



The Caring Neighbor

A Newsletter from the Caring Neighborhoods Program
City of Sacramento Department of Parks and Recreation

Autumn 2003



CARING NEIGHBORHOOD CORNER

Danny Nunn was a very special Caring Neighbor from the South East Area Neighborhood (SEANA) in South Sacramento. His compassion for others and contributions to the community have touched the lives of many people.

Danny was the type of neighbor that you never forget. Kind and concerned about others, he was always helping someone, such as buying breakfast at the neighborhood coffee shop for a senior who did not have groceries or repairing a set of crutches for a disabled veteran. Danny was famous for surprising neighbors with a friendly smile, and a special treat such as fresh salmon, or doughnuts and pastries.

A lifetime of service included national awards, a career in the military, and a variety of volunteer efforts, yet it was the small acts of neighborly kindness that made the biggest impact. As a senior, Danny was especially concerned about his elderly neighbors and worked with local police officers to combat crime and dangerous traffic on neighborhood streets. He repaired wheel chairs, medical equipment, and household appliances for elderly neighbors, and delivered hot meals to single and homebound seniors, even if it was leftovers from family gatherings. He was a key organizer of the annual SEANA Senior Thanksgiving Dinner, to ensure that all neighborhood seniors could enjoy a Holiday meal.

With Danny's recent passing away, neighbors, friends, and family feel a great loss. His willingness to help others has touched the lives of all who knew him. We will greatly miss Danny and his good nature, yet his legacy is a wonderful example of how one special person can make a difference in the lives of others.

Do you know of a SUPER VOLUNTEER who deserves to be recognized? We would love to hear about your efforts! Please contact Tracey Gray at (916) 566-1594 or tgray@cityofsacramento.org and let us know how you are making a difference in your neighborhood!

SGMNA EVENT FOR OLDER ADULTS

This summer, Caring Neighborhoods throughout Sacramento took to the challenge of meeting seniors in their neighborhoods. One neighborhood, South Gate Meadows (SGMNA), collaborated with three other neighborhood groups, Parkway Estates, Olive Orchard, and Center Crossroads, to host a fabulous event for neighborhood seniors at St. Luke's Church in South Sacramento. This Adult Health Fair, co-sponsored by Councilmember Bonnie Pannell, was not just a health fair, but an opportunity for seniors to socialize with old neighbors and new friends.

The outcome of months of preparation by several neighbors, this event was the vision of Judy Hodges, Caring Neighbor and SGMNA President. Neighbors worked together to plan the event, from seeking donations from neighborhood businesses and building advertising signs, to inviting community agencies and getting the word out to older adult neighbors. On the event day, neighbors came out in full force to staff the snack shack, set up tables and chairs, clean up and much more. Their hard work paid off as over 100 older adults and 30 local agencies attended, and nearly 30 local businesses donated merchandise for 25 prizes awarded.

In a neighborhood where in some parts 1 in 4 neighbors are seniors, the Adult Health Fair was a big hit. In addition health checks and short seminars, attendants learned about community resources and their helpful Caring Neighbors. The day was filled with smiles, laughs, hugs, and opportunities to offer a helping hand to neighborhood seniors. Even a neighborhood Police Department volunteer acted as a Caring Neighbor by driving a senior home, who had walked over a mile with a cane to attend the event.

A big thanks to all the businesses and the City of Sacramento's Gifts to Share Program who made this event possible through a contribution of funds and other donations. THANK YOU, Judy Hodges, Marian Kile, and neighbors for your hard work and willingness to help neighborhood seniors.

ESKATON TLC

Do you want to help neighborhood elderly but do not know how to reach out? Caring Neighborhoods is teaming up with the Eskaton TLC (Talking, Listening, Caring) Program to connect neighbors with neighborhood seniors who can use a helping hand in living safely and independently at home.

Eskaton TLC is a free, volunteer telephone reassurance program to help seniors remain living with dignity in their own homes. Daily, volunteers call hundreds of elderly clients to check on their well-being and to enjoy a friendly conversation. For seniors who live alone or do not have someone nearby to check on them, TLC volunteers provide friendship and a social link in hopes of preventing isolation. Volunteers provide information about community resources, and can seek assistance from a family member or peace officer in case of emergency.

Eskaton TLC also provides home visits to seniors who live alone. By matching volunteers and clients with similar interests, warm companionships emerge through activities such as a card game, morning walks, a dramatic movie, and much more.

Hundreds of Sacramento County seniors do not have family members living nearby or a support system to assist them with minor needs, and some probably live in your neighborhood. The Caring Neighborhoods and Eskaton TLC Project can help by connecting you and your neighbors to neighborhood TLC clients. A simple phone call or visit can make a world of difference to an elderly neighbor. To learn more about how you can participate in this heartwarming project, call Tracey at (916) 566-1594. To volunteer or to refer a senior to Eskaton TLC, call (916) 334-1072.



ESKATON TLC GIVING TREE

Do you want to make a difference this Holiday season in the life of a senior who is less fortunate or will spend the holidays alone? Choose a name off of the TLC Community Giving Tree, filled with the names of Eskaton TLC Clients. Individuals, families, or neighbors choose a name and donate a gift. Many TLC seniors live alone without loved ones to spend time with during the holidays, and the gifts from the Giving Tree are all that they receive. Last year, volunteers shared gifts with 260 seniors. The joy of helping others and making the holiday season special for a senior is a gift in itself. The deadline to choose a name is November 14. If you would like to provide a gift and/or help TLC deliver gifts in your neighborhood, please call Eskaton TLC at 334-1072.

ACC TRANSPORTATION PROGRAM



The Asian Community Center (ACC) in the Greenhaven/Pocket neighborhood has a new transportation program for seniors. Because accessing transportation can be a major obstacle to maintaining independence, ACC created this door-to-door shuttle service for older adults of all backgrounds living in the 95831, 95822, and 95818 zip codes.

The service is available Monday through Friday from 9 AM to 5 PM, and the suggested donation for a one-way trip is \$0.50 to \$1.00. Although priority is given to those who lack other means of transportation, and participants in ACC classes, the Triple R of Drop-In Respite Adult Day Programs, seniors can catch a ride to the grocery store, medical appointments, small group field trips, or other errands up to a 12 mile radius outside of the service area. All seniors are welcome at the Asian Community Center, located at 7375 Park City Drive, off of Greenhaven Drive. For more information, call Virginia Campbell at (916) 393-9026 x33.



HOW YOU CAN HELP YOUR ELDERLY NEIGHBORS THIS FALL:

- Work with your neighbors to clean rain gutters and rake leaves for seniors
- Change batteries and test smoke detectors for an elderly neighbor
- Share information about Energy Discount Programs with your older neighbors (Contact 566-1594)
- Surprise a senior with a simple Holiday gift
- Phone or visit elderly neighbors to wish them HAPPY HOLIDAYS!
- Invite a single senior to your home for a Holiday Meal.

NEW CONTACT INFORMATION!

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"Make your neighborhood a better place to live!"

