

## Get to Know Our Non-Profit High Fives and Help Our Community

High Fives Charity partners with I Need An Angel and is a community-based non-profit organization that provides support and assistance to Caregivers and the Seniors they Care for. 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 provide resources for respite and education to help! Come join us!

### How Can You Help?

Go to [www.HighFivesCharity.org](http://www.HighFivesCharity.org)  
We are always accepting donations of the following:

- \* Cash (your donation fully deductible)
- \* Copier/Multipurpose 8 1/2 x 11 paper and stamps
- \* Gift baskets/gift cards for restaurant, movies, groceries, mani-pedi, massage, and therapy.
- \* Life Coaches, Motivational Speakers
- \* Printing Services
- \* Grant Writers

The gift that gives back. Make your financial donation 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  
<http://HighFivesCharity.org>



I Need An ANGEL, Inc.  
8960 E. Talking Stick Way  
Suite C-2  
Scottsdale, AZ 85250  
480-951-4083  
[www.INeedAnAngel.com](http://www.INeedAnAngel.com)  
[help@INeedAnAngel.com](mailto:help@INeedAnAngel.com)



**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
- \* Appointment/Advocate, hair salon, doctor, attorney, etc.
- \* Mani/pedi, massage, reiki, or other relaxation
- \* Help you run errands, go to restaurants, window shop, etc.
- \* Go to the symphony, garden, zoo, visit the cemetery or your old neighborhood
- \* Help motivate you with exercise/meal plans/goals
- \* And so much more!

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

### Impossibilities in the World

- 1) You can't count your hair.
- 2) You can't wash your eyes with soap.
- 3) You can't breathe when your tongue is out. HA! Put your tongue back in your mouth – you look ridiculous. I just knew you were going to try it – true or not?
- 4) You can't say "P" without separating your lips. You just tried it, didn't you? You are super silly!



### FREE Family Caregiver Training

I Need An Angel provides this FREE resource for 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 the Cared for, the Caring for and the forgotten to Care about. 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](http://www.CaregiverEDU.com)  
(no info is collected to sell or solicit- Access FREE from ads!)



APRIL  
2019

# Angel News

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Celebrating 14 years & 3 months

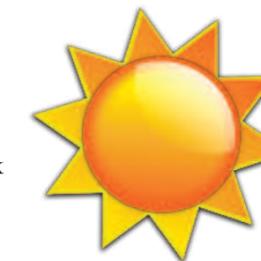
I Need An ANGEL "Caregivers You Can Depend On"

Phone: 480-951-4083

[www.INeedAnAngel.com](http://www.INeedAnAngel.com)

### Health Benefits of Sungazing

Did you know looking at the sun at sunrise and sunset has lots of health benefits?



The goal when implementing the practice is to look into the sun at periods of the lowest ultraviolet-index which occur at sunrise and sunset each day. Looking at the sun (without sun wear or glasses) just as the sunrises and sunsets helps set your brain back to its natural clock and can help with a list of ailments that we usually medicate and make worse.

- 1) Early-morning sunlight helps you sleep at night by setting the sleep-wake cycle with the earth's 24-hour daily rhythm. The body clock is most responsive to sunlight in the early morning, between 6 and 8:30 a.m.
- 2) The Food and Drug Administration's (FDA) recommended levels of daily vitamin D is 1,000 IUs, the equivalent of 10 to 15 minutes of sun exposure. After all, the sun is how we get our vitamin D as well as the melatonin that plays a role in our circadian wake-sleep and a majority of us are not getting enough vitamin D.
- 3) This practice has been known to help the immune system improve, as well.
- 4) Light exposure also plays a role in regulating metabolism, much in the same way that the level of light exposure can cue wakefulness or sleepiness.
- 5) Sunrise and sunset always has a tinge of beauty and amazement that calms and heals an active mind to stop and just be grateful. A calm mind is a great way to start or end any day.
- 6) UV rays from sunrises and sunsets enhances mood and be sure to stand on the bare earth to connect with nature even more.
- 7) The first 3 months of this practice has shown results in mental depression subsiding and an increase in balance of the body and mind.
- 8) To boost the immune system even more, continue the practice and start walking daily. The process is illuminating and enlightening and has the overall potential for increasing health in super-human ways.
- 9) Raising serum levels was found also to be ideal for cancer prevention, which means 600,000 cases of breast and colorectal cancer could be prevented each year with sufficient exposure to sunlight.
- 10) Skin that is exposed to ultraviolet (UV) rays releases a compound, nitric oxide, that lowers blood pressure, too.

*Dr. Cedric Garland, Dr Ph, of UC San Diego School of Medicine and Moore's Cancer Center*



### Things That Make You Smile

I think, what has this day given me, and what have I given it?  
- Henry Moore

I told my girlfriend it looked like she was drawing her eyebrows too high. She looked surprised.

The IRS combines two of the things we dislike most in life - someone taking our money and math.

TIME is precious..  
Waste it wisely



In a gentle way, you can shake the world.  
-Mahatma Ghandi

## Caregivers Corner

*Cream of the Crop Caregiver Award Honors Carol Greathouse*



"In 2008, while looking for work, I came across these enchanting Wings over a store front. I had to check it out, I could certainly use an Angel at the time. That's the day I met Rebecca. (almost a 11 years ago) She was Awesome then and still is, and I am close to all of the Barcy's now. I truly appreciate my wonderful clients/experiences/friendships/support and Love that's been a part of my Life since then.... My husband Bob met the Barcy family that 1rst Christmas as Santa. He was the best Santa ever and became their personal Santa from then on...he called me his Christmas Carol." (Bob went to Christmas heaven May 14, 2014)



Well, Carol you are the Cream of the Crop. The Bestest of the Best! You have been through all our trials and tribulations with us. You always stay professional and your wisdom is all magic! You are Christmas all year round! You are the loveliest of lovely people to know! Your Clients are always blessed! The office is always inspired when you help out here, and your co-workers are proud to stand next to you! Thank YOU Carol, for YOU!



**VOTE** We need your vote on Ranking Arizona! Go to <https://azbigmedia.com/vote-ranking-arizona/>

## Foods That May Cause Pain

There are foods that cause chronic and previously unexplained pain and tenderness ... also known as the "Nightshade Plants."

These include all forms of potatoes (sweet potatoes are okay and in a different family).

Watch out for ingredients like hydrolyzed or modified vegetable protein or modified food starch hidden in packaged meats, cold cuts and seafood.

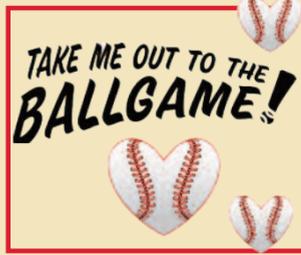
Tomatoes - including all sauces made with tomatoes like BBQ sauce, seasonings, condiments, and prepared meats like meatloaf, baked beans, gravy and some salad dressing.

Peppers (red, green, orange, yellow, jalapeno, chili, cayenne, curry pimentos, and paprika). Peppers can also be hidden in salads, cold cuts, pastas, sausage and deli meats, olives, tabasco, worchester, steak sauce, coloring on nuts and fish, season mixes, crackers, dips and spreads.

Eggplant.

Soy Products.

In short, read the ingredient list on the label!



## A Message From The Directors



*Rebecca Barcy, Executive Director*

Did You know that most home care companies statistically only keep their Caregivers months and not years?

I Need An Angel has many employees with us for a decade (10+) long term.

Many others have served over 3-9 years. We are shocked to hear that's unheard of in our industry. Rebecca said the difference is always they are striving to improve and do better and better (so our 89% striving for 100% retention rate is other care companies 20%) but she thinks it is that we are acting as Angels and Angels A D V O C A T E for you. . . right?

We listen and we advocate to the Career Caregiver, the Family Caregiver and the Client. We are "Caregivers to Depend On" and what people crave. Listening to a few radio interviews of other Homecare companies I am still shocked when they state what they do is "Care for the Clients Needs." Yes - of course- but what about the Caregiver? Our Career Caregivers need a support team that uses emotional intelligence when assigning positions, helping them maneuver through sometimes stressful situations either with Clients/family or their own personal challenges and treat them as people with choices. Our family Caregivers need the same support. Often waiting so long to get help caring for their loved ones they don't know if they are coming or going. Ego's on the shelf. We serve from a place of "Love being the 1rst Order of Business" here.

Happiness is when what you think, what you say, and what you do are in harmony. - Mahatma Ghandi



*Amanda Barcy, Director*

We also listen and provide matches with information about conditions before hand. Our Career Caregivers went through an extensive interview process - no 1-2 page applications here - it takes 6 hours to qualify to even get on our registry. We do a behavioral

match exam and extensive and custom personal interview. We do not delegate new hire orientation or interviewing into any production line system because we want the best. We bring out the best in our employees and help them through rough times and if they have lost their passion for Caregiving for now or forever we are keen to supporting that as well. We are an "extension of their family" helping them decide on which job or routine is best for our family and professional Caregivers and how to get the best schedule, for them, and generally inspiring them.

We LOVE our Caregivers - Career and Family Caregivers so they have the good will to Care and Love our Clients together, as a TEAM.



Warning label on hedge trimmer: "Built-in safety switch prevents accidental starting. Blades will stop when you take one hand off."

Silence is golden; it is seldom misquoted.

The "Father of Traffic Safety," William Eno, invented the stop sign, crosswalk, traffic circle, one-way street, and taxi stand - but never learned how to drive. How ironic that he never took advantage of his own inventions.

The only losing basketball coach in University of Kansas history is James Naismith - the man who invented basketball in 1891. Go figure!

According to researchers, duct tape should never be used for sealing ducts.

## People We Love to Work With

**WOLFE CREATIVE**  
Jen Wolfe  
Graphic Design  
Creative Writing  
Web Design  
602-441-5621

**LCM HOME GROUP**  
Your Realtor for Life Changing Moments  
Rick Wandrych | 602.359.9000

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**STETSON CHIROPRACTIC**  
Fibromyalgia Treatment  
Chiropractic Care  
Pain Relief  
480-948-4955  
[www.stetsonchiropractic.com](http://www.stetsonchiropractic.com)

**Caring for Caregivers**  
We give Surprise Bonuses to 1 Caregiver per month who:  
\* Arrives on time \* Clocks in/out correctly  
\* Client Complimented \* Is Kind  
Congratulations to our first three special Caregivers:  
January - Amina February - Cynthia March - Fathia

## Remembering Nathan and Jax



**Spring is Sprung**

BYUZWIBOVTTQMAEAATFBPBKRAZAU LFEJLQMD  
ZPYTSBCTYOIUW IOTRSRSYJZDRUBJHSUMMKWY  
HQWZRBNEVPSAZAHPAEKEUCMZWINYWFPLXGZ  
YOTRELNPLXKUKRTTEVSRBNVCDVOUEZIOEJGV  
FYCZWIUBNEQGBJCFIMKESPPRUNPKIRTVN  
GNUYOXGLNMBSKBEJEGXNOSEHJLRFVWFEOBC  
FLFVLZYOGXCRHSDOLSBEUHNXIHSERFERTEDT  
CPFVFP LSTERQAI OGWEORLJRZDNSNEDRAGT XT  
ONZMFVRSQXDKRTMSLAVITSEFMGEXHPHMLZT  
AYELTGFOS EILFRET TUBMMODRIZZLEJPPESDD  
THEQQRQMGSYVDFCPKFS LJZMEZEGFDNIALSKW  
GUZUJDM SAGYWP KXONI UQETLSTXORMYDGFWRM

AWAKEN	BLOSSOMS	BREEZES
BUTTERFLIES	CELEBRATE	DRIZZLE
EQUINOX	FESTIVALS	FLOWERS
GARDENS	REFRESH	REJUNIVATE
RENEW	SUNSHINE	

## Community Events

### FIRST AID & CPR CLASS

Open to Everyone at Office  
Required by Staff  
Wed., April 3, 1 p.m. - 4 p.m.  
Thurs., April 25, 10 a.m. - 2 p.m.  
Friday, May 31, 1 p.m. - 4 p.m.

### DESERT STAGES THEATRE

Scottsdale • 480-483-1664 •  
DesertStages.org

March 15 - April 14  
*Death of a Salesman*

### TALKING STICK RESORT ARENA

Phoenix • 602-379-7800 •  
TSRArena.com

March 29 Michael Bublé  
April 11-14, Disney on Ice

### SUNDAY A'FAIR

March 17, 24 & 31  
Scottsdale Civic Center Park.  
Concert, fine arts and crafts market,  
activities for kids,

### FESTIVAL OF THE ARTS

March 29 - 31  
Downtown Tempe  
10 a.m.-5:30 p.m. Over 350 artists  
Live music on stage, food trucks, beer  
and wine, family art activities.  
Free admission.  
TempeFestivalOfTheArts.com

### NORTH VALLEY SYMPHONY ORCHESTRA

Final concert of the season  
"Summer Salute"  
May 11, 7 p.m.  
Shadow Mountain High School  
2902 E. Shea Blvd., Phoenix 85028  
[www.northvalleysymphony.org](http://www.northvalleysymphony.org)  
Military, Veterans and First  
Responders get in FREE!

We LOVE Veterans  
Veterans receive a discount on  
EVERY invoice!  
Caregivers who assist Veterans  
receive a pay rate BONUS!