CHEAT SHEET · ELDERS

Cheat sheet for elders.

You have time and stories, the two things everyone else is short of.

Not every hardship is a test, and nothing here is graded.



- [ ] **Be the one who notices.**
  Learn the name of the cashier, the bus driver, the neighbor's kid, and use it. Wait for the whole answer.

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  SAY "How is your day going, really?"
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- [ ] **Make the call nobody makes.**
  Every week, call one person who is alone. Have no agenda.

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  SAY "I was thinking about you."
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- [ ] **Give the lesson away.**
  Offer a skill (cooking, fixing, saving money, getting through a bad year) to someone younger, free.

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  SAY "Want me to show you?"
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- [ ] **Tell the real story.**
  Share one time you were badly wrong and what it cost. Honest beats impressive.

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  SAY "Here is what I would do differently."
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- [ ] **Give it now, not later.**
  Hand over the thing you are saving (a tool, a book, money) to someone who needs it today. Don't attach a story to it.

- [ ] **Stay with the grieving.**
  Don't fix it. Sit.

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  SAY "I'm here. I'm not going anywhere."
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- [ ] **Close one old account.**
  Forgive or apologize for one old thing. Say it, or if saying it isn't safe, write it down and let the page take it.

IF YOU ONLY DO ONE THING THIS WEEK

One call, one gift, one apology.

This is practical, not religious. I think what you show with your choices is what counts. Share it freely.

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A free message about how we treat each other. Nothing to buy, nothing to join. One person’s hypothesis, not advice. Woodcut images were made with AI tools; the words are Keith Adler’s. Share freely.