



# Neighbors Helping Neighbors

## News for Loving Friends

December 2011

***You*** are the gift !



*"I consider my volunteer to be my own special angel. I thank God for sending her every day. She is my family."*

*"Mom has been happier now than I've ever seen her. Praise God there is still some joy for her after being diagnosed with Alzheimer's Disease thanks to people like you and your volunteers."*

*"Just a note to thank you so much for helping me. I never forget peoples' kindness. You continue to make a dreary, void life full of gladness. You help me to live a life of hope and feel more "normal" by actually being able to have help. You're always in my prayers!"*



*"Everyone is so wonderful to mom. You not only care for her, but are her friend and companion. Your caregivers not only do their "job" but go beyond that.."*

*"I want to thank you for all your kind caring. We have absolutely been won over by the young man you sent us. It isn't easy to find someone who can bond that well with an 85 year old man with dementia. I would recommend him for anyone needing a caring, humane, thoughtful, cheerful person."*

### Neighbors Helping Neighbors Receives AlohaCare Grant

Neighbors Helping Neighbors was one of six non-profits in the state of Hawaii that received a \$5,000 grant through AlohaCare's Community Conscience Award program.



These grants fund programs that enhance the overall health of Hawaii's seniors.

### Volunteer Luncheon SATURDAY – Feb 11



The Neighbors Helping Neighbors Volunteer Recognition Luncheon will be held on Saturday, February 11, 2012 at Kaunoa Senior Center in Paia from 11:00 a.m. to 1:00 p.m. Great fun, food, entertainment & prizes.



**To all our volunteers !**



Some of  
Neighbors Helping  
Neighbors'  
  
*"Loving Friends"*



what's  
new!

## Safe at Home

A new Neighbors Helping Neighbors program to help seniors prevent falls. We will be conducting in-home assessments for seniors who are at risk for falling and teaching them how to prevent falls at home.

We are looking for volunteer handymen to install grab bars, raised toilet seats and tub rails. Please contact us if you know someone. **MAHALO!**



## Happy December Birthdays

Amber Lopez	Elise Mebel
Adele Rugg	Frank Day
Ann Okamoto	Debra Wood
Pre Apo	Joan Takakura
Marjory Stone	Teri Mister
Elle Cochran	Mary Day
Robin Frost	



## Powerful Tools for Caregivers

Six week training that helps family caregivers learn to:

- \* reduce stress
- \* set goals
- \* solve care giving challenges
- \* communicate better with family and health care professionals
- \* balance their lives

FOR MORE INFO CALL

**269-7396**

or

**244-3242 ext 226**



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