

RECEIVE YOUR TAX CREDIT

Make a donation and receive a tax credit on your 2022 taxes!



Donate to Neighbors Who Care before April 18 and receive a Qualified Charitable Organization tax credit on your 2022 taxes!

Neighbors Who Care has been very fortunate to receive generous donations from many in the Sun Lakes/South Chandler community because of the powerful contributing program called Arizona's Charitable Tax Credit program. You can still help by making a donation before April 1 AND receive a correlating tax credit on your 2022 Arizona taxes.

Why is it SO powerful?

Because you can help your homebound neighbors AND get your donation back dollar for dollar!

The Arizona Qualified Charitable Contribution program is designed to help charities and qualifying organizations while offering taxpayers a way to receive dollar-for-dollar reductions to their own Arizona state tax bill. In other words, the money you give reduces what you owe to the state with each dollar (up to the allowable limit see below) going straight to help qualified charities. NEIGHBORS WHO CARE is one of these charities thanks to being vetted by the program and having been given our QCO tax code!

Receive your credit from the State of Arizona and be a huge part in helping Sun Lakes and South Chandler elderly maintain dignity and remain in their home as long as possible.

"What do I have to do to take advantage of this?"

1. **Donate to Neighbors Who Care today** by calling 480-895-7133 or visiting the donation page on our website at neighborswhocare.com/donate.
2. **Claim the donation on your Arizona state income tax form.** (Up to \$400 for single filers, \$800 for couples.) Use our Qualified Charitable Organization code: 22246
3. **Receive your credit on your taxes for the exact amount you donated!**

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Sheryl Keeme
EXECUTIVE DIRECTOR

Special thanks to all our volunteers in 2022!
Our clients are the winners because of the special people who are so generous with their time.

Volunteers: 316
Clients: 479
Hours: 9148
Miles: 69542
Occasions: 12108

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.

Connect with Neighbors Who Care on YouTube, Next Door and Facebook for videos and updates, and please like, subscribe and follow our social media channels!

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.

LEAPING INTO SPRING

Board of Directors and Executive Director, Sheryl Keeme

Dear Friends and Neighbors,

I can't help it. I have to just say this: Can you believe we are weeks away from spring? As we look ahead to the beginning of warmer months after a pretty chilly winter, there is much to anticipate.

Every year, I am humbled by the many community groups, social clubs, congregations, ministry groups, and sports clubs who contribute time, dollars, and kindness to Neighbors Who Care. For example, Realtors Who Care, a coalition of more than 18 real estate individual agents and companies, all serving the Sun Lakes community, have been hosting luncheons for some of our homebound clients. This amazing gesture has inspired me for one big reason: Up to now, we have focused our work on meeting many of the physical needs of our clients. Naturally, our respite care, friendly visiting, and wellness calls, all help to assuage the loneliness and isolation among our vulnerable seniors. To my knowledge, the luncheons held in December and March reflected the first time we were able to reach out to folks who rarely get out and show them some hospitality – all due to the generosity of business people who wanted to share joy with local seniors.

Every April, we have the opportunity to thank our volunteers during Volunteer Appreciation Week and Month. Can you imagine Neighbors Who Care without any volunteers? I can't either! In fact, how could we? We're nothing without the generosity of each and every volunteer that helps us with our clients, our leadership, special projects, fundraising, events, and administrative work. We are excited about our upcoming Happy Hour Social on April 6 to mingle and enjoy the company of our volunteers. I hope you will join us.

I'll close this with my deepest expression of gratitude to so many who have, yet again, made Neighbors Who Care successful in helping so many older adults remain in their homes, to enjoy the dignity of independence for as long as practically possible.

Warmly, Sheryl Keeme

Let's Look at 2022

When 2022 arrived, we held our breath that we were ushering in a new and better year. Most of the year brought a better time for all of us, and Neighbors Who Care enjoyed some great milestones that our staff, volunteers, board, and our greater Sun Lakes community can be proud of.

January: January was a calm time, yet we still enjoyed hosting folks for our Matter of Balance Fall Prevention Class presented in partnership with AT Still University student therapists. The Chit Chat Ladies Luncheon group presented us with a donation check from their Wonderland of Trees event in December, and we visited with the folks at the Breakfast Lions Club.

February: The Successful Aging Dementia Edition event held in February was informative and gave Neighbors Who Care the opportunity to recruit new volunteers and share more about our initiative to get Sun Lakes designated as a Dementia Friendly community. Cheers, an social activity group, invited us to speak to its members, many of whom are already NWC volunteers and friends.

March: Our Winter Speaker series was underway and Culver's on Arizona Avenue hosted a fundraiser on our behalf. Dementia Friendly classes helped friends, neighbors, and family members learn how to interact with folks living with dementia.

April: We held a ribbon cutting event at Risen Savior Lutheran Church to launch our new van for clients. More than 50 people attended, and we were featured on the ABC-15 newscast that evening giving NWC great exposure.

May: We welcomed Carol Ensminger to help us have a better social media conversation on Facebook and Instagram. Please be sure to "like" and "follow us" on both of these social media platforms!

June: NWC staff were trained by Arizona Alliance for Nonprofits on Diversity, Equity, and Inclusion to be able to learn how to assure no one is left out in our operations. Our transportation volunteers were treated to a Thank You Luncheon hosted at The Park at Copper Creek.

July: Our Board of Directors approved an update to the Strategic Plan. Van drivers met to discuss rolling out the first transportation for our clients via the new Ford Transit van. More than 150 people were trained on how to be a Dementia Friend in our community.

August: Planning for the annual Holiday Concert with the Chandler Symphony began, as well as for our Aging Made Easier conference, both to be held at Risen Savior Lutheran Church. We also started planning a spring fundraiser event with IronOaks Racquet Club.

September: Sun Lakes receives approval as a Dementia Friendly community. Plans began to train more community members to help them better understand how to interact with neighbors living with dementia. Christopher Francisco, a grant writer, joined Neighbors Who Care to help us seek and apply for more grants to fund our mission.

October: We met new friends and volunteers at the HOA open houses throughout Sun Lakes. Thanks to Rose Ann Dennette for her recruiting efforts! Jennifer Gustafson and Sheryl Keeme were also invited to speak at various groups to share more about our work and recruit new volunteers.

November: We learned Sundt Construction approved us for another grant. Our Board of Directors passed a new program called Emergency Financial Assistance where our clients can apply for emergency help. Thanks to generous donors, we already have funds in place. We also have a match donor where we can turn a \$1,000 donation into a \$2,000 donation up to \$50,000.

December: The annual Holiday Concert kicked off the month of December with two outstanding performances by the Chandler Symphony Orchestra and the Risen Savior Lutheran Church choir. More than 1,000 guests attended these two concerts, which were held at Risen Savior's state-of-the-art Worship Center.

NWC OFFICE STAFF



Jennifer Gustafson
Engagement
Manager



Bonnie Kosar
Case
Manager



Joan Byrnes
Dinner Delivery
Coordinator



Verna Mahnke
Director of
Administration



Cathy Franks
Administrative
Assistant



Jennifer Lindley
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Kim Kubsch
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Kirk Deem
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Mike Amato
Member at Large



Ramon Omar Rubio
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CRYSTAL AWARDS: RAMON RUBIO

At Neighbors Who Care, everyone knows volunteering is our greatest currency. People who live a rich life also know that after the golf clubs are put away and the shuffleboard courts are quiet, many retirees look for a way to be relevant. With all of the good causes, clubs, and events throughout the year, there are many opportunities to choose from. The Crystal Awards were established for the sole reason of recognizing those who have put their time to work for the benefit of others.

After the first year of awards were awarded in 2010, the process has continued each year with the exception of the COVID years. December is the deadline for nominations and after the group vets the candidates and makes their decisions, plans begin for the spring banquet to honor the year's candidates.

This year, Ramon Omar Rubio, a Neighbors Who Care board member and friend, was nominated by Sheryl Keeme, NWC Executive Director. Sheryl has observed Ramon's day-to-day generosity with his time and how he helps the agency by driving the van, driving clients in his own vehicle, and acting in his board member capacity, not to mention favors done here and there that most people don't even notice. And that is only his work with Neighbors Who Care. Ramon is active with the Sun Lakes Sheriff's Posse, his church, and the social group Cheers. He is also on speed dial for many Sun Lakes residents who occasionally need a little help at home or with transportation.



Ramon: second from the right, standing.

The Crystal Awards have honored many Sun Lakes volunteers with recognition and accolades for more than ten years. Neighbors Who Care is extremely proud of the number of folks who have been feted for this occasion who have given their time and talents to our homebound seniors. This year is no different.

Congratulations to our own Ramon Omar Rubio for your selflessness, your smile, and your help in providing assistance to our Sun Lakes community making it the greatest place to live for retirees in Arizona!

AGING MADE EASIER SUMMER SPEAKER SERIES

Join us

Thursdays in June

From 10:30 am to 11:30 am

Join us at the beautiful Robson Reserve (formerly the Renaissance) at 9508 E Riggs Rd, Sun Lakes, where Neighbors Who Care will continue its offerings of helpful aging information with the Aging Made Easier Summer Speaker Series generously hosted by Robson Reserve.

Beginning Thursday, June 8, at 10:30 am, Henry Grosjean of Veteran Improved Benefits will deliver a presentation on the aging benefits many do not realize are afforded to those who have served in certain wars and their spouses. Mr. Grosjean is knowledgeable about these benefits and how to apply for them and can share information about completing applications for filing for the VA Pension benefits.

Three additional sessions are being planned for June 15; June 22; and June 29. To register or learn what other topics are being offered, contact Neighbors Who Care at 480-895-7133 or visit the Neighbors Who Care website event calendar or Facebook.

CAREGIVER SUPPORT GROUP

Mondays

1-3 pm

Risen Savior Lutheran Church

23914 S. Alma School Road

All family caregivers are welcome. Children, spouses, friends, partners, grandchildren, and other friends and relatives caring for others are encouraged to join.

All sessions are offered by Neighbors Who Care facilitated by Bonnie Kosar, NWC care manager. Those wishing to attend may just show up for the session.

For more information, call 480-895-7133

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See Our Listings at
YouTube.com/TheKolbTeam

REALTORS WHO CARE: BRINGING JOY TO ISOLATED SENIOR NEIGHBORS IN SUN LAKES



Pictured are: Mary Kay Hobby, the Redeemed Team; Dr. William Wilhelm, Neighbors Who Care Board Treasurer; Ramon Rubio, Neighbors Who Care board member; Suzy Steinman of The Redeemed Team; and Stephanie Reynolds, realtor and baker.

In Sun Lakes, real estate is a thriving business. With a limited number of dwellings for a retirement market in beautiful Arizona, many real estate agents are busy competing for clients. Yet, the Sun Lakes real estate marketplace is unique in a remarkable way: The real estate agents not only get along, but they have united efforts to bring joy to the lives of isolated senior neighbors.

In December, when a group of Realtors approached Neighbors Who Care to ask: “How can we bring some holiday joy to your vulnerable, isolated clients?” We put on our thinking caps to figure out what it would look like to host something fun for our clients. Most residents of Sun Lakes and southeast Chandler have heard about Neighbors Who Care and the 13 services offered to seniors who need a little help to remain independent in their homes. From transportation to medical appointments, visits to shut-ins, small home repairs, or our van trips to grocery stores and WalMart, to name a few, volunteers with big hearts and generous minds

fulfill these services. Yet, bringing clients together for a social was something Neighbors Who Care had never done. After a few years of the very isolating pandemic, everyone came to know what it felt like to be isolated at home for long periods of time. We really wanted to make an event happen that would give some folks who live alone a holiday experience. With the help of Neighbors Who Care’s social worker, Bonnie Kosar, a list of our clients who were healthy enough to attend a holiday event was compiled and invitations were mailed.

That’s when the Realtor group, now known as Realtors Who Care, began planning a holiday luncheon held in December. More than 50 clients responded to the invite, and the group of Realtors worked with NWC to transport clients to the event too. Guests were served a hot holiday meal and games followed, with every guest leaving with a holiday gift bag. Realtor Suzy Steinman of The Redeemed Team, said back in December that the group was committed to continuing its goodwill into the new year. And in early March, they did it again.

Neighbors Who Care clients were, once again, invited to attend a spring celebration luncheon. This time, the group organized a spring luncheon again with games and of course, the signature cupcakes everyone adored in December baked with love by one of the Realtors, Stephanie Reynolds, who has a commercial baking background. The group was generously hosted in the Sun Lakes Baptist Church hall. Here is a listing of some of the contributing Realtors: Mary Hobb; David Carter; P. Curtis; Elizabeth Toran; Suzy Steinman of the Redeemed Team; Trish Kolb of The Kolb Team; Jodi Berger; Allen Fredricksen; Jac McCracken; Renne Greene; Patricia Duffy; the Young Team; Sarah Anderson; and Lisa Pizzutti.

Few people truly understand the value in offering isolated seniors an opportunity to enjoy a lunch, play some games, and interact with others when most of these clients spend their days in solitude. Studies show staying social and connected is one important way people may remain healthier and maintain cognitive skills as they age. These gatherings are an important way to facilitate this, and Neighbors Who Care is overjoyed to work with this group.

VOLUNTEER APPRECIATION HAPPY HOUR SOCIAL

NWC Volunteers: You’re Invited!

**Mark your calendars for our annual
Volunteer Appreciation event on
Thursday, April 6, 2023
3:00 - 4:30 PM**

**Robson Reserve Multipurpose Room & Patio
9504 E Riggs Rd, Sun Lakes**



This year, we will be hosting a winery-themed Happy Hour Social as part of National Volunteer Appreciation Month. You know that Neighbors Who Care would not exist without you – our wonderful volunteers, and this is our little way of saying thank you for all you do to support our wonderful neighbors in need.

This casual, open house-style event is open to all Neighbors Who Care volunteers. It will be a great way to meet other volunteers and enjoy a lovely afternoon of appetizers and beverages in the beautifully-appointed surroundings of Robson Reserve’s pool patio and multipurpose room.

See the adjacent invitation for details, and please RSVP no later than March 30 to Jennifer:

**Email: jennifer@neighborswhocare.com
Phone: (480) 895-7133.**

We’re looking forward to seeing you and having the opportunity to say thank you for being a valued volunteer!

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FROM EDUCATOR TO SENIOR CARE PROVIDER: FOLLOWING ONE'S FAITH IN SERVING THE COMMUNITY



Kim Akers, owner of Mesa-based Amada Senior Care, explains when she made a career switch from public school educator to senior care provider owner, it was less of a business decision and more of a "following-one's-faith" decision.

"I was called to educate and serve the community in a different way," says the former eighth grade science teacher.

Eight years later, Kim and the Amada Senior Care team are quickly helping a vast, growing number of East Valley families find the help they need. They are also helping to demystify the long term care insurance plans that many have invested in, but sadly, do not understand. Even though the insurance companies oversold long term care policies back in the late 90s and early 2000s, still only about 15 percent of eligible seniors ever invested in long term care insurance. And those that have policies, often do not understand the rules and steps in activating those policies when everyday life activities become too difficult for them. Unfortunately, Kim explains, this lack of understanding can lead to people failing to respond correctly in meetings with workers tasked with determining eligibility.

In-home care is Amada's bread and butter, meaning the majority of the business Amada sees is from providing caring, thoughtful in-home, non-medical care to seniors. Yet, it is the service Amada offers of navigating long term care policies and helping seniors and their families move seamlessly through the

approval process that has become a major part of the service they provide. It is the strategy of forming relationships in the insurance industry that has bolstered Amada's ability to offer this service successfully.

"I actually oversee the entire claim for long term care policies and I can do this because of the extraordinary trust that has been forged between Amada and the insurance companies."

"We do everything by the book here, so our relationships within the industry are iron-clad from the years of trust established," Kim explains, "If I have questions, all I need to do is give Transamerica or Genworth a call, and they take my call."

Client excellence is the theme of Amada Senior Care. Kim points out that they are in the business of enriching lives. They listen and pay attention to the little things they hear from their clients.

"It's our motto!" Kim beams.

Once, a client had an affinity for Porsche, the luxury car manufacturer. A fast call to a local Porsche dealer, and they were able to cross off a bucket list item of a ride in a Porsche. "Anything we can do to make someone's day, we always try to do."

"Whether we are working with our caregivers, or with our clients, we realize what we see from day to day, is one simple page of their well-lived lives. But their lives are so much more. They are not a page. They represent an entire, richly chaptered book. And we see it as our job to support that entire book's story, not just today's page," says Kim.

Neighbors Who Care is grateful for the support of Kim Akers and Amada Senior Care as the Premier Sponsor for our 2023 Aging Made Easier conference held in January. Because of this sponsorship, more than 230 guests and supporters learned tactics and strategies for aging easier and enjoying life longer.

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Wednesday, March 29, 2023

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9:30 a.m. - 4:00 p.m. (Lunch Included)

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As a volunteer for both "Neighbors Who Care" and Sun Lakes United Church of Christ, I appreciate the opportunity to share in your health care journey. Thank you for placing your trust in me.

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Pictured top row left to right: Jacquie Ruffino, Gloria Fronk, Jill Gianino, Unknown, Lu Walk, Jan Maresh, Lynn Wood, Jayne Farabee, Meredith Rich, Dorothy Meek

Lower row left to right Vickie Brush, Bonnie Kosar, NWC, Sheryl Keeme, NWC, Sue Boucher

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UPCOMING EVENTS

Dementia Care without the Fight!

FREE to all Family Members

Date: Wednesday, March 29, 2023

Time: 9:30 a.m. - 4:00 p.m. (Lunch Included)

Sun Lakes United Methodist Church

9248 E Riggs Rd, Sun Lakes

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Time: 8 am – 10 am

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Memory Cafe

Every Monday (Except Holidays)

Time: 9:30 – 11 am

Sun Lakes United Methodist Church

9248 E Riggs Rd, Sun Lakes, AZ 85248

Services Offered by Neighbors Who Care and it's Cadre of Volunteers
Call **480-895-7133** or check our online calendar **NeighborsWhoCare.com/events**