

# Bolton Residents: Free Help at Home

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

- Household chores
- Yard work
- Companionship
- Transportation

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

All participants background-checked

Sign up now at  
[www.URCommunityCares.org](http://www.URCommunityCares.org)

A new community connection from  
**Bolton Senior & Social Services**  
860-647-9196



Michelle Puzzo, 860-430-4557  
[www.URCommunityCares.org](http://www.URCommunityCares.org)

## 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, declutter
- 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](http://www.URCommunityCares.org)  
for a full list of services.

For assistance, please call  
**Bolton Senior & Social Services**  
at 860-647-9196.

Special requests will be considered.

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