

Task Sign Up Sheet- Place on Refrigerator and Have Family Or Friends  
Sign Up To Help Out

- Housework
- Rests from caregiving
- Meals
- Baked goods
- Ironing
- Dish washing
- Taking trash out
- Prescription pick ups
- Laundry
- Lawn Care
- Shopping
- Home repairs
- Car maintenance
- Movie rental
- Window washing
- Snow shoveling
- Oven cleaning
- Take items to garage or attic
- Plant Care
- Time to attend Church
- Gardening
- Social visits
- Help organizing and sorting out clutter
- Pet Care
- An evening of fun
- A Big Hug