

A Month of Caring

sunday

monday

tuesday

wednesday

thursday

friday

saturday

1

Send a basket to someone in a nursing home or an assisted living facility.

2

Offer to help an older neighbor with minor house maintenance, such as replacing burned out light bulbs.

3

Deliver dinner to someone who lives alone.

4

Help someone with their laundry or minor mending.

5

Ask your friends if they know what elder abuse is.

6

Bring an older adult to a movie or concert.

7

Ask an older adult out for coffee after religious services.

8

Write letters or send cards for someone who needs help with these tasks.

9

Make sure an older neighbor has your phone and cell phone numbers in case of need.

10

Investigate local programs for older adults and provide the information to friends with older parents in the community.

11

Help a teacher organize an oral history project or visits from older adults to the classroom.

12

Volunteer at the local Area on Aging chapter.

13

Smile when you see an older adult at the grocery store.

14

Read to someone with poor eyesight.

15

Ask your children what they can do to help an older relative or friend.

16

Ask your children to take responsibility for helping an older neighbor with snow shoveling or other chores.

17

Take an older adult to lunch; ask questions and listen.

18

Solicit advice from an older adult about community matters.

19

Pass out voter registration cards to older adults you know. Ask them if they need help filling out forms and ballots.

20

Write a letter to the editor on topics related to elder abuse.

21

Check prescription bottles to make sure older family members are taking medications properly.

22

Investigate whether the school choir, band, or church choir would be interested in performing a concert at a nursing home.

23

Drive an older friend to visit a friend or relative.

24

Help an older family member balance their checkbook and pay the bills.

25

Show an older adult how to use a computer.

26

Play cards or another game with an older adult.

27

Call an older adult to say hello.

28

Pencil in other suggestions on your calendar to create a year of caring.