Volunteering at Atria Sunlake

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Social Issue:
Adults nowadays have less to no time to take care of their elderly parents.

Service Site Solution:
Atria Sunlake provides the elderly with a very nice retirement home. They have staff readily available at all times that can help the elderly who live there with whatever they need assistance with. Ex: Taking pills, Changing cloths, Eating.

Service Learning Experience

Why I Did My Service:
• At first I was only doing it because it was mandatory for the class
• After the first time I realized that it wasn’t so bad and I decided that I would try to talk more to the elderly people in the home.
• Volunteering for them was fun because the elderly there were very nice which made my experience much more enjoyable.

How I Completed My Service:
• I helped run bingo sessions for the elderly
• I helped prepare for dinner in the main hall and clean up afterwards
• I helped serve dinner for the elderly

What I Learned:
• Many of the elderly really like it when I talked to them
• I think this is because they don’t really have many people to talk to in the retirement home, especially younger people.