



## **NEIGHBORS HELPING NEIGHBORS**

### **What is Neighbors Helping Neighbors?**

During the beginning of Covid 19, our wonderful Catherine Von Hatten started a group called *Helping Hands* to assist those who needed support for shopping, resources, and so much more. Since her passing, several of us in the community have had a desire to continue this mission that we are calling *Neighbors Helping Neighbors*. Our email is [PBH.neighborshelping@gmail.com](mailto:PBH.neighborshelping@gmail.com)

We have some volunteers offering their services, but there have been few who have taken advantage of those things we can offer. And so, it is our desire to put more energy into this program, as we believe there are many in our superb community who could use support if only they knew about it.

Several years ago, there was an effort to start an Aging in Place program. However, the committee decided to open things up to anyone, not just the elderly. If you are having a baby, a surgery, aging or health issues, or other problems and changes in your life, whether short-lived or long-term, we are here to help. So if you have needs personally or in your family, please contact us so can provide help and support. (See below for contact information)

### **Currently our intention is to assist people with such things as:**

- assessment of needs and safety evaluations
- referral to community resources
- aging issues and resources
- assistance after childbirth
- meal or grocery delivery
- minor fix-it services
- companionship
- snow removal
- other



We realize that certain individuals may be reluctant to ask for help. However, many people truly love to give and consider it a privilege. For those of who do, please know that it is a real gift for them to contribute to the lives and well-being of others.

### **Resources**

One of us will be happy to come to your home to assess your situation and offer the best suggestions and assistance we can. We can contact volunteers in PBH to assist you or locate resources in the community. Unfortunately, some services do not regularly help our mountain communities. Also, due to liability situations, some things may not be appropriate for us to do, but please let us know how we can be of service.



### Here some valuable community resources:

**Boulder County Area Agency on Aging** - Call 303-441-1617 or email [www.BoulderCountyHelp.org](http://www.BoulderCountyHelp.org). Also for adults with disabilities.

**Boulder County Cultivate - Fix-It Program** for installation of grab bars and minor home repairs. Needed services provided by volunteers on an *availability basis* and weather conditions. Call 303-443-1933. Generally, they do not service our community except for this.

**Boulder Jewish Family Services - 303-415-1025 Grub Hub Boulder or Door Dash** - order online for delivery from restaurants that use them to deliver food. Available online.

**Home Based Mental Health Services and Friendly Visiting** (Peer Counseling for Seniors) Call 303-413-6377. Trained volunteers and retired professionals bring in-home emotional support to county seniors upon request. Free services.

**Meals on Wheels** - Will assemble and freeze *bulk meals* which can be picked up once a week for one week (1 meal per day of frozen meals when requested ahead). Call 303-441-3908 or email [info@mowboulder.org](mailto:info@mowboulder.org).

**Meal Train** - Someone can arrange meals to be brought in from friends or neighbors for residents suffering illness, surgery, childbirth, etc. Contact [www.mealtrain.com](http://www.mealtrain.com).

**Meal Preparation Services** - Hello Fresh, Freshly, Home Chef, Sun Basket, Blue Apron, Green Chef. Look online for the sites.

**Medical Equipment** - Boulder Elks Lodge has a loan closet for equipment needed on a temporary basis after hospital visit. Call 303-442-5003, 3975 28th Street, Boulder.

**Medicare Counselors** - Information re Medicare plans. Phone 303-441-1546 [medicarecounseling@bouldercounty.org](mailto:medicarecounseling@bouldercounty.org).

**Mountain Resource Specialist** - Information re services and supports that operate in mountain areas available to older adults, adults with disabilities and caretakers. Call 303-441-1617.

**RTD Access a Ride** - Call 303-299-2960 Requires a disability certification for rides and still may not come to Pine Brook Hills.

**Uber & Lyft** - Gain information when you sign up.

**Via Mobility Services** - Call 303-447-2848 Provides travel reimbursement for registered riders age 60+ and the disabled to medical appointments. 8-4:00 M-F. Main #303-444-3040.

**Yellow Cab (now Z-Trip)** - Call 303-699-8747, [www.BoulderYellowCab.com](http://www.BoulderYellowCab.com)

### Pods

We know that many neighbors have already formed themselves into pods of perhaps 5 -8 households. They help each other as necessary such as grabbing important things in a crisis if there is time. Some pods have even arranged for their neighbors to take care of or remove pets to a safe place in an emergency situation. Some gather together and share pertinent information of things to take, how to access a property, etc. So please assist your neighbors in any ways you feel comfortable. It is good to look after those near and dear, so do what you can to facilitate this in your own area as well. We can also help you form pods in your area if you would like.



# Pine Brook Hills HOA

## Privacy

Our Fire Department maintains a private list of those with special needs so that in case of a fire or other emergency those individuals can be taken care of or helped to leave the area. Please contact the department if you are in or are aware of anyone in such a position.

The phone number is **303-440-0235** or [chief@bouldermountainfire.org](mailto:chief@bouldermountainfire.org).

**Please see the Pine Brook Hills Directory for PBH organizations, Fire Safety, Covenants, etc.**



## Volunteer

As new residents in our outstanding community you may want to become more involved as a volunteer. Assisting Neighbors Helping Neighbors would be a wonderful way to serve and we are always in need of volunteers.



## Contact Information

**Toni Erickson:** [pbh.neighborshelping@gmail.com](mailto:pbh.neighborshelping@gmail.com) Phone: 303-447-0671

**Param Singh:** [param645@yahoo.com](mailto:param645@yahoo.com) Phone: 303-417-0373

**Email Address:** [pbh.neighborshelping@gmail.com](mailto:pbh.neighborshelping@gmail.com)

**Web Link:** [PBH HOA: Neighbors Helping Neighbors](#)

