

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. There are so many things you can learn from them.

Plant a flower or vegetable 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 the computer

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

Let them teach you how to:

Knit, embroider, crochet, sew, a craft project,
play piano, sing, play a card or board game,
change a tire, hit a ball, change a light switch,
woodworking projects or other things you
know how to do

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

Our Elders 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.

• PO Box 4553 • Wallingford, CT 06492 • Phone 203-824-3967 •