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Given the three plans, I opt to provide assistance to the senior citizens in my community. The reasons are as follows. For starters, Taiwan has accelerated into an aging society, and the population of people over 65 years old has increased a lot over the past decades. On top of that, teenagers raised in rural areas tend to head for other metropolises with a view to finding better educational opportunities and job offers, which causes that their parents and grandparents who still dwell in their hometown receive less care. I, whose hometown is Meinong, strongly perceive the seriousness of the problem. Accordingly, I am extremely willing to show my love and care and leave no stone unturned to lend these senior people a hand. The second reason of my choice is that I can acquire a sense of achievement during the process of attending to others. After I entered senior high, I have always

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been loaded with lots of schoolwork, and even sometimes wonder what else I can do except studying from dawn to dusk. I think ^{that} the opportunity of helping the older generation can let me veg out, derive a sense of accomplishment from it, and even have a totally different understanding of the society and the world. On the grounds of the reasons elaborated above, I'll choose to help those senior citizens with my love and company.

As for the help I can render, I've thought of three plans. The first one is to help the older people cleanse their houses. Suffering from physical disability, some of them may have difficulty in keeping their living space clean and tidy. Considering the situation, I consider it essential to provide the service. Secondly, I can seek some available resources and search for the information of some welfare programs provided by the government and charities. With the advancement of technology, I can seek information conveniently and swiftly through the Internet and share them with those people I assist. Last but not least, it's important for the senior citizens to go for a walk regularly in order to boost their metabolism and exercise their muscles. I can take them to the park in my neighborhood, accompany them and have an enjoyable chat with them. With the three activities mentioned above, I hope I can really help those senior citizens in my community, letting them feel my warmth and sincerity and meanwhile gaining a sense of achievement.