SAFE AT HOME

BUILD YOUR OWN CIRCLE OF SAFETY

Sun City Lincoln Hills Neighborhood Watch

Attend Neighborhood Watch Safety Events to Strengthen your Circle of Safety with increased awareness & safety preparedness.

Share a Key or Install a Lock Box - Give access to someone you trust — especially if you live alone.

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.

Consider a Wearable Alert Device - Your connection to help, whether you're walking, gardening, or relaxing at home.

WARNING

SIX STEPS TO SAFER LIVING

SCLHWatch.org

Visit SclhWATCH.org — your Gateway to Community Safety - Stay informed! Scam alerts, safety tips, and more — just a click away.

Provided by your

NEIGHBORHOOD WATCH

Learn more at SCLHwatch.org

We ♥ Our NEIGHBORS!
SUN CITY LINCOLN HILLS Neighborhood Watch

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!

Questions? Contact your Mailbox Captain or visit sclhWATCH.org

WELCOME TO THE NEIGHBORHOOD

SCLHWATCH.ORG

OUR MISSION
* Strengthen Neighborhood Ties   * Increase Personal Safety & Security Awareness
* Be the "Eyes and Ears" of Lincoln Police & Fire Department * Encourage Emergency Preparedness.

Neighborhood Watch (NW) is one of the oldest and most effective crime prevention programs in the country, bringing citizens together with local law enforcement to make our community safer. Neighborhood Watch volunteers organize to prevent crime in our neighborhoods, through increased awareness and participation in personal safety & security and strengthening neighborhood ties by getting to know their neighbors. Sun City Lincoln Hills (SCLH) is divided by villages. Each village has numbered mailbox stations. Neighborhood Watch Volunteers serve as **Mailbox Captains** assigned a mail station in their neighborhood, **Coordinators** are assigned a village and **Directors** are assigned a specific group of villages.

Your Mailbox Captain,_____ lives at _____

In Village _____ Mail Station _____and can be reached by phone_____

or email_____

To learn more about Neighborhood Watch please contact your Mailbox Captain & visit our website at SCLHWatch.org.
Note – for those who live in Village 44 (Villas) please contact your Mailbox Captain for additional information

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911

All Cell phone and landline calls made within Lincoln city limits will go directly to the Lincoln Police and fire Departments. For non-emergency calls use 916.645.4040.

ALERTS

Alerts are "FYI" or public safety informational emails based on incidents within Sun City Lincoln Hills and police reports that impact our community.   Although each resident is encouraged to sign-up to receive their own Alerts, Mailbox Captains will forward Alerts to their residents. To sign-up for Alerts, go to sclhwatch.org and click *Add me to Alerts.* An email message will appear - just click Send; no message necessary. Your email address will be added to the Alerts list.   You can also contact the Alert Team directly at **Alerteditor@sclhwatch.org**

INCIDENTS

Neighborhood Watch encourages residents to be the eyes and ears of the Lincoln Police and Fire Department. If you "see something, say something" – to report incidents visit the SCLHWatch.org homepage and click **"REPORT AN INCIDENT".**

VIAL OF LIFE

This program encourages individuals to have their complete medical information readily available for EMS to reference during an emergency. Your Mailbox Captain will provide you with a Vial of Life "kit" and instructions on how to complete the Vial of Life forms. In an emergency EMS will expect to find your Vial of Life information on the top shelf of your refrigerator door. Instructions can be downloaded here **SCLHWatch.org/documents**

WELCOME

Resident participation is a vital part of achieving our goals of strengthening neighborhood ties, increasing personal safety and security awareness, and encouraging emergency preparedness. Please complete the attached **Neighborhood Watch Registration Form** and return it to your Mailbox Captain.

WELCOME TO THE NEIGHBORHOOD – WE ARE GLAD YOU ARE HERE!

WEARABLE ALERT DEVICES FOR SENIORS

Empowering Independence, Safety & Wellness

Wearable devices help seniors live independently while staying safe and connected. These tools offer health monitoring, emergency support, and peace of mind for both users and their loved ones.

WHY WEARABLES MATTER

- **Improve** health tracking and safety
- **Encourage** physical activity
- **Support** independent living
- **Provide** reassurance for families

CHOOSING THE RIGHT DEVICE

- Prioritize **safety**, **ease of use**, and **independence**
- Discuss options with family to address privacy and wellness concerns
- Popular formats: **medical alert systems** and **smartwatches**

KEY FEATURES TO LOOK FOR

- **Fall Detection**: Alerts emergency contacts automatically
- **GPS Tracking**: Locates seniors who may wander
- **Emergency Calling**: SOS button with two-way communication
- **Activity Tracking**: Encourages movement and wellness
- **Simple Interface**: Large icons, voice commands, easy navigation
- **Long Battery Life**: Reduces need for frequent charging
- **Comfortable Design**: Discreet, wearable styles
- **Social Connectivity**: Video calls and voice commands
- **Caregiver App**: Real-time updates and alerts for family

TYPES OF SENIOR WEARABLES

- **Smartwatches with Health Features –** *Apple Watch*, *Fitbit*: Fall detection, ECG, SOS
- **Medical Alert Smartwatches –** *MGMove*, *Bay Alarm SOS*: 24/7 monitoring
- **GPS Trackers** – *Project Lifesaver*: Location tracking with law enforcement support – **Contact Lincoln PD**: (916) 645-4040

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Learn more at SCLHwatch.org

LIST OF IMPORTANT NUMBERS

FOR UPCOMING MEETINGS & EVENTS VISIT 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. *After making initial call, please* ***Submit an incident report to NW Alerts Team *NON medical only**	**CALL 9-1-1**
NON EMERGENCIES – non-injury falls, burglary, ID theft, scams, suspicious activity, & found dogs, After *making initial call, please* ***Submit incident report to NW Alerts Team** - exclude pet/medical	**LINCOLN POLICE & FIRE DEPARTMENTS 916.645.4040**
NEIGHBORHOOD WATCH ALERTS TEAM **PUBLIC SAFETY ISSUES,** unscrupulous solicitors, Current scams within Sun City Lincoln Hills. *After making initial call (to 911 or LPD)* ***Submit incident report to NW Alerts Team** - exclude pet/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** Karie Geiger, NW Alerts Coordinator – 408.469.3273
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 – *other than medical or criminal issues* **-** on trails, open space, common space, trespassing, vandalism, or unauthorized use of Association facilities.	**ASSOCIATION'S SECURITY PATROL SERVICE – VFORCE SECURITY** *24-hour patrol of common areas* **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 – *Never leave mail in mailbox overnight!* **SECURE MAIL STATION LOCATIONS:** • **Lincoln Post Office** • **Blue Box** – Orchard Creek parking lot • **Blue Box** – Lincoln Market on Del Webb Blvd *located across from Orchard Creek Lodge parking lot*	**CALL IN THIS ORDER:** • 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
LOST OR FOUND PET INFORMATION **PLACER COUNTY ANIMAL CONTROL SERVICES**	http://sclhwatch.org/Alerts/LostorFoundPet25.pdf 530-886-5541
SNAKE IN YOUR YARD OR HOUSE – *leave it alone.* 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

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Learn more at SCLHwatch.org

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 "Medical ID"

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

Neighborhood Watch encourages all residents to complete a Vial of LIFE (**L**ifesaving **I**nformation **F**or **E**mergencies) 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.

For more complete information and/or detailed instructions, review your phones *User Guide,* contact your service provider, or visit **SCLHWATCH.Org/security/safety flyers.**

Helpful Links:

How to Add Emergency Info to Your Phone's Locked Screen

iPhone User Guide

Samsung Manuals and Guides

Google Pixel

HELP FIRST RESPONDERS HELP YOU- INSTALL A LOCKBOX

Fast Access. Less Damage. More Peace of Mind.

A lockbox gives emergency personnel secure access to your home when you're unable to open the door. It's a simple, affordable tool that can make a life-saving difference—ensuring faster, safer access during emergencies.

KEY BENEFITS

- **Faster Emergency Response**
  First responders can enter immediately without forcing entry—saving critical time during medical or fire emergencies.
- **Reduced Property Damage**
  Avoid broken doors or windows. A lockbox allows safe entry without costly repairs that may not be covered by insurance.
- **Peace of Mind**
  Ideal for seniors, individuals with medical conditions, or those living alone. Know help can reach you quickly when needed.
- **Supports Medical Alert Systems**
  If you're unable to reach the door, responders can use the lockbox to enter and assist you.
- **Minimizes Water Damage in Fires**
  Firefighters can quickly access your home to shut off sprinkler systems, helping reduce water damage.

LOCKBOX INSTALLATION TIPS

- Mount the lockbox near your **front door** or **main entry point**
- Ensure it is **clearly visible** and **no higher than 6 feet** from the ground
- Use a **secure surface** and follow manufacturer instructions
- Choose a **weather-resistant model** for outdoor use

REGISTER YOUR LOCKBOX, KEYLESS ENTRY AND ALARM

Residents of **Lincoln, CA** can register their devices (lockbox/keyless Entry/Alarm) with the **Lincoln Police Department** to ensure first responders have access when needed. This will only be used when residents are unable to open the door.

- **Registration** is **voluntary** and **free**
- Your device **code and location** are kept **private**
- **Register online**: https://forms.lincolnca.gov/Public-Safety-Forms/Lock-Box-Registration
- **Register by phone:** Lincoln Police non-emergency phone number is 916 645 4040

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Learn more at SCLHwatch.org

Don't Let a Fall Be Your Wake-Up Call

HOME SAFETY CHECKLIST

Simple changes can help prevent falls and injuries—especially for seniors or those with mobility challenges.

Use this checklist to find and fix hazards in your home. Walk through each room and check off items to improve safety and peace of mind.

GENERAL SAFETY

- ☐ Keep objects off the stairs and floors
- ☐ Pick up clutter to keep walkways clear
- ☐ Coil or tape cords and wires next to walls
- ☐ Keep frequently used items on lower shelves
- ☐ Use a step stool with a hand bar—never use a chair

LIGHTING

- ☐ Place a lamp close to the bed
- ☐ Install nightlights in hallways and bathrooms
- ☐ Use light switches that glow in the dark
- ☐ Have an overhead light and switch at the top and bottom of stairs
- ☐ Ask someone to help change hard-to-reach bulbs

STAIRS

- ☐ Fix loose or uneven steps
- ☐ Make sure carpet is firmly attached or use non-slip treads
- ☐ Ensure handrails are secure and on both sides of the stairs

BATHROOM

- ☐ Use non-slip mats or strips in the tub or shower
- ☐ Install grab bars next to the toilet and inside the tub/shower

RUGS & FLOORING

- ☐ Remove loose rugs or secure them with double-sided tape or non-slip backing

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Neighbors InDeed (NID) is a nonprofit 501(c)(3) organization that has been serving the residents of Sun City Lincoln Hills for more than two decades. With a dedicated team of over 100 volunteers, we provide free services that improve safety, independence, and quality of life for our neighbors.

One telephone call to **916-223-2763** will give you access to free tasks (donations are happily accepted) provided by **NID** volunteers or, if not provided, will offer referrals from a listing of businesses and professionals that have been recommended by **SCLH** residents. See us at www.neighborsindeed.org.

Some of the other services we provide:	**Services we must decline (but we may be able to give you referrals):**

Assemble artificial Christmas trees (up to 6')
 Doorbell: replace button/adjust chimes **(S)**
 Doorbell, Smart: install "Ring" doorbell/camera **(S)**
 Electrical: GFIs/switches/plugs **(S)**
 Furnace filters: replace/clean
 Garage door: lube/program
 Garbage disposal: unjam
 Hang pictures/mirrors (under 20 lbs)
 Light bulbs and/or reset GFI
 Mattress: turn (1 HH + assistant)
 Moving: light furniture/boxes (under 35 lbs)
 Refrigerator filter: replace
 Shower head: replace
 Smart vent: program **(S)**
 Smoke alarm & CO detectors: batteries
 Smoke alarm: replacement install **(S)**
 Sprinkler controller: replace / adjust
 Sprinkler heads: replace/adjust (1 or 2)
 Telephones: diagnose/repair **(S)**
 Thermostat: program/replace batteries
 TV-VCR-DVD: adjust/connect **(S)**
 Water heater - check for rust
	Caregiver relief
	 Check entire drip system
	 Clean gutters
	 Climb into attics
	 Climb on the roof
	 Computers: diagnose / simple adjustment
	 Hang anything on outside walls/eaves
	 Health care related tasks:
	   - Administer medications
	   - Lift or transfer person from chair/bed
	 Install grab bars
	 Install weather stripping
	 Lift or move anything over 35 lbs
	 Plumbing - or anything related
	 Relight pilot lights
	 Transport Caller in automobile
	 Using Caller's debit or credit card
	 Work on 14' or higher ceilings
	 Work on eaves

Note: *(S) indicates that a specialist on the Handy Helper team will be assigned to this type of task and some electronic services require you have access to your WiFi password.	

NID is always here to help and we also seek volunteers to help us within the community. We have volunteer positions for: Information and Referral, who take in calls from residents and determine the need; Medical Equipment Loan Program (ME), who manage the equipment and deliver it to those who need it; Handy Helpers (HH) who perform in-home tasks like those listed above and Dispatchers, who sent out ME or HH. Call if you can help!