



INSPIRATION

Where Heroes Rise: 4 Remarkable Stories of Kids Helping Seniors

by Samantha Facciolo | March 16, 2022

[SIGN IN TO SAVE ARTICLE](#)



With the ongoing challenges of the pandemic, the world remains full of stories of disconnection and isolation. In many cases, our more vulnerable populations, including **seniors** and youth, have experienced a particularly difficult time, as care facilities were forced to lock down in the early months of the pandemic and students were pulled from the social circles of school and extracurricular activities overnight. However, where there is challenge, there are opportunities for people to **become heroes**. We found four remarkable stories to remind us that connection is always possible — across distance, across ages, and often, from unexpected sources.

1 | *Connecting Seniors to Vaccines*

When COVID-19 vaccines first began to appear in the United States, there was a desperate scramble to book appointments. In the rush to secure an appointment online, seniors were at a distinct disadvantage, as many of them didn't have the technological savvy to navigate jammed websites and endless automated call systems. Enter Samuel Keusch, a then-seventh grader in Scarsdale, New York, who made it his mission to connect older neighbors with vaccines. Through his website, **VaccineHelper**, he solicited seniors' relevant contact information and has helped 3,840 people access vaccines.

2 | *Grocery Delivery*

At the beginning of the pandemic, many seniors and other individuals at high risk for contracting COVID-19 felt uncomfortable leaving their homes, particularly to frequent public places like grocery stores and pharmacies. Dhruv Pai and Matthew Casertano, two students at Montgomery Blair High School in Maryland, came up with a solution. Together with a small team of fellow teens and college students, they hatched **Teens Helping Seniors**. The volunteer delivery network quickly spread from its origins in Maryland to 33 chapters in 17 states, with more than 3,500 deliveries. Teens Helping Seniors is composed of teams of volunteers that manage logistics, communications, social media, and of course, deliveries. The work, born from their desire to ensure their own grandparents had access to food and medical supplies, has ensured that other seniors and immune-compromised individuals have a free, contactless system of grocery, medication, and other essential item deliveries.

3 | *Advice That Bridges Generational to One Another*

At Cornell University, researchers curious about the advice older generations can offer younger generations have initiated the **Cornell Crisis Advice Project**. The idea behind the project comes from research findings that those over 70 years old often report higher rates of happiness than younger people and the theory that perhaps their wisdom and life experiences — many have lived through World Wars I and II, the Great Depression, the Jim Crow era, and other times of calamity — can be helpful to other generations. The project solicits advice on surviving and remaining hopeful during times of crisis and publishes the stories online for others to read.

4 | *Lifting Hearts Through Art*

In Chicago, a group of public school students concerned for nursing home residents and others in long-term isolation have worked with 37 care facilities to use arts as a means of connection. Students perform virtual concerts, Jeopardy!-style "Name that Tune" games, and have donated coloring books and art supplies so seniors can create collages, while also raising money to purchase iPads so those in residential homes can connect with student buddies. They capture seniors' stories through a gallery on their website, **Lifting Hearts With the Arts**. Their work has connected teens and seniors through more than 3,641 one-on-one meetings. Through music, writing, visual art, and technology, they're inspiring seniors in isolation and making unexpected connections.



Photo Credit: NDAB Creativity/Shutterstock

Tags: **INSPIRATION**, **KIDS**, **VOLUNTEERING**

[SIGN IN TO SAVE ARTICLE](#)

SHARE



WRITTEN BY



Samantha Facciolo

Samantha Facciolo is a freelance journalist who writes about education, immigration, social justice, travel, and the intersections of culture and cuisine. [SEE FULL BIO](#)

CircleAround is owned by One GS Media, a subsidiary of Girl Scouts of the USA, and we make financial distributions to benefit the next generation of Girl Scouts. We strive to make the world a better place by supporting each other today and emboldening the women leaders of tomorrow.

Love this article?

Sign up for the newsletter to get the best of CircleAround delivered right to your inbox.

e-mail address

Subscribe

RECOMMENDED ARTICLES

1. She's Helping Working Moms Get Remote Jobs

Whitney Bonds created Tried and True Mom Jobs to help working moms find remote jobs.

2. How to Make a Budget: The Ultimate Guide

Want to learn how to make a budget or get better at budgeting? You're in the right place. It's no secret that you NEED a budget if you want to...

3. How to Take Care of Yourself When You're the 'Strong One'

Strong people need support, too. Even if you are often identified as the "strong one," you can't forget to nurture yourself. It starts slowly,...

