



Good Deeds for 9/11 Day

11 Ideas for Supporting Seniors

1. Make Cards and Send Family Photos

Create thoughtful cards or share family photos with kind notes to brighten the day of elderly nursing home residents or elderly relatives who may feel lonely.

2. Connect Virtually with Seniors

Video chat with a grandparent or elderly relative, or join the [Seniors With Skills Online Buddy Program](#) to provide companionship to isolated seniors.

3. Interview an Elderly Friend or Relative

Ask them about their favorite childhood activities, then follow up with a card or letter to show appreciation.

4. Donate Clothing and Household Items

Support the Vietnam Veterans of America by donating clothes, small furniture, and household items through the [PickUp Please](#) program.

5. Sponsor Meals and Deliver Food

Partner with [Family-to-Family](#) to sponsor meals for seniors in need, or volunteer with [Meals on Wheels](#) to deliver hot, nutritious meals to elderly and health-compromised community members.

6. Educate Seniors About Scams

Volunteer as an AARP Digital Fraud Fighter to raise awareness of scams targeting people over 50.

7. Virtually Assist Those with Vision Loss

Sign up with [Be My Eyes](#) to help people who are blind or have low vision navigate daily tasks.

8. Visit an Aging Neighbor

Offer to bring them a meal, a book, or simply spend some time together.

9. Volunteer at a Nursing Home or Senior Center

Offer your time and talents at a local nursing home or senior center—whether that's assisting with activities, reading to residents, helping with meals, or just providing companionship. Check out [Senior Corps](#) and [AARP Create the Good](#).

10. Host a Senior Game Night or Activity Day

Organize a bingo night, trivia game, or arts-and-crafts session at a nursing home, senior center, or community center to bring joy and engagement to seniors.

11. Help Seniors with Household Tasks

Offer to mow the lawn, shovel snow, or help with basic home repairs for elderly neighbors or local seniors who may struggle with these tasks on their own.