

Simple Ways To Show Senior Neighbors You Care



1

CALL TO CHECK IN

Speak about things other than COVID-19



2

SHOP & DROP

Pick up groceries or medications and leave items on the porch.

3

PREPARE MEALS

Provide meals that can be stored in the freezer & cooked later.



4

HELP TO KEEP THEM OCCUPIED

Puzzles, gifts, crafts, games, movies, and adult coloring books



5

INTRODUCE TO TECHNOLOGY

Zoom, FaceTime, and Video Chat to stay in touch with loved ones.

