

For all Forest Park residents, now you may obtain FREE short-term assistance from a friendly neighbor. Contact our Forest Commons volunteer coordinator at 919-346-4992. You can fill out this form and mail it to our Forest Commons address, or let the volunteer coordinator know you would like it picked up. You can also go online and fill out a PDF at [cameroncommons.net/neighborly-services/](http://cameroncommons.net/neighborly-services/).



**Website**  
www.OurForestCommons.com  
**Email**  
OurForestCommons@gmail.com  
**Phone**  
919-346-4992  
**Mailing Address**  
806 Oberlin Rd. Unit 13011  
Raleigh NC, 27605



**SHORT - TERM ASSISTANCE REQUEST**

**I am interested in being helped with the following:**

*(please check all that apply)*



**Connecting with my neighbors**

- Someone to check in with me during bad weather and other times of concern.
- Weekly or daily phone calls to see how I'm doing.
- Caregiver relief: a short stay with my family member so I can take care of other things (including myself).
- Walking with a Forest Commons neighbor.
- A "medical buddy" to accompany me during appointments, so they can hear what's said and help keep me on track.

**Household help, upkeep and repairs**

- Receiving assistance in making minor repairs.
- Taking out trash and recycling.
- Changing hard-to-reach light bulbs.
- Testing smoke detectors and changing batteries if needed.
- Meal preparation.
- Light cleaning, dusting, etc.
- Help with de-cluttering and recycling "clutter."
- Light pet care: walk my dog, feed pet, litter box cleaning.
- Help while I'm gone: water plants, pet care, mail pickup, etc.
- Receiving simple technical support with home computers, cell phones, or using Zoom.
- Yard work help: raking leaves, sweeping walkways, pruning.
- Seasonal shifting of clothing or moving deck furniture.

**Errands**

- Riding to appointments and events.
- Grocery shopping from my list, or picking up and delivering pre-paid items.
- Running other errands for me: post office, drug store, hardware store, etc.

Additional requests: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Support from Forest Commons coordinator**

- Receive information and referral about resources.
- Receive invitations to events.
- Receive reminder calls from a neighbor.

**What days/times do you prefer?**

Weekdays:  mornings  afternoons  evenings  
Weekends:  mornings  afternoons  evenings

**What type of assistance do you prefer?**

- Ad hoc assignments arranged ahead of time.
- A regular weekly time slot.
- A regular monthly time slot.
- On call if something comes up.

**Contact information**

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_  
Mobile: \_\_\_\_\_  
Email: \_\_\_\_\_