly needed and you are sure to find incredible satisfaction as a volunteer!

A Brush With Kindness

Thank you to Oakwood Family Dental Care for their kind donation to Neighbors Who Care. Their office gifted 50 dental hygiene bags filled with toothbrushes, toothpaste, floss, and mouthwash. These items will be included in the holiday gift packages that we give to clients each year. We are grateful for this donation, and we know that our clients will be greatly appreciative.

Oakwood Family Dental Care is located at 4920 S. Alma School Road, Suite 1, Chandler, AZ, 85248. Their phone number is (480) 895-9331.



YOU'VE STILL GOT GOOD TASTE

As we age, our sense of taste begins to change. Foods may not be as flavorful as they once were, which can actually result in consequences for our health. For example, our salty taste sensation is one of the first to start diminishing. As a result, we can be tempted to over-salt our food. But, an increase in sodium can cause blood pressure to rise and put our heart health at risk. Changes in our taste buds can also lead to loss of interest in eating certain foods, which could affect the number of healthy nutrients you need to maintain a healthy diet.

So, what can be done to counteract the loss of taste as we get older? As with any changes in life, it is wise to consult a doctor to rule out any medical conditions that might be causing a loss of taste. But, if the loss of taste is due to normal aging, there are things that can be done to prevent it from getting in the way of your health and the enjoyment of foods that you once found appealing. Here are some things to consider:

Check your food's temperature to make sure a particular dish is being served at the intended temperature. Foods that are supposed to be served hot or cold actually taste better when they are served hot or cold.

Add herbs and spices to meals to enhance the flavor. For example, try a little basil or oregano on Italian dishes such as spaghetti and lasagna. Cilantro is great with Mexican favorites including enchiladas or taco salad. Dill can be a fresh addition to rice, fish, potatoes, or cooked carrots.

Try new foods. It's easy to get set in our ways by only eating foods we know we like. But trying something new can offer variety to our menus and more options to build better nutrition. Consider meals that contain ingredients you already like but may be prepared in a different way.

Savor your favorite meal, whether it's breakfast, lunch, or dinner. When are you the hungriest? If there is a particular meal of the day when you usually eat the most, take time to relax and enjoy your food. Eat slowly and experience the flavors you taste in each bit.

Finding new ways to make meal time an enjoyable time can help to make the most of your daily food intake. If you enjoy what you eat and eat foods that are both flavorful and good for you, you will benefit from better health and an enhanced quality of life.



CHEERS TO OUR VOLUNTEERS!



On August 21, our country observed National Senior Citizens Day to show appreciation for the value and contributions of older Americans to home, family, and society.

This national observance was first established by President Ronald Reagan on August 19, 1988. In his proclamation, Reagan said, "For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute." He added, "We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older." This can certainly be said about Sun Lakes and South Chandler.

Our Local Impact

At Neighbors Who Care, we are fortunate to partner with so many of you, whether you are a client, volunteer, or supporter. Together, we

are doing great things to help our neighbors with everyday, essential needs. Here are some figures that show the volunteer impact on our community:

Since our beginnings in 1994, our volunteers have served thousands of local residents on close to 340,000 occasions.

In our 2017-18 fiscal year alone, we brought on 331 new clients. In this same time frame, we delivered 8396 meals, bringing our all-time count of dinner deliveries to nearly 130,000.

Over the years, our volunteers have collectively driven approximately 2,250,000 miles while taking clients to medical appointments, grocery shopping, and on errands.

While these numbers are impressive, they are not all that define us at Neighbors Who Care. Plain and simple, it's our volunteers—many of whom are retired seniors. Without their time, talents, and kindheartedness, so many of our clients would not be able to stay in their homes and maintain their independence and dignity. To all of our volunteers, we salute you today and every day!

What's the Commitment?

The beauty of volunteering with Neighbors Who Care is that we offer flexible scheduling and assignments based on your availability and interests. You tell us when you can volunteer and what services you would like to provide. Further, we give you advance notice as well as the opportunity to decline any assignment if you are not interested or free on any given day. So, even if you only can help out once a week or a couple of times a month, we are grateful for your help.

To learn more about volunteering, please contact us at (480) 895-7133 or visit our website at www.neighborswhocare.com/volunteer/.

Avoid Nursing Home Bankruptcy & Learn to Get the Best Care Possible

Long Term Care Planning



"Folks have saved 80% of their assets with the right plan, without worrying about running out of money. You will learn how to qualify on your own or with the help of an elder law attorney."

Francisco P. Sirvent, J.D.,
Founder/Managing Attorney, Keystone Law Firm

Schedule YOUR qualifying call today

Call: 480-418-3694

Caregiving is demanding and expensive. You want the best care without the risk of going broke. Long term care costs over \$7,000 per month on average but you are worried that you or someone you are caring for might run out of money.

RANKING
ARIZONA



20th Anniversary 1997-2017



Keystone Law Firm is ranked
9th BEST Estate/Trust Law
Firm in Arizona.

Two programs that can provide huge financial relief are: ALTCS/Medicaid & the VA Improved Pension. But qualifying can be tricky & **many people lose their assets before they qualify on their own.** WE CAN HELP!

Call if you want to:

- Protect your money from nursing home expenses
- Get the best care while not fretting over the cost
- Simplify your life so you can focus on your family

To qualify, you MUST:

Be a US Citizen AND an Arizona Resident AND own assets exceeding \$200,000, if single, or \$300,000, if married {Including Home Equity}

**THIS IS NOT
ABOUT
INSURANCE!**

Home Instead Senior Care

Invites the community
to a free informational
luncheon.

Are you caring for a loved one?

Not sure what to do? Join us in learning
of the many resources available to you
and your love one.

Wednesday, November 7, 2018
10:00 am — 2:00 pm
Registration begins at 9:30 am

Sun Lakes Country Club
The Navajo Room
25601 S Sun Lakes Blvd
Sun Lakes, AZ 85248

Home Instead Senior Care will be
on-site in the Mirror Room to provide
complimentary CAREgivers and lunch
for your loved one while you attend the
event. Space is limited.

RSVP Required 480-895-1460

RSVP 480-895-1460



Each Home Instead Senior Care franchise is independently owned and operated.



BIRDIES MEAN BUCKS FOR NEIGHBORS WHO CARE

Neighbors Who Care is once again partnering with Birdies for Charity to raise money for our programs. In 2017 NWC received over \$14,000 from this partnership. The money is raised by donors like you pledging to give an amount based on the number of birdies made at the 2019 Phoenix Open Tournament in January (each penny per birdie pledged is approximately a \$15 donation). Donors can also pledge a set dollar amount if they like. Thunderbird Charities adds an extra 15% to all monies donated.

To make a pledge go to www.BirdiesforCharityAZ.com and select Neighbors Who Care or contact the NWC office for a paper pledge form. The pledge deadline is 5pm on Sunday, February 3, 2019.

Thank you for your support. It's not too early to get your pledge in!

NEW TAX LAWS

Qualified Charitable Deductions to Support Neighbors Who Care

With the passage of tax reform legislature, more clients will use the new increased standard deduction when they file their taxes in a few months. Utilizing the Qualified Charitable Deduction can be the way to go to save you taxes and still make a difference in your community by making a direct donation to Neighbors Who Care.

Here's how it works:

For IRA owners and beneficiaries age 70 ½ or older, contact the financial institution where you have your IRA.

Instruct them to send a check make payable to Neighbors Who Care and send it directly to our office at 10450 E Riggs Road, Suite 113, Sun Lakes, AZ 85248.

Direct donations to a charity count toward the required minimum distribution (RMD) that you must take from your IRA and lower your adjusted gross income.

You can have your financial institution remit your RMD all at once or in monthly payments throughout the year in lieu of receiving the money yourself. It's a win-win!

Your donations are critical to Neighbors Who Care. As a nonprofit service organization, we are able to serve our clients thanks to your generosity and our selfless volunteers. We have been helping seniors in the Sun Lakes and south Chandler areas for over 20 years, providing critical transportation needs to medical appointments, shopping, errands, respite care and much more enabling fragile seniors to continue living in their own homes. Please help us continue our work in the community by giving to Neighbors Who Care.

BECOME A NEIGHBORHOOD CHAMPION!

By pledging a small monthly donation to Neighbors Who Care you are making an investment in our community. Your generosity will give us a reliable revenue stream to ensure that we can continue to be the world class resource that's been supporting our frail, homebound, and disabled senior neighbors for over 23 years. For less than \$1 a day you can make a big impact on the lives and futures of those we care about. Here's what your monthly donation will do:

\$10 – buys 2 free home-delivered meals for a needy senior

\$25 – provides rides to lifesaving dialysis for a week

\$50 – gives vital follow-up care to a frail senior discharged from the hospital

\$75 – puts gas in our grocery van

Signing up for a monthly pledge from your credit card is a simple and painless way to ensure our future success and you can modify or cancel the payments anytime you wish. To enroll as a Neighborhood Champion you can easily sign up on our website (NeighborsWhoCare.com) on the Make a Donation Page, return one of the donation envelopes from our newsletter, or call our office at (480) 895-7133.

They can't remain in their homes without your help!

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.
5. You must download the app separately for each computer/phone/web browser you use to make purchases.



A little help. A big difference.

Assisted living services that are about the whole family and the whole YOU. Please call now to schedule your complimentary lunch and tour.

The VILLAGE
AT OCOTILLO

INDEPENDENT & ASSISTED LIVING

990 West Ocotillo Road • Chandler, AZ
TheVillageatOcotillo.com • 480.400.8687



FOXHAYWARD INSURANCE

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

LOVE GOLF...AND NEIGHBORS WHO CARE? *Tickets For Charity is a hole in one for you!*

The 2018 Charles Schwab Cup Championship will be held this year at the Phoenix Country Club on November 7-11. By purchasing a \$30 any day ground ticket, you can not only enjoy watching some great golf, but 100% of the net proceeds from your ticket will go directly to Neighbors Who Care.

Here's how it works:

1. Visit www.schwabcuptfc.com
2. Click on Buy Tickets Now
3. Select Neighbors Who Care

It's as simple as that!

Grounds tickets are good for any day of the tournament, and kids 18 and under are FREE with a ticketed adult. Bring your grandkids!

The Charles Schwab Cup Championship is a 72-hole tournament and the third and final leg of the Charles Schwab Playoffs, which will include the top 36 players on the Charles Schwab Cup points list. This will be a great tournament to watch, and your ticket purchase will support our programs at Neighbors Who Care.



FAMILY CAREGIVER SYMPOSIUM ON OCTOBER 18

Caregivers are invited to attend a Family Caregiver Symposium to be held on Thursday, October 18 from 9:00am – 1:30pm at the First Christian Church of Phoenix, 6750 North 7th Avenue, Phoenix, AZ, 85013. Sponsored by Duet, one of our partners in service, this event will feature expert speakers who will share their insights on how to find hope along the caregiving journey.

Speakers include:

Pierre N. Tariot, M.D.: Director, Banner Alzheimer's Institute and Research Professor of Psychiatry, University of Arizona College of Medicine;

Pauline Boss, PhD: Family Therapist, pioneer theorist of ambiguous loss, and author of *Loving Someone Who Has Dementia*;

Wayne Tormala: Chief, Arizona Department of Health Services, Bureau of Tobacco & Chronic Disease.

The cost for the symposium, which includes lunch, is \$20 for family caregivers; \$40 for professionals. There will also be free on-site, non-medical, adult day care available for loved ones, provided by Beatitudes at Home. Reservations are required for this service.

Register online at www.duetaz.org.

Awareness, Support, Solutions



www.SpotLightSeniorServices.com



PLEASE SHARE YOUR STORIES WITH US

Whether you are a client or a volunteer, we love to hear from you. Please share your experience with Neighbors Who Care and how our services have impacted you. Your stories mean as much to us as you do! Send your stories to Neighbors Who Care, Community Outreach, 10450 E Riggs Road, Suite 113, Sun Lakes, AZ, 85248 or by email to jennifer@neighborswhocare.com.

LEAVE A LEGACY!

You can help ensure the future of Neighbors Who Care

Hundreds of your friends, family members, and neighbors rely on Neighbors Who Care for essential services. We are their lifeline to the community. The need for our services is only going to grow as the population ages. With a gift from your estate you can leave a lasting legacy and ensure that your generosity will continue to touch the lives of others for many years to come.

Giving Options Include:

Bequest Gifts

A charitable bequest is simply a distribution from your estate to a charitable organization through your last will and testament. After providing for the needs of your loved ones in your will or trust, you may choose to benefit organizations like Neighbors Who Care that reflect causes personally important to you.

Life Insurance/Annuity

This is an easy way to make a significant impact. You simply fill out a form that names Neighbors Who Care as a beneficiary to receive assets from a life insurance or annuity policy.

Charitable Trusts

Charitable trusts provide an annual income to the donor — **Legacy** cont. on page 12

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



480-833-8247

VisitingAngels.com/Mesa



Each Visiting Angels agency is independently owned and operated.

Thinking of Selling Your Home and Have *NO IDEA* Where to Start?

It is never too early to begin thinking about and readying the home to start the process.

Who will help me pack up my furnishings and move them?

What are my location options if I am not going to be near family?

Where can I sell or donate furniture I no longer want or need?

The KOLB Team has the answers to Those and More!

We have created a “nuts to bolts” service to help senior homeowners learn step by step what they need to consider and we offer the resources to get it done. This is a free service The Kolb Team exclusively offers to our clients and the community.

CALL US TODAY FOR A FREE EVALUATION!



TOP PRODUCING AWARD WINNING REAL ESTATE TEAM



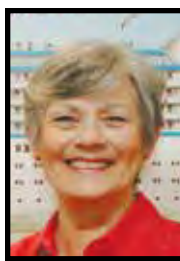
(480) 440-0849

TheKolbTeam.com



Dinner Delivery Volunteers

Mary Bish is one of our valued Dinner Delivery volunteers. Here, Mary is picking up delicious and affordably priced meals from Bashas' in Sun Lakes and on her way to bring them to our clients. Dinners are picked-up at 3:30 Monday – Friday and delivered by 5:30. Volunteers can sign up to deliver on the days that work best for them. If you would like to be a part of our Dinner Delivery team, please contact our office at (480) 895-7133.



SO WHAT'S FOR DINNER?

*By Joan Byrnes,
Dinner Delivery Coordinator*

Neighbors Who Care was founded in 1995 and is a Nonprofit Organization. Our emphasis is upon care giving to those who are homebound due to chronic or severe illness, have physical limitations, recovering from hospitalization, or are individuals providing full-time care to a loved one. Our programs are designed to provide non-medical assistance to persons in the Sun Lakes/south Chandler area. Our volunteers are trained, indicate their service preference(s) and are then matched with clients based upon service requests.

One very important program at Neighbors Who Care is our Meal Delivery Program of which I am the coordinator. Monday through Friday our clients who have been approved to receive meals by our in-house Social Worker, Bonnie Kosar, receive a call in the morning between 8:30 and 11:00 and asked if they would like a meal that day. They are given the selections and told the price. After they select what they would like to have delivered that evening they are told that the meals will be delivered between 4:00pm and 5:30pm that day. There is no charge except the price of the meal as our volunteers deliver them free of charge to their door. We are very fortunate to have such wonderful volunteers who give not only their time, but use their vehicles and supply their own gasoline. Not only that, but they do this five days a week, in all kinds of weather, especially the hot summers we have in Arizona.

Meals are very important, not only for the nourishment they provide, but for the social contact of another individual stopping by, saying "Hello." Also, when we call our neighbors and ask them what they would like to order, we offer the human contact and friendliness of a brief but meaningful short conversation. This is an excellent way to find out if they are in need of any other service Neighbors can provide so that they can be able to live at home for as long as feasible with pride, dignity, and independence.

At Neighbors, we care about the people we serve, the work we do, and we strive to build mutually rewarding relationships.

If you would like to volunteer for any of our Programs, need our services, or want to make a donation, please call our office at (480) 895-7133.

Legacy

- continued from page 11

or a designated beneficiary for life (or another period of time as you specify). Upon the death of the trust's beneficiary, the trust principal transfers to Neighbors Who Care.

You share our vision of a community where people can continue to live in the comfort and security of their own homes with pride, dignity and independence. By planning your gift today, you'll create an impact for generations to come.

For more information or to let us know that you have included Neighbors Who Care in your estate plans, contact our office at: (480) 895-7133.



YOU HAVE THE RIGHT TO CHOOSE YOUR PT PROVIDER

We accept prescriptions written to other physical therapy facilities

Locally and privately owned since 2001
1 hour private evaluations
Therapists ONLY...no techs or trainers
Medicare, AHCCCS and most insurances accepted

13 Valley Locations

Central Scheduling • 480.821.1997 • www.360physicaltherapy.com



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, SQ892
- 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

Computer

- continued from page 5

3. Adjust Settings to Suit Your Needs. By going into the Settings function, you can make simple alterations to improve your computer experience such as making text larger and the volume louder.

4. Write Down Passwords. Everyone is susceptible to forgetting passwords. That's why it is always a good idea to write your passwords down and keep them in a journal or other convenient location.

5. Consider a Tablet. As an alternative to a traditional desktop or laptop computer, you may like to try a tablet or iPad. Research has shown that seniors often do better with touch screen devices.

6. Be Mindful. Computer use comes with many advantages, but there are a few things you want to watch out for. For example, if you want to buy a product online or use a service that you need to pay for, make sure to check out online reviews. Companies may not tell you the whole truth, but an online reviewer will.

7. Be Patient. You can't learn everything about computers in one day. It will take some time. Give yourself grace as you are learning, and take time to practice. If you are trying to learn how to email, for example, focus on that until you are comfortable. Then, you can move on to learning something else, like Facebook.

When a Friend or Loved One Has Dementia...

Memory loss and confusion can be among the first symptoms a person experiences with dementia or Alzheimer's. For friends and relatives, it often takes additional understanding and care to maintain relationships with those who are afflicted. Here are a few guidelines that can help:

1. **Reintroduce yourself...every time.** You cannot always assume they know who you are or why you are there to see them. Smile with your mouth and your eyes. Let them feel your kindness.
2. **Meet them where they are.** Because many with dementia and Alzheimer's live in their own reality, it does not help to correct or argue. Simply sit and listen while they talk, and ask relevant questions based on the conversation.
3. **Enjoy the moments.** Look at old photos together or bring along an sentimental memento. This may help to stimulate memories. If not, be careful not to say, "Don't you remember?" It is possible that they may not. Again, let them talk about what they see, and be a patient listener.
4. **Treat them as the adults they are.** Plain and simple, they are not children. Having a natural adult conversation helps them retain their dignity.
5. **Be present.** Just your showing up can make a huge difference. It is possible that some friends will stop coming to visit. Even if they don't recognize you anymore, your presence is still valuable. Human interaction is still very much needed.

god cares about people, thru people.



The Perfect Place

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

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

**Contact us for information at: 480-895-2892
Email: ThePerfectPlace85248@gmail.com**

Transportation Raffle Winners

Winners of the April, May, June 2018 Drivers' Raffle are:

April 2018

100+ miles

Diana Chatterton
Stu Frost
Lois Holen
Bob Neely
Margaret Wiseman

50-99 miles

Sylvia Buehler
Glen Butler
Joyce Davey
Dick Golding
Nancy Grube
Vesta Hayden
Tim Holland
Michael Rogers
Judy Walker
Mike Whitehouse

May 2018

100+ miles

Sue Edwards
Debbie Moe
Jim Rainwaters
Marita Reed
Bonnie Watson

50-99 miles

Barbara Casper
Mary Ernst
Michelle Krohn
Christy Macca
Mel Moss
Nancy Osborn
Joan Peschman
Patricia Rappuhn
Janet Rose
James Wood

June 2018

100+ miles

Jerry Alexander
Gary DeHoff
Emily Parkes
Donald Prestin
John Reed

50-99 miles

Carl Day
Wayne Dettlaff
Judy Hampton
Stephen McIver
James Meagher
Dick Metz
Kimberly Montini
Barbara Simmons
Margaret Smith
Dwight Snyder



Our office will be closed for the following holidays in 2018:
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:
Cases of Bottled Water • Monthly Office Cleaning
Storage Shelves • Carpet Cleaning
Recycle Bin • Plastic Bottle Crusher
Storage Room Cleaning
Please call us at Neighbors Who Care if you are able to donate any of these items or services.
Thank you!

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

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



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.

September

Wednesday, September 12
Tuesday, September 25

October

Wednesday, October 10
Tuesday, October 23

November

Tuesday, October 6
Tuesday, October 27



CREATIVE ENGAGEMENT PARTNERS
SUN LAKES

SOUTHEAST VALLEY MEMORY CAFÉ

WHEN:

FIRST AND THIRD MONDAY MORNINGS
9:30–10:00 Social Time/Registration
10:00–11:00 Program Time
- Engagement Session for Care Receivers
- Support Group for Care Givers

WHERE:

Sun Lakes United Methodist Church
9248 East Riggs Road, Sun Lakes, AZ 85248

Memory Café is a comfortable, safe, and engaging place for people living with memory loss along with their care partners to meet with others in a like situation.

Drop in, grab a cup of coffee and talk with others. A professional, knowledgeable about a variety of conditions that affect memory and thinking, such as Alzheimer's disease, will be available to answer questions and provide education and supportive ideas.

WWW.SLCEP.COM

FREE EVENT

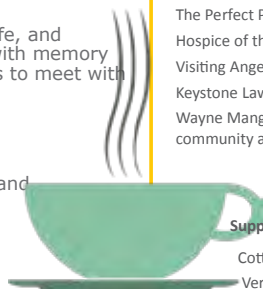
QUESTIONS?

CALL:
(480) 580-8317
EMAIL:
waynejmangold@gmail.com

PARTNERS:

Banner Alzheimer's Institute
Neighbors Who Care
Oakwood Creative Care
The Perfect Place
Hospice of the Valley
Visiting Angels East Valley
Keystone Law Firm
Wayne Mangold, a community advocate

Supported by:
Cottonwood Palo Verde Foundation



Fall Fair Volunteers Needed

Looking for a fun way to give back to the community? Join us as a volunteer for the Neighbors Who Care Fall Fair on Saturday, October 27, 2018!

From early morning set-up to post-event tear down, there are a variety of ways you can help:

- Greeter
- Volunteer Ambassador
- Runner
- Raffle Ticket Seller
- Traffic Control
- And more!

The fair runs from 9:00am – Noon, and we have 1.5 to 2-hour shifts available from 6:00am – 1:00pm. You can volunteer a little and then enjoy the rest of your morning at the fair!

Please contact Jennifer Gustafson at Neighbors Who Care at (480) 895-7133 to sign up for your shift. We appreciate any and all help!

