Mini Challenge

Support Your Elders

Connect with the seasoned members of your community through the following service opportunities and activities.

- Get moving together. Go on a walk, play pickle ball, practice tai chi or yoga to increase mobility.
- Fill a medication organizer for yourself or your loved ones to prevent confusion.
- Ask someone to teach you a new skill like bread making, knitting, gardening etc.
- Volunteer at the local retirement home. Play games, paint nails, write cards or color together.
- Look at family pictures together. Ask questions and write down what you learn.
- Invite a loved one or neighbor over for dinner. Ask about their childhood, what they studied in school, their favorite traditions or family members to keep conversations going.
- Offer to drive loved ones or neighbors to their doctor appoints or the grocery store.
- Volunteer to help with yardwork or pet care.
- Help with technology. Teach them how to use facetime or skype to combat isolation and loneliness.
- Bring dinner or a treat to let them know you're there to help.
- Pick up groceries or mail when needed.
- Plan a special movie night with their favorite movie and snacks.

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