



## NEWSLETTER Winter Edition

February 2019 Vol. 1

### OUR INSPIRATION

How can you not be inspired by this incredible woman? In 2011, Barb Richards founded the Senior Wish Association. She saw first-hand the growing number of seniors who, despite their best laid plans, found themselves struggling with loneliness and loss of purpose. She took time to listen to their stories about treasured pieces that reminded them of distant friends and places, partners they had lost or meaningful interests and

activities they could no longer find a way to pursue. She respected the difficult family and personal decisions around downsizing and relocation that often, unavoidably, contributed to isolation. She also recognized, as an active community member, people would respond to seniors at the margins of their community given the opportunity to open their hearts to them. Our hearts are open to you Barb, with gratitude.



With each senior, volunteer and supporter that is drawn into the Senior Wish family, the heart and soul of our community story is celebrated and strengthened.

## IT TAKES A VILLAGE

We believe in the power of people and our programs depend on a compassionate community with dedicated volunteers. Without it, we could not effectively provide the programs and initiatives that help lonely and isolated seniors feel valued - renewing their sense of purpose and belonging. From caring individuals who stepped up in big numbers to volunteer their time, to the generous support received from individuals and the business community, Senior Wish was able to introduce some of its programs like Christmas Wish, Adopt A Senior and youth engagement activities to new markets, reaching more and more seniors and making a positive impact on those who needed it most.

Although based in Barrie, we are forging a path in the Towns of Innisfil, Bradford, Orillia, Oro-Medonte, Clearview Township, Muskoka, Hunstville and Smith Falls with expansion plans to Southern Georgian Bay based out of Collingwood.

It really does take a Village and we thank everyone who led the charge in 2018!

# LEAVING A LEGACY

## One Memory at a Time

Preparations are underway to launch our "Memories" project across Simcoe County in 2019. We will be individually matching young people with seniors to chronicle family traditions, favourite recipes, childhood memories and the fond recollection of life's special moments.



Each book is unique, representing not only the cherished moments captured on each of its pages, but also the personal journey of friendship, appreciation and mutual respect across generations simply by sharing, learning and being present in the moment.

If you would like to join us in celebrating seniors, you can sponsor a book for a \$100 donation. Your name will appear on the inside cover as a special recognition for your meaningful contribution.



Activities that bring young and old together promote mutual care and respect for differences while enriching the lives of everyone involved

### SENIOR STATS

- ✓ From 2011 – 2016 there has been a 20% increase in our country's senior population.
- ✓ For the first time in our history, seniors now out-number children 15 and younger.
- ✓ By 2030 it is estimated seniors (65+) will represent 23% of the Canadian population
- ✓ Our most vulnerable, those 85 and older, continue to be the fastest growing portion of our population.

**SHOUT IT OUT** - word of mouth is working. In 2018 we benefitted from a record-breaking increase in volunteers wanting to join our team. For all you do, we thank you.

# Hug A Senior



We have all felt the comfort and acceptance of a warm hug but for seniors in our communities who are isolated and lonely, hugs can be infrequent at best. As can the many small connections that enrich the quality of our lives such as a neighbourly visit, thoughtful gift, personal outing or interests shared with others. Time and again over the years we have seen the most fragile among us muster the courage to step through fear, sadness and loneliness with open arms.

PLEASE HELP US OPEN OUR ARMS TO THESE SENIORS WITH YOUR GENEROUS "HUG" OF SUPPORT.



#HaveUGiven

[www.aseniorwish.com](http://www.aseniorwish.com) to donate

Your donation will help provide the many programs and services of Senior Wish. Each one represents an opportunity for companionship, recreational activities and the integration of seniors into the heart of the community.



Senior Wish has an exciting year ahead so stay tuned. Future editions will feature fundraising event information, gala details, branch expansion plans, volunteer orientation, senior spotlights, team leader profiles, sponsor recognition, industry trade show details and the number of ways you can help make a difference.

**When a community comes together, anything is possible.**

### **SENIOR WISH ASSOCIATION**

92 College Cres – Barrie, ON – L4M 5C8

705-726-2120, ext. 1

Email: [info@seniorwish.com](mailto:info@seniorwish.com)

Website: [www.seniorwish.com](http://www.seniorwish.com)

Facebook: [facebook.com/seniorwishassociation](https://facebook.com/seniorwishassociation)

Twitter: @SeniorWishAssoc

**IF YOU DO NOT WISH TO  
RECEIVE FUTURE NEWSLETTERS**

Please email [Lucille\\_28@outlook.com](mailto:Lucille_28@outlook.com)



## **FEBRUARY IS THE MONTH FOR LOVE**

Whether it's Valentine's Day

Or

Family Day

Share it with those who warm your heart

Or

Warm the hearts of those you share it with