

Neighbors InDeed – Its Fall

By Janet Roberts

Time has moved so quickly this year for me. It's already October, and the holidays and a new year will soon be here. The older we get, the more quickly time passes. and we wonder where it went.

By the time this is in print, Neighbors InDeed will have had our Annual Volunteers Picnic honoring all our volunteers who work in the organization – Handy Helpers, Medical Equipment Loans, Information & Referral, and the others who you do not talk with or see in your home. With lots of food, music, games, and raffles, the volunteers and their guests had a great time and are now ready to start the holidays and a new year.

Reminders: We are in the middle of a heat wave as I write this, and I have no idea what mid-October will bring – hopefully some rain. But to help prepare for the season, you may want to reprogram your thermostat and sprinkler controllers for cooler weather, helping to save water and electricity. It is also a good time to lube garage doors and change your smoke alarm and carbon monoxide batteries. With all the smoke particles that have been in the air, it is also a good time to change or clean your furnace filters. If you need help with any of these tasks, Handy Helpers can do the job for you and/or teach you how to do it.

In addition, you might need to start thinking about cleaning gutters and removing the leaves that have already dropped. We can give you referrals for individuals who have been recommended by other residents. Do not forget about the holidays. Handy Helpers can help get boxes down from shelves in the house or garage (no attics) or assemble a 6' artificial tree (no decorating). We do have referrals for putting up lights, taking boxes down from the attic, etc. We do not cook meals, but we have some referrals for food delivery!

Enjoy the season: Do not let the rest of the year move too fast with all these chores. Enjoy your home and the community during this beautiful season as the weather cools down. Plan what you need to get done, and give Neighbors InDeed a call if we can help.

*Please remember that we do not answer the phone. Leave us a message at **916-223-2763**, and we will return your call as promptly as possible between 9:00 AM and 5:00 PM, Monday through Friday. Check out our website at neighborsindeed.org.*