



MY Neighbors

1-828-295-2412

**MY Neighbors is not an emergency service.
In the event of a medical emergency,
Member should call 911 or their doctor.**

Some of the Services We Offer



Drivers provide round-trip transportation for Members. When appropriate, drivers assist the Member to and from the front door and help carry groceries or packages into the house. MYN drivers take Members to variety of places, such as: Medical appointments; Shopping; Hair dresser or barber; Social visits; Local nursing homes to visit friends or family; Post office, Bank or other destinations for errands.



Medical and Family Support Volunteers with specialized training can assist you with a variety of well-being issues: Help with assembling and organizing your medical history information to prepare for appointments with healthcare professionals; Organizing tax-related medical bills; Preparing you for a hospital visit; Accompanying you to a medical appointment; Taking notes during a doctor visit to help you remember what was said; Writing a list of your medicines to be taken and when; Calling your family members after surgery or medical treatment; Organizing for meals for you at home after surgery or hospital stay: Consult on home care.



Social Visits A Volunteer will come to your house to chat, play a game, read to you, or provide a brief respite for your primary caregiver.



Technical Support Volunteers will help explain technology and set up computers, cell phones, internet routers, tablets, and a variety of other technology issues.



Light Home Maintenance Volunteers are available to help you with chores, such as: Install and remove window air conditioners; Change light bulbs where a ladder is needed; Put up and take down window or door screens; Hang pictures; Lift boxes onto high shelves; Clearing the walkway to your door; Bring in firewood.



Miscellaneous Household Tasks, such as: Plant watering while on vacation; Light gardening; Assisting Members in dealing with their mail; Organizing paperwork; Changing bedding; Pet walking and care where there is a temporary need.



Phone Buddy Program This program is designed primarily for MYN Members who live alone and feel safer if someone checks in with them regularly to inquire if they are all right. This is a great job for a Volunteer who likes to chat on the phone. This service is designed to provide a friendly connection. It is not meant to substitute for medical or emergency services.



Other Services As a Member of MYN, you can take advantage of our other services. Our Volunteers are happy to help you with daily life chores on an occasional basis. A **few** examples are: Mailing packages; Running errands; Waiting for delivery or service personnel; Preparing occasional meals; Checking a house and/or picking up mail when you are away; Driving a pet to the veterinarian or groomer.