



**Connecting with Seniors on a regular basis and leaving gifts with personal notes can give hope.**

# Remember our Seniors

**Like all of us, seniors need to know they are remembered.**

## **If you want to give hope to a senior you know:**

Find gifts that match their interest or meets a basic need.

A magazine they are interested in.

Toothpaste, lip balm, hand lotion, soap or basic supplies.

A favorite snack.

Add a personal note with their name.

Remind them you are thinking of them and that you will remember to call them.

**Sunrise, Orchard Manor, the Brooks Lodge have areas inside front doors to leave gifts for residents.**

## **If you want to encourage a senior you don't know:**

Find a generic gifts that would bring hope.

a magazine they may be interested in (gardening, fishing, ranching, camping, national geographic, history)

Toothpaste, lip balm, hand lotion soap or basic supplies.

A snack or chocolate bar.

Add a personal note with a blank space left to address a senior.

**Drop off your gift in a gift bag to the office at Duchess Mennonite Church.**

Phone - 403-378-4966  
email: [office@duchessmennonite.ca](mailto:office@duchessmennonite.ca)

Eileen Johnston will work with Duchess Mennonite Church to give to a senior who would appreciate being remembered.

**Join Rise Up Brooks to remember our seniors.**



**Stronger  
LifeConnections**