

The Care Connection

NEIGHBORS WHO CARE, INC.

Volume 23 • Issue 2 • September

Caring for Our Community, One Neighbor at a Time

YOU'RE INVITED TO OUR 7TH ANNUAL Fall Fair!



MARK YOUR CALENDARS

**Saturday
November 2, 2019
From 9AM – 1PM
Neighbors Who Care
hosts this celebration
of community spirit.**

Autumn in Arizona is always a time of renewal, as we welcome our neighbors home from summer travel and prepare to enjoy some beautiful weather. As folks get re-acclimated to desert life, we are getting ready for our annual Fall Fair.

For 25 years, Neighbors Who Care has enabled seniors in Sun Lakes and South Chandler to remain in their homes by providing transportation, meal delivery, friendly visits and other services. We have the Valley's best volunteer force, and without their generosity, neighbors who just need a little help would have to depend on family members or move to a nursing home. We know that home is where they want to be, and our volunteers make it possible.

Our annual fair gives everyone a chance to get to know us while having some fun with other members of our community. This year we'll feature:

- Live entertainment
- Dunk Tank
- Short Line Railway Display
- Classic Car Show
- 80 Senior Services Organizations
- Giveaways
- Sun Lakes Bakes! - Dessert Baking Contest
- Kids Activities and more

Our Fall Fair has become a signature event for Neighbors

Who Care, and raising funds while galvanizing the community is very important to us. Amid all the merriment, however, the fair is designed to attract our most critical resource:

VOLUNTEERS

NWC adds about 30 new clients each month, yet we only add 5 volunteers per month on average. It doesn't take a math whiz to see the writing on the wall. We count on good will from the community to meet the increasing needs of our senior population. We simply cannot do it without you.

If you're new to the area, please come to our Fall Fair on Saturday, November 2 and get to know Neighbors Who Care. Learn more about our programs and services and meet our staff! It will be impossible to miss the spectacle in our parking lot on the NE corner of Alma School and Riggs Road, and the event is free & open to the public.

If you're a long time resident of Sun Lakes, Chandler, or any surrounding city, please consider volunteering. You can do as little or as much as you like, and we always work with your schedule. Primarily, we need people to drive senior clients to medical & other appointments on weekdays during business hours. Click the 'Volunteer' tab on our website and register for an upcoming orientation session at www.Neighborswhocare.com

Finally, if you have been a volunteer with us in the past, but haven't been an active volunteer recently, we'd love to reconnect. Please call our office at 480.895.7133, and make a difference in the lives of your neighbors who need help.

Join us to celebrate our community spirit, Saturday, November 2nd at the 7th annual Neighbors Who Care Fall Fair!



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OUR MISSION

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OUR VISION

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

A WORLD-CLASS RESOURCE

Eric Ehst, Executive Director



Eric Ehst
Executive Director

**All services per
Calendar Year 2018**

Volunteers ~ 409

Clients ~ 646

Hours ~ 19,510

Miles ~ 147,322

Occasions ~ 17,333

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.

Recently I was in Gilbert at a meeting of east valley senior service providers. As soon as I introduced myself as being from Neighbors Who Care another attendee spoke up, "My grandmother lives in Sun Lakes and you take such good care of her!" Then the moderator asked somewhat incredulously, "And you do all of this for free?" Before the meeting ended two other people came up to tell me that NWC cares for their relatives or friends and to compliment us on the outstanding job we do.

This was not an isolated incident or in any way unusual. Wherever I go, anywhere in the valley, I invariably get one of two comments. I either hear about a loved one or acquaintance whose life has been touched, or even "saved", by the volunteers of Neighbors Who Care. Or I hear some version of, "I wish there was an organization like yours where my mother/grandmother/friend lives."

We are periodically visited by representatives from charitable foundations, city agencies, and other service organizations. The tours almost always last twice as long as scheduled so we can cover everything we do and are followed by comments such as: "I had no idea you did all of that."; "Your volunteers are amazing."; and the ever-popular, "I really wish there was an organization like yours where my mother lives."

NWC is nationally known and respected. Last fall we led a phone discussion with volunteer groups from around the country and we recently hosted the director of an organization from Washington State.

To the people of Sun Lakes and south Chandler, Neighbors Who Care is not a secret. What is not so generally known is the breadth of our services or the profound effect we have on the lives of those we serve. We now have over 500 volunteers helping about 1500 clients. Demand is increasing as we add about 30 new clients each month and as they continue to age. About 40% are now over 85, with 75% over 75. Over 2/3 of them live alone, many with no local family to help out and without enough money pay for all of the care they need. That's what makes us so vital. In their own words:

"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."

Even as we work to meet the demand we're finding new ways to improve. We now provide free meals when clients can't afford them. We provide an extra layer of support to frail seniors discharged from hospitals and rehab centers. We are offering new ways to keep our homebound clients socially connected and active.

Our community is lucky. Neighbors Who Care is truly a world-class organization on the cutting edge of providing cost effective community-based solutions to the challenge of caring for our aging population. Our volunteers are among the best and most caring people in an increasingly hostile world. We'd love to have you join us: www.NeighborsWhoCare.com (480) 895-7133.

If you would like to experience the deep personal satisfaction that comes from volunteering to assist your neighbors or if you know of someone who needs our help, contact us at 480-895-7133.

NEIGHBORS WHO CARE BOARD OF DIRECTORS

Board Buzz... Cherie Dankas



Neighbors Who Care is pleased to announce the latest addition to our Board of Directors, Cherie Dankas. Cherie brings a lifetime of professional nursing experience and a heart for service to the board, and is looking forward to contributing to the future of Neighbors Who Care.

Cherie first came to NWC as a client in need of services after knee replacement surgery in 2014. Our volunteers came to her aid, providing transportation and performing home repairs while she was healing. Compelled by the compassion she received, Cherie became a regular volunteer once she recovered.

Cherie grew up in Northern California, where she began an impressive nursing career. First in labor and delivery, then pediatric intensive care, Cherie dedicated many years to providing hospice care before retiring in 2013.

In addition to her vast nursing experience, Cherie served as treasurer of the Suburban Women's Club and a battered women's organization in Lafayette, CA. She also was a board member of several California schools and even played the role of Smokey the Bear, wearing the heavy costume during visits to California schools during the mid-eighties!

Cherie has a lifelong love of horses, a sharp sense of humor and is one tough cookie when she needs to be. She looks forward to serving on Neighbors Who Care's board because she learns something new from fellow board members every time they meet. "I want to be a part of something that's bigger." She says about becoming a board member. Always willing to help a neighbor, we are glad to have Cherie's participation as a board member AND a regular office volunteer. Congratulations and welcome, Cherie Dankas!



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AN INTRODUCTION

By Elizabeth Vaughan, Outreach Manager

Hello! I'm Elizabeth, the new Outreach Manager for Neighbors Who Care. I came aboard in August, and am busy learning about NWC and its many facets. With the help of some of our veteran volunteers, I'm planning our 7th annual Fall Fair, introducing myself at community functions, recruiting volunteers and, of course, getting our newsletter published and delivered to all our readers. There's so much to do, it's hard to know where to begin!

So let's start here. A bit about me: I grew up in Kansas City and studied at the University of Kansas, majoring in Communication Studies with a minor in music. After college, I toured the country for a year with my band, then settled down in Kansas City. I'd probably still be there if I hadn't been flooded out in the Great Midwestern Flood of 1993. Although everything I owned was ruined, I felt free! So I quit my terrible office job, bought a truck and headed west.

I fell in love with Arizona immediately, and began a marketing career with Coca-Cola. I was an early adopter when the Internet came along, and signed on with MindSpring (now EarthLink) to compete against then-dominant AOL. When the tech bubble burst, I moved into the event & entertainment world, allowing me to work with a wide range of organizations – from Heath bars to NASCAR, I've enjoyed an interesting and fun work life.

Four years ago I decided to put work on the back burner in order to care for a family member. First, my husband, then my mother. These experiences changed me, revealing that I really have a heart for service and a desire to bring meaningful change that improves the lives of others. I researched the non-profit world and was hired to manage operations at Stop Hunger Now (now RISE Against Hunger) engaging volunteers in meal packaging events that fed schoolchildren in poverty stricken countries worldwide. Exhausting, but powerful work!

But during my time as a caregiver, I kept hearing about this wonderful organization called Neighbors Who Care. People urged me to attend the caregiver support group. Then the Alzheimer's Association recommended NWC for respite care. The name came up over and over, so when I saw the Outreach Manager listing, I submitted my resume right away.

....And here I am, getting to know you. I've been more impressed and inspired with every new discovery. Our leadership is top notch, and the caliber of our volunteer force is incredible. The work Neighbors Who Care has done for 25 years speaks for itself, and as you know, the organization has a stellar reputation in our local community and beyond. I'm proud to be a part of something that impacts the lives of so many, and eager to find new ways to attract new volunteers while making existing ones feel appreciated. Our client roster will only get larger in the future, and we will be ready to serve them.

So Hello! Pleased to meet you.

....And now, I'd better get back to work! See you at the Fair, Saturday Nov. 2.

'The King' and I, throwing out the first pitch at Wrigley Field in 2007 (Can you name this racing legend?)



Gratitude



A Big Thank you goes out to Christy Neal and her team from Brookdale North Chandler for their support of Neighbors Who Care weekly support group.

Not only have they reached out to our caregiver group, they've also brought fresh cookies baked by Brookdale's chef, and they are delicious! Thank you, Christy, from Neighbors Who Eat. Care.

HOLIDAY CONCERT BENEFITS NWC

December 1, 2019

3:00 pm

**Sun Lakes United
Methodist Church
9248 E. Riggs Rd.
Sun Lakes, AZ**



Deck the holidays with the Chandler Symphony Orchestra!

Enjoy the season's best loved music with CSO and guest conductor Martin Haub. Chandler Symphony Orchestra will perform ONE SHOW this year, and it is expected to sell out. Both the Chandler Symphony Orchestra and Neighbors Who Care are volunteer-driven nonprofit organizations, and we value your continued support. Let us say 'thank you' by bringing you the gift of exquisite music to celebrate the holidays!

Tickets are \$10 for general admission and \$15 for 'front and center' reserved seating, with proceeds going to NWC and CSO.

Visit www.neighborswhocare.com for info

Buy tickets online at www.chandlersymphony.com (click on 'concerts')

*A limited number of tickets will be available at the Neighbors Who Care office in October.

Proceeds benefit Neighbors Who Care and the Chandler Symphony.

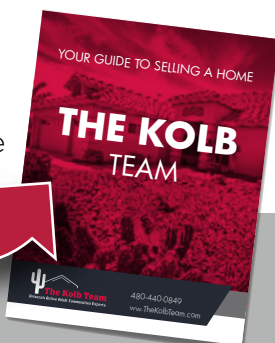
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DO YOU HAVE QUESTIONS ABOUT MEDICARE?

Whether you are new to Medicare or would like to re-evaluate your current plan, you are invited to learn more about the options that are available to you.

The Area Agency on Aging, Region One, in partnership with Neighbors Who Care, is providing Medicare counseling services through the State Health Insurance Assistance Program (SHIP) on Thursdays beginning October 17, 2019. These services are offered to anyone interested in understanding all of the options available through Medicare at NO COST from a counselor who is NOT affiliated with any insurance company.

What You Should Know

Open enrollment for Medicare Part D (Prescription Drug Plans) and Advantage Plans is October 15 – December 7, 2019. Anyone with a Prescription Drug Plan can take advantage of this open enrollment period to compare your current plan with other available plans to ensure that you are not paying too much for prescription drugs. This is also an opportunity to consider other Advantage Plans.

Low income programs are also available to assist with paying medical expenses. If you are having difficulty paying for premiums, co-pays, or drug costs, you may be eligible for some assistance.

What to Bring to Your Appointment

To have your questions best answered, please bring your Medicare card, any supplemental insurance or health care cards, and a list of your current medications, including dosages and how often medication is taken.

Call the Neighbors Who Care office at (480) 895-7133 to schedule a one-hour appointment. There are only three appointment slots available each Thursday but appointments will run continuously, even after open enrollment ends.

WATCH GREAT GOLF SUPPORT NWC

TICKETS Fore CHARITY

Purchase a \$30 any day grounds ticket (free parking and children's admission included) and 100% of the money goes to Neighbors Who Care. Watch the top 36 players on the Charles Schwab Cup tour go for the top prize in the final event of the season.

It's as easy as 1-2-3

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

2019 Charles Schwab Cup Championship

Phoenix Country Club

Phoenix, Arizona

November 6 – 10, 2019

DON'T LIKE TO PAY EXTRA TAXES?

Give to Neighbors Who Care Tax Free From Your IRA!

Are you at least 70 ½ years old? If so, you have to take a required minimum distribution (RMD) from your IRA each year. This counts as taxable income to you.

As long as you are at least 70 1/2 years old, you can direct up to \$100,000 tax free from an IRA to any eligible nonprofit, including Neighbors Who Care. If you have not yet made your Charitable Rollover, be sure to contact your financial advisor soon. We strongly recommend you initiate your rollover by December 3 to avoid last minute issues and ensure it is completed in 2019.

When you talk to your professional advisor, double-check the beneficiaries of your IRA or other retirement and/or insurance plans. As life circumstances change, we sometimes forget to update recipients, and it is important to ensure your assets will be distributed exactly as you intended.

Naming a nonprofit, such as Neighbors Who Care, as a beneficiary in your plan is a simple and cost-effective way to make a charitable gift part of your estate and could relieve your heirs of onerous distribution and taxation rules.

You can help NWC help others and avoid unnecessary taxes at the same time!

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.

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

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Neighbors Who Care is adding 30 new homebound and disabled clients each month. By contrast, we typically add 3-5 new volunteers per month, and even fewer during summer months.

Without your help we won't be able to fulfill our mission of enabling our neighbors to continue living independently in their own homes with pride and dignity. Help us keep our promise to care for our neighbors in need.

Our caring volunteers touch the lives of those we help nearly 20,000 times each year allowing them to remain at home for an average of 5 more years. Isn't that what you'd want for yourself?

Volunteering with NWC is easy and rewarding.

- Wide array of services to choose from
- No minimum service requirement
- Flexible hours (choose your own schedule and assignments)
- Grateful clients – new friends

www.NeighborsWhoCare.com or call us at (480) 895-7133

We need you, your friends, your family, and your neighbors. You put the 'neighbors' in Neighbors Who Care.

Thank you for 25 years of dedication and unwavering support!

‘You Make A World of Difference’ Neighbors Who Care’s Volunteer Recognition Event

How do you say ‘thank you’ to the world’s most valuable volunteers?

Words don’t do justice when it comes to describing how grateful our community is for the volunteers that serve with Neighbors Who Care. We had a lovely celebration on the patio at Palo Verde with the theme ‘You Make a World of Difference’ in March, and thought we’d just let the pictures tell the story.

... Thank you, 2019 NWC Volunteers.





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BIRDIES MEAN BUCKS FOR NEIGHBORS WHO CARE

NWC is once again partnering with Birdies for Charity to raise money for our programs. In 2018 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 2020 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 so every \$1 you give means \$1.15 for NWC.**

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 2, 2020.

OCTOBER DATES TO REMEMBER

10/1: National Homemade Cookie Day – Make a batch of your favorites as a rehearsal for ‘Sun Lakes Bakes’, Neighbors Who Care’s dessert baking contest at this year’s NWC Fall Fair!

10/4: World Smile Day – Be sure to floss... and challenge yourself to smile at everyone you meet on this day. It’s a good time to schedule a cleaning with your dentist as well.

10/5: Do Something Nice Day – Well, our volunteers do this all the time! Do something nice for yourself as a reward.

10/16: Dictionary Day – Look up a word you’ve always wondered about and find the definition. Be sure not to fall victim to logorrhea, though.

10/19: Evaluate Your Life Day – Are you staying busy, but not taking on too much? How about your health? Are you getting enough sleep? Think of something you’d like to improve in your life and set a new goal to make it happen.

10/26: Make a Difference Day – Again, Neighbors Who Care volunteers are constantly making a difference for their neighbors and our community. Why not reach out to a friend and encourage them to attend an upcoming orientation session at NWC?

10/31: Halloween – One day each year, you can get away with wearing just about anything in your closet. Make the most of it, and dress however you like. Be sure you have an answer when folks ask what your costume is supposed to be!

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CAREGIVER SUPPORT GROUP

By Elizabeth Vaughan

The first time I attended, I was there as an observer. I'd just started my new job, and one of the programs sponsored by Neighbors Who Care is the Monday afternoon Caregivers Support Group at Risen Savior Lutheran Church. As the Outreach Manager, I would need to learn everything I can about the organization I represent, and this meeting seemed like a good place to start.

Bonnie is NWC's Case Manager, and she leads the meeting every Monday from 1PM-3PM. On this particular Monday, she opened the session with a bit of humor and then introduced me to the group that numbered about 15. I explained that while I'd had some experience as a caregiver, I was merely there to observe. Bonnie laid out some ground rules and asked the first member how they had been over the past week.

As we made our way around the circle, I found myself transfixed. Men and women of all ages, from all walks of life and with wide ranging circumstances shared their caregiving experiences from a mere seven day period of their lives. They did so without pretense or societal filters, unreservedly allowing their emotions to emerge before the entire group. I forgot all about taking notes – the new job – everything that existed outside the safety of our meeting place. I felt every person's pain, moments of frustration, instances of triumph, bittersweet memories of their loved ones... everything. Before I knew it, we'd made our way around the circle to me.

I opened my mouth to say, 'I'm just observing.' Instead, a torrent of words spilled forth so quickly it was embarrassing. I couldn't have stopped it if I'd tried, which I didn't. I told these people I'd just met about my own caregiving experience and the family dysfunction that has occurred since my mother's Alzheimer's diagnosis. Nobody was more surprised than me by my sudden willingness to disclose some of the most painful personal experiences I'd ever had in my life.

When I finally ran out of words, I looked around and recognized the look on the others' faces. It was a look of understanding. Some nodded, and one person even shared a story of dementia causing a schism in their own family. Another person chimed in, stating that dementia often causes the disintegration of otherwise strong family alliances. The focus shifted to the next person in our circle, but strong feelings kept washing over me - Validation. Acceptance. Relief. For the first time in months, I felt my caregiving confidence returning.

That, my friends, is what a support group is designed to do. Dementia caregivers often grapple with ambiguous loss (when their loved one is still physically present, but not 'really there') and anticipatory grief (grieving the loss of a loved one long before they die), for many years. It is a special kind of exchange that only a group of like-minded strangers can provide, and there are many other caregivers out there who need this exchange.

The group is sponsored by Neighbors Who Care and is led by our exceptional Case Manager, Bonnie Kosar. She is a skilled

— **Caregiver** cont. on page 12



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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

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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.



The Perfect Place

Adult Day Services



Join us for
The Perfect Place Craft Fair

October 18, 2019

9AM-4PM

Risen Savior Fellowship Hall

We are looking for Crafters!
Call or register online at
www.TPP-AdultDayCare.org

Join us for
The Perfect Place Tea

November 10, 2019

2PM-4PM

Risen Savior Fellowship Hall

Located on the campus of:
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23914 S. Alma School Road, Chandler, AZ

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

Caregiver

- continued from page 11

facilitator and is warm and inclusive to all members. If you are facing the challenges of caring for a loved one, you'll find a warm welcome at this, and dozens of other support groups Valley wide. If this meeting isn't convenient for you, please find a support group in your area. It might be the most important thing you do all week.

Remember; self-care is crucial to a caregiver's regimen. You owe it to your loved one to make time for your own emotional, spiritual and physical needs.

Mondays, 1-3 PM

Risen Savior Lutheran Church

23914 S Alma School Road

More information: 480.895.7133

NEED A TAX BREAK?

Since the recent tax reform bills at both the federal and state levels doubled the standard deduction, most taxpayers are no longer itemizing deductions and can no longer deduct their charitable donations. This change has reduced the amount of donations to charity and made it harder for great organizations like Neighbors Who Care to fulfill their missions. Starting with this tax year (2019), Arizona taxpayers will be able to deduct 25% of their charitable donations from their gross income even if they don't itemize.

We know that our donors love the work that we do and most of you donate to us to help your neighbors and not for a tax break, but now you can get both. The money you generously donate to Neighbors Who Care not only helps your frail, homebound, and disabled neighbors to continue living in their own homes, but also provides a small reduction in your Arizona income tax bill. So please be generous.



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

Amazing Dental Care

Mexico Dentistry, Experience the Savings!

Crowns
\$240

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USA Contact Phone: 480-332-0774

E:Andrea@AmazingDentalMx.com

W:AmazingDentalMx.com

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480-833-8247

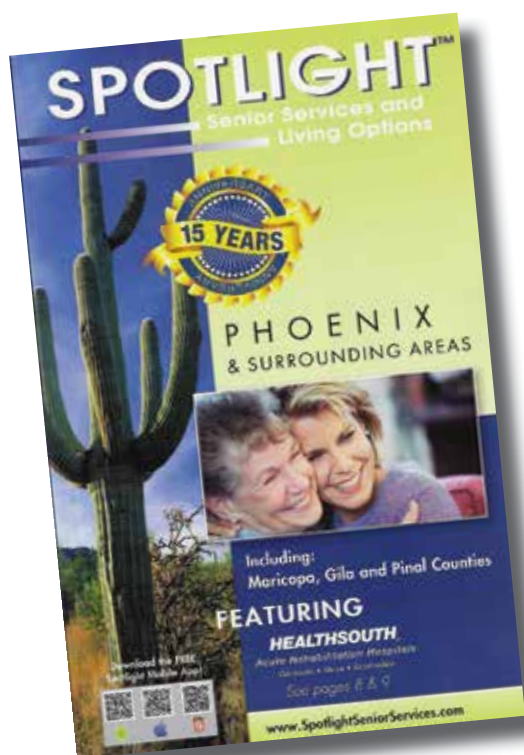
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America's Choice in Homecare.
VisitingAngels®
LIVING ASSISTANCE SERVICES



Each Visiting Angels agency is independently owned and operated.

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

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.

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 4:00 – 5:00 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

Senior Center at Home – Provides homebound Seniors with online or telephone connection to educational programs, discussion groups, and friendly visitors to help maintain mental sharpness and prevent social isolation



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 business 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.

September

Tuesday, September 24

October

Tuesday, October 8
Tuesday, October 22

November

Tuesday, November 5
Tuesday, November 19



CREATIVE ENGAGEMENT PARTNERS
SUN LAKES

SOUTHEAST VALLEY MEMORY CAFÉ

WHEN:

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:

Thanksgiving and day following, and Christmas Day.

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