# Students! Looking to Volunteer? Need those hours?

Loudoun Volunteer Caregivers helps elderly and disabled adults to stay living independently. More info at www.lvcaregivers.org

## Volunteering Opportunities:



#### <u>Loudoun Hunger Relief</u>

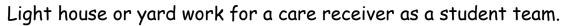
- Work in a team (one person must be able to drive)
- Pick up groceries from Loudoun Hunger Relief OR the Dulles South Food
  Pantry 2 times each month

#### Student Club Meetings at Madison House in Leesburg



Club meetings are a fun way to spend one morning each month with seniors, either playing games, or putting a puzzle together • Meets on the first Saturday of the Month, 10 AM - 12 PM

#### Chore Corps



- Light House work: dusting, sweeping
- Light Yard Work: Mowing and Weeding, Raking, Shoveling snow

### My Story: Music and Memory

Teams of 2 teens & a parent interview seniors who are losing their memories.

- Final product will be a written biography, video, and a personal music compilation to share with their family and loved ones.
- The project is designed to enhance memory function while connecting the generations together

### INTERESTED??

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