



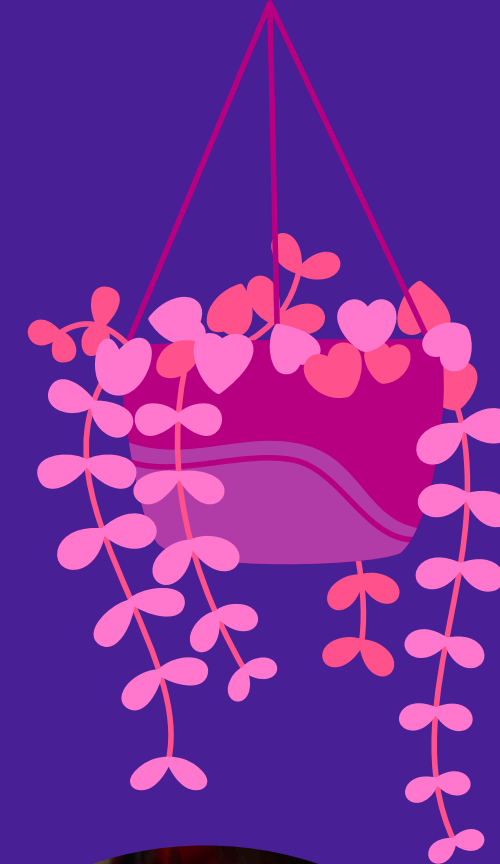
Seniors for Seniors

Emma Dunkin, Mackenzie Lowell, Norah Smerdon, Valentina Popov

SENIOR PROJECT 2026



Seniors for Seniors 2026



Valentina Popov



Norah Smerdon



Mackenzie Lowell



Emma Duncan



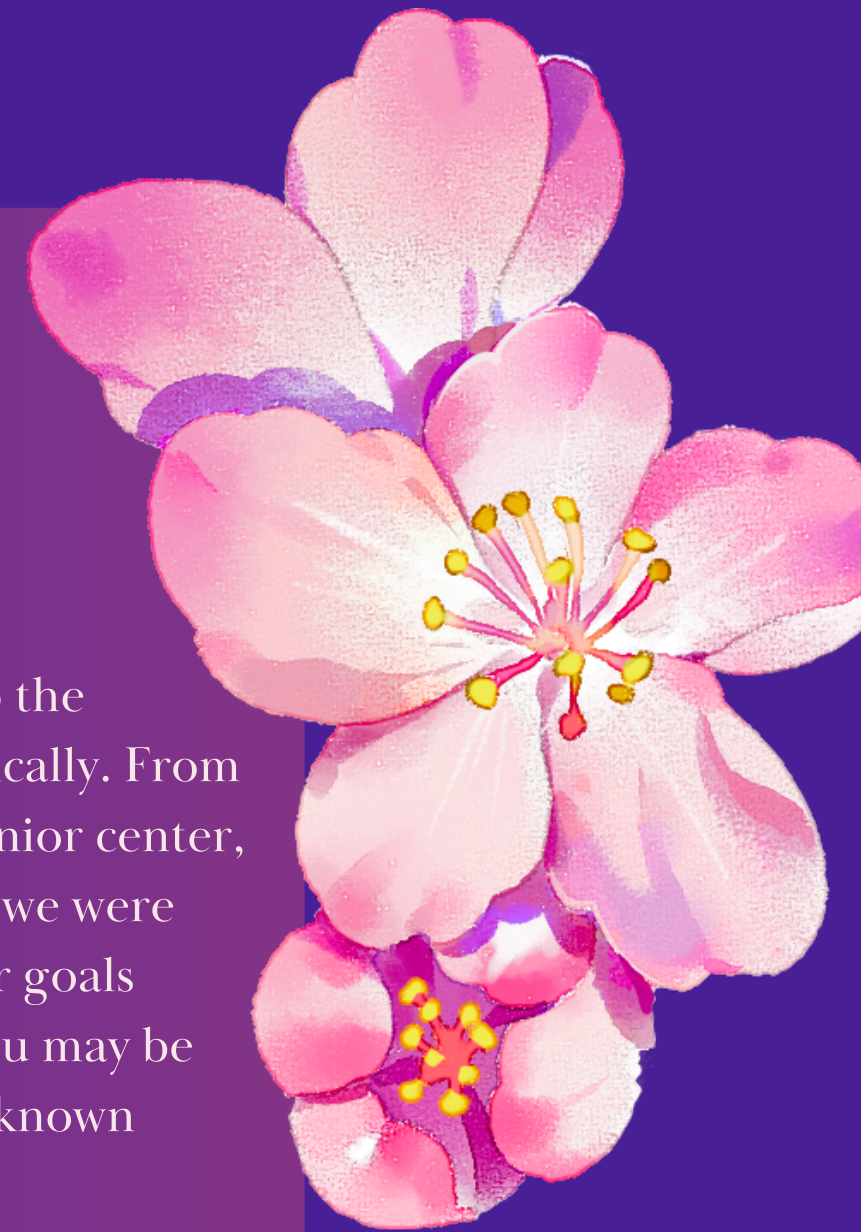


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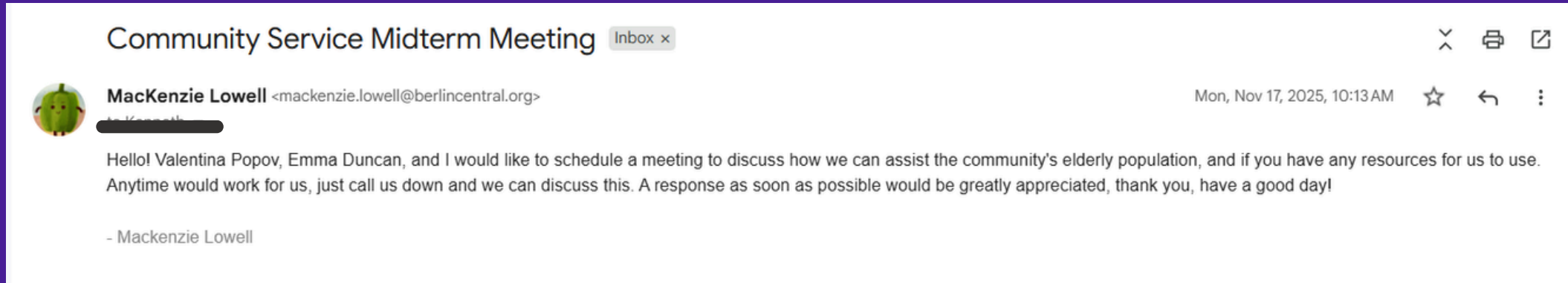
Our Mission

Bettering our community

Our goal when beginning this project was to help the seniors in our community, both socially and physically. From making plans to spend time with seniors at the senior center, to shoveling pathways and bringing out garbage, we were willing to do all of it. Unfortunately, not all of our goals were met, and we hope for one day that one of you may be able to help spread their stories, and expand the known history of this community's residents.



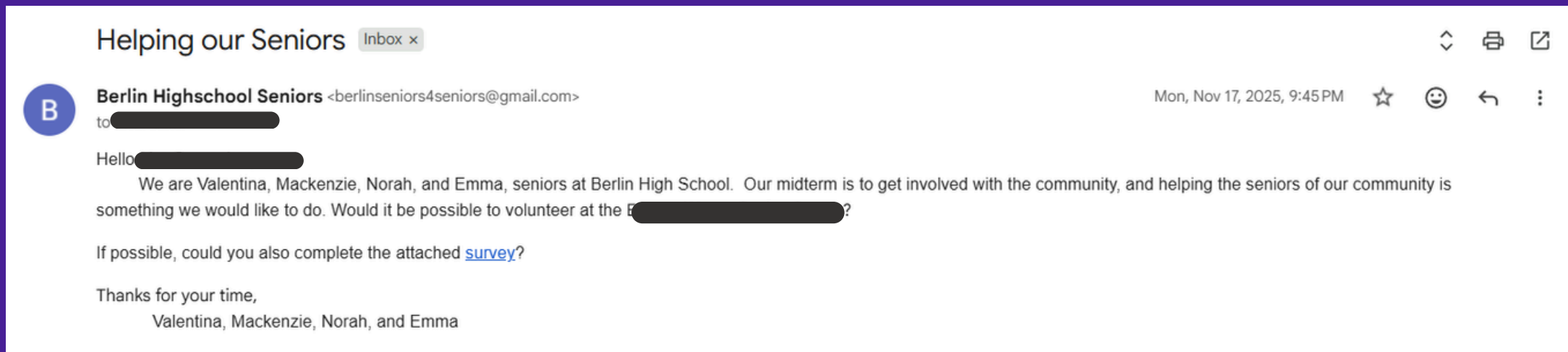
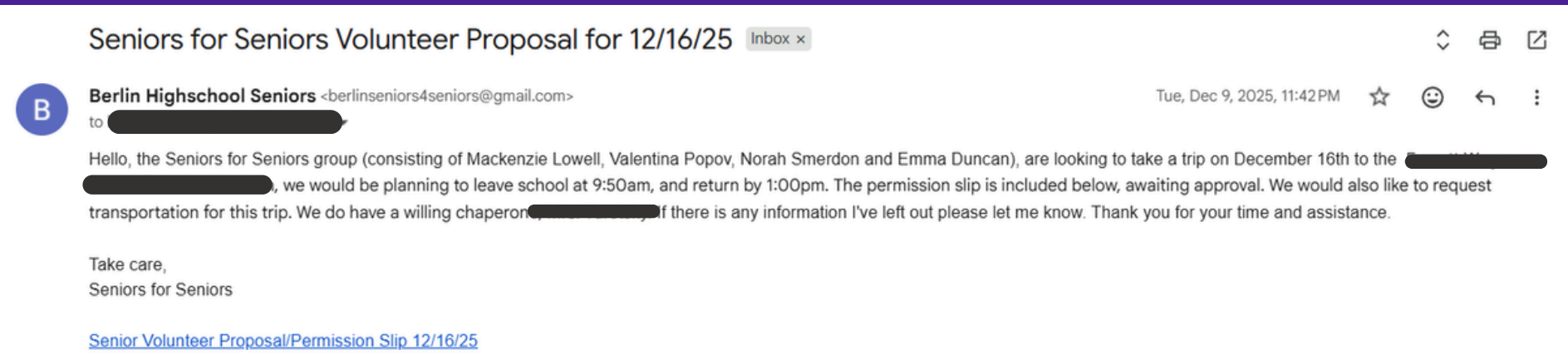
The Steps We Took

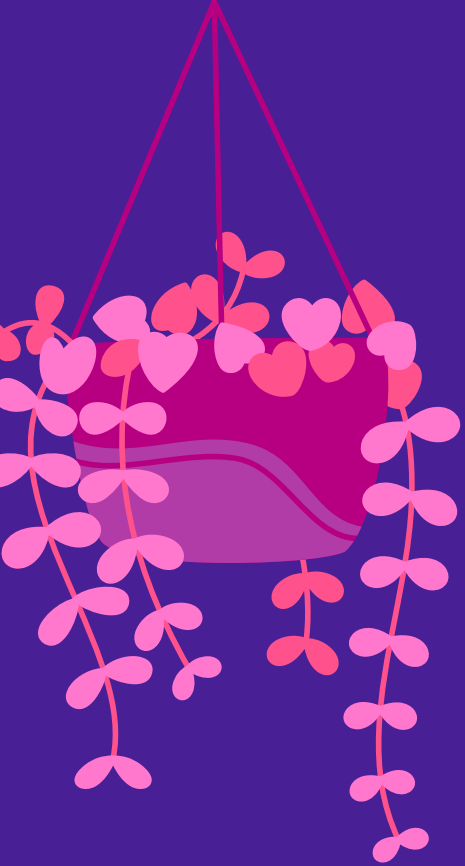


The process

We begin with the humble email.

We emailed people and sent out surveys to see what the seniors in the area needed. We also went ahead and offered various winter care options





SENIORS for SENIORS

❄️ WINTER PREP SERVICES ❄️

We Offer:

- Snow Shoveling
- Leaf Raking
- Drive/Pathway Salting*
- Car Snow Removal

Need help with something not listed?

Contact Us!
 Norah Smerdon:
 Mackenzie Lowell:

Berlinseniors4seniors@gmail.com
 Call on weekdays: 5pm - 8pm
 *Salt May Need to be provided



SENIORS for SENIORS

🌸 SPRING YARD SERVICES 🌸

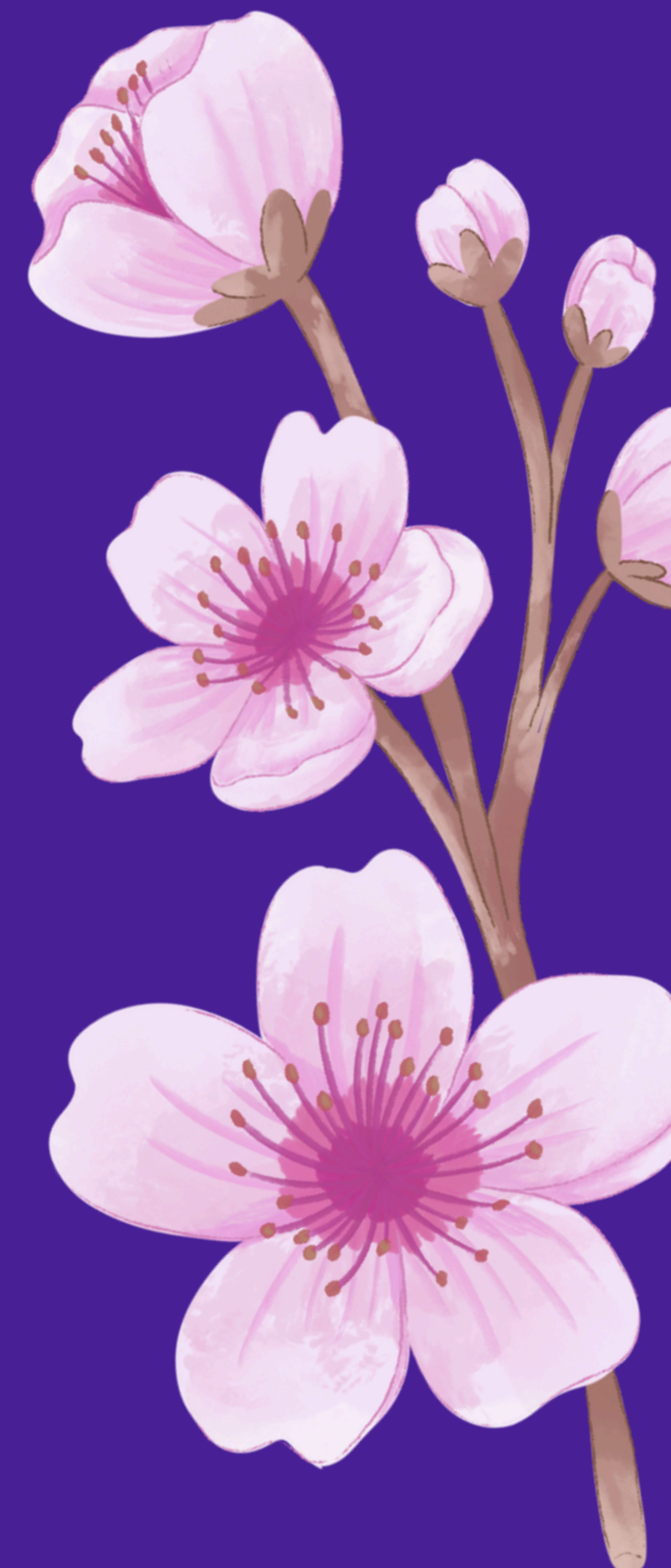
We Offer:

- Light Yard Work (weeding, weed whacking, etc.)
- Lawn Mowing*
- Leaf Raking
- Washing Windows (first floor only!)
- Digging (within reason)
- Minor Debris Removal
- Bringing Trash to Curb

Contact Us!
 Norah Smerdon:
 Mackenzie Lowell:
 Berlin seniors4seniors@gmail.com

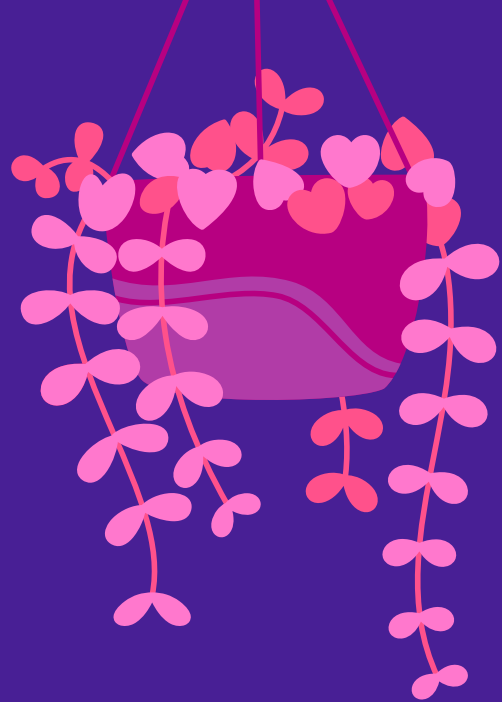


*Only if mower is provided
 Offer lasts until June



After we received results from emails and surveys, we started to advertise our program. We also collaborated with the Music Department to organize caroling trips to various senior centers. We were also contacted to salt a driveway, and we are already planning on our spring services.





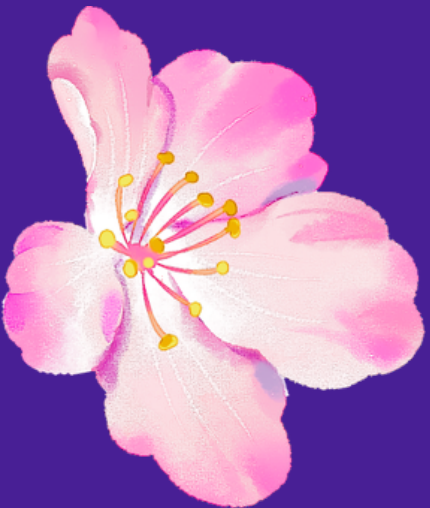
Hours Completed

Place	Action	Time	Contact	Date
BMHS	Meeting	1hr 10m	Rizzo/Turetsky	
BMHS	Meeting	20m	Bernsley	
Grafton Senior Center	Caroling	1hr	J.Gould	
Grafton Senior Center	Jeopardy	4hr	Lisa Overrocker	12/16/2025
Bennington Senior something	Caroling	2hr 30m	Gould	
Sandra Duval's House	Salting Driveway/Keeping Company	1hr 25m	Sandra Duval	
N/A	Planning over Calls	5m	Sandra Duval	
BMHS	Poster Making	1hr	Norah Smerdon/Viner/Candy	
BMHS	Poster Making	1hr	Norah Smerdon/Viner/Candy	
Sandra Duval's House	Shoveling Driveway	1hr	Sandra Duval	1/22/2026
Sandra Duval's House	Shoveling Driveway	1hr 40m	Sandra Duval	1/28/2026
Sandra Duval's House	Shoveling Driveway	40m	Sandra Duval	1/30/2026
Marie sharkey	Shoveling driveway and paths	35m	Sharkey	2/9/2026
Sandra Duval's House	Shoveling Driveway	40m	Sandra Duval	2/13/2026
Sandra Duval's House	Shoveling stoop	10m	Sandra Duval	2/16/2026
Marie sharkey	Shoveling driveway and paths	50m	Sharkey	2/17/2026
Marie sharkey	Shoveling driveway and paths	1 hr	Sharkey	2/24/2026
Sandra Duval's House	Shoveling driveway	50m	Sandra Duval	2/25/2026
	Total Hours	19 hr 55m		





Touching Ground with Stakeholders

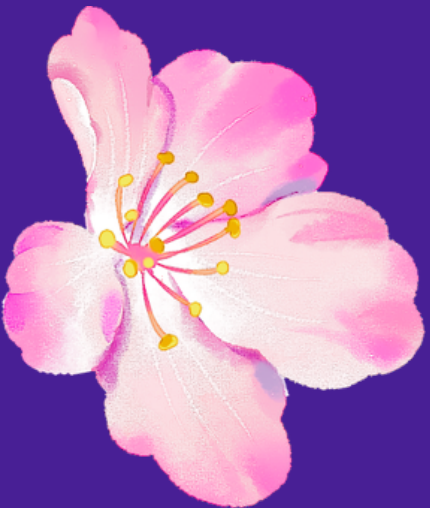
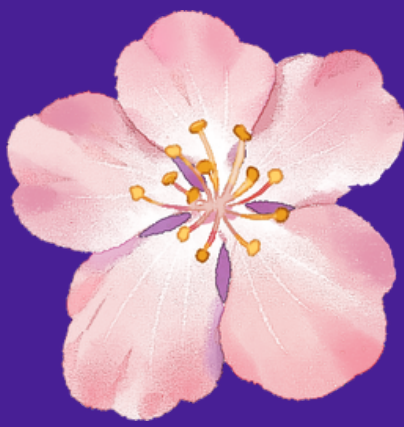


Thank you Mrs. Turetsky!!!!

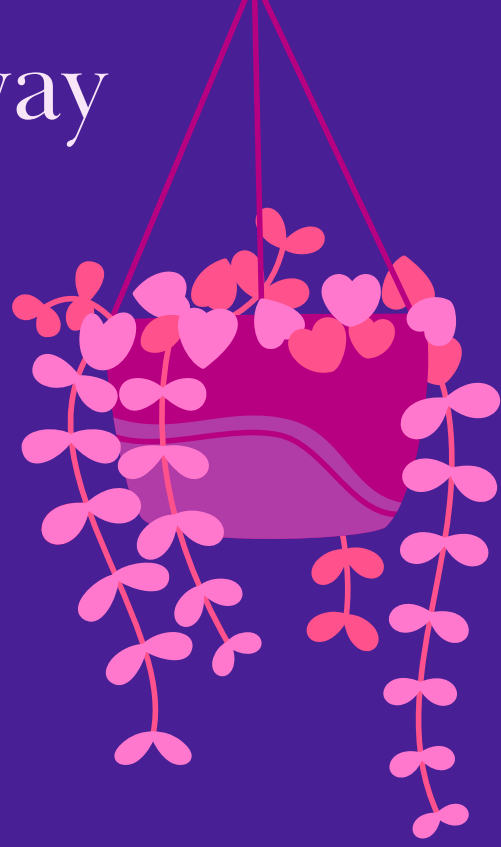
Caroling with the music department



Holiday connections at the Grafton senior center



Shoveling Sandra Duval's driveway



What We've Learned and why its important

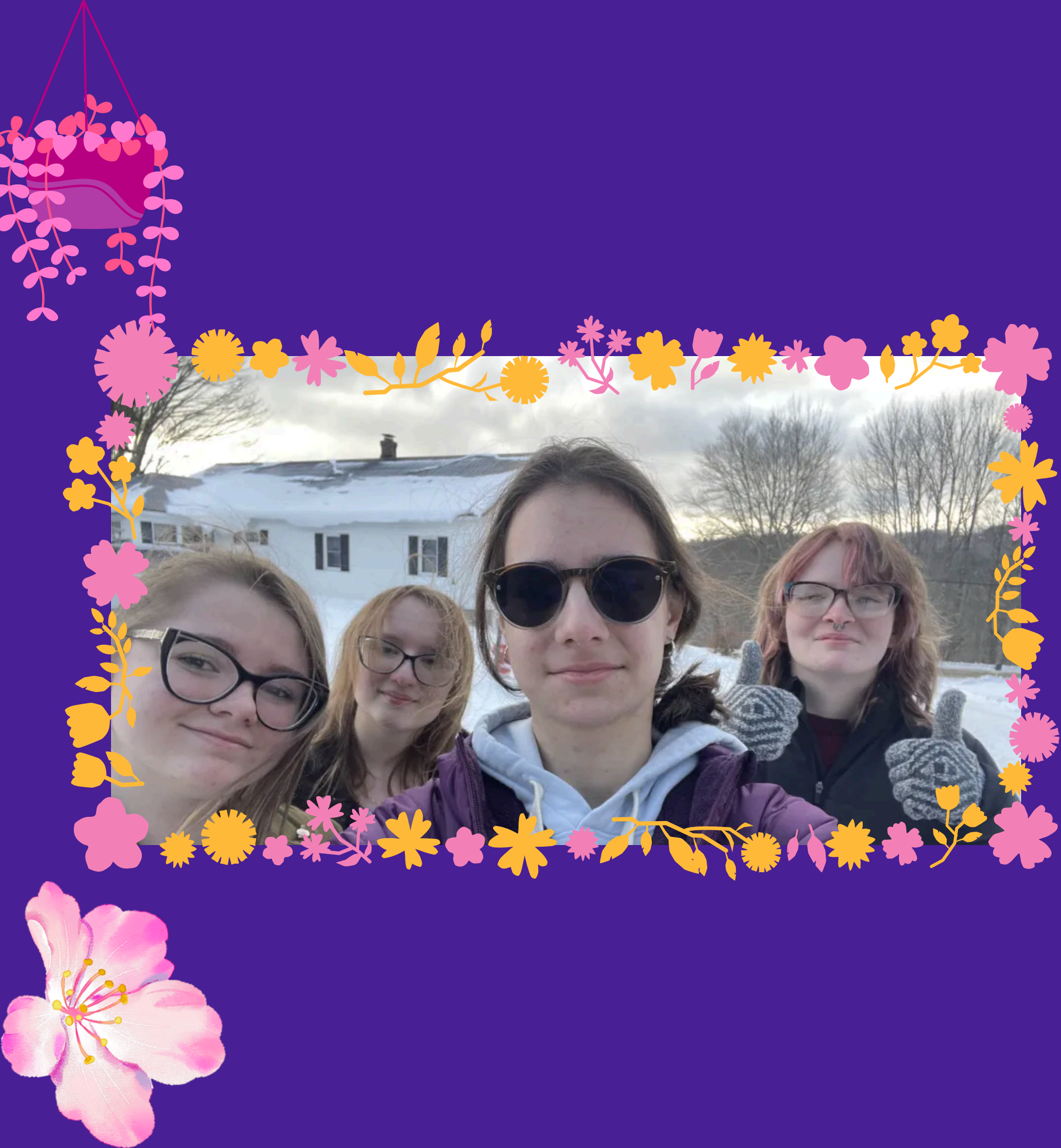
Based on the survey results seniors are in need of yard work and company. Many of them live alone and need someone to chat with. Weeding, harvesting veg, clearing snow, raking leaves are some things that are a huge help to our seniors. Its important to support our seniors because they are the generation we learn from.



Our Impact

Given how little time has passed since the beginning of our program, I'm happy to report that we've made a fair impact on the community! People know who we are, and are willing to reach out to ask for, or even offer, advice or assistance. We've spurred conversations about what people could be doing to help the older people in their lives.





Our Hope

Our hope for Seniors for Seniors is to expand our help so it outlives just us starting it. Right now we are mainly offering services for the snow. Our later hopes for this project is to get senior perspectives through interveiws and to carry this on to into the Spring.

Contact Us

If you have any questions, feel free to reach out to us!

E-mail - Berlinseniors4seniors@gmail.com

