



Tempe Neighbors Helping Neighbors

About Us

Tempe Neighbors Helping Neighbors is a 501(c)(3) nonprofit community-based membership organization that provides basic, non-medical volunteer assistance to older adults in Tempe so they can remain in their homes as they age. We provide a network of volunteers and community partners to help us provide the services and activities that meet our members' interests and needs.



What we do...

Transportation

- Drive for members who are unable to drive themselves
- Take members to the grocery store, medical appointments, hairdressers, errands, social outings



Basic Yard Care

- Periodic mowing, trimming, edging, weeding for those who are unable
- Raking up leaves and debris
- Clearing rain gutters
- Removing fallen citrus and small dead plants
- Fix broken sprinkler heads

Friendly Calls and Visits

- Socialize and listen
- Regular check-ins
- Take a walk, check the mail, play games, do a hobby or watch TV together
- Look for changes
- Build relationships



Technology Assistance

- Assist with DVR/TV
- Troubleshoot
- Help with cell phones
- Guide and teach how to use computers, software, email, social media
- Installing new components

Light Home Maintenance

- Change air filters, light bulbs & batteries
- Minor repairs, replacements & installations
- Water plants, dust ceiling fans, clear pantry of expired food



Pet Care

- Take dog for a walk, exercise
- Socialize and play with pets
- Feeding & watering
- Basic, routine waste clean-up
- Primarily care for dogs, cats, fish

Part of the Arizona Age Friendly Network, TNH operates in partnership with



Contact us:
www.tempeighbors.com
(480) 381-8336

MEMBERSHIP

We welcome Tempe residents of all ages and income levels. Annual membership dues:
\$96 single, \$180 per couple



TEMPE
NEIGHBORS *Helping* **NEIGHBORS**

Live in Tempe? Aging in Place?
We are here for you!



Transportation / Rides: Up to 2 trips a week,
12 miles one way max, with 3 business days notice.

Yard Work: Seasonal clean ups, up to 4 times a year

Social Visits & Phone Calls

Pet Care: e.g. dog walking

Light home maintenance: change air filters,
light bulbs, small repairs

Technical Assistance: computers, printers,
phones, TV (not a repair service)

To learn more:

480-381-8336

tnhinfo@gmail.com

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Looking for volunteer opportunities?
Come Join Us!

We ask for just 2 hrs a month commitment:

- Giving rides
- Friendly visits/calls
- Light home maintenance
- Dog walking
- Helping with technology
- And more!



**Attend a Volunteer Orientation, the
2nd Monday of each month at the
Tempe Library**

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