

Help San Diego's  
Growing  
Population of Seniors!

If you would like to be a friend or help a senior in need, then ElderHelp has a place for you!



## Please Call For Volunteer Orientation Dates!

**RSVP Today!**

**619-284-9281 x 128**

[volunteers@elderhelpofsandiego.org](mailto:volunteers@elderhelpofsandiego.org)

[www.elderhelpofsandiego.org](http://www.elderhelpofsandiego.org)

**\*Serving Central San Diego  
and East County**

- Give a senior a ride
  - Help shop for groceries
  - Friendly visits to isolated seniors
  - Lend a hand in the garden
    - Minor Home Repairs
    - Organize mail & bills
- Plus many more ways to help!**

  
**ELDERHELP**

ElderHelp is a 501c3 non-profit organization