

GET INVOLVED!

Join

Become a member and enjoy the benefits of membership.
Individuals: \$45/month or \$500/year
Couples/Partners: \$66/month or \$750/year
Social Memberships: \$23/month or \$240/year—please inquire

Volunteer

Offer your help to members, committees, the Working Group or Board of Directors. You choose the job, frequency and timing. It's easy! Visit our website's Volunteer page to learn more and sign up.
www.sierrafoothillsvillage.org/volunteer

Make a Donation

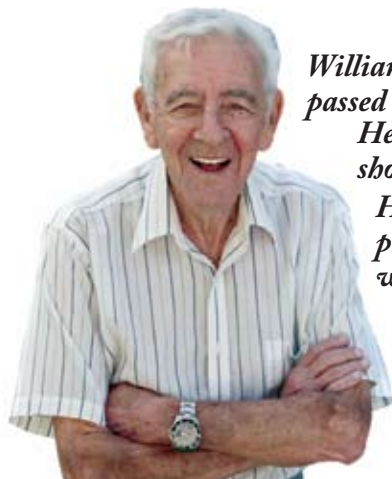
We are a 501(c)3 nonprofit and gratefully accept donations. To donate, you may send a check to Sierra Foothills Village, PO Box 1010, Nevada City, CA 95959 or go to www.sierrafoothillsvillage.org/donate/ to use a credit card. To learn more about our legacy giving program, please call 530 205-3326.

Help now to make sure the Village is thriving when you or someone you care for needs it.

Sierra Foothills Village
PO Box 1010, Nevada City CA 95959
www.sierrafoothillsvillage.org
info@sierrafoothillsvillage.org
530 205-3326



Sarah is a healthy and active senior but she fell and broke her hip. She lives alone and her best friends moved away. She is struggling to manage, not just her healing, but her affairs.



William's wife recently passed away. He needs help with shopping and meals. He'd like to resume playing bridge, find a walking partner and go to an occasional concert. He just doesn't know where to begin.

*Sarah and William can turn to Sierra Foothills Village to expand their social connections and receive the help they need.
AND SO CAN YOU!*

**Stay in your home.
Stay independent.
Stay socially connected.**



Sierra Foothills Village

A support community for Nevada County seniors who want to stay in their homes for as long as possible

*Live in Your Home
Remain Independent
Stay Socially Connected
Be Ready for Emergencies
Give & Receive*



Sierra Foothills Village

Sierra Foothills Village Mission

The Sierra Foothills Village, serving many areas in Nevada County, is a non-profit community-based organization that helps members remain safely and comfortably in their homes as they age. It is a virtual village.

It provides members with access to new and existing programs and services that foster connections to people and the community, support good health and medical needs and promote independence and a meaningful life.

The Village is guided by Nevada County residents who are connected to the people and resources of our community. We are neighbors helping neighbors, making day-to-day life easier and more fulfilling. Together, we are stronger!

What is the Village Movement?

It is grassroots organizations focused on aging with dignity, purpose and self-determination. There are about 400 villages in 45 states and D.C.; over 60 are in California. The number of villages increased 20 percent last year.



Where is the Village?

A Village is not a physical location! We are powered by humans using telephones, emails, personal visits and software to keep us connected. This support enables you to stay in your own home.

How does a Village help?

The Village serves as a gateway for referrals and services that sustain independence and well-being. The Village:

- Fosters “people” and community connections to prevent social isolation
- Provides vetted volunteers to help with day-to-day tasks
- Educates members about available local resources
- Offers a list of referred service providers
- Provides one phone number to call for help and access to a self-serve website to make requests
- Knows each member and their preferences and needs
- Serves as a resource for family or others providing support
- Offers help with emergency preparedness



What do volunteers provide at no charge?

- **Transportation:** medical appointments, social/cultural events, shopping, errands
- **Household Assistance:** help with phone, computer, TV; change sheets, clean refrigerator, organizing, pet walking, more
- **Light home maintenance:** change smoke alarm batteries or light bulbs, hang pictures, check leaky faucets or toilets, more
- **Light gardening:** water potted plants, sweep walkways, cut dead plants
- **Companionship:** conversation, play games, reading, attend social functions
- **Daily check-in:** daily phone call or text

Why join the Village?

Friends move, dear ones pass away and your social circle diminishes over time. Maybe you can't do things as easily as you once did or have an unexpected health challenge.

You need occasional assistance. And you want to stay active and engaged. That's when you need the Village –just a phone call away and personalized for you.

Go to www.sierrafoothillsvillage.org and click on the link to join our email list. Or call 530-205-3326 for assistance.