



*Being Kind and Helpful ... the Senior Village Way*  
*By Sandy Morse*

*"It's so very reassuring (especially during this time of political and social rancor) that we can still be kind to each other. Thank you from the bottom of my heart" ... written words of appreciation from Linda Tucker, a Senior Village of Saddlebrooke member who recently received transportation help from our Senior Village program.*

We receive many wonderful letters of appreciation like this and by sharing excerpts from this one, we hope to also share our Senior Village purpose and mission. We are simply neighbors helping neighbors and "being kind to one another" is our mantra. Research shows that being kind and helpful to others increases our own levels of happiness, and we can attest to that when we hear our volunteers say "when we're helping, we're happy". What's more, kindness is contagious, as it helps society flourish and our communities become nicer places to be, of course Saddlebrooke residents already know that!

"Choose your neighbor before you choose your house" is an ancient proverb that tells us a good neighbor is golden. Here in Saddlebrooke we are privileged to live by and benefit from these ancient words of wisdom. But for some of our neighbors, as they grow older or face physical challenges, some help may be needed help in order for them to remain independent and live in the home they love. Our "Helping Hands" program is here to assist with small household chores. For those who are alone, and/or maybe not driving anymore, isolation is a depilating and depressing occurrence; enter our "Going My Way" and "Friendly Contact" programs to help with transportation and social visits.

With the many challenges and threats we face today, isn't it wonderful to come home to our beautiful, secure, peaceful, friendly, kind and helpful Saddlebrooke community. Join the Senior Village of Saddlebrooke today as a member, a volunteer, a friend, or a patron, so we can continue to live as neighbors helping neighbors, in this fine community. Just call us @ 314-1042 and become part of this warm, kind and supportive group.