



## **HELPING HANDS VOLUNTEERS offer FREE HELP!**

**For Westbrook Village Residents  
ALL VOLUNTEERS ~  
ALL NEIGHBORHOODS**

**Helping Hands Mission** ~ to help neighbors in times of need, such as Surgery, Illness, Accident, or no longer driving.



**RIDES** to medical and essential errands  
Please call at least  
3 business days in advance



**GROCERY SHOPPING** for shut-ins & homebound. We shop for you or from list.

**TRASH CAN SERVICE OUT/IN** We will put your trash cans out and return them.

**HANDYMAN- SIMPLE REQUESTS** done by volunteers- light bulbs, a/c filters, etc.

**RESPIRE SITTERS ,  
VISITORS & PHONE PALS**



## **EQUIPMENT LENDING CLOSET** at the

**Vistas Rec Center** has

walkers, wheelchairs,  
transport chairs, crutches,  
canes, and shower seats.  
Call 566-6178 for info.



**REFERRALS** We don't do lifting, bathing or personal care, but we have a Resource Directory for those services, including in-home caregivers, delivered meals, assisted living locators, and more. The ads in the back of this Living Magazine are a great place to look first for businesses or Call Roz for more information. 623-533-8177



## **JOIN US**

Helping our neighbors.

If you can spare a little time, call a Coordinator. You decide how much you want to do. Helping Hands needs YOU to help continue our commitment of service to our neighbors.

**CALL or TEXT COORDINATOR  
TO REQUEST HELP**

Roz Farnsworth 623-533-8177 ~  
Judy & Bill Reisener 623-810-4068