

Enroll a Senior
or
Become a Volunteer
-Contact-

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About Me:

My name is Anushka Dhariwal, and I have created this initiative because I would like to give back to my community. My project revolves around helping senior citizens with errands and matches them with volunteers.



One day while talking to my grandmother in India, I thought of how she needed help in running simple errands. Due to the pandemic she was left in a lonely bubble. This made me think of the seniors who need help in my own town.

Then, I began my journey of establishing this project for the need to serve the senior citizens in my own community.

Adopt
A D O P T A
Senior
S E N I O R



Est. 2020

What is Adopt A Senior?

This program aids senior citizens with essentials such as buying groceries, running errands, delivering library books, snow removal, raking leaves, or taking out the trash.

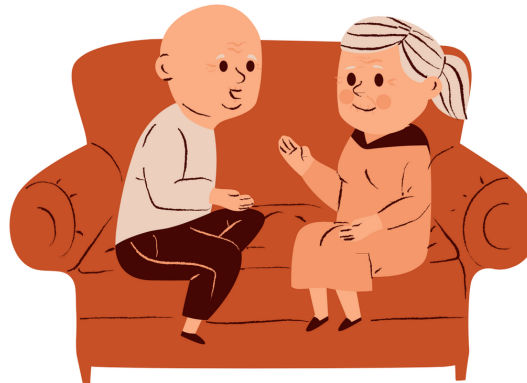
Seniors are paired with volunteers who can aid them with such necessities.



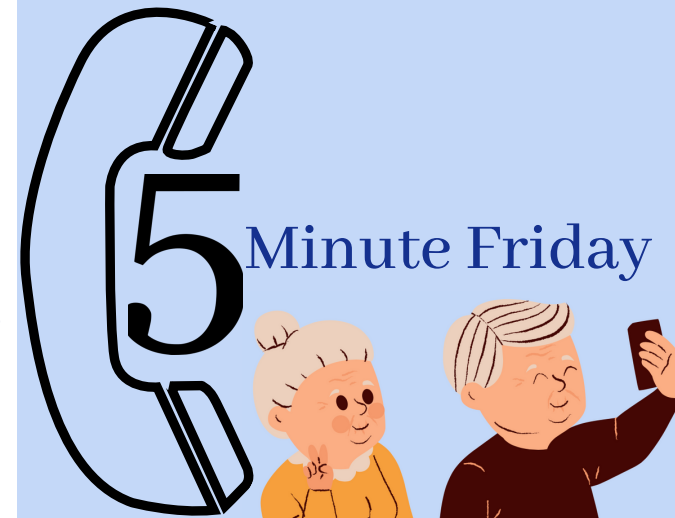
Why is this

Initiative Important:

Many seniors often struggle with daily tasks such as getting groceries or taking out their trash, **Adopt A Senior** program is meant to aid seniors. Due to health reasons or simply aging, seemingly easy errands are often found difficult.



Five Minute Friday is another program which gives senior citizens someone to talk to. The lack of social relationships and interaction has proven to have a significant negative impact on seniors. This program allows seniors to get some interaction as being lonely can take a serious negative toll on one's life.



This program pairs senior citizens with student volunteers to talk to, for five minutes or more each Friday!

Sometimes family and friends may not be close enough to talk to, so this program gives them someone to share their day with.