

HOW I HELPED MY COMMUNITY

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THE PROBLEM



The problem that I wanted to address was aimed at seniors.

Many seniors are left at nursing homes, many of them lonely and without company. Because of this, many seniors can fall into depression, which is not good for anybody!

Without helping seniors, many of them may spend most of their days depressed, and feeling lonely.

HOW I HELPED



How did I help?

What I did was go up to the nursing home, and visited multiple patients staying up there. All of them were happy to have company, may it be somebody to talk to, or just giving a hug. I made gifts for a lady who's birthday it was, the smile on her face showed that we had made her day even better. I had learned to play a card game with some seniors up there, they seemed quiet, but after a while we were all laughing and having a good time.

In conclusion, I helped by being a friend to those in need.

HOW I PLANNED THIS



1. First contact the people inside the nursing home, and volunteer.

In order to get inside, I needed permission first to go in. So in order to do that, I contacted the people and allowed them to make sure I was safe.

2. Wait for me to be able to visit the home.

Of course, I had to wait for a time in which it was good to visit the nursing home, So I waited patiently for when I could visit.

3. Plan who all I will visit.

After knowing when I would visit, I had to learn about who all I would be visiting, since not all people want visitors.

4. Be a good friend.

Many of my steps were simple; the project was easy to do, but made a impact on all the people there.

WHAT HAVE I LEARNED FROM THIS?

Doing this project has taught me that there are many issues that are overlooked in society, such as seniors being lonely. Doing this project has showed me the importance of looking at what is considered the “small” problems of life. By doing this, I believe I will be able in the future to help many people that need help, but don’t receive it.

In conclusion, this has made me a better person.



ENDING ; WHY I DID THIS PROJECT.

At the end of summer, near the start of the school year, My nana passed away.

Me and her were close, and her death impacted me.

Thinking back, My nana couldn't get out of the house. With my grandfather always working, she was lonely at home unless me and my siblings were there.

I felt bad about not spending more time with her, and knowing the seniors up at the nursing home were probably going through the same thing, I decided that I would help them.

This is my reason for helping seniors, instead of children.