

Cheshire Residents: Free Help at Home



For residents
age 70+ or
age 18+
with physical
disabilities

- Household chores
- Yard work
- Companionship
- Transportation

Participants are background checked



Local volunteers
needed age 15* and up
(*ages 15-17
require adult consent
and supervision)



Sign up now at:

www.URCommunityCares.org

Michelle Puzzo, President

860-430-4557

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**A new community connection from
Cheshire Senior Center.**

Please contact Stefanie Theroux, Coordinator
of Senior Services at 203-272-8286 or email
stheroux@cheshirect.org for details.



Household Tasks

- Wash inside windows
- Dust
- Wash, fold, put away laundry
- Iron, mend clothes
- Clean, organize living area
- Sweep, vacuum, mop floors
- Change linens, make bed
- Clean bedroom
- Clean kitchen surfaces, appliances
- Clean refrigerator
- Wash/put away dishes
- Prepare meal, cook, clean up
- Water indoor plants, maintain plants
- Pet care, walk pets
- Bag up trash, de-clutter
- Organize cabinets, closets, drawers

Yard Work

- Water plants, tend to gardens
- Mow lawn
- Rake leaves, clean up yard
- Trash
- Bring in mail, papers

Companionship

- Play board games, cards
- Socialization
- Share music, play Instruments
- Coach technology use

Local Transportation

- Medical appointments
- Shopping trips, errands in town

Visit www.URCommunityCares.org for a full list of services.

Special requests will be considered.

About UR Community Cares, the online platform for free home-based assistance

- **Our mission:** To connect people who need at-home help with those who want to help, town by town.
- **Our model:** We provide a secure digital platform with free access for all enrolled participants at URCommunityCares.org.
- **Who we help:** Community members age 70+ or age 18+ with a permanent or temporary physical disability.
- **Who helps us:** Volunteers contribute their time on a monthly or weekly basis. Local agencies refer and enroll residents in need of free home-based support.
- **What supports us:** Municipal funding, grant awards, sponsorships and donations from individuals and organizations.
- **What funds are used for:** Annual background checks for the safety of all participants, top-tier website security and updates, insurance (including transportation) and COVID-compliant supplies.

We are a 501(c)(3) nonprofit organization and 100% volunteer-based.