

HOW YOU CAN HELP OUR LOCAL SENIORS

We always receive questions about how people can support our seniors during the COVID-19 pandemic—here are a few ways you can help out!



COMPASSION CARDS

We need handmade compassion cards* with an uplifting message, poem, drawing or funny joke to give to seniors. We attach these cards to every free meal we deliver to at-risk seniors. We are giving away 100s of meals per week (thanks to support from the West Vancouver Foundation), in addition to meals that are picked up and delivered to isolated seniors. Cards can be dropped off at the Seniors' Activity Centre daily from 10 a.m. to 2 p.m. in our card collection box, or be mailed to the Centre at 695-21 Street, West Vancouver, BC, V7V 4A7. Please share with anyone who may be willing to help!

**Cards will be 'quarantined' for 72 hours before being delivered to seniors.*



TABLET DRIVE

We are also in need of tablets for at-risk seniors who traditionally use public computers at the library, and can no longer do so. These devices allow isolated seniors to access information and to stay connected with family and friends. If you have an extra tablet that you would be able to donate, we would greatly appreciate it—these devices are making a significant difference to our seniors!



CARE PACKAGES

We would like to put together small care packages of essential items such as soap, shampoo, toothpaste, moisturizer and Kleenex. If you are willing to donate these items, we would assemble and distribute the packages to seniors who need them.

MASKS

We have a number of seniors who could benefit from the use of a non-medical mask. Seniors greatly appreciated the few hand-stitched masks that we recently delivered, and there is a need for more! These free masks will be available for seniors to pick up or have delivered.



PUZZLES

We are accepting donations of jigsaw puzzles, Sudoku books, word search and crossword puzzle books for seniors.

DONATE - WEST VANCOUVER FOUNDATION

The West Vancouver Foundation is a proud supporter of our meal program for seniors. We are delivering 100s of free meals in West Vancouver to at-risk seniors, because of their generous support, but this list is growing and the Foundation needs more donations to keep this program growing—100% of all donations to the COVID-19 EMERGENCY RESPONSE FUND goes to our West Vancouver community. Donate today at westvanfoundation.ca/covid-19

FOOD DRIVE

The food bank is greatly in need. We have attached information about their virtual food drive. To donate visit foodbank.bc.ca/ways-to-give/food-drive/

