

# “Hi Neighbor”



## NEIGHBOR

A Model of Open Table, Inc., a 501 (c)(3) Non-Profit Organization

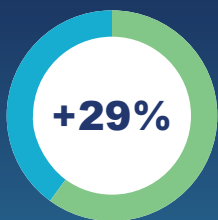
### Living in Social Isolation is Life Threatening



Heart Disease  
Risk



Stroke  
Risk



Premature Death  
Risk



Dementia  
Risk



Twice the Risk  
of Depression

*See references here.*

For just a few minutes a week, become a Neighbor to someone who is isolated, gain a friend, and be changed yourself.

# Just a few minutes a week could help lift someone out of isolation.



## The Isolation Epidemic is Real

Surveys of **88,000 patients** from a healthcare system showed over **90%** were identified as being **at risk of social isolation**. These patients were also found to have elevated rates of depression, substance abuse, and various chronic illnesses.

*Baylor University Case Study, 2023, Addressing Social Isolation and Other Social Determinants of Health, the MetroHealth - Open Table Collaboration.*

## Program Description

Research consistently shows that **strong social connections have a significant impact** on health and life outcomes.

The Neighbor Model, based on twenty years of Open Table experience, connects trained community volunteers ("Neighbors") with referred individuals ("Friends") who are experiencing isolation that impacts their overall well-being. The relationship is **one-to-one and takes place primarily through text messaging**, creating a space for empathy, kindness, active listening, and encouragement. **This steady, supportive connection helps ease feelings of isolation** and fosters hope, emotional resilience, and the Friend's growing belief that they can navigate challenges and improve their own life.

## Volunteer Commitment

- 3 hours of online training that you can complete on your own schedule
- 3 texts per week for six months



Use this QR code to register for training or [click here](#). Please type the word "Neighbor" where the form asks for the name of your organization.

## What It's Like to Be a Neighbor

**"The most reciprocal volunteer experience I've been a part of."** - A Volunteer Neighbor

An example of a Text Conversation Between a Neighbor and a Friend

**Neighbor:** It was great getting to know each other last time.

**Friend:** Hi, nice to hear from you!

**Neighbor:** How's your day shaping up?

**Friend:** It's good to have someone to talk to. Makes me feel better about things.

**Neighbor:** I feel the same way. How's your new baby doing?

**Friend:** Good! But I'm not getting a lot of sleep.

**Neighbor:** Yeah, I remember those days. You'll get some sleep in a year or so :) I'll check back in on you in a few days.

**Friend:** Sure thing. Ttyl.

**"I want to continue to engage with my Neighbor for as long as I can!"**

- A Friend

**About Open Table:** Communities focusing on complex challenges choose evidence-driven models that train volunteers to access the untapped power of relational and social capital within their personal, social, and business networks to develop new and effective resources and solutions.

[www.theopentable.org](http://www.theopentable.org)