



THE LONGEST DAY™

alzheimer's association®

GOOD DEEDS FOR ALZ



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

The Chesapeake Task Force on Aging is Celebrating Older Americans Month by doing Good Deeds to raise money for the Alzheimer's Association.

**MAY
15-31**

For every \$10 donation made to our "The Longest Day" fundraiser to help fight Alzheimer's CTFOA Members will "Pay it Forward with Good Deeds"!

Raise Money | Spread Awareness | Spread Kindness

Make a Donation at: act.alz.org/goto/CTFOA

**Want to do help us do some good deeds?
Send us an email at info@ctfoa.org**

Get more information at:
ctfoa.org/blog/alz

[#ctfoa4alz](#) [#gooddeeds4alz](#)
[#oam2021](#) [#endalz](#)

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