

**Helping Hands Lending Closet**  
at the Vistas Rec Center has  
walkers, wheelchairs, crutches,  
canes, and shower seats.  
Call 566-6178 for availability.



Items may be borrowed  
for up to 60 days.  
(Wheelchairs, Seated Walkers  
Knee Scooters and Ramps  
\$100 Deposit- (checks only)  
Refunded if equipment returned  
when due.

We also accept donations of  
used medical equipment  
in good condition.

(Sorry, NO toilet risers or  
commodes).

**Helping Hands Medical  
Transportation-Volunteers**  
provide rides  
to medical-  
related  
appointments  
and pharmacy.



Please give a 3-day notice.

### **Grocery Shopping**



for shut-ins,  
homebound, & those  
recovering from  
illness, injury or  
surgery.

**Helping Hands** volunteers can  
call shut-ins on the phone or stop  
by for a friendly visit.



12/6/2022

**Helping Hands Resources  
Directory** - referrals for  
services we don't provide, such  
as personal care & grooming,  
home nursing,  
long-term care,  
house cleaning,  
home-delivered  
meals, & other long-term needs.  
If you need a referral, please  
contact Roz Farnsworth  
623-533-8177.



We accept donations - please  
make checks payable to  
'Helping Hands'

**"Neighbors Helping  
Neighbors  
in Times of Crisis"**



**CAREGIVER  
SUPPORT  
GROUP**



**Toni Stuart-602-799-0412 or**  
*Call for days and times*

*Comfort, Shared Experiences &  
Help with the  
Challenges of Caregiving*

*HELPING HANDS can provide  
Respite Sitters - Call a volunteer  
on the Roster in Living Magazine*

*Helping Hands Mission  
to help neighbors in times of  
crisis, such as Surgery, Illness,  
Temporary Incapacitation, or  
Death in the family.*

**Helping Westbrook Village  
Residents Exclusively**

*Please join us in  
Helping your neighbors.  
If you can spare a little time,  
call a Coordinator.*

Helping Hands needs YOU to  
help us continue our commitment  
of service to all our neighbors.



*For a **Helping Hands** volunteer  
in your neighborhood,  
see the roster in the monthly  
Westbrook Village Living  
magazine, or call a Coordinator.*



**Helping Hands Coordinators**

Bill R	623-572-3017
Judy R	623-810-4068
Roz F	623-533-8177

*Mailing Address:  
Westbrook Village Helping Hands  
18825 N Country Club Pkwy,  
Peoria, AZ 85382*

12/6/2022