



Image by [Pexels](#)

How to Ensure Area Seniors Have the Love and Care They Deserve

Do you feel called to lend a hand to seniors but aren't sure how to go about it? Sometimes older members of our community don't have loved ones close by to help, and it's easy to feel like your hands are tied on the matter. However, there are a number of ways you can lend a hand without stepping on anyone's toes. Here are some resources from the [Michigan State Employee Retirees Association](#) that can help you find the right solutions.

Purposeful Visits

Seniors often are lonely, and by chatting and checking in, a simple visit can do a world of good.

[Five Facts You Need to Know about Senior Isolation](#)

[Bake-and-Take Casseroles Your Neighbors Will Love](#)

[Card Games Can Be a Great Way to Spend Their Time](#)

[Preserve Your Favorite Memories: Scrapbooking for Seniors](#)

[50 Actually Funny Clean Jokes for Any Situation](#)

Helpful Tips and Tricks

Seniors might not be aware of the many resources available to them. So, why not point them toward useful services and tools?

[6 Convenient Transportation Options for Older Adults](#)

[Grocery Delivery Services Great for Those With Limited Mobility](#)

[Home Value Tools Can Help Determine if Downsizing is Worth It](#)

[Frequently Asked Questions About Medicare](#)

[15 of the Best Places to Find Free E-Books](#)

[Tech Tools and Apps Can Enhance Senior Independence](#)

If you know an older adult who might be lonely, there are plenty of ways you can reach out. Spend some quality time together, bring something to share, and offer up some helpful tools. Simply connecting will be a blessing to you both!

For more information that will support your health and happiness during retirement, visit the [Michigan State Employee Retirees Association](#) website.