



SUN CITY LINCOLN HILLS NEIGHBORHOOD WATCH

Residents Without Internet Packet

This packet is designed to provide safety and security information to our neighbors who do not use the internet. We strive to ensure our **Super Seniors** have access to ALL the resources available to them.

Contents List



1. 211 Placer Resources Handout
2. List of Important Numbers
3. Vial of Life instructions sheet – revised for no internet
4. Project Lifesaver
5. Home Oxygen Safety
6. Slip and Fall page 2
7. Safety and Home Security Tips
8. Business License Information– a Message from Lincoln Police
9. Lost Pet Alert Program
10. Seniors First Transportation Booklet - AVAILABLE.

Neighborhood Watch thanks the Lincoln Hills Foundation for the ongoing support and funding.



Learn how 2-1-1 can help you. When you are not sure who to call in a non-emergency crisis, help could be only a phone call away!

Learn how Dialing 2-1-1 can connect you directly to a specialist 24/7—Confidential— Free, and where Language interpretation is available.

211 Placer provides:

- Information regarding local services includes food programs (local pantries, food delivery services, and food assistance programs).
- Help for disaster preparation and relief resources.
- Senior services include non-emergency transportation, utility assistance, moving resources, health or dental referrals, questions regarding social security, Medicare, insurance benefits, legal and fiduciary, plus help connecting to tax preparation services.
- More connections are, but are not limited to, home repair and safety, in- home services for seniors, help with disabilities, information regarding skilled nursing facilities, assisted living, care homes, and end-of-life information.

211—YOUR NON-EMERGENCY CONNECTION FOR HELP!

Established in July 2020, Placer 211 is the most comprehensive source of information in Placer and neighboring counties. Dial 2-1-1 for Placer County 24/7 free assistance, or text your zip code to 898-211 to be connected by text to 211. Also, connect through the Placer 211 website 211connectingpoint.org or click the "211" quick link on the Neighborhood Watch website schwatch.org. **Connect today and get the answers you need— help is only 2-1-1 away!**

SUN CITY LINCOLN HILLS NEIGHBORHOOD WATCH
FUNDED BY THE LINCOLN HILLS FOUNDATION

PLACER COUNTY SENIOR PROGRAMS & RESOURCES

211 PLACER— YOUR CONNECTING POINT .. DIAL 211 — AVAILABLE 24/7

FREE • CONFIDENTIAL • MULTILINGUAL • AVAILABLE 24/7
Connect to resources for housing, food, transportation, healthcare, & more.
Your source for non-emergency disaster information. 211Placer.org

SENIORS FIRST— SeniorsFirst.org..... 1 530 889 9500

ADULT PROTECTIVE SERVICES 1 888 886 5401
24/7 HOTLINE 1 916 787 8860

PLACER PROTECT — EmailPROTECT@PLACER.CA.GOV
FRAUD HOTLINE 1 916 645 7226

SAFETY AND SECURITY ALERTS

Neighborhood Watch Alerts..... SchlWatch.org — click **ADD ME TO ALERTS**

Placer County Alerts..... Member.everbridge.net/453003085611271/login

Lincoln Police Department Lincoln.crimegraphics.com/2013/default.aspx

SOCIAL MEDIA (click follow button)

Placer County SheriffFacebook.com/PlacerSheriff

Lincoln Police Department.....Facebook.com/MyLincolnPD

additionalresources2023.docx SCLHWatch.org 5-11-2023

LIST OF IMPORTANT NUMBERS

FOR UPCOMING MEETINGS & EVENTS VISIT [SCLHWATCH.ORG](https://www.sclhwatch.org) – CALENDAR

WHO DO I CALL IF I HAVE . . .	TELEPHONE NUMBER
EMERGENCIES –medical, fire, criminal activity in progress, or suspect still in the area. <i>After making initial call, please Submit an incident report to NW Alerts Team*</i> (non-medical)	CALL 9-1-1
NON EMERGENCIES – non-injury falls, burglary, ID theft, scams, suspicious activity. <i>After making initial call, please Submit an incident report to NW Alerts Team*</i> (non-medical)	LINCOLN POLICE & FIRE DEPARTMENTS 916.645.4040
NEIGHBORHOOD WATCH ALERTS TEAM PUBLIC SAFETY ISSUES , unscrupulous solicitors, Current scams within Sun City Lincoln Hills. <i>After making initial call (to 911 or LPD) Submit an incident report to NW Alerts Team*</i> (non-medical)	* NW ALERTS TEAM – to report Neighborhood Watch Incident go to SCLHWatch.org , click on Report an Incident or call: Barry Johnson, NW Public Safety Liaison – 916.434.6538 Mary Cranston, Alerts Coordinator – 916.434.5362
NEIGHBORHOOD WATCH LOST OR FOUND PET – see Lost Pet Alert Flyer sclhwatch.org/Alerts/04LostPetAlertProgramFlyer2023.pdf	LOST PET ALERTS TEAM Note: each member has a microchip reader. Mary Shelton, Coordinator – 916.409.9923 Teresa Tanin – 530.400.8526 Sharon McCall – 408.888.9773
PLACER COUNTY RESOURCES 24/7 Information & Referral Service	DIAL 2-1-1 or Text your zip code to 898211; TTY: 1-844-521-6697
SCAMS, IDENTITY THEFT – Phone or Email	FEDERAL COMMUNICATIONS COMMISSION 1.888.225.5322
GRAZING SEASON – If you see animals out of their fenced areas or have urgent safety concerns	PUBLIC WORKS DEPARTMENT 916.434.2450 – WEEKDAYS 8-5 PM. AFTER HOURS & WEEKENDS CALL LINCOLN POLICE DEPARTMENT 916.645.4040
INCIDENTS – <i>other than medical or criminal issues</i> - on trails, open space, common space, trespassing, vandalism, or unauthorized use of Association facilities.	ASSOCIATION'S SECURITY PATROL SERVICE – VFORCE SECURITY <i>24-hour patrol of common areas</i> VForce Security's Non-Emergency Line – 279.239.9094
NEIGHBORS INDEED Reset irrigation systems and thermostats, change smoke detector batteries, Information & Referral	NEIGHBORS INDEED – 916.223.2763 FREE SERVICES TO RESIDENTS www.neighborsindeed.org
STREET LIGHT – burnt out or broken sprinkler	ASSOCIATION MAINTENANCE DEPARTMENT 916.645.4500 – Provide Lamp Post Serial Number (lamp) 916.645.4501 – Provide Location & Street Name (sprinklers)
MAIL STATION BREAK-INS – <i>Never leave mail in mailbox overnight!</i> SECURE MAIL STATION LOCATIONS: <ul style="list-style-type: none"> Lincoln Post Office Blue Box – Orchard Creek parking lot Blue Box – Lincoln Market on Del Webb Blvd <i>located across from Orchard Creek Lodge parking lot</i> 	CALL IN THIS ORDER: <ul style="list-style-type: none"> Postal Inspector 877.876.2455 Lincoln Police 916.645.4040 Lincoln Post Office 916.434.8144 NW Barry Johnson 916.434.6538 MailBox Captain & Village Coordinator
ELDER ABUSE CONCERNS – yourself or others	PLACER COUNTY PROTECTS – 916.645.7226 ADULT PROTECTIVE SERVICES – 888.886.5401
SNAKE IN YOUR YARD OR HOUSE – <i>leave it alone.</i> DO NOT stand between a snake and the nearest bush or other cover. Keep your front garage door completely closed.	SNAKE MAN – Residents of Sun City Lincoln Hills Dale Davis, 916.960.6999

Vial of LIFE – Lifesaving Information For Emergencies

www.SclhWatch.org


WHAT IS THE VIAL OF LIFE PROGRAM?

The Vial of Life is an Medical history Information document that provides crucial personal and medical history in case of an emergency. The documents provide paramedics and firefighters with crucial personal and medical information that will speak for you if you are unable to communicate or you do not have a representative in the event of an emergency.

HOW DO I USE THE VIAL OF LIFE?

There are five easy steps to using the Vial of Life.

1. If you need a complete Vial of Life – Contact your Mailbox Captain.
2. Fill out the information completely; making sure it is current and legible.
3. Fold this document and the completed *Emergency Medical Information Form* and place in a plastic baggie. (If you have a “Do Not Resuscitate” (DNR) form, be sure to attach a copy.)
4. Although a Vial of Life sticker may be placed on your front door, *First Responders will automatically look in the refrigerator door for your Vial of Life information.*
5. Place the baggie containing your medical information on the top shelf of your refrigerator door.



Vial of Life . . . will speak FOR you when you are unable to speak

What information should be in the Vial of life?

First Responders will look for the Vial of Life on the top shelf of the refrigerator door and ask;

- * Do you have any medical conditions?
- * Are you taking any medications or supplements?
- * Do you have any allergies?
- * Which hospital should they take you to?
- * Who should they contact?
- * What is your doctor's name and phone number?
- * Who is your insurance contact?
- * If you have pets - who will care for them?

In stressful situations common things may be difficult to remember, so please plan ahead and complete your Vial of Life form today - It only takes a few minutes and could save precious time in an emergency.

Note: The Vial of Life will only work if the information is accurate, complete, and updated as changes occur.



PROJECT LIFESAVER[®]

Bringing Loved Ones Home

Administered by Lincoln Police Department



For those with cognitive disorders like Alzheimer's, dementia and autism, A bracelet about the size of the average watch could be the difference between life and death. The bracelets are part of the Lincoln Police Department's Project Lifesaver Program. The bracelets emit a radio frequency that helps police officers locate someone who has wandered away from home and may not be able to find their way back.

WHAT IS PROJECT LIFESAVER?

Project Lifesaver is a community based, public safety, non-profit organization that provides law enforcement, fire/rescue, and caregivers with a program designed to protect, and when necessary, quickly locate individuals with cognitive disorders who are prone to the life-threatening behavior of wandering. The program coordinates the placement of personalized radio transmitter wrist or ankle bands on at-risk individuals.

The Lincoln Police Department has joined the National Project Lifesaver Program and has trained personnel to be ready to operate Project lifesaver equipment to assist in the location and safe return of at-risk individuals. *The search times for certified Project Lifesaver agencies have been reduced from hours, potentially days, down to minutes.* Recovery times for Project Lifesaver agencies average 30 minutes, which is **95% less time than standard operations without Project Lifesaver.**

WHO IS ELIGIBLE?

Participants in Project Lifesaver must:

- Reside within the City of Lincoln
- Show signs of Alzheimer's, Dementia, autism, Downs syndrome or other cognitive disorders.
- Be prone to wander away from caregiver.

WHAT ARE THE REQUIREMENTS?

Caregivers must agree to:

1. Enroll loved one in the project lifesaver program and receive wrist or ankle band.
2. Agree to conduct daily inspection of the wrist or ankle band, test transmitter battery (tester is provided), and log inspection results daily. Caregivers must also agree to submit monthly inspection report to Lincoln PD.
3. Stay in contact with Project Lifesaver personnel and ensure batteries and band are replaced every 60 days.
4. **Call 9-1-1 IMMEDIATELY – inform Lincoln PD whenever an at-risk person is missing.**

HOW YOU CAN HELP?

The Lincoln Police Department is proud to offer *Project Lifesaver at no cost to Lincoln residents* thanks to generous grant donations from:

[Lincoln Hills Foundation](#)

[Sierra Pacific Industries](#)

[Placer County Healthy Brain Initiative](#)

If you would like to assist in funding this vital program, donations can be made to [Project Lifesaver](#) care of Lincoln Police Department.

Lincoln Police Department
770 7th Street, Lincoln, CA 95648
916.434.3285

projectlifesaver@lincolnca.gov



Source: [Placer County Healthy Brain Initiative](#) ProjectLifesaver.org

HOME OXYGEN SAFETY

Oxygen is very safe when you create the proper environment and conditions. Oxygen will not explode or burn **but** it will cause anything that is burning to burn hotter and faster. By using some of these basic safety rules, you will create a safe environment in which to use your oxygen systems.

GENERAL HOME OXYGEN SAFETY RULES

NO-SMOKING SIGNS should be posted in your home or on exterior doors to alert visitors that oxygen is being used and/or stored in the home.

NEVER SMOKE while using oxygen and warn visitors not to smoke near you when you are using oxygen.

Stay at least **FIVE FEET AWAY FROM** open flames including lighted cigarettes, gas stoves, candles, lighted open fireplaces, or other heat sources.

DO NOT USE ANY FLAMMABLE PRODUCTS like grease, oils, aerosol sprays or any petroleum-based lubricants or personal hygiene products while using your oxygen.

STORE YOUR OXYGEN SYSTEM in a clean secure area away from flammable items. Oxygen cylinders should be secured to prevent accidental falling. Have a **FIRE EXTINGUISHER CLOSE** by and notify your fire department that you have oxygen in your home.

WHEN USING AN OXYGEN CONCENTRATOR:

- Avoid using an extension cord
- Store in an area that will allow proper air circulation and prevent overheating (not a closet)
- Store 12-18 inches from drapes or walls



This is for **informational purposes** only & should always be used in conjunction with equipment instructions provided by the manufacturer or your home oxygen provider. For more information visit [American Lung Association](#)

Use this checklist to find and fix hazards in your home.

STAIRS & STEPS (INDOORS & OUTDOORS)

Are there papers, shoes, books, or other objects on the stairs?

- Always keep objects off the stairs.

Are some steps broken or uneven?

- Fix loose or uneven steps.

Is there a light and light switch at the top and bottom of the stairs?

- Have an electrician put in an overhead light and light switch at the top and bottom of the stairs. You can get light switches that glow.

Has a stairway light bulb burned out?

- Have a friend or family member change the light bulb.

Is the carpet on the steps loose or torn?

- Make sure the carpet is firmly attached to every step, or remove the carpet and attach non-slip rubber treads to the stairs.

Are the handrails loose or broken? Is there a handrail on only one side of the stairs?

- Fix loose handrails, or put in new ones. Make sure handrails are on both sides of the stairs, and are as long as the stairs.

FLOORS

When you walk through a room, do you have to walk around furniture?

- Ask someone to move the furniture so your path is clear.

Do you have throw rugs on the floor?

- Remove the rugs, or use double-sided tape or a non-slip backing so the rugs won't slip.

Are there papers, shoes, books, or other objects on the floor?

- Pick up things that are on the floor. Always keep objects off the floor.

Do you have to walk over or around wires or cords (like lamp, telephone, or extension cords)?

- Coil or tape cords and wires next to the wall so you can't trip over them. If needed, have an electrician put in another outlet.

KITCHEN

Are the things you use often on high shelves?

- Keep things you use often on the lower shelves (about waist high).

Is your step stool sturdy?

- If you must use a step stool, get one with a bar to hold on to. Never use a chair as a step stool.

BEDROOMS

Is the light near the bed hard to reach?

- Place a lamp close to the bed where it's easy to reach.

Is the path from your bed to the bathroom dark?

- Put in a nightlight so you can see where you're walking. Some nightlights go on by themselves after dark.

BATHROOMS

Is the tub or shower floor slippery?

- Put a non-slip rubber mat or self-stick strips on the floor of the tub or shower.

Do you need some support when you get in and out of the tub, or up from the toilet?

- Have grab bars put in next to and inside the tub, and next to the toilet.



SAFETY AND HOME SECURITY TIPS

YOUR CAR

- Always lock your car when you leave it outdoors.
- Park in a well-lit area and be aware of your surroundings before you leave.
- **Keep packages or anything else out of sight and put in the trunk** to avoid attracting an opportunist burglar.
- Consider asking for a security escort when returning to your car.
- Never leave your home address in your navigation system (GPS). Instead use 1500 Del Webb Blvd. Keep your GPS out of sight . . . less temptation to break in.
- Keep the registration and insurance copies in your wallet or locked in the glove compartment.
- Keep the garage door remote out of sight or locked in the glove compartment.
- Many newer cars have a built-in system that allows you to program your garage's code into it. Neighbors InDeed can help you program the code using your car manual.
- Consider buying a mini-remote for your car key ring. Neighbors InDeed can help program it by using remote's manual.
- Consider driving with headlights on so you may be seen by others and use turn signals when you turn or change lanes.

YOUR GARAGE AND SIDE GARAGE DOOR

- Do not keep garage door fully or partially open. Open-door garage alarms are available from hardware stores.
- Keep the house entry door locked day and night whether you are home or not.
- Consider installing a peephole in the entry door from the house into the garage.
- Consider installing a motion sensor for the lights in the garage.
- Consider unscrewing garage door opener light since car lights stay on for a minute or two. Garage door light may be a signal to burglar that a vehicle just came or left.
- Keep side garage door and interior garage door locked day and night whether you are home or not.
- Consider installing a removable 2X4 bar held with heavy-duty brackets across the door.
- Consider installing a security screen door for garage ventilation; it provides an additional layer of security.

YOUR HOUSE

- Put your car keys beside your bed at night. If you hear a noise outside your home or someone trying to get in your house, just press the panic button for your car. The alarm will be set off, and the horn will continue to sound until either you turn it off or the car battery dies.
- Keep your outdoor lights on all night (use CFL or LED bulbs). Light sensors are available to automatically turn on lights at dusk (no tools). Timers are available at Lowe's and Home Depot but they do have to be hard-wired.
- Consider installing motion sensor lights near exterior doors. Install at difficult to reach locations so they cannot be easily disabled.
- Consider finding other locations to hide your valuables other than the master bedroom and bathroom.
- Consider installing a PVC pipe or wood dowel in your slider door and window tracks to prevent opening. (No tools required . . . ask hardware store to cut to size for you.) Neighbors InDeed will measure these lengths for you. Don't use any device that requires tools to remove . . . in case of emergency, you don't want your exits blocked!
- Consider installing screw-on slider window locks to prevent opening. (No tools required.)
- If ventilation is desired, leave windows or sliding doors no more than 4 inches open and install PVC pipes, wood dowels or slider locks to prevent opening further.
- Consider purchasing a sign. "Keep gate closed so dog does not escape."
- Review your home from afar. Are there places for a burglar to hide? Keep your bushes and other vegetation trimmed.

WHEN AWAY FROM HOME

- Keep windows covered to prevent window-shopping.
- Put lights and a radio or TV on timers. Make sure your home looks and sounds occupied.
- Consider installing a monitored alarm system, possibly with an outdoor siren.
- Obtain a LPD Vacation Home Check Request form from the Lincoln Police Department, MailBox Captain or at www.SCLHWatch.org under *Security*, then *Safety Flyers*.
- Notify neighbors and MailBox Captain when leaving for any extended period and stop newspaper delivery.
- See our Tips for a Worry-Free Vacation checklist brochure on our NW website at www.SCLHWatch.org under *Security*, then *Safety Flyers*.

FOR MORE INFORMATION VISIT [SCLHWATCH.ORG](http://www.SCLHWatch.org)

NEIGHBORHOOD WATCH LOST PET ALERTS PROGRAM



If you have a lost or found pet, please contact one of our Neighborhood Watch Lost Pet Alerts Team Members as soon as possible:

Mary Shelton, Coordinator	916 409 9923 – Microchip Reader
Sharon McCall	408 888 9773 – Microchip Reader
Teresa Tanin	530 400 8526 – Microchip Reader

To ensure accurate alert information is distributed to the community, please be prepared to provide the following:

- Your name, or contact name & phone number
- Street & nearest cross street pet is located
- A current photo of the pet
- Description – breed, color, male/female, collar/tags, microchip?

It is very important that new residents update their pet's microchip information. Please contact your pet's chip company to update your new address so that your pet can be reunited faster if lost. If you do not know your chip company, call your vet, or contact a Team Member above for Microchip Reader service.

MICROCHIP COMPANIES:

Home Again	1-888-466-3242	24 Pet Watch	1-866-597-2424
AVID	1-800-336-2843	Pet Link	1-877-738-5465
Found Animal	1-855-738-2447	Pet Key	1-866-699-3463

For more information visit Neighborhood Watch website: <https://sclhwatch.org>

Neighborhood Watch thanks the [Lincoln Hills Foundation](#) for their ongoing support and funding.

A Message From Your Lincoln Police Department



Have you been visited by a door-to-door salesperson recently?

We'd like to remind citizens that it's often difficult to determine if someone is legitimately representing a real business or charity, even if he/she provides documentation. We urge our community members to exercise caution, and follow these safety tips when encountering solicitors:

- Always look through the peephole, window or home security camera to see who is at your door.
- If you don't feel comfortable answering the door, then don't. Inform the individual you are not interested through your door.
- Always ask for documentation and identification, including their City Solicitor's Business License.

SAMPLE SOLICITOR LICENSE

<small>This certificate is issued without verification that the holder is subject to or exempted from licensing by the state, county, federal government, or any other governmental agency.</small>	CITY OF LINCOLN	<small>Sales or use tax may apply to your business activities. You may seek written advice regarding the application of tax in your particular business by writing to the nearest State Board of Equalization office.</small>
	BUSINESS LICENSE 600 6th STREET, LINCOLN, CA 95648	
EXPIRATION DATE: 12/31/2018	EFFECTIVE DATE: 01/01/2018	LICENSE NUMBER: SOL
BUSINESS NAME: XYZ Window Washing		DBA Name:
TYPE OF BUSINESS: Clean Windows		Business Address:
MAILING ADDRESS: 123 MAIN STREET LINCOLN, CA 95648		

This license evidences the person(s), firm or corporation named herein has paid the applicable tax required by the City of Lincoln Municipal Code for the period indicated above. No license issued under the provisions of Chapter 5 of the Lincoln Municipal Code shall be construed as authorizing the conduct or continuance of any illegal or unlawful operation in violation of any City Ordinance relating thereto.

- NEVER allow a solicitor to enter your home.
- NEVER give money, credit/debit card numbers or a check to solicitors.

And finally, report aggressive or suspicious solicitors to law enforcement immediately: 9-1-1 for emergency situations such as an aggressive or threatening solicitor, and 916 645-4040 (non-emergency) for suspicious solicitors. Provide a good description of the individual and vehicle, if available, and direction of travel after leaving your residence.

Your safety is of the utmost importance to us.

#StaySafe

For additional safety and security information visit *Sun City Lincoln Hills Neighborhood Watch* at SCLHWatch.org

Handy Helper Tasks - Approved

- | | |
|--|---|
| <input type="checkbox"/> Assemble: artificial Christmas tree (6' or less) | <input type="checkbox"/> Moving: light furniture/boxes (<35 lbs.) |
| <input type="checkbox"/> Deadbolt screws, check & replace | <input type="checkbox"/> Refrigerator filter: replace |
| <input type="checkbox"/> Electrical:
GFI's/switches/plugs/doorbells | <input type="checkbox"/> Shower head: replace |
| <input type="checkbox"/> Furnace filters: replace | <input type="checkbox"/> Smart vent: program |
| <input type="checkbox"/> Garage door: lube/program | <input type="checkbox"/> Smoke alarm, CO detectors: batteries |
| <input type="checkbox"/> Garbage disposal: unjam | <input type="checkbox"/> Smoke alarm: replace (except on 12' or higher ceiling) |
| <input type="checkbox"/> Hang pictures/mirrors (<20 lbs.) | <input type="checkbox"/> Sprinkler controller: replace/adjust |
| <input type="checkbox"/> Home Entertainment Equipment,
Telephone: diagnose/adjust/connect | <input type="checkbox"/> Sprinkler heads/emitters: replace/adjust (1 or 2) |
| <input type="checkbox"/> Light bulbs and/or reset GFI | <input type="checkbox"/> Thermostat: program/replace batteries |
| <input type="checkbox"/> Mattress: turn (1 HH + assistant) | <input type="checkbox"/> Water heater: check for rust |

Handy Helper Tasks - Not Approved

- | | |
|--|---|
| <input type="checkbox"/> Caregiver relief | <input type="checkbox"/> Install weather stripping |
| <input type="checkbox"/> Check entire drip system | <input type="checkbox"/> Lift or move anything over 35 lbs. |
| <input type="checkbox"/> Climb in attics or clean gutters | <input type="checkbox"/> Plumbing fixture replacements (except showerheads) |
| <input type="checkbox"/> Climb on roof or work on eaves | <input type="checkbox"/> Plumbing repairs – Interior |
| <input type="checkbox"/> Computers: diagnose/adjust | <input type="checkbox"/> Relight pilot lights |
| <input type="checkbox"/> Hang anything on outside walls (except Ring doorbell) | <input type="checkbox"/> Transport Caller in automobile |
| <input type="checkbox"/> Health care related tasks | <input type="checkbox"/> Use Caller's debit or credit card |
| <input type="checkbox"/> Install grab bars | <input type="checkbox"/> Work on 14' or higher ceilings |

Above is the current Handy Helper list of general tasks Approved/Not Approved. Space is limited, so we're unable to list every task we do/don't. If you don't see your task listed, just give us a call at our 24/7 message center 916-223-2763 to find out if it's possible for us to do.

We never answer the phone because we're handling other calls, but we will always call you back between 9 a.m. – 5 p.m. Monday – Friday.

FURNACE FILTERS

No ladder needed. Look up - count the number of rows

All filters are 20 inches wide x 1 inch deep

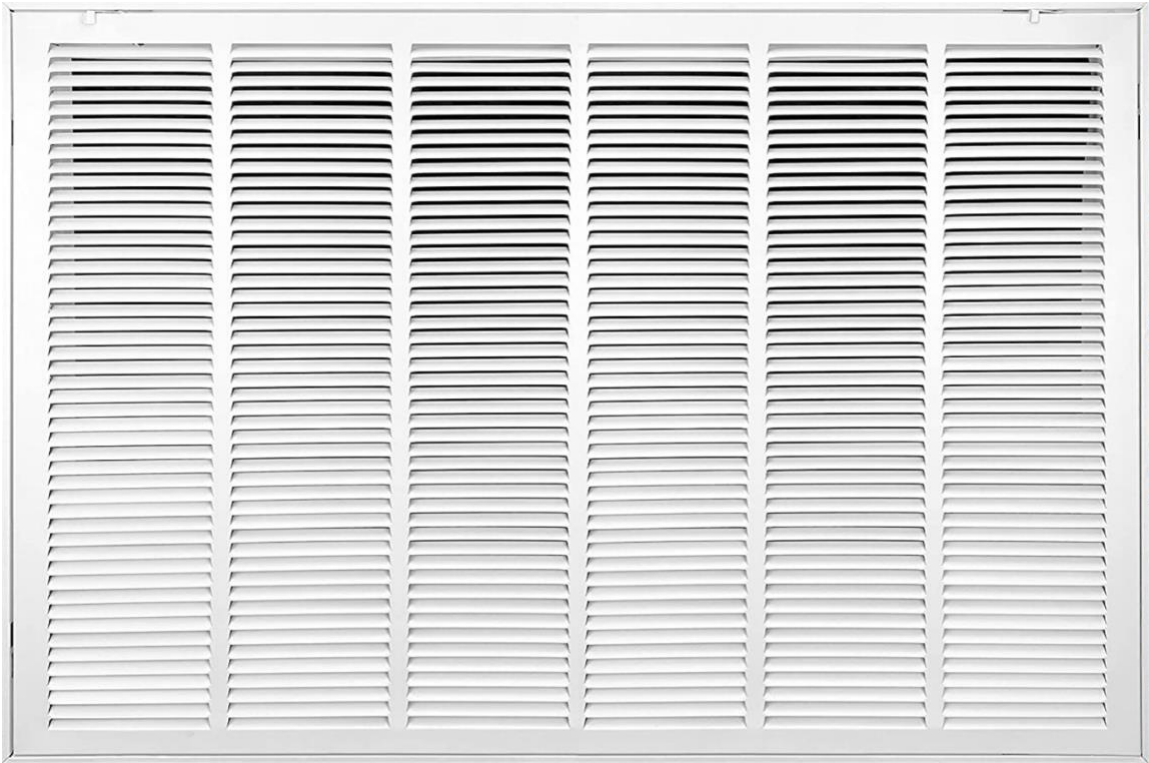
To calculate length in inches: count number of rows on filter cover, then multiply x 6 inches.

Example:

The filter below has 6 rows, so it would need a 36" x 20" filter.

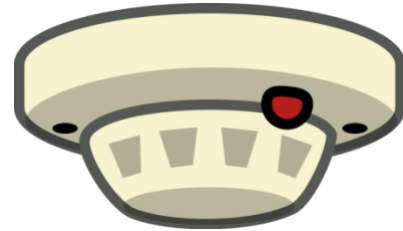
If 5 rows, would need a 30" x 20" filter.

If 4 rows, would need a 24" x 20" filter.



Please Note: Some homes may have a **new furnace unit**, so you may have a different filter door that may not follow the instructions above. Those filters will have to be taken down and measured. We can help with that if needed. We recommend that those residents write the filter size on their calendars or address books or save the invoice that shows size in a permanent file, so they know what size to buy next time.

Smoke Alarm Replacement



The National Fire Protection Association (NFPA) recommends replacing hardwired smoke alarms after 10 years from the date of manufacture because the radioactive element in the ionization chamber of the smoke alarm becomes less effective over time. All homes in SCLH have hardwired smoke alarms and Neighbors InDeed (NID) will install your new units once you have them on hand.* All the smoke alarms in your home must be replaced at the same time.

***Excludes homes with 12' or higher ceilings.**

Recommended replacement units:

First Alert Model # BRK 9120B with **alkaline** 9-volt battery.

Or:

First Alert Model #BRK 9120LBL with **lithium** 9-volt battery.

Handy Helper Tip:

To avoid changing batteries every year, purchase the BRK 9120LBL which comes with a 9-volt lithium battery. The lithium batteries have a 10 year life span similar to the smoke alarms.

NID recommends the use of lithium batteries in existing smoke alarms only if they are less than 2 years old, so that the batteries and the smoke alarms last about the same amount of time.

First Alert BRK models are available locally at Lowe's or online.

**Call the 24-Hour NID Message Center
916-223-2763**

Calls returned 9 – 5, Monday – Friday

www.neighborsindeed.org

Home Security Suggestions

1-916-223-2763

24-Hour Message Center

www.neighborsindeed.org

3/4 inch PVC Pipe for Sliding Horizontal Windows and Doors

Cut PVC pipe to desired length and place into the window track. If you like to leave the window open cut the PVC pipe 4 inches shorter than window width and place into window track.



Master Lock Door Security Bar



Place under door knob as brace to prevent entry. To view video go to

<http://www.homedepot.com/p/Master-Lock-Dual-Function-Adjustable-Door-Security-Bar-265DCCSEN/100210730>

Liftmaster Garage Door Opener:

886LM

Lockout function keeps Garage Door from opening remotely. The 886LM also turns garage light on when motion is detected. Uses existing two wires to button opener.



Kwikset SmartCode SmartKey Entry Door Deadbolt with Keypad

Install on door from garage into house. Automatically locks door after 30 seconds.



LiftMaster Garage Door Monitor:

Remotely signals that door is open.



NEED TRANSPORTATION?



PUBLIC TRANSPORTATION

LINCOLN DIAL-A-RIDE Curb-to-Curb* **1-916-745-7560**

LINCOLN CIRCULATOR Fixed Route in Lincoln

Placer County Transit Transfer Point at Twelve Bridges Library

PLACER COUNTY TRANSIT

1-916-745-7560

Links to Rocklin, Sierra College, Galleria & Roseville Transit

***Call Lincoln Hills Foundation for discounted tickets 1-916-543-8436**

OTHER TRANSPORTATION OPTIONS

CALL FOR REFERRALS – Neighbors InDeed **1-916-223-2763**

ROAD TO RECOVERY – cancer related only

(American Cancer Society)

1-800-227-2345

CALL FOR REFERRALS & INFO – (Seniors First)

1-530-889-9500

Information provided by the Volunteers of Neighbors InDeed



Rev 8/30/22

www.neighborsindeed.org