

## Your Support Will Help More Seniors Like Me Stay In Their Own Homes With Dignity and Independence

Dear Friends,

Do you have the care you need to live in the comfort of your own home? Do caring people check in on you every week to see how you are doing? Are you eating healthy, nutritious meals?

Thanks to the support I receive from the kind people at Community Support Connections – *Meals on Wheels and More* (CSC), I can finally answer yes to all of these questions.

At the young age of 95, I've outlived the love of my life by more than a decade. I met my dear Christine when I was an aero drone operator during the war - I 'rescued' her from someone pestering her on the bus ride home, and fell in love with her at that moment. With my children overseas, I am grateful to receive the services that help me stay close to my memories - in the home I shared with my soulmate. Each year on her birthday, I place flowers by Christine's photo in the living room. I feel just as close to her during the holidays.

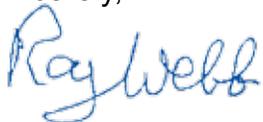
CSC's role in my life means my children don't have to worry about me. I receive delicious, hot meals twice a week from friendly volunteers who truly care about my personal wellbeing. Others take me to the grocery store where I can pick my own produce, and drive me to important doctor's appointments. I also have a homemaker who keeps the house clean and safe so it continues to be a refuge for me.

This feeling of independence has changed my life in so many positive ways. Imagine what an incredible gift it would be for the thousands of seniors like me in our community to be able to continue living in their own homes with dignity and independence. That's why I'm asking you to make a donation to CSC today.

As the season of giving is upon us, please think of your neighbours, your parents, your grandparents - people like myself - who are able to celebrate the holiday season in the comfort of their own homes thanks to generous donors who support the work of CSC. I don't quite know how to explain what it's like being in my home, it just makes me very happy.

Thank you, in advance, for supporting CSC's great work in our community. I can't imagine what my life would be like without them.

Sincerely,



Ray Webb, CSC Client



# Happy holidays!

Ray's story is an incredibly moving one – but he is not alone. Every year we help Ray, and over 7,500 other seniors and adults with disabilities in our community stay right in their own homes where they wish to be.

Please be generous with your donation to CSC so we can continue to help people like Ray live in their own homes for as long as possible. Thank you for helping us give back to those who helped to shape our community into what it is today.



Will Pace, CSC Executive Director



Anne Tinker, CSC Board President

## Social Wellbeing



Every **\$14** can help someone stay connected through a friendly volunteer visit, ride to an important social outing, or a group dining program where they can meet new friends.

**\$14 monthly**  
**\$168 annually**

## Aging at Home



**\$25** can connect a neighbour with someone to clean their home, shovel their sidewalk or cut their lawn, so they can stay in their sanctuary.

**\$25 monthly**  
**\$300 annually**

## Physical Health



Ensure older adults and adults with disabilities can stay healthy in their own homes.

**\$78** helps 14-16 clients complete our Stand Up To Falls program.

**\$78 monthly**  
**\$936 annually**

## Nutrition



Offset the cost of healthy meals for low-income seniors, or help people get to the grocery store. **\$50** can help a local senior receive a hot, healthy, and delicious meal once a week for a month.

**\$50 monthly**  
**\$600 annually**