



## 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.stopliscare.org](http://www.stopliscare.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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