

# Seniors Have Dreams, Too, Inc.

*Making new memories for seniors with limited resources*

*How You Can Help the Elderly in Your Neighborhood- If you are in high school and need community service hours consider some of these ideas. Consult with your guidance counselor first to make sure this is something they will allow. Remember some of our older generations are lonely and would love to spend time with you. You can learn from them a wealth of things that you can fall back on and say "Wow, my grandmother taught me that".*

Plant a flower or garden  
Weed the garden  
Help with grocery shopping –it’s hard for  
    Some of them to reach the top shelf  
Vacuum  
Do the dishes or empty the dishwasher  
Water their plants  
Bring a pet to visit  
Clean out the garage  
Wash/vacuum/wax the car  
Write letters for them  
Watch a sporting event with them  
Take them for a picnic  
Make lunch or dinner  
Read to the blind or someone who can’t see  
    as well as they used to  
Show them how to use an iPod  
Let them teach you how to:  
    Knit, embroider, crochet, sew, play piano,  
    Sing, play a card or board game, change a  
    Tire, hit a ball, change a light switch,  
    Woodworking or other  
But most of all- Talk to them. Ask about-  
    Their family  
    When they were your young  
    What their greatest accomplishment is  
    What is their greatest regret  
    What was their biggest adventure

Pick up trash outside  
Carry in the groceries  
Change the bed sheets  
Change a light bulb  
Iron Clothes  
Polish the furniture  
Walk their pet  
Run errands  
Shovel snow  
Wash the house or car windows  
Send them greeting cards  
Watch TV or a movie with them  
Take them for a walk - if they are able  
Let them help with your homework  
Help put up holiday decorations  
Teach them the internet/email  
Visit nursing home residents

*They have stories to tell and want someone to share them with. They love being around young people. They hold a wealth of information that you might find interesting. You will be surprised by the stories of joy and sadness and the amount of love they have to share.*