



The Caring Neighbor

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

September/October 2004



CARING NEIGHBORHOOD CORNER

Judy Hodges is a special Caring Neighbor from the **South Gate Meadows Neighborhood Association (SGMNA)** in South Sacramento. As President of SGMNA, Judy works to make her neighborhood a safe and friendly place to live, especially for her senior neighbors.



Through her outstanding efforts, Judy received the **"Top Giver" Volunteer Award** from the **City of Sacramento Volunteer Services** at a recent Sacramento City Council meeting. Only three individuals were chosen as Top Givers from a variety of nominations for exemplary volunteer service from departments and programs throughout the City."

Judy was selected as a Top Giver through her contributions to a 50+ Adult Health Fair and a Holiday Gift Basket project for her elderly neighbors, detailed in previous issues of the *Caring Neighbor*. Judy continues to reach out to neighborhood seniors while tackling safety issues and crime. She is dedicated to protecting streets and parks, so that older neighbors will feel safe to take daily walks for exercise.

Whether she is encouraging neighbors to offer a helping hand to seniors or delivering a gift basket to a senior couple in poor health, Judy is truly making a difference. As Councilmember Bonnie Pannell remarked, the world could use more neighbors like Judy. CONGRATULATIONS, Judy, and **THANK YOU** for your commitment to helping neighborhood seniors!

Do you know of a special caring neighbor 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!



HEALTHY AGING SUMMIT

You and your older adult neighbors do not want to miss the **2nd Annual UC Davis Healthy Aging Summit for the Hispanic/Latino Community**, "Honoring Our Elders: Caring For Our Communities," on **October 16th**.

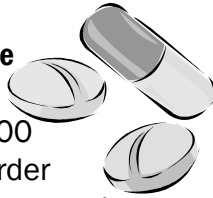
This **FREE** community resource fair, sponsored by the UC Davis Medical Center, Senator Deborah Ortiz, and several area organizations, will provide an opportunity for seniors to learn more about health and wellness issues while connecting to community resources. This event is **open to all members of the public** and will feature: various exhibits from a variety of agencies and organizations serving seniors and Latino community workshops on health issues specific to Hispanic older adults, health screenings by medical professionals, as well as fun, food, and festivities for the whole family.

The Healthy Aging Summit is a project of the Healthy Aging Coalition of Northern California, a collaborative effort of over 70 organizations dedicated to improving the health and lives of older adults. Through such events, the Coalition provides a forum to increase education and provide access to health and wellness resources, in effort to decrease the effects of aging. Since 2001, over 10,000 older adults have participated in events sponsored by the Healthy Aging Coalition.

Come join us at the Healthy Aging Summit on Saturday, October 16th, from 10AM to 2PM, at the UC Davis Medical Center Special Events Arena, 4501 X Street, in Sacramento. For more information, contact (916) 734-6441 or visit <http://healthyagingsummit.ucdavis.edu>.






DRUG DISCOUNT PROGRAM

DO YOU KNOW that the new **Medicare Drug Discount Card** is now available? This **FREE** discount card provides \$600 in savings for those who qualify. In order to be eligible, seniors must have an income less than \$1,047 (single person) or \$1,405 (couple). For more information, contact the **Health Insurance Counseling Program (HICAP)** at (800) 434-0222.



HICAP, a program through the Legal Center for the Elderly and Disabled, is a **FREE** service helping Medicare beneficiaries choose the best options for personal health care needs. HICAP provides **FREE** community education services and individual health insurance counseling. In addition, representatives are available to make a presentation to your neighborhood organization. As a non-profit organization, HICAP does not sell, endorse, or recommend any specific insurance program or medical product. Please share this information with your senior neighbors.

HOW CAN YOU HELP YOUR ELDERLY NEIGHBORS THIS FALL?

-  Work with your neighbors to remove leaves and debris from rain gutters for an elderly neighbor.
-  Encourage neighbors to make a difference by volunteering with R.S.V.P. Call (916) 875-3631 for more information.
-  Include neighbors in a project to visit neighborhood seniors who live alone. Rotate visits between neighbors or create buddy groups. For more information, call (916) 566-1594.
-  Encourage safety and decrease the risk of falls by checking and replacing porch light bulbs for an elderly neighbor.
-  Share information about the Medicare Drug Discount Card. Invite a HICAP representative to make a presentation to your neighborhood group. For information call (800) 434-0222.

SENIOR VOLUNTEERS

Do you know an older adult or retired neighbor who has some extra time or would like to make a difference? The **Retired Senior Volunteer Program (R.S.V.P.)** may be just what he/she is looking for!

R.S.V.P. is a volunteer program, sponsored by the Sacramento County Department of Human Assistance, where neighbors



55+ years can use their lifelong experience, talents, and skills to help others. Participants volunteer in a variety of opportunities, including schools, libraries, hospitals, nature centers, food banks, and many others, where their skills can be most beneficial and the assignment can best serve the volunteer's interest.

R.S.V.P. volunteers oftentimes fill in the gap where help may otherwise be unavailable, and in effect change the lives of many people through over 150,000 hours of community service to organizations each year. For example, two R.S.V.P. volunteers and Caring Neighbors, visit isolated seniors close to their home while another volunteer spends time with children in a low income school.

R.S.V.P. is a wonderful opportunity for retired older adults to make a difference in the community. Volunteer placements are based upon personal interest as well as agency needs, and supplemental transportation insurance is available to those participating in volunteer activities.

If you know a neighbor who would be interested in becoming an R.S.V.P. volunteer, please share this information and call (916) 875-3631 to learn more about this worthwhile program.



Caring Neighborhoods Program

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"Make **your** neighborhood a **better** place to live!"

