



STOP. LISTEN. CARE.

Be part of the solution. Show your neighbors you care in ten minutes or less.

- Introduce yourself to elderly neighbors. They probably have a lot to tell you about the neighborhood.
- Introduce your senior neighbors to each other and encourage regular get-togethers.
- Drop by now and then with coffee and a muffin.
- Encourage your children to help your elderly neighbors with gardening or small chores.
- Check in with your neighbor before you go grocery shopping — he or she would surely be grateful if you would pick up an item.
- Be sure to include your neighbor in block parties, neighborhood watch activities, clean-up or tree-planting events.
- Rally your neighborhood association to check in on senior neighbors regularly.
- Be on the lookout for newspapers piling up or drapes that remain closed. Knock on the door if you're concerned.

The **Caring Neighborhoods** program has lots of suggestions for creating friendlier, more cohesive neighborhoods. Call **916.808.1594**.

Take advantage of our poster, information card, and other materials.

The "Stop. Listen. Care." project has created these materials just for neighborhood groups like yours. Print out as many copies as you like by going to www.stoplistencare.org and clicking on the item you desire. It's a great way to spread the word about social isolation and create community at the same time.

When in doubt, make the call.

It's easy to second-guess your concerns about a neighbor. When in doubt, however, we ask that you err on the side of caution; don't hesitate to call **211 Sacramento (211 or 916.498.1000)** for the resources you need to help a neighbor. If you suspect neglect, isolation or financial abuse, call **Sacramento County Adult Protective Services (916.874.9377)** right away. Not only is your call an act of kindness, it is completely confidential and always welcome.



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