

The Care Connection

NEIGHBORS WHO CARE, INC.

Volume 23 • Issue 1 • March 2019

Caring for Our Community, One Neighbor at a Time

Exercising Your Brain Power

As we age, many of us just accept that our brains aren't as sharp as they used to be and that there is not much we can do about it. But, mounting research suggests that time and genetics alone aren't 100 percent responsible for eroding our brain functions. According to Sandra Bond Chapman, director of the Center for Brain Health at the University of Texas at Dallas, "The number one cause of cognitive decline is healthy people letting their brains decline."

What does this actually mean? It means that you need to exercise and nourish your brain in order to maintain overall physical, emotional, and mental health.

Beyond Crossword Puzzles

Crosswords are great for brain stimulation, but if that is all you do, you may not be giving your brain the workout it needs. **Researchers say that it's important to mix things up by trying new games and challenges.** For example, consider researching your family history, cultivating your creative side with adult coloring, or revisiting an old hobby you dropped. If you include activities with a social component, such as volunteering, you will also be feeding your need for human interaction.

Check Your Blood Pressure

Heart and brain health go hand in hand. Last year, researchers at Wake Forest University showed that lowering blood pressure can significantly reduce the risk of mild cognitive impairment. **In addition to consulting your doctor, treatment measures for managing healthy blood pressure include not smoking, proper nutrition, social and cognitive stimulation, and exercise.**

Resist Multitasking

We have all been guilty of trying to do two things at once, but such multitasking can put additional stress on our brain. If you practice a cognitive exercise called "strategic attention," you will find that you will get more done, more quickly, and with improved focus. **Strategic attention involves picking a task that requires a little bit of deep thinking like writing a letter, creating your grocery list, planning a vacation, or trying out a new recipe.** Doing this kind of activity twice a day without interruption is the equivalent of taking your brain to the gym!

Get Your Rest

As you can surmise, brain health is not all about exercise. Your brain also needs rest. **Getting adequate sleep is an important part of brain health, but specialists also recommend taking five minute mental breaks several times a day.** You might want to just sit still and close your eyes, but you can also include prayer, meditation, or quiet reflection.

When brainstorming ideas ways to exercise your brain, we hope you will think of how you might be able to help us at Neighbors Who Care. Volunteers are always welcome! Call us at 480-895-7133.




NEIGHBORS WHO CARE, INC.
"Senior Independence Through Volunteer Services"
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Sun Lakes, AZ 85248
480-895-7133 • (F) 480-895-5508
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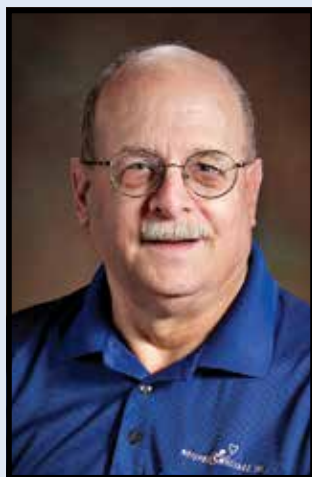
Volunteer Cathie Smith



Susie Buell



Dot McNulty & Betty Frank



Eric Ehst
Executive Director

**All services per
Calendar Year 2018**

Volunteers ~ 409

Clients ~ 646

Hours ~ 19,510

Miles ~ 147,322

Occasions ~ 17,333

Our Mission

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

Our Vision

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

NEIGHBORS WHO CARE BUILDS FOR THE FUTURE

Eric Ehst, Executive Director

Neighbors Who Care has been selected by the Virginia G. Piper Charitable Trust to participate in the first round of its ATLAS Program for smaller nonprofits. Our acceptance into this highly-competitive program is a great honor reserved for “mission-critical nonprofits that play important roles in Maricopa County’s human service, civic, and cultural life.” The purpose of this intensive 18-month endeavor is to perform an in-depth assessment of the organization’s mission, operations, and infrastructure; develop strategies to build our capacity to meet future needs; and provide resources and support to implement

the identified strategies.

Neighbors Who Care adds 25-30 new clients every month. For us, every day is ‘Day 1’ of service to someone in need. This is an exciting opportunity to help us to figure out how we can best serve the community in the future and guide us to grow the infrastructure and capability necessary to be ready for the ‘Days 1’ yet to come. As we approach our 25th anniversary of service to Sun Lakes and south Chandler, we are preparing for another 25 years of community leadership and collaboration, and we look forward to your continued support.

NWC VOLUNTEERS RECEIVE RECOGNITION

All of the dedicated and caring volunteers who help out at Neighbors Who Care are special people. Occasionally the rest of the world takes notice. This year four of the nine Sun Lakes Crystal Award winners are associated with Neighbors Who Care. (In alphabetical order):

- **Dick Eslick** – Former board chair who performed a myriad of tasks to keep us running.
- **Frank Gould** – Also a former board chair who continues to volunteer driving clients to medical appointments.
- **Mary Middleton** – aka ‘Mary Sunshine’, known for her cheery disposition while working in our office and making reassurance calls to isolated clients.
- **George Thomas** – Long distance driver and minor repairman extraordinaire.

In addition, another one of our special volunteers was honored as a nominee for the City of Chandler “Makes it Happen” Award at the volunteer awards ceremony on February 7. **Sue Edwards** does a fantastic job delivering meals, driving clients to medical appointments, and taking them grocery shopping.

Neighbors Who Care could not exist without the efforts of these and our several hundred other devoted volunteers. We love them all every day, but especially on March 25 as we recognize them at our annual Volunteer Recognition Patio Party, 4:30 – 6:30pm at Palo Verde Patio. See invitation on page 5 for more details.

If you’d like to become a ‘special’ volunteer and help to serve our neighbors in need, please contact us at (480) 895-7133 or www.neighborswhocare.com.

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

It Feels Good to Give Back

By Madeleine Lutz, Neighbors Who Care Board Member



Madeleine Lutz discusses Neighbors Who Care volunteer services with new volunteers at a recent orientation class.

Have you ever read an article about successful aging and wondered how you could improve your own aging process? As you mentally review your status, perhaps you can check off eats healthy, exercises, drinks plenty of water, and more. But there is one marker of positive aging that immediately makes us feel worthwhile and that is “giving back,” also known as reaching out to others.

Before I volunteered for Neighbors Who Care, I had been my husband’s caregiver. Afterwards when I began a new life, I realized I needed to find a way to do something beyond my own interests. Now NWC is a highlight in my life. My volunteer work includes teaching volunteer orientation and serving on the Board of Directors.

There is a sense of achievement in “giving back” and, ironically, at NWC those who volunteer might become clients at a later time. In fact, we are all aging together, but we are just at different stages. At Neighbors Who Care, one of our values is delivering the service to our clients in a caring way which enhances their dignity and strengthens their independence. This is something we all want when we need assistance. Achieving this for someone else increases our self-esteem and enables us to continue volunteering.

Join all of the volunteers at NWC, and enjoy feeling good about yourself!
Reach Out!



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Vice Chair



Ramon Omar Rubio
Secretary



Grace Wilson-Woods
Treasurer



Joel Goldman



Doug Hawkins



Francisco P. Sirvent



William C. Wilhelm



Philip Hotchkiss



Madeleine Lutz

STAFF



Eric Ehst
Executive
Director



Jennifer Gustafson
Community Outreach
Manager



Bonnie Kosar
Case
Manager



Joan Byrnes
Dinner
Delivery



Verna Mahnke
Office/Volunteer
Coordinator

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WHAT SENIORS SHOULD KNOW ABOUT THEIR KIDNEYS

Contributed by Mahnaz Pourian, RPh, President of Home Instead Senior Care, Sun Lakes & Mesa

March is National Kidney Month, and the National Kidney Foundation is urging Americans of all ages to think about kidney health and consider getting a well-deserved checkup.

Most people don't realize how important our kidneys are. Although you might know that they remove waste and excess fluid from the body, they are also essential for the production of red blood cells, for keeping your bones healthy, and for maintaining a balance of salt and other nutrients.

But, kidneys are also prone to disease. One out of three Americans are at risk for kidney disease due to diabetes, high blood pressure, or a family history of kidney failure. Amazingly, there are more than 30 million Americans who already have kidney disease. The interesting thing is that most people who are afflicted don't know it because there are often no symptoms of kidney disease until it progresses to a more severe level.

Here are some pointers you should discuss with your doctor about your kidney health:

1. Discuss your lifestyle, diet, alcohol and tobacco use, physical activity, and medication/supplement usage.
2. Discuss your full health history, any medical conditions, and, if applicable, your family history of kidney failure.
3. If you have diabetes, high blood pressure, or are 60+ years in age, you should request a simple urine test as those factors increase the risk of kidney disease.
4. Request a copy of your most recent blood test results which may indicate early kidney disease as it typically demonstrates no early symptoms. There are two tests for kidney health: (1) ACR (Albumin to creatinine ratio urine test), which detects the early stage of kidney disease) and (2) GFR (Glomerular filtration rate blood test), which detects the stage of a kidney disease.
5. Ask your doctor for healthy lifestyle recommendations.
6. Discuss any medications that could harm your kidney functions.

Remember these tips the next time you visit your physician to stay in control of your kidney health. Also, always remember that you can take the initiative in improving your organ functions by practicing a healthy diet full of essential nutrients. What you fuel your body with can either help or hurt you, so always strive to maintain a balanced diet of fruit, vegetables, breads, meats, and dairy products.

Source: National Kidney Foundation

APRIL 7-13 IS NATIONAL VOLUNTEER WEEK

Without a doubt, Neighbors Who Care could not effectively function without the dedication of our compassionate volunteers. Their caring and commitment to providing services to our neighbors in need are truly beyond compare. Whether driving our clients to medical appointments or changing a difficult-to-reach lightbulb, our volunteers are willing to go the extra mile to ensure that help is only a phone call away.

Celebrating Our Amazing Volunteers

While we like to thank our volunteers on a daily basis for their kindness, we also have the opportunity to recognize them during National Volunteer Week in April. This year, we will be honoring them just a bit early at our annual Volunteer Recognition Patio Party on March 25 (see invitation below).

National Volunteer Week began in 1974 as a way to celebrate the contributions of volunteers in the United States. Originally established by President Richard Nixon, National Volunteer Week has since been officially proclaimed by every sitting U.S. President as a way to encourage people to volunteer in their communities.

Why Volunteer with Neighbors Who Care?

What makes volunteering so important? Simply put, it's

the impact that you have on not just the community as a whole, but on individuals within the community. A simple trip to the grocery store can mean that someone won't be hungry. An hour talking and looking at precious photo albums can mean that someone won't be so lonely. A warm smile and a hug can last an entire weekend...and that goes for the volunteer, too!

As we approach National Volunteer Week, please consider how you can help someone in your community. Volunteering with Neighbors Who Care is an ideal way to give back. With so many opportunities to serve, there is certainly a place for you on our team. Flexible schedules allow you to volunteer as little or as often as you like since there are no set schedules. We work around your availability. And, you can choose the services that best suit your talents and interests. We value and respect that you have a life outside of volunteering.

More Information

To learn more about becoming a volunteer with Neighbors Who Care, please call our office at (480) 895-7133 or visit our website at www.neighborswhocare.com. Orientation schedules for new volunteers are listed on the back cover of this newsletter for your reference. Class sizes are limited, so please consider registering today.

Attention NWC Volunteers

You are invited to the 2019 Volunteer Recognition Patio Party

“You Make a World of Difference”

Monday, March 25, 2019 • 4:30 – 6:30pm

Palo Verde Country Club Patio • 10801 E. San Tan Blvd., Sun Lakes

Hors d'oeuvres • No Host Bar • Raffle Prizes

Please RSVP before March 15 • events@neighborswhocare.com

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WELCOME NEW BOARD MEMBER: MADELEINE LUTZ

Even though Dr. Madeleine Lutz is new to our Board of Directors, she is no stranger to Neighbors Who Care. Madeleine has been an integral part of our volunteer team since 2014. Most people recognize her as one of our outstanding New Volunteer Orientation facilitators. She has also been a great asset having served on a variety of committees and volunteering for various projects.

There is good reason that Madeleine is so valuable to Neighbors Who Care. In addition to her kind heart and great communication skills, she has vast experience in the area of organizational development. She earned her doctorate in Higher and Adult Education from the University of Missouri-Columbia and also has a master's degree in Adult Education with a focus in



gerontology.

Madeleine was the Vice President of Organizational Development at Sun Health Corporation in Sun City, Arizona where she was responsible for assisting the organization with planned change efforts. She directed the training and development and continuous quality improvement services for 3,700 employees and physicians. As an internal consultant to the senior management team, Madeleine worked with integrating employee and organizational goals. She also was administratively responsible for the Sun Health Geriatric Fellowship Program and has previously served

on the St. Mary's Food Bank and UMOM boards.

Please join us in welcoming Madeleine to our Board!

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Arizona Gives Day April 2, 2019

If you are looking to donate to Neighbors Who Care, consider doing so on Tuesday, April 2. This is Arizona Gives Day, a 24-hour online giving drive to benefit local nonprofits and strengthen our community.

Giving on Arizona Gives Day is simple. Look up www.azgives.org on your computer and enter Neighbors Who Care in the "Find Organizations" box. You will be directed to a page with Neighbors Who Care as one of your options. Click on the "Give" button associated with Neighbors Who Care, and complete your donation on the page that appears. That's it! Your contribution will directly benefit Neighbors Who Care and provide us with opportunities for additional awards.

*Thank you
for helping
us help our
community!*



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 24 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.

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up my
furnishings and
move them?

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options if I am
not going to be
near family?

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NEIGHBORS WHO CARE

Chandler Symphony Orchestra



CSO Holiday Concert 2018

Neighbors Who Care partnered with the Chandler Symphony Orchestra once again for an outstanding holiday concert on December 2, 2018. Held at the Sun Lakes United Methodist Church, this benefit concert showcased the music of well-known Russian composers such as Tchaikovsky, Mussorgsky, and Rimsky-Korsakov, along with traditional Christmas classics. Thank you to the Chandler Symphony Orchestra for your beautiful music and for sharing proceeds from the event with Neighbors Who Care.

Gilbert CPR



Gilbert CPR Valentine 2019

Members of the Gilbert chapter of Connecting Professional Resources (CPR), led by John Kenneally, created handmade valentine cards to deliver to some of our clients. With the guidance and resources of creative genius Tina Marie Ferguson of Artsy Smartsy, the group made 40 one-of-a-kind valentines that rivaled anything you could find in a specialty card store. Thank you to all who participated. You made Valentine's Day special for so many this year!



Bob was wowed when he received his valentine!

Desert Threads Quilt Guild



Joan with Placements



Carol Tucker

A HUGE thank you to the members of the Desert Threads Quilt Guild of Sun Lakes for creating beautiful quilted placemats for our dinner delivery clients over the holiday season. They were certainly well received! Pictured are our Dinner Delivery Coordinator, Joan Byrnes, with many of the colorful placemats and NWC Volunteer Carol Tucker who lovingly wrapped each placemat set with festive holiday ribbon.

And if the placemats weren't enough, the Desert Threads Quilt Guild members also provided us with the most creative "fidget lap quilts" for our clients with dementia and Alzheimer's. These quilts are brightly colored and are equipped with various embellishments including zippers, loops, buttons, pockets, and soft surfaces. Our Neighbors Who Care Case Manager Bonnie Kosar explains the value of fidget quilts: "Since they provide sensory and tactile stimulation, fidget quilts are calming and help to reduce anxiety. They are beneficial because they can be constantly played with."

Many thanks to Desert Threads Quilt Guild for your amazing handiwork and your partnership with Neighbors Who Care!

**Yvonne Cozart
from Desert
Threads Quilt
Guild and NWC
Case Manager
Bonnie Kosar
display one of the
specially made
fidget quilts for our
clients.**



RE IN THE COMMUNITY

Gardens at Ocotillo



Gardens at Ocotillo Juliet Luncheon Feb '19

Residents at the Gardens of Ocotillo Senior Living honored Neighbors Who Care as their Charity of the Quarter. Proceeds from their "Valentine Gram" sales went to Neighbors Who Care, along with other individual donation opportunities. Pictured are NWC's Jennifer Gustafson who spoke to the community's lovely ladies at their February Juliet luncheon along with NWC Board Member Joel Goldman who is also employed at the Gardens of Ocotillo. Thank you for thinking of us and selecting us as your Charity of the Quarter!



Jennifer with Joel Goldman

The Kolb Team



Jennifer at Kolb Team Senior Seminar

January 15 marked The Kolb Team's second senior seminar designed to answer questions relevant to issues about buying, selling, downsizing, rightsizing, or planning for the future. Several guest speakers were on hand to discuss various options to consider, including our own Community Outreach Manager, Jennifer Gustafson, who addressed how Neighbors Who Care's free volunteer services impact those in our community. We are grateful to have had this opportunity and are thankful to The Kolb Team real estate group for including us in this well-attended forum.

Sun Lakes Lutheran Church & Sun Lakes United Church of Christ

It was a wonderful surprise to hear that two churches in our community joined together to collect a love offering at their Christmas Eve services for Neighbors Who Care. Representatives from both Sun Lakes Lutheran Church and Sun Lakes United Church of Christ came to our office to present our Executive Director, Eric Ehst, with a generous donation to support Neighbors Who Care. To the members of both churches, we are deeply touched by your kindness. Thank you for thinking of us and the neighbors in our community.



SL UCC & SL Lutheran 2018 Xmas Collection

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WHAT MATTERS MOST TO OUR CLIENT HEATHER COOKE

Heather Cooke called our office one day to tell us that she wanted the whole world to know about Neighbors Who Care. As a client for the past 2-1/2 years, she said she felt that Neighbors Who Care is one of the “best kept secrets” around and that more people needed to know about the impact our volunteers have on our community.



“I have never experienced such kindness—unrestricted kindness—from anybody on a consistent basis as I have from the people from Neighbors Who Care,” she said. “Neighbors Who Care has been invaluable to me.”

When you meet Heather, you’d never guess that she was 91 years old. But, when talking with her, you get the sense that her longevity is due, in part, to her positive attitude and genuine heart. She said she doesn’t choose to talk much about her health, but she felt compelled to share a story about the day her whole life started to change.

“On August 26, 2016, my eye specialist told me that I needed to turn in my car keys due to my macular degeneration,” Heather explains. As anyone who has received similar instructions can understand, her doctor’s words were a blow to her independence, but she complied. Then, a month and a half later, she learned that she had lung cancer. Yet another blow.

“I had to go to radiation treatment every day for three weeks,” she says. “My daughter works full-time and wasn’t able to take me every day. Fortunately, she found Neighbors Who Care and Bonnie, the case manager, helped us come up with a solution so I could get to all my treatments.” Heather gladly reports that she is currently in remission, but that still relies on Neighbors Who Care volunteers to get her to her medical appointments.

As if Heather hadn’t already been through enough, she then was afflicted with a heart attack last year. When she came home from the hospital to recover, she naturally needed some extra help. Once again, Neighbors Who Care was there for her.

“My daughter arranged to have dinners delivered to me, which has been just wonderful,” she says. “That Joan (the NWC Dinner Delivery Coordinator) does a phenomenal job...and she’s so pleasant!”

When asked what matters most to her, Heather

— **Cookie** cont. on page 11

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.

Cooke

- continued from page 10

thoughtfully states that it is contentment. "I love my home, my family, my friends, and where I live. I love the sunshine! These things and the support of Neighbors Who Care give me a sense of belonging. I am so thankful, and I want to pass the word about the wonderful volunteers and services that Neighbors Who Care provides."

There is no question that Heather is a big fan of Neighbors Who Care. And we are a big fan of Heather! But, truly, it is a pleasure for us to serve all of our clients, and we are grateful for the opportunity to help make their lives just a bit easier.

If you would like to help clients like Heather, we are always looking for kindhearted volunteers. Please call our office at (480) 895-7133 or visit our website at www.neighborswhocare.com to learn more about how you can touch the lives of your neighbors.



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Agent Spotlight

Susan Hayward

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

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

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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 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

SUMMER VOLUNTEERS NEEDED

It's that time of year again when our wonderful Snow Bird volunteers start flocking back to their homes up north. We will certainly miss them while they're away! But with their departure during the summer months, our need for volunteers increases dramatically because our clients live here year-round and still need our help.

If you call Sun Lakes or Chandler your permanent home and have some time and care to share, we would love to have you volunteer with Neighbors Who Care!

Being a NWC volunteer is easy. After attending an informational orientation meeting and registering as a volunteer, you are ready to go. We have many opportunities that will match your interests and availability. Even if you have vacation plans of your own, we are happy to work around your schedule. And you can choose the services you would like to provide including transportation, meal delivery, shopping/errands, friendly visiting, respite care, and minor repairs.

Please call our office at (480) 895-7133 or visit our website at www.neighborswhocare.com for more information.



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

TRUSTBANK MONTHLY WINE & CHOCOLATE EVENTS

Local residents are invited to attend TrustBank's upcoming Wine & Chocolate gatherings held on Wednesday, March 27 and Wednesday, April 24 from 4:00 – 5:00pm at the TrustBank location at 4913 S. Alma School Road, Suite 5, Chandler.

These monthly social events are designed to bring our community together and discuss interesting and relevant subjects in an informal setting. Upcoming topics include "Addressing Life Changes" and a presentation from the Chandler Center for the Performing Arts.

RSVP to marie.fotino@tbaz.com.

Thank you to our partners at TrustBank for reaching out to our community and being a continuous supporter of Neighbors Who Care.



Amazing Dental Care

Mexico Dentistry, Experience the Savings!

Crowns
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E:Andrea@AmazingDentalMx.com

W:AmazingDentalMx.com

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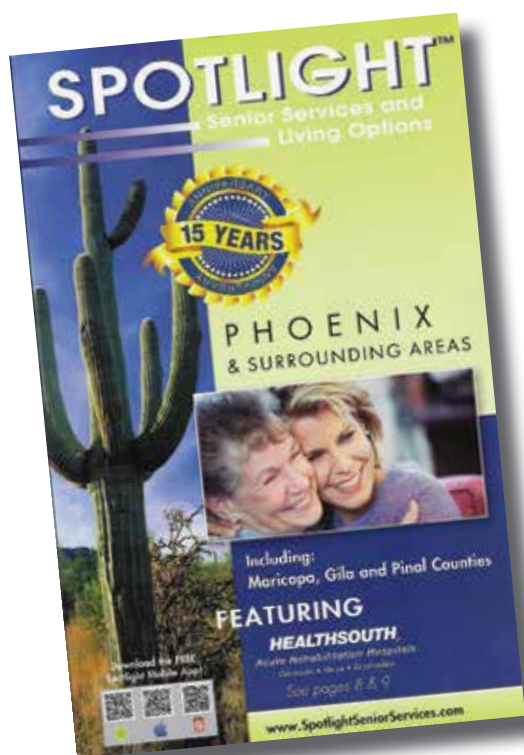
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Awareness, Support, Solutions



www.SpotLightSeniorServices.com

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

ENERGY BOOSTING BREAKFAST IDEAS

We've all heard that breakfast is the most important meal of the day. It is not only necessary to power up in the morning, but it can also help sustain you throughout the day so you don't overeat or succumb to unhealthy cravings. The trick is to make sure you are doing breakfast right.



A good breakfast consists of three major components: Healthful protein, slowly digested carbohydrates, and fruit/vegetables. Listed below are some options you may want to consider when choosing what you eat for breakfast:

- **Whole Grains:** High-fiber, whole-grain breads and cereals can help you manage your blood sugar and keep you from a mid-morning energy crash. Cereals with bran or steel-cut oatmeal are good choices in this category.
- **Protein:** Yogurt is a great source of protein, especially Greek yogurt. An occasional egg is good if you are not dealing with cholesterol issues. Foods with healthful fat, such as nuts or salmon, can also provide needed protein.
- **Smoothies:** Smoothies are a great option since you can throw in lots of delicious and nutritious ingredients including your favorite fruit, juice, and yogurt. You can also add wheat germ or tofu for additional benefits. For consistency, include ice or frozen berries, and you'll have a refreshing, high-energy breakfast all in one tall glass.

Source: Harvard Medical School

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

March

Tuesday, March 12
Tuesday, March 26

April

Wednesday, April 10
Tuesday, April 23

May

Tuesday, May 14
Tuesday, May 21



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	623-277-7747
Sun Lakes United Church of Christ	480-895-6317
Sun Lakes United Methodist Church	480-895-8766
Temple Havuremet Emet	480-803-4120
Unity Church of Sun Lakes	602-309-1818


NEIGHBORS WHO CARE, INC.

Our office will be closed for the following holidays in 2019:

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

Please make a note NWC will NOT provide services on these days