



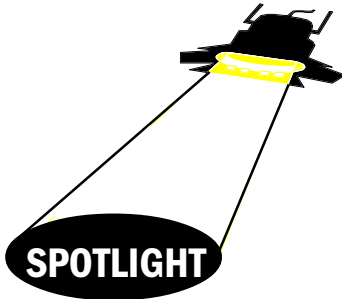
The Caring Neighbor

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

November/December 2002



SUPER VOLUNTEER



SPOTLIGHT

Robert Herndon is a special Caring Neighbor from **Regency Place**, a senior community in South Sacramento. Robert's magnetic personality, cheerful smile, and willingness to offer a helping hand to neighborhood seniors is helping to make Regency Place a safe and pleasant community for neighbors.

Regency Place is a unique neighborhood, as all neighbors are seniors. A senior himself, Robert is captain of the Neighborhood Watch and a former volunteer with the Sacramento Police Department. He has made neighborhood safety a number one priority so that his elderly neighbors may live safely and independently in their own homes.

Informing neighbors about the dangers in their neighborhood and how to protect themselves and their homes against crime and checking on neighbors to see if they need any help, Robert is making a difference for many seniors. He has even improved neighborhood street safety for elderly pedestrians by fighting against unsafe drivers and speeding cars. Robert goes above and beyond the call of duty to make Regency Place safe and secure.

Neighbors describe Robert as a jewel in their community, as he is committed to improving the quality of life for senior neighbors. He is always ready and willing to help neighbors in any way that he can, even while providing care for his wife with poor health and his elderly mother until her passing away. **THANK YOU, ROBERT** for making a difference in your community!

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!

ADOPT-A-SENIOR

Youth volunteers made a difference in the life of a local senior as part of the first "Adopt-A-Senior" project, a community service endeavor between Caring Neighborhoods and the **W.I.A. Youth Program**—a job training and mentoring program for low-income students also sponsored by the City of Sacramento.

Volunteers worked together to paint the home of Mrs. B., a Tahoe Park senior who is raising her young granddaughters all alone. Participants added a new coat of paint to the 80-year old house after removing excess debris and chipped paint. Upon seeing her freshly painted home, Mrs. B. said, "I was so amazed that I just sat on my steps and cried."

Adopt-A-Senior is an ongoing project providing outdoor home repairs and/or yard work to frail or low-income seniors. By assisting with tasks such as cleaning rain gutters and removing yard debris, youth volunteers can help elderly residents to live safely and independently in their own homes.



The project was created after W.I.A. youth wished to help the elderly, but did not know how to make a difference. Neighbors nominated seniors for the project, and after careful consideration, the one most in need was chosen.

Many thanks to Rebuilding Together, the Rancho Cordova Wal-Mart, and David Gray for the donation of painting materials. THANK YOU ADOPT-A-SENIOR volunteers for making a difference in the life of a special senior!

If you would like to nominate a senior for upcoming Adopt-A-Senior projects, please contact (916) 277-6009 or tgray@cityofsacramento.org.



WAYS TO HELP YOUR ELDERLY NEIGHBORS THIS FALL

- ✓ Rake or sweep fall leaves from a senior's lawn
- ✓ Help a senior to prepare for the rainy season by washing out the rain gutters on their home
- ✓ Invite a lonely senior to your home for Holiday meals or prepare them a special festive package.
- ✓ Start a book reading club with a group of seniors
- ✓ Inform seniors about exercise classes available to older adults. Call (916) 277-6009 for information

MANITOS, a Spanish term meaning “little brothers and sisters” is a special Spanish-speaking club in Sacramento.

Manitos is a place where Spanish speakers can go to converse with others and meet new friends. Participants socialize, dance, read poetry, chat, sing, play board games, go on special trips, and most importantly build relationships through a common bond: love for the Spanish language.

Sadly, many Spanish-speaking seniors are withdrawn from social activities because they speak little English or sometimes none at all. The isolation and loneliness felt by many non-English speaking seniors hits home for Manitos founder Maria Lueras. Her mother did not speak fluent English, and rarely shared a conversation with her grandchildren. At family gatherings, the grandchildren spoke English while the language barrier excluded her from conversations. Manitos offers a haven for seniors to socialize with other Spanish-speakers.

EVERYONE is invited, and people of different backgrounds come from all over Sacramento and areas as far away as Chico. Participants speak Spanish, so English speakers immerse themselves to learn the language quickly. Perhaps you have a senior neighbor who speaks Spanish, or one who knows bits and pieces of the language and would like to learn more. Tell them about Manitos!

For more information, contact Maria Lueras at (916) 264-7324. Manitos meets at:

MIDTOWN

Hart Senior Center
915-27th Street
Fridays 9am–2pm

SOUTH SACRAMENTO

Pannell Community Center
2450 Meadowview Road
Wednesdays 9am–2pm

DID YOU KNOW?

Many seniors become ill, injured, or even deceased without anyone to check on them. Oftentimes, if help had arrived sooner, the life of a senior could have been saved. If you are concerned about the safety of an older adult in your neighborhood, contact local law enforcement and they will make a courtesy wellness check:

- Sacramento Police Dept. (916) 264-5471
- Sacramento Sheriff’s Dept. (916) 874-5115
- Roseville Telephone (916) 486-1114
- Delta Area ONLY (800) 537-7273
- Citrus Heights Police Dept. (916) 568-5115
- Elk Grove Police Department (916) 714-5115
- Folsom Police Department (916) 355-7230

***Thanks to Bill Snyder from the District 63 Neighborhood for sending us this tip!*

BLISTER PACKAGING

Do you know an older adult who takes multiple prescriptions for various medical conditions? Sometimes, separating pills and keeping track can be frustrating.



Some local pharmacies are offering an alternative to managing prescriptions using a 7-Day blister packaging system, introduced to Caring Neighborhoods by the Gold River Pharmacy. Medicines are packaged into 7-day intervals, separating doses by day of week and time of day. The pharmacist packages the medications so there is no separation into plastic pill containers, thus preventing mistakes in dosage. When it is time to take medicines, the senior simply opens the appropriate dosage pocket and removes the pills. This is great for seniors who take several medications and for caregivers who manage a loved one’s prescriptions.

Only certain pharmacies provide this service, so check to see if blister packaging is available at your local pharmacy. The following pharmacies provide blister packaging and delivery services:

<u>PHARMACY</u>	<u>DELIVERY</u>
Anderson Bros. Pharmacy 2374 Florin Road (916) 428-3794 AND 2900 Fulton Avenue (916) 489-3638	\$1 - \$3fee, depending on insurance
Broadway LTC Pharmacy 3330 Broadway (916) 452-8022	Free
Gold River Pharmacy 1017 25 th Street (916) 635-4222 or (877) 635-4222	Free, Unlimited Service Area
Land Park Pharmacy 4404 Del Rio Road (916) 452-2616	Fee and available services depend on area or facility
Rite Aid - THIS LOCATION ONLY! 2801 K Street (916) 441-5252	Free

Caring Neighborhoods Program

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*“Make **your** neighborhood a **better** place to live!”*