



Bridging Neighbors

*A Supportive Network for Improving
Community Health*



Program Description and Referral Process

Program Summary

Bridging Neighbors, a partnership of Healthy Peninsula and Healthy Island Project, trains volunteers to offer individualized, neighborly support to older community members to help them identify and access resources that support health and well-being. Bridging Neighbors does not provide direct personal care but, rather, helps people access available community-based resources.

Who does this program serve?

The Bridging Neighbors program is available to residents of the Blue Hill Peninsula and Deer Isle (Blue Hill, Brooklin, Brooksville, Castine, Deer Isle, Penobscot, Sedgwick, Stonington, and Surry) who are age 60+ and who need help identifying, understanding, and accessing community-based resources.

How are Volunteers trained?

Volunteers receive training in local, regional, and statewide resources, as well as in how to work professionally and confidentially with community members. They are supervised by staff from Healthy Peninsula and Healthy Island Project, who have extensive resource knowledge and experience. All volunteers receive background checks before they are assigned to work with any community members.

Is there a cost for Bridging Neighbors?

No. Bridging Neighbors is a free program.

Can you give an example of Bridging Neighbors services?

A Bridging Neighbors volunteer worked with an 80-year-old gentleman who could not find affordable food because he recently stopped driving. When the volunteer met with the gentleman, he also asked for help with a broken storm door. The volunteer, working with her supervisor, helped him sign up to receive the Simmering Pot (free weekly soup delivery) and monthly delivery of a free food box and fresh vegetables from Eastern Area Agency on Aging's Commodity Supplemental Food Program, as well as connected him with volunteers from a local civic group to repair his broken storm door.

How can I refer someone (or be referred) to Bridging Neighbors?

- **Self-Referral:** If you are age 60 or over and you think the Bridging Neighbors program could help you, contact Healthy Peninsula at (207) 374-3257 or ljohnson@healthypeninsual.org. Someone will call you to talk about your needs.
- **Referral of Others:** If you know someone age 60+ who you think could benefit from the Bridging Neighbors Program, ask if that person would like you to contact us. If the person wants you to make a referral, you should contact Healthy Peninsula at (207) 374-3257 or ljohnson@healthypeninsual.org. We will contact you to get more information. **We do not contact potential clients unless they have agreed to be referred to the Bridging Neighbors Program.**