

## How to Combat the Loneliness Epidemic

**A recent Gallup poll found that about 44 million American adults report feeling lonely. In fact, the US Surgeon General even declared loneliness an epidemic last year due to its serious physical health consequences.**

Additionally, loneliness can lead to mental health conditions like depression and anxiety. The CDC reports that having a mental health condition, like depression, can also increase one's risk of feeling lonely and isolated.

**Being more socially connected can also improve stress responses and minimize the negative health effects of stress.**

American men are at an especially increased risk of experiencing loneliness and social isolation. While 30 years ago, 55% of American men reported having at least six close friends, that number is now closer to 27%. In fact, 15% of men report having no close friendships at all. Unfortunately, men also experience increased stigma around sharing their emotions and expressing vulnerability, which also contributes to them reporting more instances of feeling lonely.

There are multiple reasons our modern world can feel so isolating regardless of gender. The COVID-19 pandemic led to physical and social isolation that led many to develop thoughts of hopelessness and helplessness. Social media, smartphones and

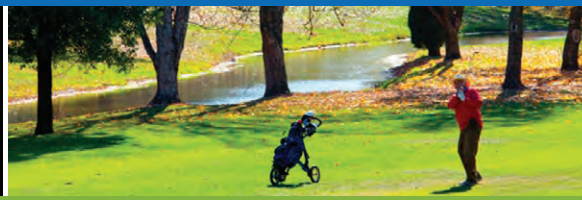


cars have all contributed to a world where people live far apart from each other and are not incentivized to connect in person.

However, it is still possible for us to foster the inclusion and connection that provides us with the necessary support we need to overcome life's challenges. Here are some ways to combat loneliness from the CDC:

- » **Keep in regular contact with others.** Reach out to different friends and family regularly. If one person is unavailable to take your call, someone else probably is.
- » **Ask for help.** If you need extra support, ask a mental health provider. The Stop Stigma Sacramento Services page at [stopstigasacramento.org/services](https://stopstigasacramento.org/services) has a list of resources.

*Continues on back*



## Meet Gabby Garbage: Rethink Waste and Your Garbage

**Did you know that the items you toss in your Garbage cart go to the landfill where it is buried forever?**

That's right! The landfill is a gigantic pit that contains whatever we randomly toss into our Garbage cart, but it is not limitless. Whatever goes in the landfill – never comes out and takes hundreds of years to decompose – and some items may never completely break down.

Sacramento County Department of Waste Management & Recycling and the SacGreenTeam want it to be safe and easy for the community to get rid of garbage, but also want to help you to be thoughtful about waste.

Go to [RecycleReboot.com](https://www.recycle-reboot.com) to Meet Gabby Garbage!

Gabby Garbage encourages everyone to rethink garbage. Whenever possible, consider repurposing, recycling, and donating items before tossing them in the Garbage cart. Here's what you can do to minimize waste and properly sort items for the Recycling cart and the Organics cart. Use the following advice from Gabby Garbage:

### Reduce

- » **Waste less food** – plan meals, store food for max freshness, and transform leftovers or produce into soups, casseroles, stir-fries, sauces, baked goods, smoothies, etc.



- » **Buy just what you need** – when you buy less you waste less.

### Reuse

- » **Choose reusable products** – save resources and money by using fewer single-use products.
- » **Repurpose items** – if you aren't using an item, think of how it can be used another way.

### Recycle

- » **Donate** – useful items can be donated to people in need, shelters, or thrift stores.
- » **Sort smart and recycle right.**
  - Put empty and dry recyclables loose (no bagged recyclables) in your Recycling cart, and
  - Put food scraps, food-soiled paper, and yard trimmings in your Organics cart so it can be turned into beneficial compost.

*Whatever goes in the landfill – never comes out and takes hundreds of years to decompose*

### Rethink

- » **Clean smarter** – use natural products like vinegar and baking soda that clean multiple surfaces to reduce the number of cleaning product containers.
- » **Buy smarter** – choose items that are accepted in the curbside Recycling cart, locally-sourced, made from recycled materials with the least packaging or packaging that can be recycled.



After considering these options, be like Gabby Garbage and put the right items in the Garbage cart:

- » Household garbage
- » Plastic bags, utensils, film plastics
- » Coated paper and cartons
- » Chip bags and candy wrappers
- » Styrofoam™
- » Compostable plastic
- » Hoses, cords, clothes hangers
- » Old clothing, shoes, blankets
- » Pet waste
- » Diapers

These items should never be placed in your Garbage cart:

- » No organics
- » No recyclables
- » No liquids
- » No e-waste
- » No rocks, dirt, bricks, sod
- » No hot ashes, coals, fireworks
- » No hazardous waste  
**(Find a Household Hazardous Waste drop-off location near you.)**

Visit Gabby Garbage at [RecycleReboot.com](https://www.recycle-reboot.com) to learn more!



## How to Protect Yourself from EBT Theft

California has been experiencing an increase in the occurrence of Electronic Benefits Transfer (EBT) theft. The California Department of Social Services (CDSS) is providing security tips and information on how to protect your benefits that can be found on their website at [www.cdss.ca.gov](http://www.cdss.ca.gov) in [English](#) and [Spanish](#).

### How EBT Theft Occurs

**EBT Skimming** occurs when a thief places a device on a retailer's card-swiping machine to copy your EBT card information so they can steal your EBT benefits.

**EBT Scamming** occurs when a thief deceives you into giving out your personal information so they can steal your EBT benefits. Personal information includes your EBT card number, EBT PIN number, social security number, or bank information.

### How to Protect Your Benefits with ebtEDGE

A new mobile app and web-based portal called **ebtEDGE** provides new features for EBT cardholders in California, allowing them to better protect their CalFresh and CalWORKs benefits. Features include freezing and unfreezing your account, monitoring transactions for suspicious activity, blocking online and out-of-state transactions, changing your pin, and more. The free app is available for download in the [Apple App store](#) and [Google](#)



**Play store.** Web-based access is available at [www.ebt.ca.gov/cardholder](http://www.ebt.ca.gov/cardholder).

### How to Report EBT Theft

If you think your benefits may have been stolen, you should immediately call the customer service telephone number on the back of your EBT card, 877-328-9677, and the Sacramento County office at 1-800-560-0976.

In addition to calling to report EBT theft, you must turn in a completed EBT 2259 form to the nearest **Sacramento County office** within 90 calendar days from the date of the theft. You can find the forms and more details online at [ha.saccounty.gov/benefits/Pages/EBTCashBenefits.aspx](http://ha.saccounty.gov/benefits/Pages/EBTCashBenefits.aspx). The county will investigate and process the claim within 10 business days.

To learn more about how to protect yourself from EBT theft, visit [www.cdss.ca.gov](http://www.cdss.ca.gov).

## Bridging Art, Community, and Advocacy

A Sacramento County worker is combining his love for art with serving his community. LeRoid David, an employee with **Sacramento County's Senior and Adult Services**, enjoys finding ways to help others both professionally and in his personal life.

Recently, LeRoid was invited to decorate the Golden 1 Center. "I thought that it would be something great to get involved in," he shared.

LeRoid's art will be on display at Golden 1 Center, as part of the "Stop the Hate" campaign, which brings awareness to hate crimes against Asian Americans. LeRoid's work is inspired by his Filipino heritage and passion for uniting art with social engagement.



"I would always try to find ways to connect art with community events," says LeRoid.

But LeRoid says the message in his most recent work for the "Stop the Hate" Campaign serves as a much bigger reminder that we can all do our part to serve our community, help stop hate crimes, and speak up against hateful words and discrimination.

"The message not only applies to the Filipino community, but to everyone else as well," he says.

LeRoid's artwork extends beyond individual projects. He's also collaborated with sports teams, including the San Francisco Giants, 49ers, Warriors, and Kings.

*Continues on back*

## How to Combat the Loneliness Epidemic,

*Continued from cover*

- » **Help others.** Lending a hand lets the people you love know how much you care. This can create a deeper connection and can feel rewarding. Volunteering is a great way to help others and meet people.
- » **Unplug.** Ironically, the technology we have to connect us makes people feel lonelier. In-person interactions make us feel closer to our loved ones.

Being more socially connected can also improve stress responses and minimize the negative health effects of stress, according to a National Library of Medicine publication. To get connected, join a social group. Sacramento has many organizations to join for activities like yoga, a fitness group, art classes and book clubs. Being part of a group with shared interests, values or goals can foster a sense of belonging.

If you're struggling with your mental health, you can visit [stopstigmatasacramento.org/services](http://stopstigmatasacramento.org/services) or call NAMI's (National Alliance on Mental Illness) free helpline at 800-950-NAMI (6264). Know that help and hope is always available.

## Sac County Launches New Podcast Series



Sacramento County is proud to announce the launch of "County Conversations: Sac County Podcast." This monthly podcast series aims to provide listeners with a look into the County's operations, programs, and the individuals who lead them.

With a commitment to showcasing the human side of County governance, "County Conversations" will feature in-depth interviews with County leaders and discussions about various programs.

The inaugural episode, now available for streaming, features Marlon Yarber, Chief Probation Officer for Sacramento County. In this episode, Marlon provides a behind-the-scenes glimpse into the Department of Probation, dispels myths surrounding probation, discusses the department's focus on rehabilitation, and shares inspiring anecdotes about overcoming challenges.

Listeners can subscribe via their preferred podcast platforms by searching for "Sacramento County" and clicking on the "County Conversations" episode. Additionally, episodes can be streamed on the County's podcast webpage at [pio.saccounty.gov/Pages/County-Podcasts.aspx](http://pio.saccounty.gov/Pages/County-Podcasts.aspx).

## WE'RE HIRING!

As the region's third largest employer, Sacramento County has more than 13,000 employees working across 40 departments in fields such as technology, health care, finance, waste management, social services, law enforcement, parks and voter registration. If you're looking for a career with purpose, visit [www.SacCountyJobs.net](http://www.SacCountyJobs.net) to view a list of all the positions



currently accepting applications and subscribe to emails to be alerted when a specific job is available.

## Bridging Art, Community, and Advocacy,

*Continued from page 2*

Despite his success, LeRoid remains humble. He values the collaborative efforts within his workplace and wants people to know that the work done at Senior and Adult Services is important. He says he wants to acknowledge the tremendous work his coworkers do and shares that he is not alone in finding ways to help our community and that everyone in the department strives to make Sacramento County a better place.

"I take pride in the department I work for," LeRoid says.

LeRoid fully embraces **Sacramento County's core values** of principled, respect, innovation, diversity and inclusion, and excellence. LeRoid's passion and dedication are a reminder that everyone can find ways to create positive change where they live!