

Alzheimer Society

QUEST FOR KINDNESS

Kind-nections Checklist

Be Kind in the Community

- Leave a kind review for your favourite local business.
- Help a neighbour shovel their snow or complete another chore/errand.
- Put together a care package for someone in need.
- Give your Uber driver, food delivery person, or other service providers a bigger tip.
- Say “Hello” to five people when you’re out.
- Say “Thank you” to your mail delivery person.
- Pay for someone’s library fees.
- Purchase someone else’s coffee.
- Get involved! Sign up for a community related cause.
- Before you go grocery shopping, ask your neighbours if they need anything from the store and pick it up for them.
- Give up your seat to someone in need on public transportation.
- Leave a sticky note with words of affirmation in public places.
- Put some change in an envelope and tape it to a vending machine or laundry machine for someone else to use.
- Pick up any litter you see in your community and dispose of it appropriately. *Be sure to practice safety precautions when doing so (*i.e., wearing gloves, not picking up sharp objects, etc.*).
- Hold the door open for someone.
- Pass on some luck – give a lottery ticket to a stranger on the street.
- Let someone go ahead of you in line at a store.
- Give flowers to a stranger, a friend, or a family member to brighten up their day.
- Speak to an employee’s manager and let them know how amazing their service was.

Be Kind to People Living with Dementia

- Educate yourself about Alzheimer’s disease and other forms of dementia by visiting your local Alzheimer Society’s website: alzheimer.ca/en/help-support/find-your-society.
- Help raise awareness about Alzheimer’s disease and dementia by sharing on social media that you’re making Kind-nections during the *Quest for Kindness* using #QuestForKindness.
- Offer a shoulder to lean on to the person living with dementia or care partner in your life.

- Support people living with dementia and the Alzheimer society by making a self-donation to your Quest for Kindness.
- Send a thoughtful letter or card to residents in a long-term care home.
- Complete the [Finding Your Way® Living Safely in the Community](#) course to ensure you know what to do if you encounter a person living with dementia who is lost in your community.
- Share your personal story on your Personal Fundraising page to raise dementia awareness and let people living with dementia, care partners, and other families know that they aren't alone.
- Follow your local Alzheimer Society on social media to learn more about the Alzheimer Society's work.
- Help make your community dementia-friendly by accessing [Dementia Friendly Communities™ training](#) through your local Alzheimer Society.
- Practice using person-centered language and learn what language should be avoided when talking with and about people living with dementia by downloading our [Person-Centered Language Guidelines](#).

Be Kind at Home

- Bring a family member, partner, or friend breakfast in bed.
- Tell three people in your life one thing you appreciate about them.
- Show appreciation and do a household chore someone else normally does.
- Remind your kid(s), grandchildren, friends, or family members how proud you are of them.
- Call an elderly family member or friend and have a conversation.
- Text a friend or family member one thing you love about them.
- Go through your old books and donate them to a local school.
- Spend the day going through your belongings and donate ones that you are ready to let go.
- Don't know your neighbours? Introduce yourself and let them know you are always there if they need anything.

Be Kind at Work

- Offer a helping hand to a colleague who's struggling to finish a project.
- Say "That's a great idea!" in a meeting to encourage your team.
- Introduce yourself to a new work colleague by sending them a friendly, welcome email.
- Tell your boss one thing you appreciate about them.
- Practice listening to learn, not to respond.

Be Kind to the Environment

- Donate used clothes or furniture to your local thrift store.
- Sell any household items or clothing you don't need anymore online and donate the profits to your *Quest for Kindness*.
- Trade in plastic water bottles for reusable ones.
- Reduce your carbon footprint by taking a walk!
- Make the switch to using cruelty-free products.
- Save water by taking short showers or turning off the tap when brushing your teeth.
- Practice turning off lights, electronics, and heaters when they are not in use.
- Reduce your food waste by eating more leftovers.
- Practice composting your food scraps.
- Minimize the number of products you purchase with plastic packaging.
- Use more eco-friendly cleaning products.

Be Kind to Yourself

- Eat at least three brain-healthy meals today.
- Challenge yourself by completing a difficult puzzle, brain teaser, or game.
- Wake up early and exercise before you begin your day.
- Create a gratitude jar and fill it with things you are grateful for.
- Organize and clean one room in your room.
- Make a list of goals to accomplish that will help make your dreams come true.
- Minimize screen time before bed and read a book instead.
- Think of what you're grateful for and share it with the people you love.
- Try to get a full 8-hours of sleep.

Be Kind: Youth Edition

- Make your siblings bed for them.
- Clear the table after dinner without being asked.
- Make someone you care about a friendship bracelet.
- Ask your parents what you can do to help today.
- Clean up after yourself.
- Practice your manners.
- Give someone else a turn when playing video games or on the computer.
- Play with your sibling(s), parents, or pet.