



Caring

Volunteers Touching Lives, Lifting Spirits

Chino Valley, Prescott, Prescott Valley/Dewey Community Programs

Celebrating 25 Years!

How People Who Care Volunteers Care for Their Community

Shopping for Green Bananas

Judy Verri and Nell Wamsley have so much in common, you'd think they had spent decades together. They both love to shop – and talk. They both love to sing – especially in the car. And they both love animals and children. You might not guess that they are more than 30 years apart in age.

Judy and Nell just celebrated their fifth year as a People Who Care match. Judy is the volunteer who helps Neighbor Nell with her shopping once a week. It's an arrangement that they say is

beneficial to each of them.

"I still have her," said Nell, 98, "and I'm going to keep her."

Judy wouldn't have it any other way. "Nell has taught me a lot; she is so bright and always learning new things."

Their grocery shopping trips almost always feature one item that makes Judy giggle. "She always buys green bananas. They last longer that way."

In addition to grocery shopping, Judy and Nell shop for other items Nell



People Who Care volunteer Judy Verri and Neighbor Nell Wamsley have been together for five years.

might need, especially at Christmastime. They live near each other, so that makes it convenient for both of them.

Nell is an avid sports fan – primarily football, but loves basketball and baseball and knows most



Judy helps Nell select bananas of the perfect shade of green.

of the coaches. She likes to tease Judy about the new Los Angeles Chargers because Judy is originally from San Diego.

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Survivors, Family Members Find Compassion, Understanding in PWC-Sponsored Stroke Support Groups

The journey to recovery after a stroke can be difficult, not only for the survivors but for the family members as well. Lives change, and the challenges as a result of those changes can be overwhelming.

The twice-monthly Stroke Support Groups, sponsored by People Who Care, are proving to be a valuable way for survivors and families to share stories, talk about their challenges and express their feelings without judgment.

The groups are facilitated by three People Who Care volunteers. Marianne Simpson is a retired

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Charitable Organization Tax Credit Form Inside

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Judy and Nell's relationship is a good illustration of how People Who Care positively impacts the community, whether it's Prescott, Prescott Valley/ Dewey or Chino Valley. Volunteers help enrolled Neighbors who are unable to drive because of physical limitations. Neighbors receive nonmedical assistance from volunteers who help residents in the communities where they live.

"I discovered People Who Care five years ago when I was looking for a way to give back to my community," said Judy. "Fritzi Mevis, the executive director of People Who Care, told me about Nell and I knew I had to meet her. The rest is history."

These are the many ways People Who Care volunteers like Judy help their Neighbors:

- Rides for healthcare and business appointments, support group meetings and visits to a family member in a healthcare facility.
- Rides for a grocery shopping trip and any help needed in the store and with carrying in groceries at home.
- Shopping for groceries for Neighbors who are not able or comfortable leaving their homes.
- Assistance with reading mail, writing checks to pay bills, reconciling the checkbook or writing personal notes to family and friends.
- Relief for a full-time family caregiver for a few hours a week in order to give them a little time away and time on their own.
- A weekly friendly visit from a volunteer just spending time together sharing their lives past and present.
- Phone calls during the week to check in to see "how everything's going this morning."
- A Project Safe Home safety visit to help prevent falls and accidents. Safety items and devices are provided when needed.

Become a People Who Care Volunteer!

If you would like to volunteer for People Who Care, call the office at 928-445-2480, send us an email at ppwc@cableone.net or visit our website at www.Peoplewhocareaz.com.

– *Stroke Support Groups Continued from page 1*

speech pathologist; Gayla Allen is a retired medical social worker, and Mara Protas, is a retired RN.

"People Who Care is always focused on helping to bring education and support to residents in our community," said Fritzi Mevis, executive director of People Who Care.

"Stroke survivors tell me that they feel misunderstood and isolated," said Gayla, one of the group's facilitators. "They are struggling to work through the layers of grief and loss brought on by the stroke. Our groups are safe and supportive places to talk, be understood and express feelings."

In the groups, survivors and family members focus on ways to cope with the challenges and communicate with others facing the same circumstances. For the

survivors, the meetings are an opportunity to talk with other stroke survivors.

The groups provide a safe place for family members to share feelings, too, said Gayla. "Family members who also assist in care for their loved one are able to talk about losses – the loss of their partner as they knew them, the loss of independence and freedoms that most people take for granted, and the loss of dreams and activities that the two can no longer do together."

Sharing stories and challenges often leads to wonderful friendships among group participants, said Gayla. "The groups provide social connections that have long been missing as people back away after stroke, not knowing what to say or how to connect," she said.

"It is such a privilege and honor to get to know these community members and co-facilitate the Stroke Support Group."

For more information, call People Who Care at 928-445-2480 or visit www.peoplewhocareaz.com.

PWC Stroke Support Groups
10:15 – 11:30 a.m.
First and Third Friday of every month
Deborah Room
Prescott United Methodist Church Campus
505 W. Gurley St., Prescott
The support groups are free.
For more information, call
People Who Care
at 928-445-2480.

People Who Care and Yavapai College Team Up to Help Radiologic Technology Students and the Organization

People Who Care's partnership with the Yavapai College Radiologic Technology Program is a win-win.

The students in the introductory course get a preview of working with people in the outside world before they take care of people as their patients. And, People Who Care exposes a group of young people to the satisfaction and gratification of helping others.

People Who Care first teamed up with the YC Radiologic Technology program in 2014. The program includes a service-learning component that is part of the introductory radiology course, RAD 100: Foundations of Radiologic Science.

In their first semester, the students are not yet exposed to patient care or clinical training. The goal of the project is to familiarize students with taking care of Neighbors before they take care of patients in the second semester of the program.

"I want our students to see their patients as people – not just as a procedure," said Richard LeClair, Yavapai College Radiology Programs director.

It's an experience that radiology student Leah Barron said has opened her eyes – and her heart – about helping people.

"My visits with my Neighbor have opened my heart. Despite our age difference, she and I have so

much in common, like our belief in the goodness of people and that everyone deserves respect."

Leah, who will graduate in July 2019, said this collaboration between the school and PWC helps students who may never have helped people with physical limitations. "It's a great way to learn by doing," she said.



Leah Barron, first-year student in the Yavapai College Radiologic Technology Program, helps her Neighbor Eileen Majors out of her car.



People Who Care Executive Director Fritzi Mevis doing a volunteer orientation to students in Yavapai College's Radiologic Technology course.

Fritzi Mevis, executive director of People Who Care, said, "We love this collaboration with the college service learning program. Our Neighbors have the opportunity to interact with younger adults and it helps the students see the Neighbors as their next-door neighbors – each with rich life experiences and stories."

After she graduates from the program, Leah would like to be a volunteer with People Who Care. "I think everyone should."

Did You Know?

Throughout the year, more than 500 enrolled client Neighbors receive assistance to help them to be able to stay in their homes and continue living in their communities. People Who Care volunteers are truly the hearts and hands of a caring community.

Legacy Gift to People Who Care Ensures We'll be There in the Future

If you've been thinking about how to contribute to People Who Care financially other than or in addition to cash, you may want to consider a legacy gift.

It's a way to make a lasting contribution to ensure that People Who Care will always be able to help Neighbors in our communities.

When considering a legacy gift, you'll be able to select from a number of

strategies. These are common ways to provide a gift that keeps on giving:

- You can name People Who Care as a beneficiary in your will.



- You can make People Who Care the beneficiary of a retirement plan.

- If you have nonretirement assets, as well as retirement accounts, naming People Who Care as the beneficiary of a retirement account is a tax-wise strategy. A charitable organization does not pay tax on the distribution, and your beneficiaries inherit other assets that are not taxable.

- Other ideas include a variety of charitable trusts, some of which provide income to you, the donor.

- You also could consider a charitable gift annuity, which

pays you income for life with the remaining value going to People Who Care.

During your lifetime, you can give appreciated property held for more than one year, such as real estate or securities. You get a tax deduction for the fair market value, and PWC pays no tax on the gain.

If you have an IRA and are older than 70½, you can donate part of your required minimum distribution directly from the IRA to People Who Care. That amount is not included in your income.

It's important to consult a tax adviser or an attorney about charitable gift strategies. The People Who Care office in Prescott has a list of local professionals. Call 928-445-2480, for more information.

It's Never Too Late to Learn Something New at Prescott OLLI

If you haven't had a chance to check into Yavapai College's Osher Lifelong Learning Institute, or, OLLI, do so soon.

You'll discover hundreds of classes and workshops, social events, field trips, special interest groups, and one-time events during the summer and winter breaks. It's a gold mine for lifelong learners.

OLLI membership was one of the silent auction items offered at the People Who Care Gala dinner in June. "It was the best silent auction item I ever bid on and won," said Barbara Leonard. "Whatever your interest is, you can find a class in the OLLI program offerings. I am hooked on this program and am telling all my friends how worthwhile it is."

OLLI is a peer-directed

organization in which members share talents, experience and skills in a relaxed environment. Unlike traditional education programs, OLLI semesters are short, and the courses and workshops don't require homework or tests.

The Prescott OLLI offers five six-week sessions a year on topics ranging from arts and culture to political science and history to religious philosophy and technology. Outdoor activities, including hikes, and field trips, including theater performances, are offered throughout the year.

Yavapai College hosts the Prescott OLLI and programs in Sedona and Cottonwood.

People Who Care volunteer

Clara Lutz has been taking OLLI classes for three years. "I love everything about OLLI! I usually take three classes every session. Another thing I love about OLLI

is that you meet new and really interesting people."

OLLI was founded in 1993 by a group of people who wanted

educational offerings that met the needs of retirees and lifelong learners. Yavapai College was supportive of the idea, and the Yavapai Learning Institute (YLI) was created. A grant from the Osher Foundation resulted in the name change to the Osher Lifelong Learning Institute.

For more information, call 928-717-7634 or visit www.yc.edu/prescottolli.

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Volunteers Touching Lives, Lifting Spirits

People Who Care is a Qualified Charitable Organization for the Arizona Tax Credit.



This state credit was doubled last year to \$400 for those filing singly and \$800 for those filing jointly!

You're eligible for this credit even if you don't itemize deductions.

The money you would otherwise pay in taxes can benefit members in your community who are enrolled with People Who Care.

The Arizona Charitable Organization Tax Credit is in addition to and completely separate from the Private School Tuition and Public School Activity Tax Credits. You may participate in any or all three if you choose to do so. This donation is also deductible on your federal tax return. *Consult your tax professional for more details.*

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