

The Care Connection

NEIGHBORS WHO CARE, INC.

Volume 22 • Issue 4 • December 2018

Caring for Our Community, One Neighbor at a Time

Here for Our Neighbors

A 2018 survey conducted by AARP reported that 3 out of 4 adults age 50 and older prefer to stay in their homes as they age. But, only 59% of those surveyed anticipated that they will be able to stay in their communities. Here in Sun Lakes and south Chandler, however, many local residents are able to age in place for a longer period of time thanks to the free services provided by Neighbors Who Care.

Transportation

In the survey, respondents were asked what they value in a community when making decisions about where to live. For approximately 60%, transportation for those with special needs was among the leading factors mentioned.

Not surprisingly, transportation to medical appointments and for shopping/errands also tops the list of requested services from our clients. This vital service not only fills a need for our clients, but also saves them money, which is especially appreciated by those on a limited or fixed income.

Social Interaction

Another benefit of our services is the social interaction between clients and volunteers. The AARP study indicated that 3 in 10 adults report lacking companionship or feeling isolated from others. This finding can be particularly true for those living at home alone. As you can imagine, our transportation service offers a built-in opportunity for good-natured conversation as do other services such as friendly visiting, shopping, and reassurance calling.

Help With the Little Things

Everyday life occurrences, such as paying bills or replacing a filter, can become more difficult as we get older. Our volunteers are able to help with business assistance, minor repairs, and even backup support to ensure that contractors are providing a fair price and quality work. We even offer a weekday dinner delivery service so clients can have delicious meals delivered right to their door.



How You Can Help

Neighbors Who Care volunteers include active retirees, stay-at-home parents, and those with varying work schedules. Without these kindhearted people, we could not do what we do.

But, as baby boomers continue to age and our clients' needs continue to grow, so does our need for additional volunteers. If you have a little time to give, we would love to have you on our team. We have no minimum time commitments, and you can volunteer as little or as often as you like.

You can also help through financial giving. As a nonprofit organization, we rely on grant awards and the generous fundraising efforts of local foundations and clubs, as well as donations from individuals and local businesses.

Would you please consider how you can help? As a volunteer, donor, or both, you can make a difference now and for tomorrow when you might even find yourself needing our services. We want to be here for you, too!

For more information, please call our office at (480) 895-7133 or visit our website at www.neighborswhocare.com.



"Senior Independence Through Volunteer Services"

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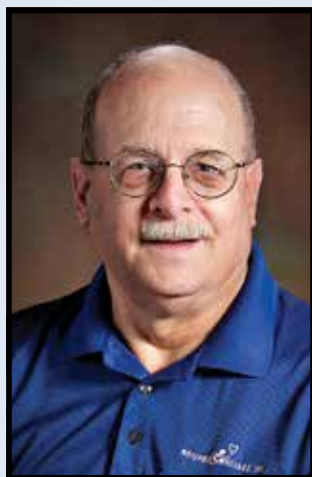
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WHAT'S IMPORTANT TO YOU?

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.

It's the holiday season. This is the time of year when we take a little time to reflect on who we are and what is really important to us. What are our core values and what do they say about us as human beings?

At NWC we think our values are proclaimed in our mission statement, "At Neighbors Who Care community volunteers help the elderly live at home for as long as feasible with pride, dignity and independence." After much reflection I have come to understand that this is more of a basic declaration of what we do, but it does not fully explain why it's so important. I needed to find the meaning, the heart, and the "values" behind it.

I've now had 7 years as executive director to live this mission. I can report that it's actually been very easy to find the heart at Neighbors Who Care. We believe that everyone should be allowed their independence for as long as possible. They should be able to live in their own homes, where they desperately want to remain, rather than be moved into an institution or crowded in with family. They should be surrounded by the valued possessions they have collected over a lifetime and be close to their longtime friends and neighbors. They shouldn't have to worry about getting vital healthcare, food, or companionship. And, most of all, they shouldn't have to be afraid that they will be abandoned, neglected, or alone.

I see these values in action every day. They shine in the face of the volunteer who just took home a weak and weary client after 4 hours hooked up to a dialysis machine, or who delivered a hot meal to someone who can't cook for themselves. Our values are shared by the donors who generously give us the money necessary to keep our doors open. I see it in the notes carefully folded around a check, thanking us for keeping their neighbors safe at home and praying that we will still be here in the future when they or their loved ones need us. Even in our small staff, who are here more because of what we do than for

the meager pay we give. For example, our social worker, after her regular day is done, lovingly assembles personalized Christmas packages for clients who live alone and have no family to care for them.

By far the best reflection of our values in action comes from the clients we serve. We regularly receive lovingly handwritten notes telling us how much our help has meant to them, how kind our volunteers have been, and how they couldn't get by without us. Those who are financially able often make a donation to help keep us in business. They include phrases such as:

"Thank you for coming to my rescue!"

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

"Thank you for the loving volunteers who came to help my mother."

"I can never thank you enough."

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

The average NWC client has been receiving our help for over 5 years. That's 5 years of living independently in their own homes, knowing that someone cares for them. We have one wonderful, spunky lady who we have been helping for 22 years. She is disabled and lives alone. She treasures her independence. Without NWC, our volunteers and donors, she would have been forced to move to an institution many years ago.

As I said at the top, this is the time of year to reflect on what has value and meaning to you. I have. Every year I become more committed to our mission and our importance. If you share these values, I invite you to join our cause. We always need more caring volunteers. If you are unable to volunteer, please consider making a donation. If you are unable to make a donation at this time, please think about us in your estate planning.

Happy Holidays!

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

For Me, It's Personal

By Dr. William C. Wilhelm, Neighbors Who Care Board Member

We built our home in Sun Lakes in 1999 even though we still had several years until retirement. Over the years we came out from Pennsylvania for a few weeks at a time. My wife Joyce, a university nursing professor, loved the heat and enjoyed her summer vacations here. I joined her for a couple of weeks, but had to return to work! After retirement, we remained in PA to assist my parents who lived into their nineties.

When we visited Sun Lakes, I would read about all the great services Neighbors Who Care (NWC) provided and the thankful responses from clients. I began making donations to NWC for memorials or in honor of birthdays and always received a thank you note. I was impressed as I learned more about the organization.

Finally, we moved away from the snow with visions of learning how to play golf, traveling, attending concerts and plays, and other kinds of fun. However, within a year, Joyce began a continued downhill course with a neurologic disability. She could not be left alone, so she accompanied me everywhere.

As it was becoming more difficult, I called Bonnie, our NWC Social Worker, who set up a friend for Joyce. Joan, also a retired nurse, visited weekly for years. What a relief! During her stays I would run errands or just putter around in the garage. Other times, I would just crash and take a nap. One would never know how much that meant unless they were going through the same thing. I also started attending the NWC Caregiver Support Group. As a physician, I was really impressed with the way Bonnie moderated this great gathering of understanding friends. Ultimately, Joyce moved into an assisted living facility. Joan continued to visit her, and I still attended to the support group.

During this difficult time, I would stop at the office to drop off coffee, water, or other items from the wish list in the newsletter. I also continued to make special financial contributions and met more of the staff. About six months ago, I was asked to join the board and gladly accepted.

It has been overwhelming to learn of the hundreds of volunteer hours served and thousands of miles driven to keep our residents in their homes. Many, like us, have no family nearby and at times are really stuck. I often reminisce about how much it meant to my parents when they needed something minor from me such as picking an item off the floor, changing a light bulb, or opening a bottle. It's the same for NWC clients. Many have meals delivered, and there are about eighty trips a month to dialysis in addition to the multitude of doctor and pharmacy visits.

There is no charge for the services we provide, and we count roughly three dollars of service for every dollar received because of our wonderful volunteers. The majority of NWC's income comes from neighbors in our community. The larger funding sources are drying up, and every year we receive less. As a board member, I make "thank you calls" for donations received. Many of those who receive our services are so thankful and say they could not stay in their home if it wasn't for NWC.

Please consider NWC for individual or ongoing contributions. Check our website at www.neighborswhocare.com for more information about automatic deductions, tax free transfers from IRAs, and remembering us in your wills. One never knows when we will be the next one to need these services. The long-term visions Joyce and I had never got fulfilled. However, with the help of NWC our trials and tribulations were made easier.



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Verna Mahnke
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Coordinator

It was a Beautiful Day in our Neighborhood!

We couldn't have asked for a more wonderful day for our 2018 Fall Fair. The weather was perfect, and the company was even better. With nearly 80 vendors and countless numbers of friends from our community, this event, held on Saturday, October 27, was well received by all.

Our theme of "It's a Beautiful Day in our Neighborhood" clearly came through with brightly colored décor and positive connections being made. Throughout the morning we enjoyed performances from the Dry Heat Pickers, the Chordaires Show Chorus, Jesse Washington, and the Sun Lakes Sun Dancers. There was also quite the collection of classic cars on display, and the Short Line Railroad display did not disappoint.

Delicious food from the Ginger Monkey and Waffle Love food trucks offered a variety of brunch fare, and the dunk tank, face painting, and twisted balloons added to the liveliness of our fair.

Thank you to all who attended and to all who participated as vendors and sponsors!





Thank You to all who made our 2018 Fair a success!

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Retirement Insurance Specialists
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Shears to You Mobile Salon
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Solace Hospice
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The Perfect Place
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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.

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Featured Attractions/ Entertainment

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Dry Heat Pickers
Dunk Tank Sponsored by the
Rotary Club of Sun Lakes
Short Line Model Railroad Club
Sun Lakes Fire Fighters
Sun Lakes Sheriff's Posse
Sun Lakes Sun Dancers

Jesse Washington, Vocalist
Zippy, Balloon Artist

Volunteer Event Committee

Bob Bitler
Eileen Cieniuch
Joel Goldman
Harry Huckemeyer
Joanie Leckey
Sheryl Keeme
Jeannine Markandeya
Lynnette Marzano
Sheryl Nieman
Rhonda Powell
Ev Rainwaters
Jim Rainwaters
Debbie Sowder
Erin Szacon
Fred Voltmer
Ginger Voltmer
Denis White

Volunteer Event Team

Students from Basha HS
Students from Hamilton HS
Students from Perry HS
Ron Chase

Madeleine Lutz
Gaile Sorem
Vickey Rustad
Karen Finkenbiner
Dick Golding
Joan Golding
Ellen Voelker
Nancy Osborne
Joanne Bucknum
Victor Bucknum
Dianne Wyvill
Jean Norton
Anne Marie Hancock
Barbara Carr
Susan McMasters
Connie Kindsvater
Bonnie Kosar
Debi Larkin
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WE HAVE A STORY TO TELL

**Phyllis Walters & Neighbors Who Care:
Happy Together**

Phyllis Walters came to Arizona with her husband and children about 40 years ago for a change of pace from their lives back in New Jersey. After many years in Tempe, she and her husband relocated to Sun Lakes. That was 18 years ago.



Today, while relaxing in her bright and cozy living room, Phyllis reminisces about her wonderful life growing up in New Jersey and lights up as she shares a photo of her six granddaughters. An avid reader, her favorite reads are non-fiction, historical books. She also loves cooking recipes from her Italian heritage and says that her neighbors and friends all agree that she makes a delicious eggplant parmesan and coffee cake. She clearly enjoys life in her own home.

Last year, however, Phyllis took a fall and was hospitalized with a knee injury. Upon returning home, she found that she needed some extra support. Fortunately, she discovered Neighbors Who Care.

"I don't know what I would do without Neighbors Who Care," Phyllis explains. "I am an independent person, and I don't like to impose upon others. But, I am so glad to be able to call upon the volunteers from Neighbors Who Care when I need them. They help me in so many ways."

Phyllis primarily uses our transportation and shopping/errands services. She says she is "just amazed" at the kindness and help she receives from our volunteers. "I've never had a driver who was disrespectful," she exclaims. "They are always polite, pleasant, reliable, and willing to go above and beyond." Phyllis cited one particular volunteer who, after taking her shopping, came into her house and changed a filter in a complicated water system. "He was a retired engineer, so I guess it wasn't hard for him to figure it out. I was just so happy to have that done!" she says.

When talking to Phyllis, it is easy to see that she lives a happy, independent life. She likes to do things for herself, but she is also realistic about what she can and can no longer do. She says that knowing that Neighbors Who Care volunteers are there for her when she needs them is a true blessing. "They're my go-to people," she says. "And my friends back East are astounded that I have such a service available to me. They don't have anything like this where they live!"

If you are a client, volunteer, or caregiver and have a story about your experience with Neighbors Who Care that you would like to share, please contact us at nwcvsc@gmail.com. We would love to hear how Neighbors Who Care has impacted you!

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!

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.

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1. Go to www.smile.amazon.com

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3. Follow the instructions to download the amazon smile app to your computer. This will place an amazon button on your web browser.

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Agent Spotlight

Susan Hayward

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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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KEEPING YOUR HOLIDAY TRADITIONS SENIOR-FRIENDLY

In many families, it is Mom who is in charge of bringing holiday traditions to life and making holidays special for everyone. There comes a time, however, when Mom (or Dad) just can't keep up with the annual expectations. As family members, it is important to pay attention and make sure you aren't expecting more from them than they can deliver...even if they insist on keeping up with family traditions.



Here are a few suggestions on how you can keep your holiday traditions senior-friendly:

- 1. Make it a group effort.** Get everyone involved. Whether wrapping gifts, trimming the tree, or roasting a turkey, having family members pitch in can keep your traditions going and give your aging parents a break.
- 2. Rethink your celebration time.** If the older members of your family are prone to getting more tired as the day goes on, why not opt for an earlier holiday brunch or consider attending a daytime religious service instead of the evening one.
- 3. Keep things simple.** Hauling boxes from the garage rafters and decking the halls might be too much for your loved one. Decide on a few simple decorations, and remember that the holidays are more about sharing time together, anyway.
- 4. Take a drive.** Remember the fun times you had as a child when

— **Traditions** cont. on page 12

PROTECTING YOUR SPOUSE AND YOURSELF

It is not uncommon for couples to divide and conquer when it comes to responsibilities around the house. But, it's more than just who does the cooking and who takes out the trash. When it comes to the big stuff, like financial and health issues, it is imperative to get your affairs in order and share information with each other.

In an article by Leslie Milk recently published in the AARP.org Bulletin, the author lists the following 10 steps to protect your spouse and your interests:

Gather financial papers. Store deeds, passports, insurance policies, estate documents, and your latest financial statements in a fireproof box at home where survivors can easily find them.

Make a "must call" list. Compile contact information of your key advisors, including your attorney, accountant, and other financial professionals who need to be contacted when a spouse passes away.

Share passwords. In this day and age of online banking, health records, and social media, passwords and usernames are essential for access to information. Keep a master list for your spouse.

Update beneficiaries. When is the last time you updated your beneficiary designations for your 401(k), IRA, brokerage accounts, and life insurance proceeds? You want to make sure your wishes are current and reflected accurately.

Check credit cards. Make sure your spouse's name is on the credit card account. Otherwise, they won't be able to use the card and will have to reapply for credit in their own name.

Set up advance directives. If you want to designate someone to make medical decisions on your behalf, you will want to set up health care powers of attorney in case you are incapacitated. You will also need a living

— **Protecting** cont. on page 13



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NWC IN THE COMMUNITY

Neighbors Who Care often has the pleasure of meeting our neighbors right where they are... in our community. It is a great opportunity to share how our services impact those in need and to find new volunteers who want to help our neighbors. In the past few months, we have attended the open houses at Sun Lakes Country Club, Cottonwood Palo Verde, IronOaks, and SunBird, as well as the Cottonwood Palo Verde Foundation's Annual Fun Walk.



SunBird open house



CWPV Fun Walk 2018

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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!

The KOLB Team

TOP PRODUCING AWARD WINNING REAL ESTATE TEAM

kw INTEGRITY FIRST
REALTY
KELLERWILLIAMS.
Each Office Independently Owned and Operated



(480) 440-0849

TheKolbTeam.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 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.

VOLUNTEER RECOGNITION EVENT COMING IN MARCH!

We will be holding our annual volunteer recognition party sometime in March 2019, but the exact date is yet to be determined. Open to all volunteers, this event is an opportunity for us to join together for fun, food, and friends and to celebrate our volunteers for their generous service to seniors in our community. The event will likely be similar to last year's patio party held on a Monday afternoon. More information will be forthcoming in January, so all volunteers, please watch your emails. We look forward to celebrating with you!

Spotlight On PARKLAND MEMORY CARE

This year, we are proud to have partnered with Parkland Memory Care as our Fall Fair Celebration Sponsor. Through Parkland's generosity, we were able to enhance our annual event and support our mission to provide services to local seniors who want to maintain their independence and remain in their homes for as long as feasibly possible.

Welcome to Parkland Memory Care



Parkland Memory Care is a brand-new specialized assisted living community in Chandler that exclusively cares for those with Alzheimer's, Dementia, and other forms of memory loss. Dedicated to providing the highest quality of care, Parkland's highly trained specialists focus on providing their residents with a comfortable, familiar, and safe environment in which to live.

Like Neighbors Who Care, the team at Parkland Memory Care believes in promoting respect, dignity, and individuality for their residents. Working with families, they create holistic care plans based upon a person's unique background and individual needs.

Right at Home

With an emphasis on helping residents feel loved and right at home, Parkland Memory Care offers a supportive and enriching lifestyle, plus beautiful accommodations and well planned spaces. Floor plans at Parkland Memory Care are available to suit residents' particular requirements. From the Private Suite, the Deluxe Private Suite, and the Companion Apartment, all rooms feature options that are both appealing and accommodating.

Parkland also offers a variety of amenities to support mental, physical, and social wellbeing. Among these amenities are lovely gardens, courtyards, and patios; a beauty salon and barbershop; a therapy kitchen; and a tastefully appointed dining room with deliciously prepared meals. There are also activity rooms and cozy seating areas so residents can visit quietly with family members and other guests.

Parkland Memory Care is located at 3500 S. Arizona Avenue, Chandler, AZ 85248. For more information, you may call them at (480) 935-0956 or visit their website at www.parklandmemorycare.com.

Traditions

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you piled in the car with your family to look at Christmas lights throughout your neighborhood? How about reviving that tradition? It's a great way to relive family memories and make the season festive for someone who doesn't get out much anymore.

5. **Make new memories.** Circumstances can change, and holiday traditions might need to change with them. This can be especially true if a loved one is in the hospital or is experiencing health issues. There are plenty of ways to make the holidays easier, but still special. For example, you can order food from a favorite restaurant or invite carolers to perform or sing with you. As for gifts, you can give the gift of your time. Take them to lunch, fix something around the house, or simply sit down together and talk.



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

Protecting

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will that spells out what measures you want medical professionals to take to prolong your life.

Designate a money person. It's a good idea to choose a trusted individual as your financial power of attorney so they can make money decisions for you if you are unable to do so yourself.

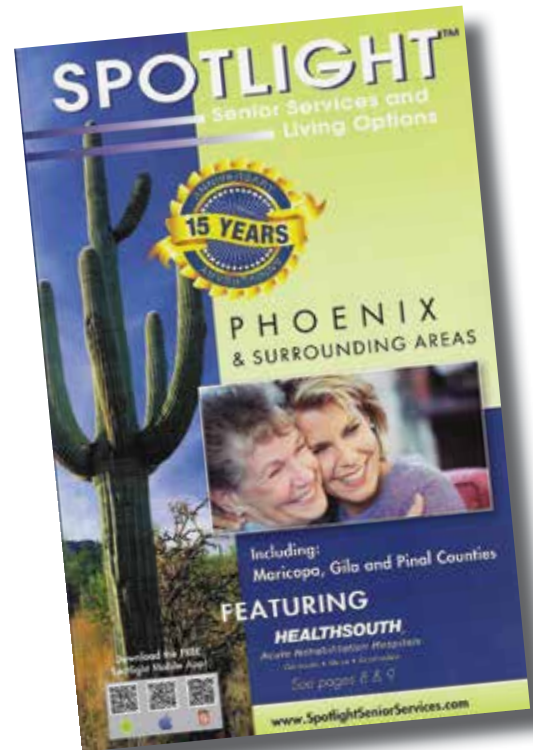
Review wills and trusts. This should be done every few years or when there are significant life changes such as a notable increase or decrease in your finances. If you do not have a will or trust, you should consider getting one.

Discuss final disposition plans. Whether you want a traditional funeral, cremation, or something else, it is important to make your intentions known or to plan ahead. You may also want to consider the costs involved with funeral planning and the financial implications for your surviving spouse.

Keep track of how bills are paid. This is critical to avoid missing payments or an overdrawn bank account. This is helpful for your spouse or for another person, such as an adult child, who may be taking over for you.

"No act of kindness, no matter how small, is ever wasted" --Aesop

Awareness, Support, Solutions



www.SpotLightSeniorServices.com



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

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

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

Transportation Raffle Winners

Winners of the July, Aug. & Sept. 2018 Drivers' Raffle are:

July 2018

100+ miles

Michael Partridge
Mike Rice
Dwight Snyder
George Thomas
Glenn Wahl

50-99 miles

Ross Bennett
Barbara Casper
DeDee Clewes
Pam Crews
Janet Hold
Paul Koehler
Michelle Krohn
Stephen McIver
Gerry Nelem
Joan Peschman

August 2018

100+ miles

Virginia Allen
Rachel Enloe
Joan Orent
Christy Thomas
Ginger Voltmer

50-99 miles

Debbie Alexander
Nancy Ash
Mary Bish
Jean Caravello
Pauline Corcoran
Dorothy Dufner
Vesta Hayden
Jean Kulander
Verna Mahnke
Jan Mullet

September 2018

100+ miles

Dick Golding
Dennis Manz
Brooks Scofield
Sri Sivakumar
Ginger Voltmer

50-99 miles

Roxy Banta
Sylvia Buehler
Barbara Casper
Eileen Cieniuch
Sue Edwards
Ed Hill
Ford Kitchel
Jean Kulander
Janet Rhea
Angi Savenye



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



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 .rtf 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 – 2:30 pm.** Call the office at (480) 895-7133 to reserve your spot.

December

Tuesday, December 4
Wednesday, December 12

January

Wednesday, January 9
Tuesday, January 22

February

Wednesday, February 13
Tuesday, February 26



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

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

*Happy Holidays
from
Neighbors Who Care*