

The Avon Community

FREE HELP AT HOME



- Household chores
- Yard work
- Companionship
- Transportation

See sample task list

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



Local volunteers needed age 15* & up

**ages 15-17 with adult consent and supervision*

**Sign up now at:
www.URCommunityCares.org**

All participants are background-checked.



Michelle Puzzo, President
Call/text: 860-430-4557
Email: info@urcommunitycares.org

Go to www.URCommunityCares.org for full list

Special requests will be considered

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
- Pet Care

Local Transportation

- Medical appointments
- Shopping trips, errands in town

About UR Community Cares, the online platform for home-based assistance at no charge

Our mission: To connect people who need at-home help with those who want to help, town by town.

Our model: We provide a secure digital platform with free access for all enrolled participants at URCommunityCares.org.

Who we help: Community members age 70+ or age 18+ with a permanent or temporary physical disability.

Who helps us: Volunteers contribute their time on a monthly or weekly basis. Local agencies refer and enroll residents in need of free home-based support.

What supports us: Municipal funding, grant awards, sponsorships and donations from individuals and organizations.

What funds are used for: Annual background checks for the safety of all participants, top-tier website security and updates, insurance (including transportation) and COVID-compliant supplies.

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