

GOOD DEED IDEAS



We are celebrating Older Americans Month by doing Good Deeds to raise money for The Alzheimer's Association, May 15-31. Need some ideas for good deeds? Just remember...there's no good deed that's too small or too large.

- Grocery Shopping/Errands
- Meal Purchase & Delivery
- Deliver a surprise gift (toiletries, puzzles, books, socks) to an elderly person
- Mow a neighbor's lawn or help with yardwork
- Car wash
- Take out trash can/bring back in
- Deliver a plant or flowers
- Sweep the porch
- Help a neighbor with a task
- Call a person who is sick or shut-in
- Clean up trash on someone's lawn
- Walk an elderly person's dog for them
- Hide kindness rocks at the park
- Treat someone to lunch or dinner
- Volunteer for a few hours or a day
- Donate food, toiletries, or clothes to someone in need
- Write a positive or inspiring note & leave on a car or door
- Make someone smile with a compliment
- Buy a meal or drink for the person in line behind you
- Treat a kid to an ice cream
- Treat a kid to a toy
- Carry a garbage bag on a walk & pick up litter
- Give a ride to an elderly friend
- Organize a pantry, closet, or garage

More info at: ctfoa.org/blog/alz



Chesapeake Task Force on Aging
"Focusing on Quality of Life"



COMMUNITIES OF STRENGTH: MAY 2021