

DAY OF CARING®

WRITE A NOTE TO A SENIOR

The Impact - #UNIGNORABLE issue: Senior Isolation

With widespread anxiety across our community there is an increased need for mental health support especially for vulnerable seniors. United Way Greater Toronto funds a broad range of services aimed at increasing access to mental health services and strengthening support networks to reduce social isolation.

Activity description

Small gestures in life can make huge impacts! We might not all be expert writers but all of us can write a note from the heart and make someone feel that they are cared for or thought about.

How does it work?

- An online link will be provided to the volunteers who want to participate in the activity
- Guidelines and tips are provided in the link
- Write an encouraging note to a senior alone in their homes or retirement residences who needs uplifting. You can write by yourself or with family and friends
- United Way will collect these thought-filled notes and send them to our network of agencies who interact with these individuals regularly

Timing

The activity can take anywhere from 15 to 60 minutes to complete.

Who can participate?

- Any volunteer can participate
- Volunteers that can write notes in different languages are welcome

Booking information

To learn more, contact your United Way partner or email donorengagement@uwgt.org.

After the activity

Tell us about your experience! Share your feedback with United Way using the survey link that will be included in your confirmation email.