



# Connections Among Generations



Connections Among Generations is an outreach project directed towards older adults living alone in Halton. Due to COVID-19, we know that many older adults are facing challenging times and may be experiencing a loss of social connections with friends and family. As a caring community, we would like to offer words of hope and encouragement. We are seeking to engage people of all ages, including students, families, and older adults to contribute **messages of kindness, caring and hope**, to be collected and distributed in the *Good Food Bags* provided by **Food for Life** to over 700 older adults every month.



## Please get involved!

- Contribute by writing letters, cards, poetry, and creating artwork for older adults living alone. You can include crossword puzzles and word searches!
- This is a great opportunity for high school students to complete their required volunteer hours.

**For more information about this exciting project please contact us:**

email [seniors@cdhalton.ca](mailto:seniors@cdhalton.ca), call 289-348-1503 or visit Age-Friendly Halton at [cdhalton.ca](http://cdhalton.ca)

This project is funded by:

**Rotary**

