Help an Older Adult Stay Independent at Home.

Volunteer to help in one of these ways:

**Shopping Assistance.** Take a senior shopping or shop for them from their list.

**Escort Transportation.** Take a senior to the doctor, dentist or to visit a sick friend.

**Advocacy and Paperwork.** Help sort and organize mail or complete paperwork.

**Friendly Visiting.** Chat with an older adult. Play cards, drink coffee or have lunch.

A few hours of your time each month can make a big difference in the life of an older adult. **Volunteer now!**

New friends come in all ages.

To get started: Call - Kathy Cox
(269) 382-0515 - ext. 127