

High Five Charity Time of Year

Help us give Caregivers the high fives they need and deserve!

High Fives Charity is a community-based non-profit organization that provides support and assistance to Caregivers, who are always helping others. However, Caregivers often forget to take care of themselves.

According to the NFCA National Family Caregivers Association, the stress of caring for a loved one can cause premature aging and take as much as 10 years off your life. We can help! Come join us!

How Can You Help?

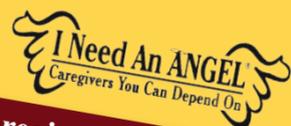
Donations of the following items are always a welcome surprise for Caregivers, as are financial donations to support the charity.

- * Cash
- * Copier/Multipurpose 8 1/2 x 11 paper and stamps
- * Tea lights, candles, aromatherapy
- * Gift baskets/gift cards for restaurant, movies, groceries, mani-pedi, massage,
- * Life Coaches, Motivational Speakers
- * Printing Services
- * Grant Writers

The gift that gives back. Make your financial donation before the end of the year and take advantage of the Arizona Tax Credit. The Arizona State Tax Credit program allows you to make a donation to an eligible organization and receive a dollar-for-dollar credit against Arizona State taxes owed.

Call us today to
arrange a donation

New website coming in November
<http://HighFivesCharity.org>



"Caregivers You Can
Depend On"
480-951-4083



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Dear Angel Reader

What's Inside?

- * Celebrating Nathan
- * Remembering Jax
- * Caregivers Corner

ATTENTION: Clients, Families, Caregivers ... call today and LEAVE A REVIEW 414-207-8277

Angel News is a free newsletter from your friends at I Need An Angel, Inc.



What do you need a Caregiver to help with?

Did you know you can schedule a Caregiver to...

- * Go on a day trip - like to the Dolly Steamboat on Canyon Lake
- * Appointments at Beauty Salon, Attorney, Life Coach
- * Mani/pedi, massage, Reiki, or other relaxation outings
- * Help you run errands, go to restaurants, window shop, etc.
- * Go to the symphony, garden, zoo, visit the cemetery or your old neighborhood
- * Motivation with exercise and/or help with meal plans
- * Advocate for you at the doctor and/or so much more!

Call us today to schedule your ANGEL ... 480-951-4083

Season of Thanks

"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough." — OPRAH WINFREY



FREE Family Caregiver Training

I Need An Angel provides this FREE resource giving you FULL Access to the Family Learning Center®. This online training resource contains more than 50 classes created for individuals who are providing care to their loved ones. Why? Because we care about the big picture of Caregiving and the domino effect it has on families. As Rosalyn Carter said, "You have either been a caregiver, You are a caregiver, You will be a caregiver, or someone will care for you."

To register go to:
www.CaregiverEDU.com
(no info is collected to sell or solicit, FREE from ads!)



NOVEMBER
2018

I Need An ANGEL "Caregivers You Can Depend On"

Phone: 480-951-4083

www.INeedAnAngel.com

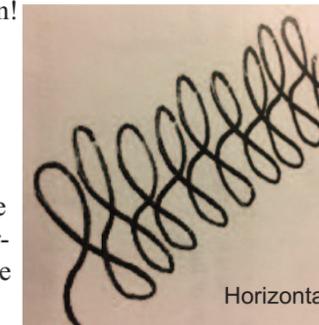
Angel News

Celebrating 13 years & 10 months

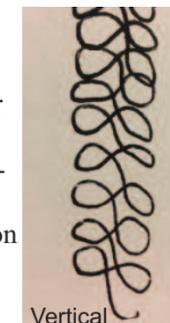
Ever Heard of Grapho-Therapy?

Grapho-therapy is a way to retrain your brain! It's a century old holistic therapy that can reduce tension and stress and can even help you sleep better and it all starts with your handwriting. G-T is a means of making conscious changes in your handwriting because your handwriting can identify negative strokes or personality challenges you are currently experiencing. G-T can suggest positive changes. Instead of your brain sending messages to your hand, your hand will be sending positive changes to your brain with these simple exercises.

Dr Oz. stated that "the need to please leads to heart disease." We are all on the fast track and we all need better ways of handling the push and pull of our daily lives especially when we are sandwiched between personal responsibilities and the care of vulnerable individuals. It takes a servant heart to cross the t's and dot the i's in our profession (pun intended - haha). This simple exercise (one of many) can reduce stress and tension and help you focus. Simply write connecting 8's repeatedly either horizontally or vertically. This helps anyone, young and young at heart, to relax and focus as well as calm down an overactive reaction you might feel like having. And it's fun. Challenge yourself to create full pages of connecting 8's art every day. It's highly recommended to do right before you go to bed to settle a busy mind and get a better nights sleep!



Horizontal



Vertical



I Need An ANGEL was voted the #1 Home Care Company in 2018 by Ranking Arizona.

We are incredibly grateful to ALL of our "Angel" Staff, Families and Community who helped us Rank #1.

What an incredible success for a local family owned company that is not supported by a large franchise!

Gone Fishin'

I've been invited to the fishin' hole, Where every day is a day to fish, To fill your heart with every wish.

Don't worry, or feel sad for me, That won't be long you will see, Til we're together, you and me.

To all of those who think of me, Be happy as I go out to sea. If others wonder why I'm missin' Just tell 'em I've gone fishin'.

- Dalmar Pepper



Gone Fishin'

Nathan Christopher Barcy: Aug. 30, 1983 - Feb. 24, 2018

This newsletter was meant for the Spring and we were dedicating it to Jax. This is the most challenging thing I have ever written, because Feb. 24, the worst kind of tragedy happened – we lost Nathan at the young age of 34. We attended a Life Celebration as observers, observing a nightmare, in shock going through motions like we were robots programmed to just get through it. It still seems impossible. If LOVE could have fixed his heart, and this complicated situation, our LOVE would have saved him. Our lives will never be as innocent again. Today, a smile or laugh can be followed by an overwhelming emotion. Please understand and be patient. It's hard. It is strange how we are surprised by death, even when it comes in old age, but losing your child, brother, friend and father of three little girls is not comprehensible.

continued on p. 2

People have been asking how they can help Nathan's children. If you'd like to help, visit the Go Fund me account www.gofundme.com/nathanbarcy.

Caregiver Corner - Caregiver Motto

Rebecca Barcy, Executive Director

- In order to take care of you I must also take care of me. I am not selfish. I must put my oxygen mask on or we will both lose consciousness.
- Strength all the time is considered a weakness. It is okay if I don't feel strong all the time. It is okay to get help from others. It does not mean I love you less ... it means I love you more because I want you to have the best resources and care options.
- I understand that we are on a roller coaster and the ride has a lot of unexpected twists and turns. We will have good days and bad days but our attitude together matters.
- I understand I cannot feel what you feel and the frustration to articulate what this diagnosis, chronic illness, or challenge means to you. I know this can affect your freedom, options, and quality of life and that it can feel overwhelming for you. I hope you will be patient with me as I learn how to support you better.
- I am offering you what I have. I don't want you to be disappointed. Please understand I can't know if you don't tell me and I might need forgiveness when I don't get it exactly right. I know you are suffering. Please understand we need a mutually respectful relationship to do anything.
- We will get better at doing everything together and I Need An ANGEL helps manage cohesive communication. I will be a much better Caregiver/Companion/Assistant if we have healthy boundaries. I don't want to start feeling bitter, depressed or reactive because I am always in an emergency state of mind or feeling like I am all alone. I trust I Need An ANGEL cares about us both and we should rely on their expertise, big picture view, connections, resources, staff and creative solutions.
- Just know that I want to be your HERO! I want to be Exceptional. It is an honor to partner with you. I want to add to your life in meaningful ways. I appreciate the support I Need An ANGEL offers so I don't have to handle every emergency, schedule change, or unknown by myself. We can feel confident we are legally protected and LOVED.

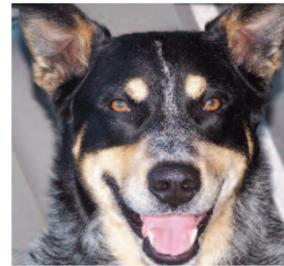
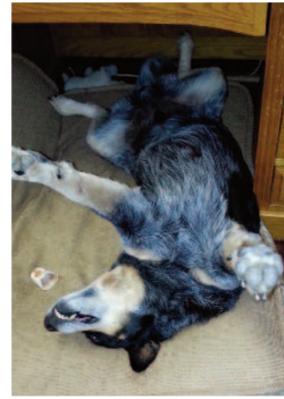
SoulWorks

Maureen lost her husband and 2 sons in a tragic vehicular accident more than 2 ½ decades ago. She knows about grief and she also knows you have to start somewhere! Perhaps it's choosing whole foods, or exercising, or deciding to start your grief work. The important thing is to start. What will you do to Nourish Yourself?

Maureen
(480) 388-0560
transformation and healing.....
from the inside out!
www.soulworkswithin.com

Remembering Cowboy "Jax" Barcy

November 8, 2006 - January 24, 2018



A friend and a furmate! Unique in every way. His stretched out, relaxed paws in the air sprawled out on his back with head and nose upside down and hanging off the pillow made so many people laugh. He lifted what can sometimes be a stressful work environment into a joyful one immediately. He sensed if you wanted to visit or wanted your own space.

Jax was a sophisticated being: intelligent, professional, intuitive, calm and funny. He was an entertainer – liked dancing, walked backwards, knew sign language, enjoyed swimming, jumping on the trampoline and speed running and he was a buddy every day.

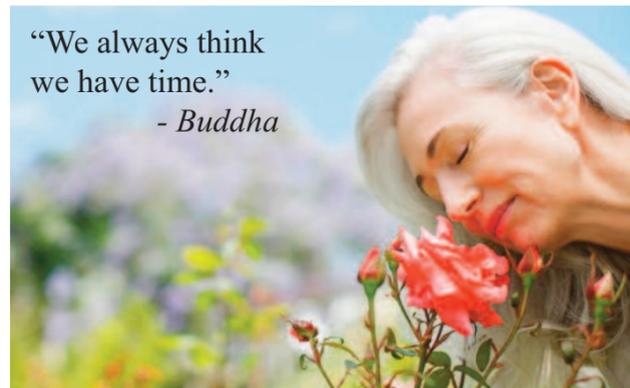
For over 11 years going to and from work, Jax reminded me to go home from work when it was getting late. He was the essence of I Need An ANGEL because JAX IS LOVE. His true, wonderful and pure spirit is missed.

It seemed too soon.
Miss you, buddy!



"We always think we have time."

- Buddha



"Kindness can transform someone's dark moment with a blaze of light. You'll never know how much your caring matters. Make a difference for another person today!"

- Amy Leigh Mercree, Author

Gone Fishin' continued from p.1

Rebecca Barcy, Executive Director



Nathan Christopher Barcy
Aug. 30, 1983 - Feb. 24, 2018

That he won't walk in the door and do his little dance EVER again (usually to "Don't Worry Be Happy") is sad and a great memory that makes us happy at the same time.

That boy was all life. "Don't Worry, Be Happy" was his motto. He loved music, being silly, changing the words to any song and rocking the car. He was beyond intelligent and was our "Dr. House" in all knowing about any medical question. He had a genius math mind. He was passionate about things being fair. He thought there was a solution to every problem and that it was a puzzle to solve.

He was the example to all fathers to let his daughters paint his nails and wear all those different colors to work. He knelt down to talk to kids, on their level. He made big breakfasts. He read them books and changed his voice to match the characters. He taught his girls the mechanics of a motorcycle and how to boil eggs. He was always patient.

He made kids feel important. He did this for our staff and clients, too. He paid attention to what matters to them individually. Clients enjoyed talking with him and as several have said he wasn't bad to look at it either. He was a great conversationalist,

about any subject, and you could feel he centered and connected with you. He was a visionary and an inventor and liked to figure out how things worked.

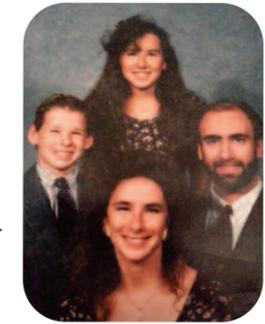
By far the best listener I have ever had the pleasure of telling my stories to! No one could make us laugh as much as he could. There will be no more hilarious screeching Velosorapter impressions. It's too quiet now.

We were grateful to receive more than 75 sympathy cards and everyone who wrote to us about their impression of our Nathan was that he was very KIND. His 10, 7 and 3 year old daughters are really hoping he just walks back in the door – it's hard. It's heartbreaking.

I used the last gift I gave to him as inspiration - a bracelet he wore every day engraved with "I Am Proud Of You Son." When we meet again, we aspire for him to say he is Proud of us, too!

We decided to move forward with the expansion of I Need An ANGEL services. We want you to be proud of your partnership with I Need An ANGEL. Look for more details on our move to a new office, in the next newsletter!

"Find joy in everything you choose to do. Every job, relationship, home... it's your responsibility to love it, or change it." - Chuck Palahniuk, Novelist



Fun Facts

Veterans Day began as Armistice Day after WWI, a day to recognize and celebrate our men and woman in uniform. THANK YOU, ALL!

Arizona has 3,928 mountain peaks and summits - more mountains than any other mountain states like Colorado and Wyoming.

Yuma, AZ is the country's highest producer of winter vegetables, especially lettuce.

AZ grows enough cotton each year to make 1 pair of jeans for every person in the U.S.

Positive Thinking

E D D L A N O I T O M E J I U C C T Q T R G S F H T L A E H
V F D X M E M W Z X G Y N I D K L N N C Y H G V E T J W G C
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I U D M V Y U X L P H P U R Y E T T G E G N E L L A H C M Q
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P K S F G Q N Y O Z O I R A R A T M L G M E E T S E F L E S
G U A F G J U P Q C M P Y E R L I M E P C A X V X V Z P P V
D G L B H C M G K J M P R I W M H O E K W Q V F I J F L N N
T K P B A T D A D I Z R L X F O J C F T Y Y K O F R I R T F
E P W S Y Z X P H Y S I C A L F P Q D A T T I T U D E X X J

AFFIRMATIONS
COMMITMENT
FEELINGS
HONESTY
MENTAL
POWER

ATTITUDE
CONTROL
HAPPINESS
IMPROVEMENT
PHYSICAL
SELFESTEEM

CHALLENGE
EMOTIONAL
HEALTH
JOY
POSITIVE
THOUGHTS

Community Events

I Need An ANGEL BENEFIT
FREE Paper Shredding

Bring one (1) bag per month to the front office, bin kept under under lock/key. Shredded on site by TNT Commercial Shredding under strict security. The company pulverizes paper beyond recognition.

Online Community Events Calendar
Check out our online resources for training, activities, support groups and more...
www.INeedAnAngel.com/events-calendar/.

North Valley Symphony Orchestra
Announces 2018-2019 Season

December 2018 – "Winter Wonderland"
Bundle up for an evening of chilly music inspired by the wintry season! You and your family will leave the concert in a festive holiday spirit as the evening includes a visit from Santa.

March 2019 – "Spring Is In The Air"
Enjoy light, breezy and delightful serenades as NVSO welcomes Springtime. This is historically our most popular concert of the year, as NVSO also proudly introduces the winner of the 2019 Summerford Violin Concerto Competition.

May 2019 – "Summer Salute"
Join NVSO to close out our season and kick off the summer with a patriotic musical tribute to America. Veterans, active duty military personnel, and all community law enforcement and first responders will be given free admission by wearing your uniform or service cap.

TICKETS just \$5.00
www.northvalleysymphony.org

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