



The Caring Neighbor

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

January/February 2003



SUPER VOLUNTEER

SPOTLIGHT

Trudy Bonstima is a special neighbor from the Arcade Creek Manor senior community in Citrus Heights. Her desire to help neighborhood seniors stay connected to the community is allowing many to maintain their independence.

Transportation is a major issue for seniors, and Arcade Creek is no exception. Trudy, a senior in her late eighties, was concerned about her elderly neighbors' transportation to doctor's appointments, grocery shopping, and social activities. Most were using expensive cab services or driving in spite of physical impairments or health conditions.

After attending a Paratransit presentation, Trudy facilitated the participation in a neighborhood mobility training program where seniors learn how to safely ride RT Bus, Light Rail, Neighborhood Shuttles, and transfer to Roseville buses. Training sessions include practice rides on public transit vehicles with a "coach" to a common destination, such as Kaiser. With the help of her granddaughter, Trudy assists neighbors by photocopying maps for training and when using RT.

Because of Trudy's efforts, she and over 40 neighborhood seniors, nearly all over the age of 80, are using public transit and safely arriving at their destinations. 10 more are scheduled for January training, and Paratransit recently honored Trudy for her extraordinary work.

THANK YOU Trudy for making a difference in your 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 (916) 277-6009 or tgray@cityofsacramento.org and let us know how you are making a difference in your neighborhood!

GCTENA NEIGHBORHOOD FAIR

The Golf Course Terrace Estates Neighborhood Association (GCTENA) sponsored an **Information and Health Fair** for neighborhood seniors last November at the H.W. Harkness School in South Sacramento. Approximately 100 seniors attended, winning prizes, enjoying snacks, and learning about senior services.

This spectacular event is the work of Beulah Davenport, GCTENA member and Caring Neighbor. As most neighbors were unaware of many older adult programs and services, she felt that hosting a neighborhood fair for seniors and their families would raise awareness about local resources and be accessible for those with transportation and physical difficulties.

GCTENA neighbors set up tables, greeted attendants, served beverages and pastries, and much more. Caring Neighbor Larry Luethy changed the hearing aid battery for an elderly neighbor in her late nineties.

Over 20 organizations provided a variety of information, including Diabetes Screening from the UC Davis Medical Center. Attendants included Paratransit, Eskaton, Widowed Persons Association of California, Infoline Sacramento, and others.

This event was co-sponsored by Councilmember Lauren Hammond and the Caring Neighborhoods Program, and made possible by a Gifts to Share grant. Many thanks to local businesses who made donations, including the Florin Road Home Depot, Capital City Nursery, Kramer's Bakery, Staples, Starbucks, Raley's, and others.

THANK YOU Beulah and GCTENA for making a difference in your neighborhood!



SEANA SENIOR THANKSGIVING

The South East Area Neighborhood Association (SEANA) held its **16th Senior Thanksgiving Dinner** at the George Sim Community Center. Over 100 South Sacramento seniors and disabled adults attended this wonderful event, sharing a special holiday meal with neighbors and Councilmember Dave Jones.

The holidays can be a difficult time for seniors, as many do not have family members living nearby and spend the time alone. Health conditions and physical challenges prevent others from purchasing food or preparing a traditional meal. SEANA hosts the annual Thanksgiving dinner for seniors to enjoy a wonderful meal with neighbors without the holiday stress.

SEANA members donated and prepared food while Councilmember Jones and Assemblymember Steinberg contributed turkey and ham. Cub Scout Pack 254 greeted and seated guests, and the Weed and Seed DEFY Team (Drug Education for Youth) served meals prepared by SEANA. The holiday dinner included turkey, ham, mashed potatoes and gravy, green beans, rolls, juice, coffee, a variety of desserts.

THANK YOU to the more than 30 volunteers who shared this heartwarming event with neighborhood seniors.



SGMNA HOLIDAY PROJECT

The Southgate Meadows Neighborhood Association (SGMNA) in South Sacramento made it a special Thanksgiving for neighborhood elderly and families, by providing holiday food baskets to several less fortunate neighbors.

SGMNA Board Member and Caring Neighbor, Larry Carr, was given several turkeys, rolls, and stuffing mix leftover from a company holiday gift to employees at Sara Lee, Inc. He wished to share the holiday food with less fortunate neighborhood elderly, so SGMNA organized the holiday project, with the donation of food from Raley's on Mack Road, to ensure that local needy seniors would have a Holiday meal.

The names of older, low-income neighborhood seniors suffering from illnesses and/or physical disabilities were referred to SGMNA. Those most in need received a holiday food basket, including turkey, rolls, stuffing mix, potatoes, green beans, and pie or ice cream, assembled and delivered by SGMNA President and Caring Neighbor Judy Hodges and Caring Neighborhoods. Without the holiday baskets, some seniors would not have had a Thanksgiving dinner.

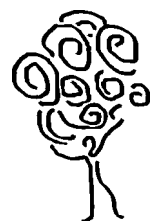
THANK YOU SGMNA for your kindness in helping your elderly neighbors to have a Happy Thanksgiving.

HOW YOU CAN HELP ELDERLY NEIGHBORS THIS WINTER

- ✓ Enjoy a warm cup of cocoa and video with a few senior neighbors.
- ✓ Make a special trip to the grocery store for a frail elderly neighbor on a cold, rainy, or foggy day.
- ✓ Assist a senior in caulking cracks and crevices in their homes that may allow ants to enter.
- ✓ Provide a list of numbers for Winter Questions, such as for storm drain blockages and the National Flood Insurance Program. Call 277-6009 for information.
- ✓ Assist neighborhood seniors in assembling emergency supply kits, including a battery operated radio, bottled water, canned food and a can opener, flashlight and extra batteries, a blanket, and an emergency evacuation plan.

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!"*