

S.A.L.T

Seniors and Lawmen Together

VISION

- HELPING SENIORS AGE IN PLACE BY:
 - **Visiting on a regular basis**
 - **Encouraging them to share their concerns** or problems so that we can help them work **on solutions**
 - Helping them understand that **physical exercising** is important for living longer lives
- IN ORDER TO COMBAT DIABETES & STAY HEALTHY
 - They **must eat properly and nutritionally**
 - And see their **Doctor regularly**

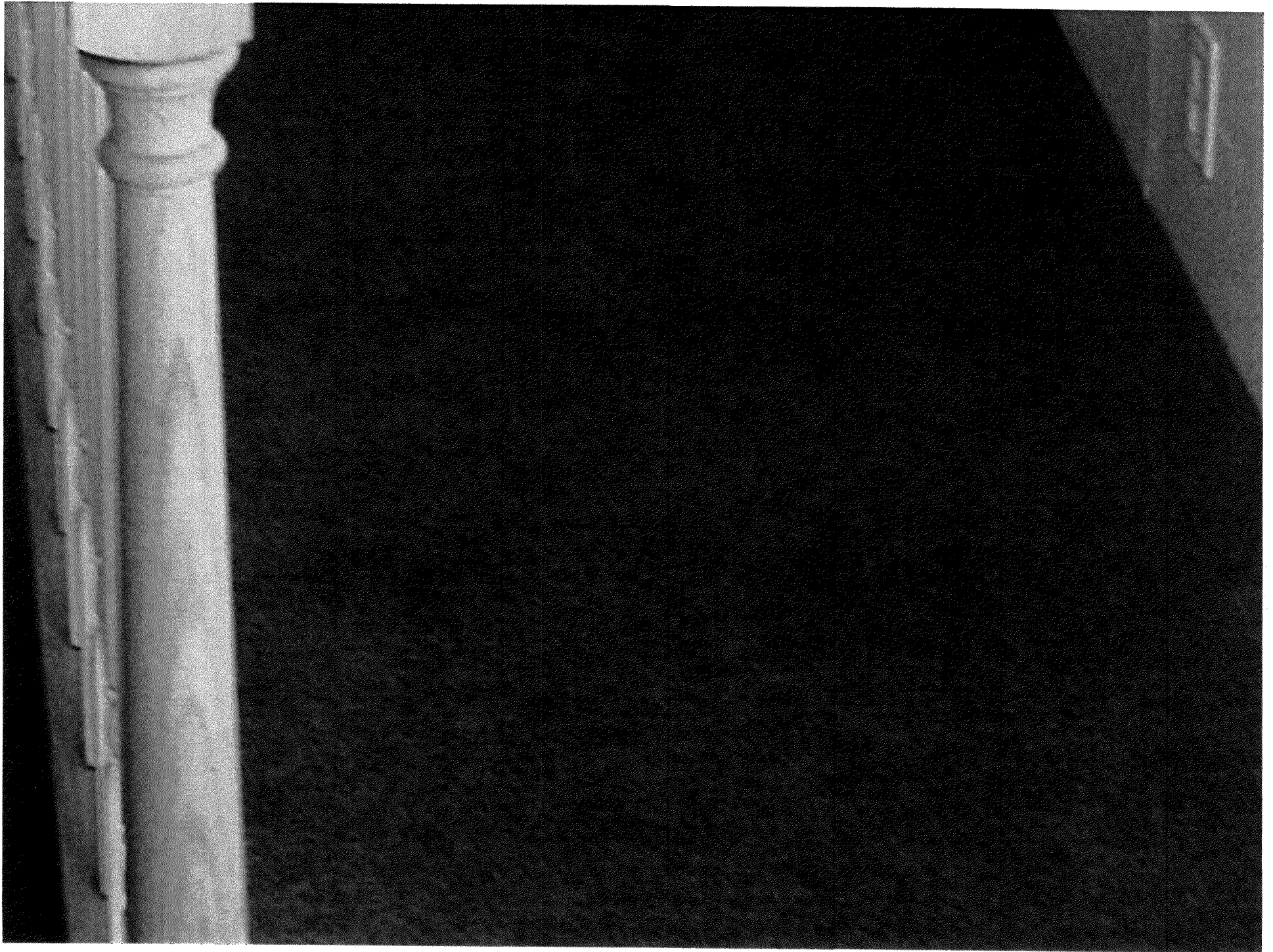
MISSION

- **Accomplish our goals by collaborating** with students, retirees, governmental agencies, civic and non-profit organizations, local businesses and area churches to:
 - **Improve safety and accessibility in and around the home** by: installing grab bars, hand rails, smoke/carbon monoxide detectors; building ramps, repairing floors and doors, tub to shower conversions, and making other repairs as appropriate; and mowing yards.
 - **Provide transportation** to and from doctor appointments, pharmacies and grocery stores
 - **Provide nutrient dense food** in the form of both prepared meals (hot and cold) as well as fresh fruits and vegetables, and shelf stable pantry items

now seniors received the help of the community and going from
their house much easier

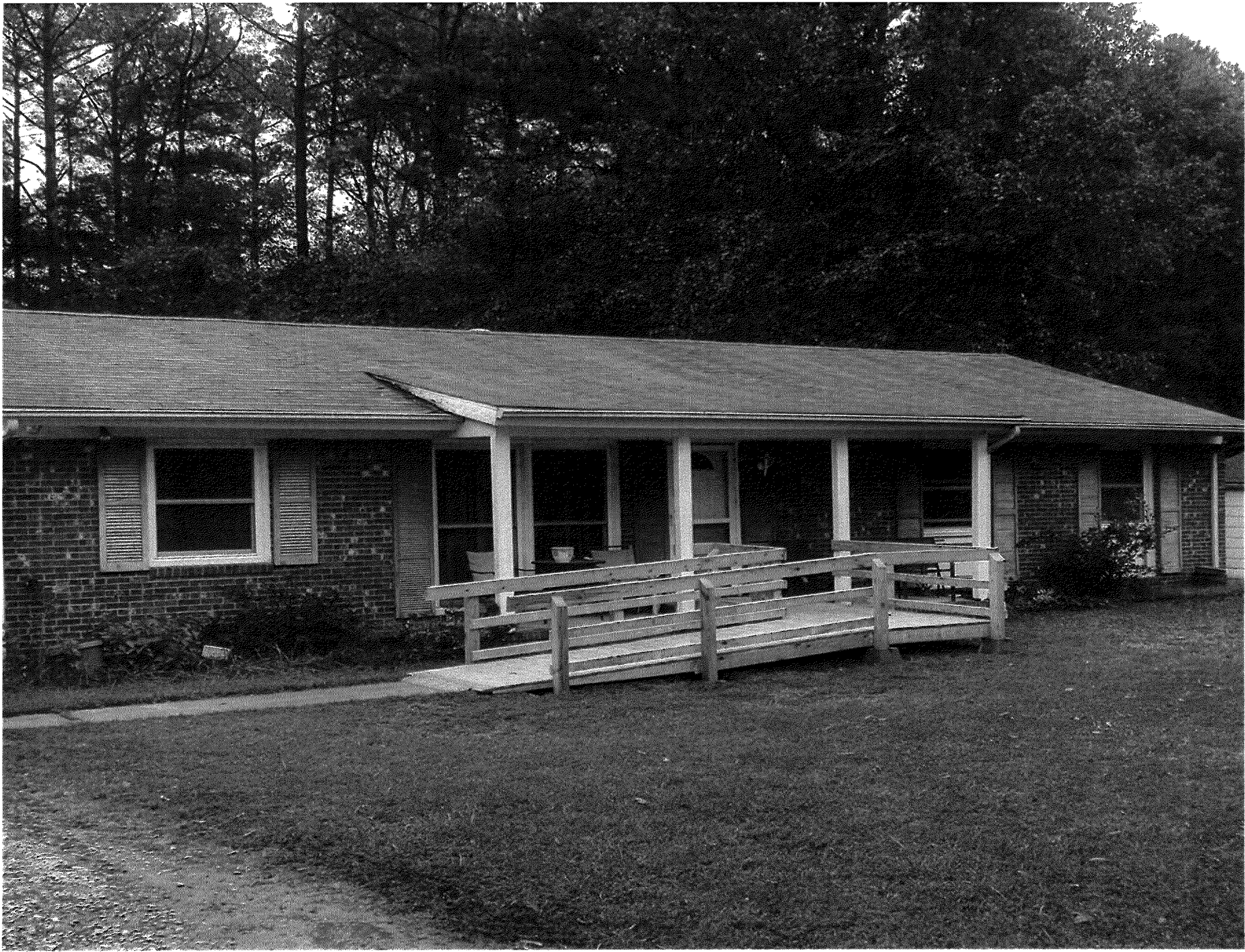


Inside camp helps this wheelchair bound senior go from his kitchen into his den and then to the outside of his house.



his 10 year old homeowner needed a ramp in order for him to go to physical therapy. Ramp was donated by a widow and was installed by handy helpers









Availability and Willingness

- Seniors have many physical and emotional needs
- Most want to be able to maintain their sense of pride and independence
- Most want to be able to age in place in their homes
- You can be a hero in their lives
- It only takes availability and willingness

Heroes

- Heroes see what everyone else sees
- But the difference is
- Heroes do what no one else will do.
- Seniors have many needs that are obvious
- Seniors have helped us all become who we are today
- Pay your good fortune forward
- Be a hero to a senior today.





