



# EAST VALLEY ADULT RESOURCES

## Holiday Ideas for Helping Seniors

Are you thinking about a project for your office, school, service club, faith community, or family to help seniors? We would welcome your support to make the holidays brighter for seniors in our East Valley communities! Here are just a few ideas:

**Gift Collection Wish List** - For holidays or any day, both our homebound and our more active senior participants truly appreciate knowing that community members like you have them in your thoughts. If your group is interested in collecting items for individual gifts or door prize gift baskets, suggestions include:

- ✓ Puzzle books (larger print is always preferred)
- ✓ Postage stamps
- ✓ Note cards
- ✓ Decks of cards
- ✓ Nightlight
- ✓ Flashlight
- ✓ Magnifying glass
- ✓ Toiletries like hand lotions, lip balm, etc.
- ✓ New blanket or throw
- ✓ Non-skid socks
- ✓ Mug and hot chocolate mix or tea bags
- ✓ Candy / treats
- ✓ Grocery store gift card

We will ensure that your gifts are delivered to our most isolated homebound seniors, who may not otherwise be remembered for the holidays. As we serve seniors from diverse backgrounds and faiths, we ask that gifts and cards celebrate the holiday season without a specific religious focus.

**Center Activities** - Our Active Adult Centers located in Downtown Mesa and East Mesa offer a full schedule of activities, education, and entertainment for older adults, together with nutritious lunches served each weekday. Special parties are planned for the holidays. Extra hands and hearts are needed to help serve lunch and assist with activities. We would welcome scheduling your group to volunteer.

**Community Food Share** - In collaboration with United Food Bank, we distribute fresh produce, breads, and other foods for low income community members to address hunger. We would welcome scheduling your group's helping hands during our distribution on the second Thursday morning of the month.

**Ongoing Volunteer Opportunities** – Our seniors need support throughout the year. Can you commit one morning each week to deliver nutritious, hot meals and smiles to the homebound seniors we serve in Meals on Wheels? Would you like to be trained to become an In-Home Support Program volunteer, being matched with homebound seniors to provide companionship, transportation to medical appointments and help with grocery shopping? We also have continuing need for volunteers at our Active Adult Centers throughout the year to teach a class, share a hobby, and/or provide support for activities.

**Donate** - Your financial contribution of any amount will provide seniors with the gift of our support services. Together, with your help, we can ensure that no one in our communities will need to go through the journey of aging alone.

**Other Ideas?** We would be happy to talk with you to tailor a group service project or individual volunteer opportunity that makes the best use of your talents and time.

On behalf of the older adults we serve, we thank you for your consideration!