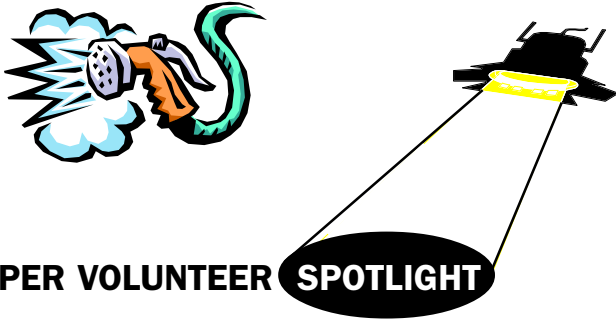




The Caring Neighbor

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

April/May 2002



SUPER VOLUNTEER SPOTLIGHT

Lynne Halsted is a very special neighbor from **Land Park**. After a senior neighbor broke her leg, Lynne stepped in to offer a helping hand. By assisting an elderly neighbor in living independently at home, Lynne made a BIG difference in the life of a senior and in her neighborhood.


Mrs. A., an elderly resident of Land Park, has been a gardener for most of her life. Taking great enjoyment in her yard work, Mrs. A. hand watered her plants, flowers, and lawn daily for many years. Unfortunately, she was no longer able to tend to her yard.

When Lynne heard of this, she was ready to help in any way possible. After a long day at work, Lynne watered Mrs. A.'s lawn, plants, and flowers so that her yard would stay as beautiful as it had always been. Especially during the hot months, Lynne visited Mrs. A. and watered her plants nearly every day. Thank you, Lynne, for your hard work and in making a difference in YOUR neighborhood!

ARE YOU assisting your elderly neighbors in your Caring Neighborhood? 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 277-6009 or via e-mail at tgray@cityofsacramento.org and let us know how you are making a difference in your neighborhood!

HOW YOU CAN ASSIST YOUR ELDERLY NEIGHBORS THIS SPRING:

- ✓ Help a Senior to plant flowers in their yard 
- ✓ Welcome springtime by sharing a picnic lunch with a lonely elderly neighbor
- ✓ Take a morning or evening walk with a frail senior neighbor 
- ✓ Assist an elderly neighbor with light spring cleaning tasks around the house, such as washing a large window
- ✓ Introduce yourself and befriend a senior in your neighborhood
- ✓ Share information with an elderly neighbor about home safety modifications (see *back page*) 
- ✓ Tell a senior neighbor about the Senior Enrichment Program, and how they can enjoy cultural events in the community! (see *back page*)



DID YOU receive our informational brochure, **Getting Older and Getting Around Sacramento?** It is all about the big issue of Transportation. Stay tuned for more "HOT TOPICS" in the future!!!

HOME MODIFICATION



Did you know that the design of one's home can play a critical role in the ability of an older person to live safely and independently? Simple changes such as the installation of grab bars in the bathroom or lever handles on water faucets can allow an older person to live on their own and to conduct daily activities that would otherwise be difficult for a frail person to complete.

One out of every three Americans age 65+ fall down every year. Such accidents claim more lives of the older population than cancer, stroke, and heart disease combined. One-half of all home accidents can be prevented by simple modifications. Making an older person's home safe from common accidents can be as easy as placing a night light in a bedroom or removing scatter rugs from floors.

As a Caring Neighbor, you can share this information with neighborhood seniors and help them to make their homes accessible and safe for their independent living.

For more information on basic safety ideas for an older person's home, or for home modification programs and assistance available to seniors, contact Tracey Gray at (916) 277-6009.

"The Caring Neighbor" is a publication of the City of Sacramento Department of Parks and Recreation Caring Neighborhoods Program.

Caring Neighborhoods Program

6005 Folsom Boulevard
Sacramento, CA 95819
(916) 277-6009
tgray@cityofsacramento.org
www.caringneighborhoods.org



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

ENERGY SAVING TIP!

During warm days, keeping curtains and shades drawn, especially in rooms with direct sunlight, can dramatically lower temperature of your home. This makes it less necessary to use your air conditioner and keeps energy costs to a minimum!



HART SENIOR ENRICHMENT PROGRAM

The Hart Senior Enrichment Program provides cultural enrichment and based entertainment for persons 50+ years who have limited resources and would otherwise be unable to attend certain events. This allows seniors to experience features of the community, while promoting their personal growth and enjoyment.

Events include theatre, musical, and dancing performances, as well as sporting games and much more! Be a Caring Neighbor and share this information with seniors in your neighborhood!

For more information about upcoming events and how to get tickets, contact the **Hart Senior Enrichment Program Hotline** at (916) 277-1206.



TO LEARN MORE about the **Caring Neighborhoods Program**, please contact **Tracey Gray** at **(916) 277-6009** or tgray@cityofsacramento.org. Please visit online at www.caringneighborhoods.org.