



## **NN At A Glance**

We help older adults in our community create and maintain connection, independence, dignity, and joy as we all age—and engage—in place. Northampton Neighbors is **free of charge and open to all**, offering a range of social and volunteer opportunities, as well as services and support for members 55+ in Northampton, Florence, and Leeds.

### **Services**

- Neighborly check-in calls and visits
- Transportation to appointments, social events, and stores
- At-home tasks and small fixes such as changing alarm batteries, flipping mattresses, watering plants, and walking dogs
- Tech Support
- Support for members with dementia and their caretakers through our collaboration with the Pioneer Valley Memory Care Initiative

### **Programs**

- Interest Groups: members explore and share passions, such as hiking, books, bridge, food, and gardening
- NN Socials: get-togethers with no agenda
- Neighborhood Circles: connecting with members who live close by
- Speaker Series: presentations and discussions of particular interest to older people as well as a broader audience
- Our Stories: connecting, learning, and inspiring through story sharing

### **Engagement**

- Resource Guide: recommendations of local businesses and services for members, by members
- Planning for Now, Planning for the Future: our hub of resources, guides, and supportive networks available to members and the wider community
- Community Partners: promoting volunteer opportunities and programming offered by regional community organizations