

November 9, 2015

James Watsons

228 Park Avenue

New York, NY 10003

Dear Mr. Watsons,

My name is John Smith. Being a student, I take part in a number of volunteer projects that aim at improving people's quality of life, deal with environmental issues, and support the poor. As I have broad experience in social work, I would like to draw your attention to the challenge that senior citizens face nowadays.

During this century, the health and well-being of the elderly have become one of the essential state policy issues. Still, many of them do not have the appropriate support that can help older people to recover from illnesses, or simply arrange their daily routine. Aged people are often left alone to deal with their financial and health problems. They start to feel miserable and unhappy, thinking that they are abandoned and useless. These thoughts can provoke clinical depression and even lead to suicide.

The representatives of the past generation provided us with economically and socially developed future. They gave their lives to grow intelligent and developed society. Older people contributed greatly to our modern life. They created a political, economic, and social basis for a new generation. Now it is our turn to take care of them. Those people who do not have an opportunity to live in a nursing home or their relatives cannot look after them often feel alone without any support. The elderly usually need somebody to take care of them when they are ill or just feel weak. Simple shopping turns into a challenging task for them. It is also important to mention the dull evenings that they have to spend alone, at the best, watching TV or reading a newspaper. In other words, the senior citizens live their last years and do not enjoy the life.

Taking into consideration all these issues, in solving this problem I focused on various needs of the elderly in our city. First of all, I divided their problems into two major categories: vital and secondary. To the first group, we can refer health needs and household chores. The second group comprises various entertainment activities. To satisfy all the needs, initially, we should gather a volunteer group, whose participants will serve as assistants. It is possible to find them among school-leavers and students. Sometimes even people who have full-time jobs are willing to help at weekends or on holidays. Our task is to provide each aged person with a volunteer, whose job will be to provide help. Volunteers will come to the senior citizens two times a week. During these visits, they can help shopping and cooking, assist in tidying the flat or washing-up. Besides, I advise not to forget about the aged people's social needs. As everyone else, they need to interact and socialize. For fulfilling these needs, I recommend organizing joint cinema and theater visits. During them, old people would find friends and associates. Moreover, we can organize hobby groups, reading clubs, and computer courses. It is possible that the city government would partially cover the financial aspect. The volunteers may also gather the lacking amount of money with the help of involved citizens.

Irrespective of gender, race, religion, or believes all people become older. Aging is just one more step in individual's development. It goes together with physical and cognitive changes, which influence people's lives. Senior citizens become less social active and spend less time with their relatives. Aging comes with a feeling of sadness, which sometimes can lead to clinical depression and cause major problems. Our task is to improve aged people's quality of life and find the ways to help them. For that, we need neither much money nor great human resources. The only power that will make this project come true is our desire to help.

If you have any additional questions feel free to contact me at (111) 111-1111. I am looking forward to working with you.

Sincerely,

John Smith

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