

Sun City Lincoln Hills Neighborhood Watch Volunteer Training Workshop
January 2026

The screenshot shows the SCLHWatch.org website. The header includes navigation links: HOME, ABOUT US, DOCUMENTS, MAPS, SECURITY, HOW DO I..., TRAINING, and a search icon. Below the header are buttons for 'NW Calendar', 'Welcome Packet', 'Lincoln Police', and 'Current Alerts'. A secondary row of buttons includes 'Who is My Captain?', 'Report an Incident', 'Who Should I call?', 'Add Me to Alerts', and 'Want to Volunteer?'. The main content area features the title 'Neighborhood Watch Mailbox Captain Training' and an image of a mailbox. Below the image is the text: 'Neighborhood Watch thanks the LINCOLN HILLS FOUNDATION for their ongoing support & funding.' The footer contains four columns of links: PUBLIC SAFETY (Lincoln Police, Lincoln Fire, Placer County Alerts Signup, Placer County Sheriff (Facebook), Curator Security, Inc), CONTACTS (Executive Director, Executive Assistant, Director of Volunteer Records, Alerts Coordinator, Welcome Packet Coordinator, Lost Pet Alert Team, Webmaster), ASSISTANCE (Adult Protective Services, Animal Control, Meals on Wheels, Neighbors InDeed, Report Scam to FBI, Seniors First), and RESOURCES (City of Lincoln, Lincoln Hills Foundation, PG&E (Outages), Report Problem to City, SCLH Website, Sun Senior News).

1

The screenshot shows the SCLHWatch.org website with the title 'Agenda'. The agenda items are listed in two columns: 1. Introduction, 2. Mailbox Captains Duties and Responsibilities, 3. Getting Organized, 4. Resident Contact Information, 5. Reporting an Incident, 6. Welcome Packet For New Residents, 7. Boris the Burglar, and 8. Thank You!. The website header and footer are identical to the first screenshot.

2

The screenshot shows the SCLHWatch.org website. The navigation bar includes links for HOME, ABOUT US, DOCUMENTS, MAPS, SECURITY, HOW DO I..., and TRAINING. Below the navigation bar are buttons for NW Calendar, Welcome Packet, Lincoln Police, and Current Alerts. A secondary row of buttons includes Who is My Captain?, Report an Incident, Who Should I call?, Add Me to Alerts, and Want to Volunteer?. The main content area features the title "NEIGHBORHOOD WATCH MISSION STATEMENT" followed by four bullet points: "Strengthen Neighborhood Ties", "Increase Personal Safety and Security Awareness", "Be the 'Eyes and Ears' of the Lincoln Police and Fire Departments", and "Encourage Emergency Preparedness". The footer contains four columns of links: PUBLIC SAFETY, CONTACTS, ASSISTANCE, and RESOURCES.

3

The screenshot shows the SCLHWatch.org website. The navigation bar is identical to the previous slide. The main content area features the title "MAILBOX CAPTAINS DUTIES AND RESPONSIBILITIES" followed by the subtitle "Chapter 6 in P & P Handbook". Below the subtitle is a numbered list of four duties: 1. ATTENDS Mailbox Captain workshops or completes mailbox captain training at least once every two years, 2. WEARS a name tag, red shirt, and NW button when representing NW, 3. WELCOMES new residents and provides Welcome Packet (with a sub-bullet about Welcome Packets from the Welcome Packet Coordinator), and 4. EXPLAINS emergency contacts can be a close or distant relative, friend or a neighbor, designates if they have a house key or garage code to use in case of a medical or house emergency. The footer is identical to the previous slide.

4

The screenshot shows the SCLHWatch.org website interface. At the top is a navigation menu with links: HOME, ABOUT US, DOCUMENTS, MAPS, SECURITY, HOW DO I..., TRAINING, and a search icon. Below the menu are several buttons: NW Calendar, Welcome Packet, 211 Placer (with tagline 'your emergency point'), Lincoln Police, and Current Alerts. A secondary row of buttons includes: Who is My Captain?, Report an Incident, Who Should I call?, Add Me to Alerts, and Want to Volunteer?. The main content area features the title 'MAILBOX CAPTAINS DUTIES AND RESPONSIBILITIES' and 'Chapter 6 in P & P Handbook'. Two numbered items are visible: Item 5, 'COMPLETES Mailbox Captain Resident Contact Information Report...', and Item 6, 'SENDS completed report to assigned Coordinator...'. At the bottom, there are four columns of links categorized as PUBLIC SAFETY, CONTACTS, ASSISTANCE, and RESOURCES.

5

This screenshot is identical to the one above, showing the SCLHWatch.org website interface. The main content area now displays Item 7, 'FORWARDS Safety and Security information (Alerts) about Neighborhood Watch and related programs...', and Item 8, 'SIGNS UP FOR ALERTS', which includes a bullet point about subscribing to Neighborhood Watch Alerts. The rest of the page layout, including the navigation menu and footer categories, remains the same.

6

The screenshot shows the SCLHWatch.org website. The navigation menu includes: HOME, ABOUT US, DOCUMENTS, MAPS, SECURITY, HOW DO I..., TRAINING, and a search icon. Below the menu are buttons for: NW Calendar, Welcome Packet, Lincoln Police, Current Alerts, Who is My Captain?, Report an Incident, Who Should I call?, Add Me to Alerts, and Want to Volunteer?. The main content area is titled "MAILBOX CAPTAINS DUTIES AND RESPONSIBILITIES" and includes the following text:

Chapter 6 in P & P Handbook

- Until their residents have signed up (for alerts) each Mailbox Captain should forward Alerts to their residents – using the bcc email feature to protect their email addresses,
- For residents without email, Mailbox Captains should either call their residents to share alert information or provide them a copy of the alert,

9. **ASSISTS** residents in reporting incidents
10. **REMINDS** residents to send MAILBOX CAPTAIN any changes in emergency contact information and update their Vial of Life Form, by using **ANNUAL RESIDENT INFORMATION REQUEST**
11. **SENDS** to Director of Volunteer Records any changes to captains or coordinators using the **CHANGE FORM**
12. **REVIEWS** Policies and Procedures

The footer of the website is divided into four columns: PUBLIC SAFETY, CONTACTS, ASSISTANCE, and RESOURCES.

7

The screenshot shows the SCLHWatch.org website. The navigation menu includes: HOME, ABOUT US, DOCUMENTS, MAPS, SECURITY, HOW DO I..., TRAINING, and a search icon. Below the menu are buttons for: NW Calendar, Welcome Packet, Lincoln Police, Current Alerts, Who is My Captain?, Report an Incident, Who Should I call?, Add Me to Alerts, and Want to Volunteer?. The main content area is titled "Getting Organized" and includes the following text:

- **STEP 1:** Become familiar with your duties and responsibilities in Chapter 6 of the Policies and Procedures Handbook available on the website. Review summary of duties. We (Renee) created a **MAIL CAPTAINS' QUICK START GUIDE**, which is included in your handouts
- **STEP 2:** Create a Neighborhood Watch folder to keep your Neighborhood Watch information and forms together. Forms can be downloaded from the website at sclhwatch.org

The footer of the website is divided into four columns: PUBLIC SAFETY, CONTACTS, ASSISTANCE, and RESOURCES.

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SCLHWatch.org
HOME ABOUT US DOCUMENTS MAPS SECURITY HOW DO I... TRAINING Q

NW Calendar
Welcome Packet
 211 Placer
Lincoln Police
Current Alerts

Who is My Captain?
Report an Incident
Who Should I call?
Add Me to Alerts
Want to Volunteer?

Sending/Forwarding Emails or Alerts

- Create an easy-to-remember group category in your contacts list to add your residents' email addresses (See training document)
- Always send the message to yourself
- Use BCC feature to send/forward information to your residents in order to protect and safeguard their email addresses.
 - Example:

To: Yourself

BCC: Insert individual email addresses or email group

PUBLIC SAFETY Lincoln Police Lincoln Police (Facebook) Lincoln Fire Placer County Alerts Signup Placer County Sheriff (Facebook) Curator Security, Inc.	CONTACTS Executive Director Executive Assistant Director of Volunteer Records Alerts Coordinator Welcome Packet Coordinator Lost Pet Alert Team Webmaster	ASSISTANCE Adult Protective Services Animal Control Meals on Wheels Neighbors InDeed Report Scam to FBI Seniors First	RESOURCES City of Lincoln Lincoln Hills Foundation PG&E (Outages) Report Problem to City SCLH Website Sun Senior News
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SCLHWatch.org
HOME ABOUT US DOCUMENTS MAPS SECURITY HOW DO I... TRAINING Q

NW Calendar
Welcome Packet
 211 Placer
Lincoln Police
Current Alerts

Who is My Captain?
Report an Incident
Who Should I call?
Add Me to Alerts
Want to Volunteer?

Mailbox Captains Resident Contact Information Form

MAILBOX CAPTAIN'S RESIDENT CONTACT INFORMATION REPORT

All email is CONFIDENTIAL and shall be sent using BCC – only share with your assigned coordinator or co-captain.

Review report each February 15th. If NO changes, input DATE REVIEWED & send to Coordinator. WHENEVER changes occur input date updated, **HIGHLIGHT CHANGES** & send to Coordinator.

VILLAGE	MAIL STATION	NUMBER OF HOUSES	STREET NAME (S)		DATE REVIEWED	DATE UPDATED
MAILBOX CAPTAINS NAME (S)				DATE JOINED	ASSIGNED COORDINATOR	
Address				Address		
Phone				Phone		
EMAIL				Email		
Abbreviation: K =house key, G = code to garage, C = Cell Phone, H =home phone						v if done
MAILBOX UNIT	HOUSE NUMBER	HOUSEHOLD MEMBERS NAME, PHONE (H OR C) EMAIL	PET INFO	EMERGENCY CONTACT NAME, RELATIONSHIP, PHONE (H OR C)	NEIGHBOR OR FRIEND CONTACT NAME, PHONE (H OR C) K OR G	VAL OF LIFE ALERTS

PUBLIC SAFETY Lincoln Police Lincoln Police (Facebook) Lincoln Fire Placer County Alerts Signup Placer County Sheriff (Facebook) Curator Security, Inc.	CONTACTS Executive Director Executive Assistant Director of Volunteer Records Alerts Coordinator Welcome Packet Coordinator Lost Pet Alert Team Webmaster	ASSISTANCE Adult Protective Services Animal Control Meals on Wheels Neighbors InDeed Report Scam to FBI Seniors First	RESOURCES City of Lincoln Lincoln Hills Foundation PG&E (Outages) Report Problem to City SCLH Website Sun Senior News
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NW Calendar
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Sample Completed Form

MAILBOX CAPTAIN'S RESIDENT CONTACT INFORMATION REPORT

All email is CONFIDENTIAL and shall be sent using BCC – only share with your assigned coordinator or co-captain.

Review report each February 15th. If NO changes, input DATE REVIEWED & send to Coordinator. WHENEVER changes occur input date updated, HIGHLIGHT CHANGES & send to Coordinator.

VILLAGE	MAIL STATION	NUMBER OF HOUSES	STREET NAME (S)		DATE REVIEWED	DATE UPDATED
75	2	16	Happy Lane		5-10-2023	5-10-2023
MAILBOX CAPTAINS NAME (S) Susie Jones					DATE JOINED 5-10-2022	ASSIGNED COORDINATOR John Smith
ADDRESS 1234 Happy Lane					ADDRESS 1266 Happy Lane	
PHONE 916.156.1020					PHONE 509.256.1234	
EMAIL suzyQ@gmail.com					EMAIL johnnyappleseed@gmail.com	

Abbreviation: K =house key, G = code to garage, C = Cell Phone, H =home phone

MAILBOX UNIT	HOUSE NUMBER	HOUSEHOLD MEMBERS NAME, PHONE (H OR C) EMAIL	PET INFO	EMERGENCY CONTACT NAME, RELATIONSHIP, PHONE (H OR C)	NEIGHBOR OR FRIEND CONTACT NAME, PHONE (H OR C) K OR G	VIAL OF LIFE	
2	1238	Bert and Ernie Bird 509.222.5646 Bigbird@gmail.com	none	Mary Bird Mother 509.255.4538	Susie Jones 916.156.1020 (code) suzyQ@gmail.com	x	x

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SCLHWatch.org
HOME ABOUT US DOCUMENTS MAPS SECURITY HOW DO I... TRAINING Q

NW Calendar
Welcome Packet
 211 Placer
Lincoln Police
Current Alerts

Who is My Captain?
Report an Incident
Who Should I call?
Add Me to Alerts
Want to Volunteer?

Reporting an Incident Report

- **Step ONE Report to Police**
 - If immediate danger CALL 911
 - Otherwise call Lincoln Police Department NON-emergency and/or submit report online to <https://www.lincolncalifornia.gov/en/living-here/services-and-reporting.aspx>
- **Step TWO Report to Neighborhood Watch**
 - **REPORT INCIDENT** – SCLHWatch.org – click **Report an Incident**
 - **Complete the form** – be sure to include details. Information goes directly to the Neighborhood Watch Alerts Team. Name and contact information of victims are needed *but are never included in an Alert*. Reports of public safety incidents that occur outside of Lincoln Hills should not be submitted.
 - **Submit Form**

CONTACT INFORMATION OF PERSON MAKING THE REPORT *

First Name:

Last Name:

Email:

Phone Numbers:

Address:

Village #:

Mail Station #:

What Happened?

Click Here to Submit the Report

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SCLHWatch.org
HOME ABOUT US DOCUMENTS MAPS SECURITY HOW DO I... TRAINING Q

NW Calendar
Welcome Packet
 211 Placer
your connecting point
Lincoln Police
Current Alerts

Who is My Captain?
Report an Incident
Who Should I call?
Add Me to Alerts
Want to Volunteer?

Welcome Packet for New Residents



NEIGHBORHOOD WATCH

WARNING

AND

WELCOMES YOU
TO
SUN CITY LINCOLN HILLS
Neighborhood Watch funded by Lincoln Hills Foundation

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Want to Volunteer?

Safe at Home Packets for Residents Without Internet



SAFE AT HOME
BUILD YOUR OWN CIRCLE OF SAFETY
Sun City Lincoln Hills Neighborhood Watch
 Safety begins at home—and it starts with simple steps you can take today. The Safe at Home program empowers residents to protect themselves, their loved ones, and their neighbors through six practical actions. Whether you live alone, have medical concerns, or simply want peace of mind, this program is for you.

SIX STEPS TO SAFER LIVING

- Know Your Mailbox Captain.**
Share your contact info so first responders can reach you in an emergency.
- Complete Your Vial of Life & Mobile Vial of Life**
Ensure first responders have access to your medical info when it matters most.
- Share a Key or Install a Lock Box**
Give access to someone you trust—especially if you live alone.
- Consider a Wearable Alert Device**
Your connection to help, whether you're walking, gardening, or relaxing at home.
- Attend a Neighborhood Watch Safety Events**
Strengthen your Circle of Safety with increased awareness & safety preparedness.
- Visit sclhwatch.org – Your Gateway to Community Safety**
Stay informed! Scam alerts, safety tips, and more—just a click away.

BECOME A CIRCLE OF SAFETY BUILDER
 Take control of your safety, connect with your neighbors, and access trusted tools that can help make Sun City Lincoln Hills a safer place to live—one step at a time.

Together we can promote safety
 one neighbor, one home, one step at a time!

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Boris the Burglar

- Static Cling Window Decals - 4"X6" for only \$1.00
- Easily peeled off static cling decals – not glued on
- Deters bad guys and break-ins
- Golf course or open space lots allowed one additional decal for the back yard.
- Place no higher than 56" from the interior floor line or lower portion of your garage window
- Available at Welcome Packet Tuesday and NW Events.

PUBLIC SAFETY
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ASSISTANCE
Adult Protective Services
Animal Control
Meals on Wheels
Neighbors InDeed
Report Scam to FBI
Seniors First

RESOURCES
City of Lincoln
Lincoln Hills Foundation
PG&E (Outages)
Report Problem to City
SCLH Website
Sun Senior News

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Thank You

To LINCOLN HILLS FOUNDATION for their ongoing support and funding AND our dedicated volunteers - we couldn't do this without you!

Neighbors helping Neighbors

PUBLIC SAFETY
Lincoln Police
Lincoln Police (Facebook)
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