

Call Grandparents



According to Grandparents.com there are 70 million grandparents in America. In fact, grandparents represent one-third of the population with 1.7 million grandparents added to the ranks every year. In a recent survey 66% of grandparents have never celebrated Grandparents Day and 46% wish they could live closer to their grandchildren. As individuals grow older they are faced with a number of physical, psychological, and social role changes that challenge their happiness and overall wellbeing. Loneliness is considered to be the major factor in decreased quality of life. We can change this. Whatever your circumstance, take the time to reach out and talk with your grandparents

Promise:

I will call one of my grandparents two times per week for a month.

Element of Honor:

Compassion

Through my actions I seek to alleviate suffering, establish peace, and build happiness with others and in myself. I recognize that the world is in great need. Because of this need, I am needed. My belief in the importance of a promise is strong; however, I know that doing what is right will always be more important than keeping a promise. Commitment holds me accountable to my compassion; it does not blind me of it.

Action Items:

- Schedule time on your calendar to call and/or visit your grandparents two times a week for the next thirty days.
- Make a list of things you can talk about and/or ask them.
- Challenge your friends to do this as well.

Verification:

Complete Badge [Verification Form](#) (located on website) which should include a short reflection of how this impacted you and your grandparent(s).

Approval:

Badges will be verified and approved for presentation quarterly.

because
I said
I would.

I'm inspired to...

*"It's not hard to make decisions when you know what your values are."
Roy E. Disney*