

NEIGHBORS WATCHING OUT FOR NEIGHBORS THE SENIOR CENTER CAN HELP

Margaret Mellon of Wellspring has brought to our attention another senior resident had fallen in her home and was not found for over a day. Yesterday, I heard the same situation with a gentleman resident just a few weeks ago. This is the fifth circumstance we have heard of, over the past year. How many don't

we hear about? There is help available. With alert technology this doesn't have to happen. At the Senior Center we can provide information on where Seniors/Disabled could order emergency instruments (necklaces/bracelets/etc.). You remember, the old, "I've fallen and I can't get up" commercial. As silly as it was to us then, now we realize this is a great service that has saved so many.

Also, many are not aware the Senior Center has a computer database; this includes the Hull seniors that are on our newsletter mailing list and also holds the count of all that utilize the services of the center. (These statistics we use for grant purposes and town reports mostly). This program includes emergency contact info too. Any senior/disabled can provide us with emergency contact information. In the past, we have

had Hull police come to the center with reports from someone's neighbor, "they haven't seen Lucy in a few days" or "Lucy's mail is piling up". The police know we have emergency info on some Hull residents. We then look up the emergency contact, call the daughter, son or sister, and find out Lucy is enjoying the beach down in Florida. Lucy's fine, the neighbor is relieved, and Lucy's door did not get (possibly) broken down (just in case Lucy's health was in jeopardy). We are offering seniors/disabled the opportunity to place an emergency contact in our program. This small gesture may give your family piece of mind. The center is open Mon-Thurs. Please call us. At this time you may decide to have the free Golden News newsletter mailed to you too.

Even if we don't speak to our neighbors much, we notice a lot about them, as they do about us. Sometimes neighbors know our routine better than our own family. Anyone with good neighbors should feel blessed.

So... be a good neighbor, keep an eye out, you may save someone's life.

J. Rose