

Spring: An ideal time to make neighborhood connections

Springtime finds us all outdoors more: working in the yard, sitting on the porch, washing the car, and walking the dog. This is a great time to renew acquaintances with neighbors, especially those who are older and may not get out as much. Caring Neighborhoods is an awareness-building program of the City of Sacramento's Older Adult Services division that focuses on those older adults who could use a little support to continue to live safely and independently in their familiar home and neighborhood.

Get Acquainted

More people are living longer and choosing to stay in their homes as long as possible. But this can lead to loneliness and isolation when people become disconnected from others due to limited mobility, loss of life-long friends, or limited family support.

Next time you are out in the neighborhood that you call home, how about taking a look around and connecting with your older neighbors with a friendly visit, sharing spring flowers, and maybe even offering a little help with minor yard or household tasks?

Be the Link

In addition to making neighborly connections right on your block, Older Adult Services offers many programs that can help alleviate such isolation and promote healthy aging. However, many people could use someone to help them connect to our services. Sometimes a neighbor can provide that link by sharing information or by offering a ride to the Hart Senior Center's many activities or week-day lunch program.

These are just a few ideas from Caring Neighborhoods to consider this spring as the warm weather invites us all to spend more time outdoors.

To learn more about promoting healthy aging in your community, check our website: www.AgeTogetherNow.org.

For ideas about connecting your older neighbors to our many on-site activities, please have a look at the Hart Senior Center's program here: www.cityofsacramento.org/hartcenter.



**Friendship
never
gets old.**

**Discover
simple ways
to make yours
a more caring
neighborhood.**

