

Senior Girltopia
Ambassador Your Voice, Your World: The Power of Advocacy
Take Action Project Samples: Generation to Generation

Project 1

Senior Advocates—*work on behalf of seniors* **Project 2**

Senior Center Aid—*provide assistance to a senior center*

Project 1: Senior Advocates

Map It:

1. Survey the community to find out public opinion on seniors' involvement and contribution to the community.
2. Survey seniors in the community to find out how they are connected to the community.

Plan It:

1. Learn about seniors in the Northeast Florida community from sources such as ElderSource: myeldersource.org

Do It:

1. Start a community history project and record elder members' stories of the community.
2. Invite seniors to give presentations or teach a skill at school, community center or meeting.
3. Start a Safety First campaign with seniors. This may include installing locks, smoke alarms and carbon monoxide detectors in homes or committing to keeping sidewalks free of ice.

Think About It:

1. Record stories from people involved. Donate tapes to the library.
2. Make a personal list of the challenges faced during the project.

Advocate It:

1. Start a buddy system. Link fellow students from school with seniors to perform tasks for each other.

Project 2: Senior Center Aid

Map It:

1. Source out a list of local senior centers.
2. Call the local senior centers and talk to the volunteer coordinator or director to find out their needs for assistance.

Plan It:

1. Receive training from the senior center.

Do It:

1. Provide administrative assistance for the senior center staff.
2. Teach a special workshop or provide entertainment such as a film, games or a performance for the residents.
3. Cook and deliver meals for a local Meals on Wheels program.
4. Do simple chores and errands for residents such as shopping or typing a letter.
5. Visit residents one-on-one.
6. Help with repairs or maintenance for the center.

Think About It:

1. Write a play based on the project experience. Perform it for the residents and staff.
2. Create a collage of photos taken during the project experience.
3. Write a poem based on the experience. Try to get it published.

Advocate It:

1. Start a community chore corps to do yard work and other maintenance chores for and with seniors.