

Neighbors Have *a Job Too*

Care should not be left only to agencies and organizations.

When grief support gets professionalized, ordinary people opt out — they assume someone official has it handled. Most of the time, no one has it handled. A neighbor who shows up quietly and consistently can do more long-term good than any formal program.

WHAT TO DO

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| ☐ Bring a specific meal on a specific day — no asking first. | ☐ Take on one recurring task: lawn, mail, trash, or grocery runs. |
| ☐ Send a card on the anniversary — just the name, just the date. | ☐ Show up during the holidays, which are often the hardest stretch. |
| ☐ Let the family know they are not forgotten. Come back to prove it. | ☐ Ask one other neighbor to share the load with you. |
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DO THIS WEEK

Choose one recurring task and do it this week without asking. Then schedule it in your calendar to do again.

ASK YOURSELF

What is one thing you could do for this family without being asked, that you could sustain for a year?

“The most lasting support often comes from the person next door.”