

The Care Connection

NEIGHBORS WHO CARE, INC.

Volume 23 • Issue 3 • December

Caring for Our Community, One Neighbor at a Time

25TH ANNIVERSARY

25 Years of Neighbors Who Care

Eric Ehst, Executive Director

It's hard to believe but Neighbors Who Care is finishing up its 25th year of service. In November 1994 some Sun Lakes residents noticed that many of their neighbors could no longer drive to the grocery store and banded together to help out. With the support of the Interfaith Council of Greater Sun Lakes the first volunteer rides started in January 1995 and Neighbors Helping Neighbors was born. Initially it was an all-volunteer effort just providing shopping help to residents of Sun Lakes and Sunbird.

Ever since that humble beginning it's been a ride in the whirlwind. We've been through three office moves and a name change (to prevent confusion with existing organizations). We've expanded to serve Sun Lakes and all of Chandler south of Queen Creek Road. Grocery shopping has become only a small part of what we do for our frail and homebound neighbors. We now also provide transportation to medical appointments, evening meal delivery, business assistance, minor home repairs, daily reassurance calls, friendly visiting, respite care, welfare visits, scheduled shopping van service, hospital discharge support, case management and referrals, senior center at home connections, caregiver support groups, and educational programs. We also partner in a weekly memory café (one of the first in Arizona) for dementia sufferers and their caregivers.

Over those 25 years our volunteers have donated over 375,000 hours of their time, driven 2,500,000 miles in their cars,

delivered 140,000 hot meals, and helped a neighbor on 360,000 occasions.

The real story is the people we help. Each year we provide direct services to about 700 people and indirect support to many more. What we do allows our neighbors to continue living independently in their own homes for as long as feasible. Our average client has been receiving our support for over 5 years. That's 5 years longer they're able to live at home and not be forced into an institution or have to move in with family. Our longest served client has been receiving our help for 23 years. Our oldest client was in our program for 17 years and only had to give up her home a couple of months shy of her 105th birthday.

Over the past 25 years NWC has not only grown in size and scope, we have won a number of prestigious awards and become a recognized leader in the fast-growing aging in place movement.

As the population continues to age (over 85 is the fastest growing demographic) the need for NWC continues to grow. We add 30 new clients needing help each month. This is stretching our resources, both volunteers and money. If you have a little time, we would like to offer you the deep satisfaction that comes from assisting your neighbors. You can work on your own schedule with no minimum requirement. If you have a little money to help out this holiday season, we could use that too. Please use the envelope provided in this newsletter or contact us at 480-895-7133 (www.neighborswhocare.com).


NEIGHBORS WHO CARE, INC.

"Senior Independence Through Volunteer Services"

10450 E. Riggs Rd., #113

Sun Lakes, AZ 85248

480-895-7133 • (F) 480-895-5508

www.neighborswhocare.com

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.

THE BEST GIFT EVER (5 YEARS!)

By Elizabeth Vaughan

As Christmas approaches, it's nice to take a moment to reflect on Christmas past. Is there one particular Christmas that stands out for you? Which one was your best Christmas ever? Was it because of what you **received** that year, or because of what you gave? Personally, I believe the joy of the season really comes from thoughtful giving.

Working at NWC, we often get to experience the joy that comes with giving. We are constantly reminded that, thanks to our team of dedicated volunteers, we provide our clients with the best gift ever: **Five Years**.

Yes! On average, the people we serve enjoy an additional 5 years living independently in their homes instead of moving in with a relative or into an assisted living facility. Think about that gift... **5 years!** We think that five additional years at home must be the **best gift** anyone could ever hope for, and giving it feels great. Neighbors Who Care gives our community members quality of life.

When you donate to Neighbors Who Care, you should also feel incredible. Because of your gift:

-NWC is able to recruit, train and vet new volunteers. At current client levels, we must add a minimum of 12 volunteers per month!

-We can visit each person requesting our services in their home to determine their level of need. Our professional Case Manager ensures that all new clients qualify to receive NWC services.

-Homebound seniors in your own neighborhood will be delivered hot, nutritious meals - even those who need but cannot afford to pay for their dinner.

-Neighbors Who Care finds volunteers to provide transportation to critical medical appointments for your frail, elderly neighbors.

-We are able to maintain Neighbors Who Care's grocery van and fuel it up for weekly trips to Fry's, Basha's and Wal-Mart where seniors can shop for themselves.

-We can find skilled volunteers to help vulnerable seniors manage their finances or perform light household repairs.

- We are able to offer Medicare counseling, AARP driver training and other crucial educational programs to our community members.

-Neighbors Who Care will schedule respite and friendly in-home visits for homebound seniors and overworked caregivers in need of a break.

-You allow Neighbors Who Care to provide our entire menu of services free of charge.

-Most importantly, Neighbors Who Care can continue to be the valuable community resource it's been for the past 25 years. Sun Lakes and South Chandler residents have come to depend on us to continue living independently and with dignity, and can count on us to be here in the future.

The envelope, please...

We ask that you remember Neighbors Who Care for your end-of-year giving. Every dollar you give provides \$3 in direct services to our community. We are committed to frugality and are excellent stewards of the gifts made to further our mission and cause; to enable seniors to live in their homes for as long as feasible regardless of physical disability or mental acuity. We've provided an envelope for your gift inside this and every newsletter issue. Thank you for supporting Neighbors Who Care and for helping those in our community who need help with activities of daily living.

We want to wish all our newsletter readers, NWC clients, volunteers, donors, partners, family and friends the happiest of holidays this year. Many of you are stalwart supporters of Neighbors Who Care, and we are grateful for your continued support. There are members of our community who are extremely vulnerable. It is difficult for many people to ask for help, and we are committed to be here for them when they do.

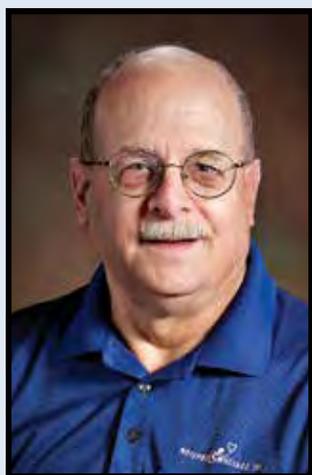
We can only do so because of **you**.

Here's to making a lasting impact in 2020 and beyond!

Sincerely,



Cathy, Elizabeth, Eric, Verna, Joan and Bonnie



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.

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

BRINGING THE SENIOR CENTER TO YOUR HOME

By Barbara Carr

As a member of the Neighbors Who Care community you understand the value of social connection. You understand the benefits of a strong, supportive community around you. You understand that aging in place doesn't necessarily mean aging alone. For a long time we have been looking for a program that will provide this social connection for our clients who cannot easily leave their homes. We have found that program with Well Connected.

Covia, a non-profit senior housing provider based in Northern California, understands this well. For over 50 years, Covia has been faithful in its mission to promote positive aging by cultivating healthy and engaged communities with a continuum of innovative services that actively support intellectual, physical, emotional, spiritual, and social well-being.

In 2004, Well Connected (formerly called Senior Center Without Walls), a community service of Covia, was born with the goal of connecting people through the technology available at the time – the telephone.

Since that time, Well Connected has expanded across the country connecting over 1500 older adults who would never have the opportunity to otherwise engage. Even as technology moves at the speed of sound, everything Well Connected offers is accessible by phone. Some programs with visual aids are now also offered through your computer with paper handouts mailed free to phone participants.

Every week, 365 days a year, participants from across the country can find friendship and opportunities to engage with others through virtual group activities. These include health & wellness presentations, museum tours, armchair travel, brain health, games, friendly conversation, support groups, and other special events. Live groups are accessible everyday – including weekends and holidays—and are offered free of charge to registered participants.

For those interested in more individualized engagement, phone-based friendly visits are available through Covia's Social Call program. Social Call matches individuals for weekly telephone chats with conversation about shared interests and passions.

In a world wrought with bad news it's also comforting to know that positive relationships are just a phone call away, because connection makes life better for everyone!

Well Connected Espanol is available for Spanish-speaking older adults, and Social Call can match individuals who speak languages other than English.

When you enroll you will receive a quarterly catalog and calendar of programs to choose from. All programs are free of charge. You can get more information at www.covia.org/services/well-connected or by calling the number below.

To enroll in the service, please contact: Covia –Well Connected and Social Call (877) 797-7299 or coviaconnection@covia.org

If you need assistance enrolling or in understanding the program, contact the Neighbors Who Care office at (480) 895-7133 and we will have a volunteer help you.



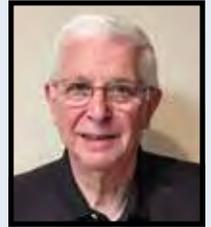
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This free class is held every Friday for 8 weeks at Neighbors Who Care's office in Sun Lakes, and is designed to increase flexibility, strength and participant's confidence in their mobility. It is one of the best things you can do to stay active, stable and safe.



Start: Friday, January 17, 2020

Time: 1PM - 3PM

At Neighbors Who Care

10450 E Riggs Road, Suite 113, Sun Lakes, Arizona 85248

Call 480-895-7133

or email eric@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

NEIGHBORS WHO CARE RECEIVES GRANT FROM VIRGINIA G PIPER CHARITABLE TRUST



Neighbors Who Care is a recipient of a Virginia G Piper Charitable Trust capacity building grant, which is quite an honor. The grant comes with a team of nonprofit consultants who are agents of positive, productive change. So don't be surprised if you feel like you're in the wrong suite next time you stop by our office. We're getting new

computers, office furniture and more. You may notice some changes to the way we do business too. Change is seldom easy, but in the end it will all be worth it.

Neighbors Who Care wishes to thank the consulting team and the Virginia G Piper Charitable Trust for helping us prepare to serve a rapidly growing population. We are grateful for the support of our entire community and look forward to more change for the better in 2020.

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It was a Beautiful Day in our Neighborhood!

Neighbors Who Care's Fall Fair brought the community together on a beautiful Saturday morning to celebrate fall in Arizona and reconnect with our neighbors. The celebration was enjoyed by all, and made possible by our generous sponsors and dedicated volunteers.





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Thank You to all who made our 2019 Fair a success!

Special Thanks to:

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Neighbors Who Care was thrilled to have Consumer Cellular support the fall fair this year. Our fair marked the first local Arizona event ever for Consumer Cellular. They generously provided free T-shirts for all fairgoers and brand new cell phones – including a Moto G7 Power smartphone – for the winners of Sun Lakes Bakes! The local Consumer Cellular team has been great to work with, and we'll be sharing the company's story in future issues of the Care Connection.



EVENT SPONSORS:



NEIGHORHOOD SPONSORS:



SUNSHINE SPONSORS:



OTHER SPECIAL THANKS:

Basha High School & Hamilton High School National Honor Society student volunteers came early, pitched in and truly helped with every facet of the event. Even more, they did so with a smile! Thank you!

Parkland Memory Care generously provided shuttle service to our overflow parking lot, as well as a gorgeous gift basket for our baking contest.

Sun Lakes Rotary Club sponsored and managed our dunk tank, helping us raise funds for NWC.

F Stop Photography took photos, video and some incredible drone footage of the event. They also produced an excellent short video – check it out on Neighbors Who Care's Facebook and YouTube page!

Arizona Fire & Medical Authority – allowed us to use their concessions grill, gave informative demonstrations, giveaways and provided us volunteers for our dunk tank!

**Sun Lakes Sheriff's Posse
Short Line Railroad Club
Right Away Disposal
Sun Lakes Classic Car Club**

Special Gratitude to our magnificent Fall Fair planning committee.

Sandy Weeks
Barbara Carr
Joanie Lecky
Ramon Rubio
Joel Goldman
Jeanne Norton
Harry Huckemeyer
Kathleen Arquette

Fred Voltmer
Ginger Voltmer
Valerie Bishop
Carolynn Hanson
Lynette Marzano
Jerry Packebush
Lori Whitney

Thank You to all who made our 2019 Fair a success!

All our service provider partners provided valuable information and resources to all who attended the fair. Be sure to thank them by keeping the following companies in mind whenever you're making a purchase or service decisions. They support our community in so many ways!

A Better Way Ministry
 AARP Driver Safety
 About Care
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 Alliance Care Team
 Amada Senior Care
 Amazing Dental
 Applied Gerontology
 Assurance Financial & Insurance
 AZ Mediquip
 Balance By Li
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 Hospice of the Valley
 Isagenix
 Kolb Team Real Estate Group
 Korean War Vets

LHC Group
 Liv Generations Senior Living
 Vision Independence Services of Arizona
 New Adventures in Learning
 Optum Care Community Center
 Parkland Memory Care
 Right Away disposal
 Ritchie Financial – The LTC Store
 Shanti Hospice
 Sonoran Senior Placement
 Sun Lakes Community Church
 Sun Lakes Creative Dental
 Sun Lakes United Church of Christ
 Sun Sounds of Arizona
 The Perfect Place
 Throne Buttler
 Ultra Brite Window Cleaning
 Valley Long Term Care
 Valley of the Sun Homecare
 Valley of the Sun Mortuary & Cemetery
 Vietnam Veterans
 Vitality Health
 Washington Federal Bank
 Walgreens
 Wellsprings of Gilbert
 Y-Opas



Congratulations to Ngaio Tracy for her winning entry in our inaugural baking contest, Sun Lakes Bakes! Ngaio's German Chocolate Cake Cookies received the highest score, making them the Best Dessert in the Desert! Other top dessert entries were:

- Fred Voltmer: Rosa's Bundt Cake
- Fran Kenner: Italian Cream Cake & Red Velvet Cake
- Chad & Liv Hanstedt: Grandma Emma's Red Velvet Cake
- Valerie Bishop: Chocolate Chip Cookies with Pecans
- Ginger Voltmer: Sandkake

And Mary Ann Sacco, 'The Pie Lady' who brought a pumpkin pie just because. Delicious!

Fairgoers really enjoyed having a taste of all the entries, and there was great collaborative chemistry among our distinguished panel of judges. Special thanks to each of them.



*Sun Lakes Bakes! Celebrity Chef Judges:
 John Judge – Chicago Cubs, AJ's Fine Foods
 Mary Ann Sacco – The Pie Lady
 Hanna Nilsson – BeCe Kitchen
 Rodney Conway Jr. – The Park at Copper Creek
 Christian Cangemi – Clarendale of Chandler*

Thank You!

Neighbors Who Care would like to thank **Parkland Memory Care** for generously providing luxury transportation at the Fall Fair!

AMAZON SMILE PROGRAM

Amazon will donate 0.5% of the cost of any purchases made from Amazon.com to Neighbors Who Care if the purchaser uses the Amazon Smile Program.

There are two ways to make the donation:

One Time Purchase

1. Instead of going to www.amazon.com to make a purchase, go to www.smile.amazon.com .
2. Select Neighbors Who Care, Inc. (Sun Lakes, AZ) as your charity. Be careful as Neighbors Who Care, Inc. (Waltham, MA) is also listed.
3. Continue on to make your purchase.
4. Or you can go directly to https://smile.amazon.com/ch/86-0966061 to have your purchase automatically credited to Neighbors Who Care. You can bookmark this site to donate each time you shop.

Automatically Donate to NWC

1. Go to www.smile.amazon.com
2. Select Neighbors Who Care, Inc. (Sun Lakes, AZ) as your charity.
3. Follow the instructions to download the amazon smile app to your computer. This will place an amazon button on your web browser.
4. Anytime you wish to make a purchase from Amazon, click the button to go to Amazon Smile. It will open a box showing that you support Neighbors Who Care and allow you to search for your product. All purchases will automatically provide a donation to NWC.
5. You must download the app separately for each computer/phone/web browser you use to make purchases.



Weird Traditions around the World

By Elizabeth Vaughan

New Year's traditions abound. Depending on your own family history, you might be planning to join in some good old American New Year's Eve frivolity. A hearty kiss with a champagne toast is a popular choice, and gathering with ten thousand (or more) strangers in your town square appeals to many. Fireworks are a common way for communities to celebrate, and lots of us will eat black-eyed peas or pork for good luck on New Year's Day.

You might be surprised by the way some countries ring in 2020, however. There are some pretty strange traditions in cultures in far-flung parts of the world. See if you agree.

Spain

It sounds like a good way to choke, to be honest: During the final minutes of each year, Spaniards stare intently at a bunch of grapes in anticipation. At the stroke of midnight, 12 grapes are to

be eaten before the clock's count is complete. That's one grape for each chime of the clock. For those who succeed, 12 months of good luck are the reward.

Ecuador

Ecuadorians purge the negative events from the past year by stuffing scarecrows with paper and setting them ablaze. They also torch photographs associated with the year's bad happenings, setting the stage for a fresh start in the New Year. I bet Ecuadorian firefighters stay busy with all that open flame.

The Philippines

Filipinos go out of their way to interact with circular or round objects. Many really go overboard with the circles, wearing polka dots, eating only round food, placing 12 round fruits on the dinner table... In doing so, they are symbolically interacting with coins – to wit; wealth. This practice is supposed to usher in prosperity in the coming year. Another traditional activity is to jump as high as you can at the stroke of midnight, which will make you taller, according to Filipino elders.

Denmark

All year long, Danes stockpile plates. Yes, as in dinnerware. Why? At the stroke of midnight, they hurl plates at the front doors of friends and family with glee. It is reported to be high praise if you find shards of ceramic dishware on your doorstep, as the hurling is a sign of affection. Even so,

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Where is JD?

Young JD McElenney enjoyed spending time with his Grandma Patty, and spent weeks riding shotgun when Patty delivered hot meals for Neighbors Who Care. Stop after stop, meal recipients answered their doors, surprised to see a youngster handing them hot food. It wasn't long before JD was asked to help in other small ways. One meal delivery even turned into an Air Conditioner repair! Ever gracious, JD was happy to help. Eventually, his studies demanded full-time



Proud Grandma Patty and JD McElenney

attention, so Grandma Patty was back to volunteering solo. For quite some time, meal recipients repeatedly asked her, 'Where is JD?'

For all who asked about him; here is an update:

JD McElenney graduated from the college of his dreams, Notre Dame Business School, on May 19th, 2019. He has now embarked upon a career in Finance with a firm in Chicago, IL.

His time serving with his proud Grandma Patty at Neighbors Who Care made a difference in many lives, including his own. He continues to volunteer with organizations such as Big Brothers & Big Sisters and rumor has it that he'll be back to visit his Grandma Patty this holiday season. Neighbors Who Care wishes to congratulate the McElenney family and shares their excitement for JD's bright future. Way to go, JD!

Traditions

- continued from page 10

who wants to spend New Year's Day cleaning up your front yard?

Peru

Peru's Takanakuy festival occurs at the end of December, but you might consider avoiding Peru this time of year. From the Amazon jungle to Machu Picchu, Peruvians face off with one another in bare-knuckle brawls in a ring (overseen by police) to celebrate Takanakuy. These fights are said to be 'friendly' in nature, and after the melee both fighters have a fresh start for the year. Takanakuy translates to 'When the blood is boiling'.

There are dozens of even stranger customs out there with fascinating histories. Perhaps America's traditions seem a bit tame to the rest of the world, but we know how the revelry can get out of hand. However you choose to welcome the brand new year, be smart and celebrate safely. We're counting on you to help make 2020 a banner year right here at home. Cheers, and Happy New Year to all!



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FOXHAYWARD INSURANCE

Agent Spotlight

Susan Hayward

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

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

"Placing your trust in me for your insurance needs is the reward I get when someone calls and says "I was told to call you because you are the Medicare expert."



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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.**



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'We thought of you.'

For those of you who answered the call and donated/loaned us items for the fall fair, **THANK YOU** for donating/loaning your ice chests, fans, walkie-talkies, bottled water and more! We still have several ice chests and other loaned items, so please stop by and pick them up or call 480-895-7133 and we'll bring them to you.

Our thanks to **Cottonwood Couples Golf League** for donating their end-of-season surplus funds to Neighbors Who Care. Their act of kindness fills our grocery van through the end of the year, allowing dozens of homebound neighbors to grocery shop for their holiday meals.

The Sun Lakes Lady Putters stopped in at our office to make a special gift to Neighbors Who Care. We are honored to receive their donation in memory of Lee DeLeo, Norine Bassett and Betty Perry.

DO YOU HAVE A VOLUNTEER FOR NEIGHBORS WHO CARE?



@volunteerchandler

Send them to our Facebook page. New volunteers can now register for upcoming Orientation classes using Facebook's booking tool. Find us @volunteerchandler and click 'book now', then choose an orientation date that works with your schedule.



@careneighbors

It's hard to post updates about what's happening at NWC in less than 140 characters.

@careneighbors Check out our twitter feed to see if we can do it! Ours is an emoji-free zone...mostly.



Subscribe to the Neighbors Who Care channel on YouTube! We will drive volunteer Recruitment through these social media platforms, and your comments and 'likes' Contribute to NWC awareness online. We will have a curated collection of NWC videos. Available in early 2020 that will illustrate how far we've come in 25 years!



Thinking of Selling Your Home And Not Sure Where to Start?

Selling your home is a complex process comprised of a series of critical decisions and actions. The Kolb Team is Arizona's premier real estate group specializing in Active Adult Communities!

The Kolb Team guides you through the process and makes it easy, pleasant, and fun. We have the answers to all your questions:

- How to determine price
- The best times to sell
- How to list
- How to market your home
- And much more



Get your free guide to selling a home



Facebook icon @MySunLakesAZ

YouTube icon See Our Listings at YouTube.com/TheKolbTeam

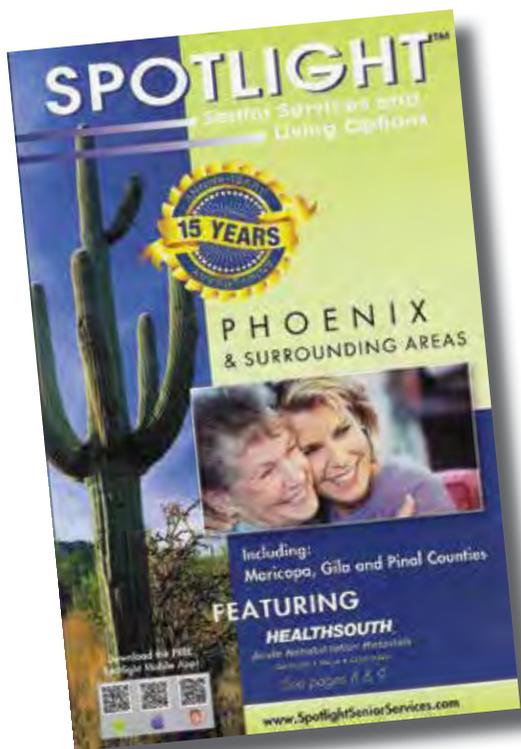
Call us for your free home evaluation

480-440-0849
www.TheKolbTeam.com



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INTEGRITY FIRST REALTY
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Awareness, Support, Solutions



www.SpotLightSeniorServices.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.

CAREGIVER SUPPORT GROUP

Every Monday

1—3 PM

Risen Savior Lutheran Church
23914 S. Alma School Road



All family
Caregivers are
welcome

Sponsored by
Neighbors Who Care, Inc.

For information call
480-895-7133

Advertising Rates and Information

Ad Sizes and Price

Full Page 8" x 10"	\$800
Half Page Horizontal 8" x 4.875"	\$400
Half Page Vertical 3.875" x 10"	\$400
1/4 Page Horizontal 8" x 2.3125"	\$200
1/4 Page Vertical 3.875" x 4.875"	\$200
1/8 Page Horizontal 3.875" x 2.3125"	\$150

Print-Ready Ads

- Acrobat PDF preferred (exact dimensions, outlined fonts and no crop marks)
- TIF, EPS or Hi-res JPG (Minimum resolution 300 dpi)
- Ads must be exact dimensions, outlined fonts, no crop marks and no spot colors or RGB (convert to CMYK)
- Any black, unless it appears in a photo, should be 100% K

Article Submission

Word document, txt, or .rft file
(include the title, byline, and article)

For information contact
NWC 480-895-7133

www.neighborswhocare.com



Neighbors Who Care Website

Things you will find

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



NWC Service Guidelines

All services are booked through Neighbors Who Care at **480-895-7133**.
Please schedule at least three business days in advance of your appointment.
Services are available Monday-Friday between 9:00 AM—4:00 PM

Business Assistance – writing checks and letters; addressing envelopes; checkbook balancing; voter registration and tax preparation [this service is helpful for those with impaired vision]

Business Service Advocacy – we provide counsel and assistance in dealing with contractors [home repair and financial] and ombudsman service in resolving service complaints

Transportation – to/from medical appointments. Service is available twice each week. [when scheduling appointments please tell us the length of your appointment]

Shopping/Errands – a ride to the bank or for groceries or we will shop for you. [the number of stops must be planned in advance; no more than three stops per outing]

Dinner Delivery – orders are taken by phone between 9 – 10 am and delivered by volunteers between 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.



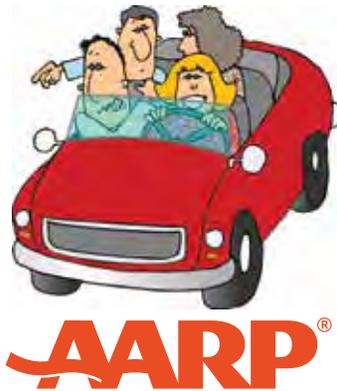
They will be located at the West side of the Sun Lakes Country Club.

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.



2020 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.

January

Monday, January 6
Tuesday, January 21

February

Tuesday, February 4
Tuesday, February 18

March

Tuesday, March 10
Tuesday, March 24



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 Havuret 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