

# Friends & Neighbors

## *Coping With Illness*

We all seem to be in agreement that the most important and lasting pleasure any of us can have is the company of good friends. The mobile society we live in often makes it difficult to keep in touch with all acquaintances. Many of us live far from our birthplaces and early ties, and sometimes feel that after a certain age it is hard to start making new friends. THIS IS NOT TRUE.

- One of the best ways to make friends with whom you can share common interests and problems is to join a support group. If you can't find one, call your PhoenixCare nurse for suggestions.
- This may be a good spot to stop for a moment and consider a matter of special concern to those of us who live alone – how to get help quickly when it may be needed.
- The phone buddy system can be a big help and provide a special feeling of security.
- Make arrangements to have a relative or a friend call at the same time every day to make sure you are OK. If you plan to be out, let them know ahead of time to save needless concern.
- Get to know your neighbors who can see your windows and arrange a signal they can see. For instance, if a shade is pulled down every evening or a certain lamp is lit, it is a sign you're OK. If this isn't done, ask your neighbors to investigate.
- If you live in an apartment, let the neighbors on all sides of you know that if they hear you pounding you need help.
- Somewhere near you is someone who needs your friendship and help too. Once you have gotten in touch with others, you will be amazed to find how rewarding it can be.

