



In honor of Massachusetts Good Neighbor Day of Action on September 28th, FriendshipWorks is encouraging you to think about your neighborhoods and the friendships you've made (or *could make*) with the members of your community. Here are a few suggestions on how you can reach out to those who may be isolated in their homes and build or strengthen social connections:

- Be friendly with your neighbors. Strike up a conversation and get to know them when you see them. It's always a welcome surprise when you find things you have in common.
- Show your appreciation for a neighbor with a home-cooked dish. We're fond of a healthy meal and pies.
- Make some art for your neighbors. Painted rocks are simple, sentimental gifts that show you care.
- Hand-written cards are also thoughtful gifts. And they're an opportunity to offer support and provide your contact information. (Drop them in your neighbor's mailbox.)
- Gather a few musicians and perform/sing outside of your neighbor's home (similar to Christmas Caroling)

Many people today are struggling with social isolation – particularly older adults. Here are some ways to help combat social isolation in the greater community:

- Reach out to the resident services coordinator in your nearest senior living community, and see how you can help.
- Connect with your local neighborhood health organization and learn how you can help them combat social isolation.
- Reach out to local Councils on Aging and learn how *they're* combating social isolation.
- Visit your local food pantry and volunteer to deliver meals/donate food
- Volunteer with FriendshipWorks (in Boston, Brookline, Newton, Somerville and Cambridge) or organizations near you. FriendshipWorks' five different programs in the Greater Boston area – all with the mission of ending elder isolation.

Social isolation is all too common nowadays, but it doesn't have to be. We hope you'll celebrate National Good Neighbor Day by connecting with your neighbors.

Sincerely,  
Your friends at FriendshipWorks