



The Caring Neighbor

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Spring 2008

CARING NEIGHBORHOOD CORNER

David Bain is a super Caring Neighbor from the **Cabrillo Park** neighborhood. His compassion and commitment to helping others made a difference for a special senior.



David was concerned about 94 year old **Mrs. R.**, a long-time elderly neighbor. In addition to being at-risk for City code citations, Mrs. R.'s property was targeted by burglars and nefarious pedestrians. A broken gate and missing fence allowed easy entry, while overgrown shrubs and poor lighting offered concealment after dark.

Also, Mrs. R.'s friendliness made her prey to neighbors who took advantage of her generosity. One neighbor charged her for incomplete repairs, while another couple helped themselves to her vehicle while charging her a hefty sum for driving her to the bank and grocery store.

In an effort to improve Mrs. R.'s safety, David organized a day of service. He recruited nearly 20 neighbors who brought their own equipment to replace lighting fixtures, prune and remove large bushes and trees, extract debris, secure a fence, and more. One neighbor brought homemade tamales and drinks for the group. Mrs. R. was so grateful that she managed to pitch in by sitting on a chair to sweep the back patio.

Even with a busy work schedule and community commitments, David continues to go the extra mile to help Mrs. R. by offering a helping hand with small tasks and sharing information about resources as needed. He encourages neighbors to join his efforts, and is always on the lookout for a senior in need.

THANK YOU, David for making a difference!

SCAM ALERT!



BEWARE! A recent scam is targeting seniors.

These scam artists loiter in parking lots, usually in shopping centers, targeting unsuspecting seniors. The perpetrator identifies an existing scratch or minor dent on the victim's vehicle then offers to repair the blemish for a modest fee, cheaper than a repair shop.

After demanding an advance cash payment, the scam artist applies a substance to the vehicle that leaves a messy residue, much more obvious than the original damage. The perpetrator then leaves to purchase additional materials to remove the substance, sometimes requesting additional cash, but never returns. The victim is left with a damaged vehicle and scammed for hard-earned money.

Only patronize licensed repair shops! If you or your neighbors are victims of this crime or suspect such activity in your neighborhood, please call non-emergency Police Department 264-5471 or Sheriff's Department 874-5115 and the CA Bureau of Automotive Repair 445-1254 or (800) 952-5210.

HELP ELDERLY NEIGHBORS THIS SPRING

- ◆ **Enjoy the sunshine and get some exercise!** Share a morning walk and friendly conversation with an older neighbor.
- ◆ **Beat the Heat!** Help an older neighbor make a plan to stay cool and healthy during hot weather. Review tips for seniors in preventing heat-related illness.
- ◆ **Make new friendships!** Introduce yourself to one elderly neighbor each week. Encourage neighbors to join your efforts.
- ◆ **Reach out!** Work with your neighbors to provide information cards to elderly neighbors featuring names and phone numbers of neighbors willing to offer a helping hand with small needs or emergencies.

ECO-FRIENDLY TIP

Conserve our environment and help neighborhood seniors at the same time!



Did you know that household batteries are hazardous waste and must be disposed separately from your garbage?

*Work with your neighbors to start a project to collect batteries from your older neighbors, then dispose of them through a collection appointment 808-5454 or drop off at a convenient neighborhood location. For more information, please contact 808-1594.

TRIPLE R PROGRAM—THE GIFT OF TIME

Every day dozens of older men and women gather together at Triple-R to enjoy each other's company, dance to their favorite song, try their hand at a new art project, laugh with each other,—and stay safe. What they have in common is dementia—usually Alzheimer's Disease—that often hinders them from socializing and makes it impossible to do things we take for granted such as drive a car or even use the telephone.

But in an environment with an experienced staff and where the emphasis is placed on the person's abilities, the participants thrive. And, the time their loved one has spent in the program has been a blessing for the family member as well.

One in every four people is caring for an older adult. Recent studies show the physical toll is alarming, putting their own health in danger from the stress associated with caring for a loved one with special needs. Unfortunately, few resources are available.

Triple-R offers expert care in a community setting, giving the person caring for the loved one a break and providing a stimulating day of mental and physical activities for the participant. Caregivers often remark that the program is the cornerstone to allowing them to care for their loved one at home longer than if they were doing the care on their own.

**For more info about Triple-R:
808-8375 or www.tripler.org**

TRANSIT OPTIONS FOR SENIORS

Transportation is a major part of our daily lives. For most of us, our well-being depends upon it. Picking up groceries from the store, visiting loved ones, going to the movies, or attending doctor's appointments would not be possible without access to transportation.



For seniors who no longer drive, losing the car keys can be a life-changing loss of independence. Oftentimes, seniors lose vital links to their livelihood, such as friends, activities, and proper nutrition. However, with a helping hand from neighbors, and access to local transit services, seniors can maintain links to the community, in spite of no longer driving.

Small acts of kindness can make a difference! Offering a helping hand to design an alternative transportation plan, by choosing a bus route and schedule, applying for Paratransit, or providing a ride to a neighborhood bus stop or grocery store, can be the link that aids an older neighbor in living safely and independently in the community.

Regional Transit – 321-BUSS, www.sacrt.com

Neighborhood Ride – Curb-to Curb Service for seniors 62+. Offering connecting service to fixed routes. 556-0250

Mobility Training – FREE specialized training with a coach on using RT buses and light rail: route planning, safety, using lifts and other devices. 429-2009 ext. 341

Paratransit – Door-to-door service for the elderly and disabled 429-2009, www.paratransit.org

Folsom Stage Line – 355-8395

Dial-A-Ride – Curb-to-Curb service for seniors 55+ and disabled
Folsom - 355-8347 Elk Grove – 686-4736

South County Transit – Galt, Delta, Lodi, South Sacramento (209) 745-3052 www.sctlink.com

ACC Rides – Transportation for seniors 55+ living in zip codes 95814/18/22/23/31
393-9026 ext. 233 www.accsv.org

Caring Neighborhoods is a neighborhood-based volunteer program through the City of Sacramento, Office of Older Adult Services, which encourages neighbors to work together to help elderly neighbors with small tasks so that they may live safely and independently at home.