

# What are the Benefits of Joining the Elder Community?

Being one of the service-learner in the Little Brothers community, I learn the importance of engaging in the surrounding communities. To reduce the isolation and loneliness in the elder community, we have an online café meeting each week on zoom. Based on my experience, I want to share some exploration from the Little Brothers community.

## 01 SIMPLE BUT GRATEFUL

- The chance to build relationships with the older adults.
- Learn to take care of and what we should be grateful within our lives.
- Spending a short time with them can create enormous
- happiness and a sense of belonging.

## 02 DIFFERENT HORIZONS

- Older adults and participants with different ages and backgrounds
- Diverse ideas on how they see through the world
- Sharing childhood and personal stories » various aspects of life and expand our horizons.

## 03 SELF-DEVELOPMENT

- Increase our personal values
- Discover our confidences and individual strengths
- Bring inclusiveness to them » brings them a warm world
- Develop social consciousness & commitment

