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100+ Women Who Care Helps Turn Isolation into Connection for East Valley Seniors

BY KIM TARNOPOLSKI

FOR MANY OLDER ADULTS, remaining in the home they love represents independence, dignity, and connection to the life they have built. But as people age, social isolation can quietly become one of their greatest challenges.

Neighbors Who Care is helping change that story for seniors in the East Valley. The nonprofit provides transportation, caregiver support, wellness services, friendly visits, and social opportunities designed to help older adults remain independent, connected, and engaged in their community.

At their recent giving circle, the East Valley members of 100+ Women Who Care Valley of the Sun selected Neighbors Who Care as their quarterly charity recipient, awarding the organization a collective donation of $7,350.

The members' donations will support Neighbors Who Care's socialization events, creating opportunities for up to 100 seniors who rarely leave their homes to enjoy afternoons filled with companionship, conversation, and fun.

For someone who spends much of their time alone, a simple afternoon out can mean so much. These events bring seniors together for lunches, live music, gifts, and activities that encourage interaction and build friendships. More than entertainment, they offer something deeply human—the opportunity to connect, laugh, share stories, and feel part of a community.

"Neighbors Who Care is deeply grateful for the generous donation from 100+ Women Who Care Valley of the Sun. As social isolation becomes an increasingly critical issue, this support ensures our neighbors remain connected, valued, and remembered. Thank you for your amazing support and for partnering with us to make a meaningful impact in our community," shared Terri O'Herron, Executive Director of Neighbors Who Care.

The East Valley members' support will help transform isolation into belonging. A shared meal can become a new friendship. An afternoon of music becomes something to look forward to. Most importantly, seniors are reminded that they are seen, valued, and an important part of their community.

Since their first gathering in 2015, 100+ Women Who Care Valley of the Sun has donated over $1.7 million to local nonprofits across the Valley.

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