

*what made you*  
**SMILE TODAY?**



**CLOSE YOUR EYES  
AND RELIVE THE  
MOMENT.**

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**IT FEELS  
GOOD, RIGHT?**

**#MeOneDay**

*nysc*  
North York  
SENIORS CENTRE

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North York Seniors Centre is a not-for-profit organization which has been enhancing lives of seniors since 1974. It is an accredited member of CARF Canada, an independent, nonprofit accreditor of health and human services.

For many seniors in our community, finding a reason to smile can be challenging.

The painful truth about growing old for 1.4 million elderly Canadians, or about a quarter of the entire senior population, is not a tale of happily ever after (Statistics Canada, 2016). Thirty percent of them feel lonely on a regular basis, and those over 80 are lonely 80% of the time.

Each year, this number is expected to rise with more and more seniors finding themselves alone after losing their spouses and loved ones, or adult children leading their own lives.

These seniors in our community deal with this reality in isolation but it doesn't have to be this way.

### Brighten up their day with two easy steps:

- 1 write a note on the smiley space on the bottom of this page, and
- 2 send it back to us with your gift of a smile.

Our goal is to hand out at least 5,000 smiley notes to seniors. We'll tell them it's from you!

## #MeOneDay

Contribute to making a senior smile because that is going to be you and me one day.

# WHAT MAKES THEM ?



### For seniors who benefit from North York Seniors Centre, it's:

#### BEING AT HOME INSTEAD OF BEING 'IN A HOME'

It's the **help** of personal care, meal preparation, and **companionship** that keep them safe in their home.

#### KEEPING ACTIVE AND ENGAGED

It's the **endless possibilities** at the Active Living Centre, whether it's learning a new language, keeping fit at the gym or sharing coffee and conversation at The Café.

#### STAYING CONNECTED FOR THOSE WHO ARE ISOLATED & HOMEBOUND

It's a **phone call** or a **visit** from a volunteer that reassures them that they are not forgotten.

#### SPENDING TIME AT "A DAY AWAY CLUB"

It's the **opportunity** to get away with friends in a safe and caring environment, allowing caregivers a much-needed break.

Please complete, cut out, and return this gift info today.

- ONE-TIME GIFT:** BY CHEQUE OR CREDIT CARD  
 **ON-GOING GIFT:** POST-DATED CHEQUES OR CREDIT CARD  
 Please circle frequency: Monthly or Annually.

Cheques are payable to North York Seniors Trust Endowment Fund.

AMOUNT:  \$25  \$50  \$100  OTHER: \_\_\_\_\_

PAYMENT:  CHEQUE    

Card #: \_\_\_\_\_ Exp.: \_\_\_\_/\_\_\_\_

Name on card: \_\_\_\_\_ (mm/yy)

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

*The gift shall be held by North York Seniors Trust Endowment Fund in perpetuity in accordance with the terms and conditions of the North York Seniors Trust Endowment, the exercise of which shall be in the sole discretion of the Trustees.*

Signature required: \_\_\_\_\_

- I prefer to receive communication via email.  
 Do not publish my name on any lists.  
 Do not mail me any solicitation material.



Brighten up a senior's day. Write your note below.

