

# Disability Campaign.org

## Five Ways You Can Give Yourself in Service Today

1. **Take a meal to a sick neighbor.** Prepare a meal that you think your neighbor will appreciate. It could be as simple as a can of soup or as involved as a roast turkey!



2. **Visit a friend in a rehabilitation center.** Your visit will refresh your friend. If you don't know anyone currently in rehabilitation center consider volunteering at a center near you.
3. **Mow the lawn for a widow or shut-in.** Get your hands dirty and take care of some yard-work for people who have great difficulty doing it themselves.



4. **Help at a local soup kitchen.** Get familiar with the local soup kitchen and inquire how you may be of service there. At a local soup kitchen you can expect to find yourself sorting donations, preparing food in the kitchen, or serving meals to men, women, and children in need.
5. **Offer to drive your elderly neighbor to visit friends.** If your elderly neighbor doesn't drive, chances are that she has friends whom she'd like to visit but cannot. If you are a safe driver and have a car and a kind heart, you can help.

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