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Greetings, This is Pattie Slagle from Coastline Neighbors for KURY Voices.

The 28th of September was National Good Neighbor Day; a time to recognize helping others is not only good for them but also good for you! Studies have shown that loneliness and isolation are as much a health risk as smoking or obesity, especially for those over 50. So, by stepping out and making a difference in someone else's life you are actually improving your own health.

Here are some ideas that will help you get started being a good neighbor:

- Introduce yourself if you have not previously met, and explain where you live in relation to them. Offer your phone number should they need something. For some elderly neighbors you may have to introduce yourself several times before they remember you.
- Stop on your way to the store and see if there are items they need or ask if they would like to go with you.
- For some seniors, they would simply enjoy visiting with someone periodically, especially when their families are not close by.
- Mealtime can be a lonely for a single person, especially the elderly, which can lead to poor eating habits. When preparing your family's meal, share a little extra with your neighbor. Better yet, ask them to dinner or over for coffee.
- Invitations on outings or to family events are special and heartfelt.

Sometimes it is the smallest gestures that make the biggest difference in a person's life. Here in Curry County, celebrating its first birthday, Coastline Neighbors helps people to remain safely in the home of their choice. Dedicated volunteers provide local and long distance transportation; help with household chores; shopping assistance; daily reassurance phone calls; friendly visits and connections to local organizations and social events. If you are interested in volunteering call 541-207-1366 or visit the website at coastlineneighbors.org to learn more on how you can connect with others in our community.