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DID YOU KNOW

<p>U.S. CENSUS BUREAU population estimates, for the first time ever, there will be <i>more older adults in the United States than children in the coming decades</i>. And by 2034, <u>77 million people aged 65 and over</u>, compared to 76.5 million under the age of 18.</p>	<p>A 2023 US NEWS & WORLD REPORT SURVEY found 93% believe aging in place – “the ability to live in one’s own home and community safely, independently, and comfortably, regardless of age, income, or ability level ” is a top priority.</p>	<p>NATIONAL COUNCIL ON AGING’S (NCOA) <u>center for healthy aging</u> believe that every person has a right to age well and focuses on improving the lives of older adults by producing solutions that address social and behavioral determinants of health and wellbeing. The center houses three national resource centers funded by the U.S. Administration for community living’s administration on aging.</p>
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NEIGHBORHOOD WATCH THANKS THE LINCOLN HILLS FOUNDATION FOR THEIR ONGOING SUPPORT AND FUNDING.

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WHO YOU Gonna Call?

WHO DO I CALL IF I HAVE:

Emergencies – medical, fire, criminal activities in progress or suspect still in area. **CALL 911**

Non-emergency – ID theft, scams, suspicious activity. **CALL 916 645 4040**

For complete list of “who to call” visit **SCLHWatch.org**

EMERGENCY CONTACT INFORMATION:

- **Mailbox Captains** (note information shared with first responders **ONLY**).
- **Vial of Life**
- **Mobile Vial of Life**



REPORTING AN INCIDENT TO NW:

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**

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DID YOU KNOW—YOUR PHONE COULD BE YOUR MOBILE VIAL OF LIFE ?!

Mobile Vial of Life



QUICK TIPS ✓

To view Emergency Information:

iPhone:
From the lock screen, tap "Emergency" bottom left, and then "MedicalID"

Android:
From the locked screen, swipe up. Select "Emergency." Then select "Emergency Information."

Neighborhood Watch encourages all residents to complete a Vial of LIFE (Lifesaving Information For Emergencies) for First Responders to your home. However, how would you communicate your medical information and emergency contacts when out and about?

YOUR MOBILE PHONE, EVEN WHEN LOCKED, COULD BE YOUR LIFELINE.

Whether you have an Android or an iPhone, settings can allow the sharing of your medical and emergency contacts information visible on your locked phone.

WHEN OUT & ABOUT how can others view your vital information in case of an emergency? Your Allergies? Medications? Current health issues? Emergency contacts? Pet information?

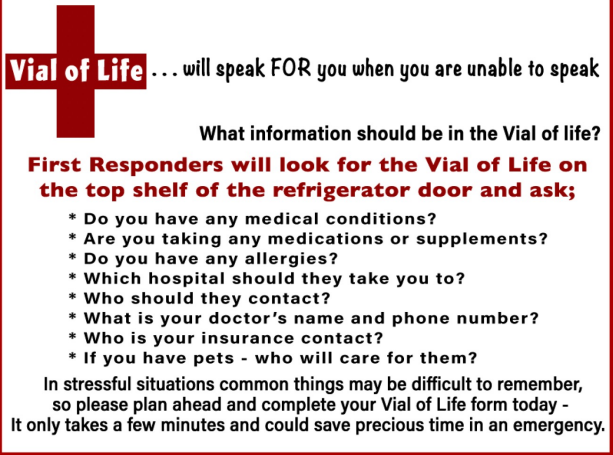
FIRST: Enter your medical ID information and set up your ICE "in case of emergency" contacts according to your phone's user guide.

SECOND: Learn how to view emergency information on any locked phone.

Both iPhone and Android phones have dedicated settings for displaying this vital information. If your phone does not have this option, add "ICE" in front of a contact's name, i.e. "ICE – Son" before your Son's name. This entry allows emergency responders or hospital staff to quickly call your ICE contact *and* provide them with the contact's relationship to you.

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Vial of LIFE – Lifesaving Information For Emergencies



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.

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PLACER COUNTY 211 INFORMATION PLATFORM OVERVIEW

your connection point to complete community-based information.

A **one-stop shop** for referrals to community and health services including food, transportation, senior care, employment services, housing assistance, mental health supports and much more.

From outside the region call 1-833-342-5211. Chat with 211

ONLINE: Visit 211connectingpoint.org/placer-county/ to access an online searchable database or to chat/email specialists.

211 Placer can be accessed in multiple ways:

Phone: dial 2-1-1 to speak with a call specialist - **24/7** Language interpretation is available. Or 1-833-dial 211; for tty: 1-844-521-6697

TEXT: Text your zip code to 898211. Text plan's rates will apply.



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PLACER CONNECT

Working together, Sun City Lincoln Hills Community Association & Neighborhood Watch invited ULYSSES PALENCIA, Manager, of Placer County's 211 Contact Center to join us today.

Please welcome Ulysses.

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SERVICES AVAILABLE

- Handy Helpers
- Medical equipment loan program
- Information and referral

CONTACT INFORMATION

- (916) 223-2763
- 24-hour message center
- Calls returned Monday – Friday 9am-5pm

<https://www.Neighborsindeed.Org>

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Handy Helper Tasks – APPROVED

- Assemble artificial Christmas trees (up to 6')
 - Doorbell: replace button/adjust chimes *(S)
 - Doorbell, Smart: install "Ring", etc. *(S)
 - Electrical: GFIs/switches/plugs *(S)
 - Furnace filters: replace/clean
 - Garage door: lube/program
 - Garbage disposal: unjam
 - Hang pictures/mirrors (<20 lbs)
 - Light bulbs and/or reset GFI
 - Mattress: turn (1 HH + assistant)
 - Moving: light furniture/boxes (<35 lbs)
 - Refrigerator filter: replace
 - Shower head: replace
 - Smart vent: program *(S)
 - Smoke alarm & CO detectors: batteries
 - Smoke alarm: replacement install *(S) (except on 12 ft.+ ceiling)
 - Sprinkler controller: replace / adjust
 - Sprinkler heads: replace/adjust (1 or 2)
 - Thermostat: program/replace batteries
 - Water heater - check for rust
- Note:** *(S) indicates that a specialist on the Handy Helper team will be assigned to this type of task.

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Handy Helper Tasks – NOT APPROVED

- Caregiver relief
 - Check entire drip system
 - Climb into attics or clean gutters
 - Climb on the roof or work on eaves
 - Computers: diagnose/adjust
 - Hang anything on outside walls (except Ring doorbell)
 - Health care related tasks:
 - Install grab bars
 - Install weather stripping
 - Lift or move anything over 35 lbs
 - Plumbing fixture replacements (except showerheads)
 - Plumbing repairs – interior
 - Relight pilot lights
 - Transport Caller in automobile
 - Use caller's debit or credit card
 - Work on 14 ' or higher ceilings
- NOTE:** *(S) indicates that a specialist on the Handy Helper team will be assigned to this type of task.

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MEDICAL EQUIPMENT LOAN PROGRAM (ME)

Under this program, Sun City Lincoln Hills residents are able to borrow mobility equipment, such as canes, crutches, walkers, non-electric wheelchairs or transport chairs, at no cost for a period of up to one month for their own use or that of their visitors. Personal equipment items, such as shower chairs, toilet seat risers or chairs, and electric equipment are not available under this program.

AVAILABLE EQUIPMENT

- WHEELCHAIRS
- TRANSPORT CHAIRS
- WALKERS-ASSORTED STYLES
- KNEE WALKERS (SCOOTERS)
- CRUTCHES
- CANES-ASSORTED STYLES
- RAMPS
- REACHER / GRABBERS

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REFERRAL SERVICES

HOUSE MAINTENANCE

Air Conditioning , Appliance Repair,
Concrete/Masonry
Customer Service (Del Webb/Pulte)
Duct Work
Electricians
Fencing , Flooring, Carpets,
Garage Doors
Gardeners, Landscapers,(Trees)
General Contractors
Gutters , Hauling
Handyman

HEALTH - IN-HOME

Care - In Home Medical
Care - In Home Non-medical
Food And Nutrition (In-home
Delivery)
Haircuts & Nail Care
Hospice
Telephone Reassurance
Visiting Companionship

HEALTH - OTHER

Adult Day Care & Respite Care
Assistive Technology (Specialized
Phone/Devices)
Emergency Response System
Food And Nutrition
Geriatric Care Manager
Health Insurance Counseling
Housing Transition
Information & Referral
Medical Equipment And Supplies
Medical Equipment Rental
Nursing And Residential Care
Safety/Home Modification

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LINCOLN HILLS FOUNDATION



NEED DIAL-A-RIDE? WE CAN HELP!

Placer County Transit's Dial-A-Ride 20-ticket packet available at a **discounted price of \$10 for SCLH residents** (a savings of \$11.25) through the Lincoln Hills Foundation

Where do you want to go?



- ✓ Medical Appointments, Lincoln Kaiser
- ✓ Grocery Shopping, Target, Home Depot, Lowe's
- ✓ Lunch at the Meridians or any restaurant downtown
- ✓ Gym, spa, morning/afternoon events at lodges
- ✓ Beauty shop/Nail Salon

Rides* available within City of Lincoln and Sun City Lincoln Hills

*Some ADA exceptions apply - call Placer County for information

For tickets, call Lincoln Hills Foundation Dial-A-Ride Coordinator at **916-543-8436**

For reservations, call Placer County Transit at **916-745-7560**

Reserve one day to two weeks prior to your trip

Available to Seniors 60+ and anyone under 60 with disabilities

Mobility needs (wheelchair, walker, scooter) accommodated

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LINCOLN SENIOR CENTER

Lincoln's first senior health and safety Fair will be held October 12th at McBean pavilion from 10:00 a.m. - 3:00 p.m. over 29 vendors plus presentations on Silver Sneakers exercises, elder abuse, and scams. There will also be food trucks and saladworks.

LINCOLN SENIOR HEALTH & SAFETY FAIR
 A FREE Event Sponsored By:
 Lincoln SeniorsFirst
Thursday October 12, 2023
McBean Park Pavilion
65 McBean Park Drive
10:00am - 3:00pm

We are very excited to welcome our vast assortment of vendors including medical, senior living, Placer County Health and Human Services, Placer County District Attorney (Elder Abuse), Lincoln Police Department (Senior scams), our Lincoln Fire Department and Food Trucks!!

For more information please contact:
 Harriet Garland (916) 343-1937 - harriet@teamgarland.com
 Sean Scully (916) 434-2400 - sean.scully@lincolnca.gov
 Kris Wyatt (916) 768-3803 - kriswyatt49@gmail.com
 Special thanks to our partners at the City of Lincoln and Seniors First for sponsoring this event!

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Seniors First™
Keeping Seniors Independent



MEALS on WHEELS
PLACER COUNTY
TOGETHER, WE CAN DELIVER.

2020-2021 Senior Resource Guide
A guide to programs and services for Placer County seniors

Publication of this guide is generously supported by:



Researched and produced by:
Seniors First
12183 Locksley Lane, Suite 205 • Auburn, CA 95602 • www.seniorsfirst.org

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PLACER COUNTY PROTECT
Providing Resources & Outreach To Elderly Citizens Together

"Ensuring the safety and protection of the county's senior citizens"

916-645-7226 // www.placer.ca.gov/PlacerPROTECT // PROTECT@placer.ca.gov

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September 13, 2023


SUN CITY LINCOLN HILLS
NEIGHBORHOOD WATCH
NATIONAL NIGHT OUT

SUN CITY LINCOLN HILLS NEIGHBORHOOD WATCH PRESENTS


A SPECIAL NATIONAL NIGHT OUT!

COME JOIN YOUR NEIGHBORS AND HELP SUPPORT OUR LOCAL SERVICE PROVIDERS AND FIRST RESPONDERS. ASK QUESTIONS AND RECEIVE HELPFUL HANDOUTS!

POLICE AND FIRE PERSONNEL
PLACER COUNTY ADULT SERVICES
THE LINCOLN HILLS FOUNDATION
NEIGHBORHOOD WATCH
NEIGHBORS INDEED




DATE: OCTOBER 3RD
TIME: 4:00 TO 7:00 PM
PLACE: SPORTS PAVILION



SUPPORT THE SALT MINE FOOD DRIVE

Bring Non-Perishable Food Items to Donate!



FOOD VENDOR NO HOST BAR

COMPETITION & CATERING

QUESTIONS? Contact NNO Coordinator/Asst. Executive Director, Suzanne at 775-790-0835


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SUMMARY OF
PLACER COUNTY SENIOR
PROGRAMS AND RESOURCES

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 – Email PROTECT@PLACER.CA.GOV
FRAUD HOTLINE 1 916 645 7226

SAFETY AND SECURITY ALERTS

Neighborhood Watch Alerts..... SchWatch.org – click **ADD ME TO ALERTS**

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

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

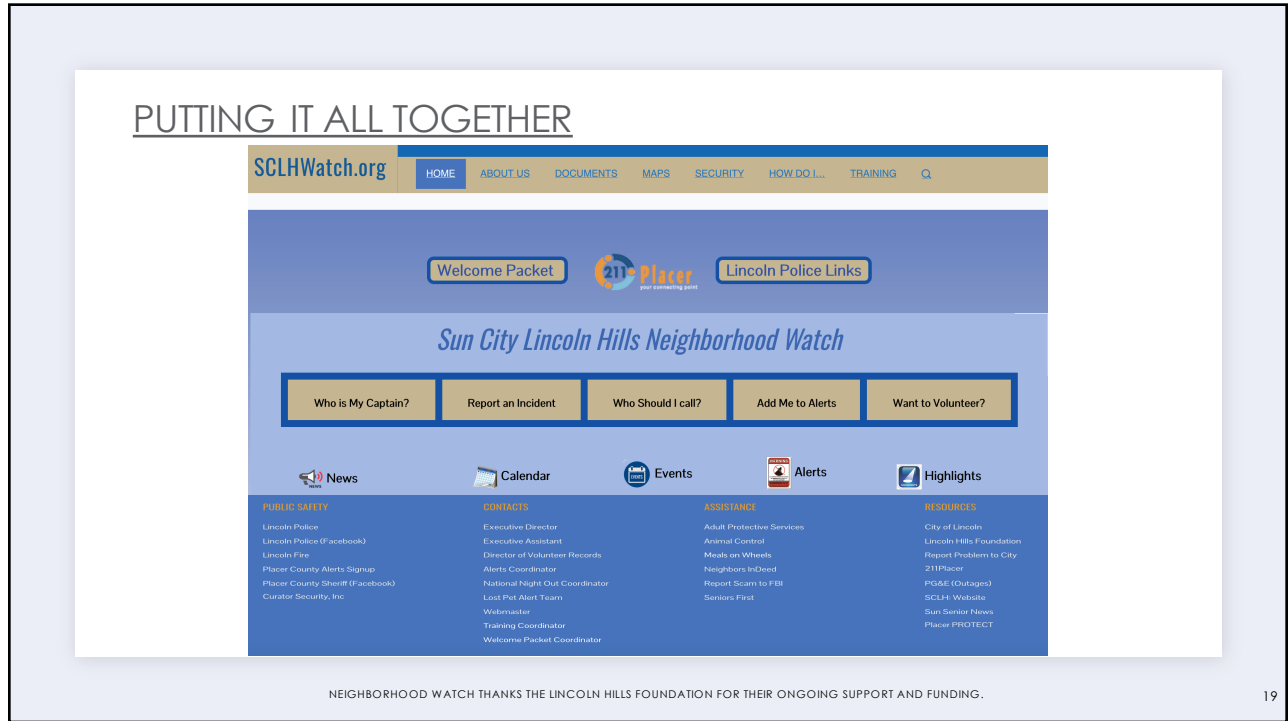
SOCIAL MEDIA (click follow button)

Placer County Sheriff [Facebook.com/PlacerSheriff](https://www.facebook.com/PlacerSheriff)

Lincoln Police Department..... [Facebook.com/MyLincolnPD](https://www.facebook.com/MyLincolnPD)

Available for download at Schwatch.org/Security/Resources

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PUTTING IT ALL TOGETHER

PUBLIC SAFETY	CONTACTS	ASSISTANCE	RESOURCES
Lincoln Police Lincoln Police (Facebook) Lincoln Fire Placer County Alerts Signup Placer County Sheriff (Facebook) Curator Security, Inc	Executive Director Executive Assistant Director of Volunteer Records Alerts Coordinator National Night Out Coordinator Lost Pet Alert Team Webmaster Training Coordinator Welcome Packet Coordinator	Adult Protective Services Animal Control Meals on Wheels Neighbors InDeed Report Scam to FBI Seniors First	City of Lincoln Lincoln Hills Foundation Report Problem to City 211Placer PG&E (Outages) SCLH Website Sun Senior News Placer PROTECT

NOTE: Neighborhood Watch continues to address the needs of our community by ensuring our residents receive current Alerts/FYI emails. We strive to provide access to safety and security flyers/brochures, contact information to key agencies in our area and current links to websites discussed today. *For those who were unable to attend this presentation, it will be posted to our website – SCLHWATCH.org.*

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Questions and answers

211 Placer – Neighborhood Watch

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“Aging With Dignity Shouldn't Be A Stroke Of Luck”

*When you or a loved one needs Information about local services, emergency/disaster recovery assistance let **211 Connection Point** be your trusted source for information and connections.*

“Knowledge, Like Air, Is Vital To Life. Like Air, No One Should Be Denied It”



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