

# Let No One Be *Alone* A WEEK OF AWARENESS

Celebrated the first full week of May every year.  
NOW is ALWAYS a good time to make a difference!

Hello All,

I hope this letter finds you safe and healthy. What we are all experiencing now, for a lack of better term, is a very “unique” situation. Social isolation is a buzz phrase these days. I know it can be a struggle for many of us to be away from friends, family, loved ones, and our communities in general. When a negative situation arises, I like to try and find a positive—sometimes a hard thing to do, but if you look deep enough, there is usually something!

Here is my positive spin on this. Out of necessity, the population as a whole is experiencing isolation and looking for ways to negate it. Necessity is the mother of invention, and it really knows no rules. This is a time where we (individuals, communities, businesses, service providers, etc.) are forced to think outside the box. So I believe great strides are being made to thwart isolation now, and will provide us with tools to benefit us after this pandemic subsides.

I have partnered with the Manitoba Association of Senior Centres (MASC) —we have a vision in mind! With the aid of New Horizons dollars, our goal is to have a “resource center” or “tool kit” created for all to access—a centralized place where service providers, friends/family members and the isolated persons themselves can turn to. To get this done effectively, we need to hear from you! Since this week of awareness started in 2012, I’ve been asked if there are any resources available. I want to be able to say “YES!”

Many of you who are reading this may have ideas and success stories on how social isolation has been addressed in the past. You may even be witness to or part of new ideas cultivated to address our present situation. I want to learn about them.....all of them! I want to know what you know, and hear your ideas. Please share with me your ideas and any knowledge you might have on:

- services that have been implemented
- special events hosted
- ways to identify/reach the isolated
- useful resources (online, in community, etc)
- strategies to encourage social engagement of individuals and communities

This information can be shared with me by email with me by email at [notalone@mymts.net](mailto:notalone@mymts.net) or message me on the [Let No One Be Alone](#) facebook page. As they say, no act of kindness is ever too small, and I believe every well intended idea is worth listening to. Also, please send me any feel good stories, they may inspire others! I am very eager to hear from all of you!

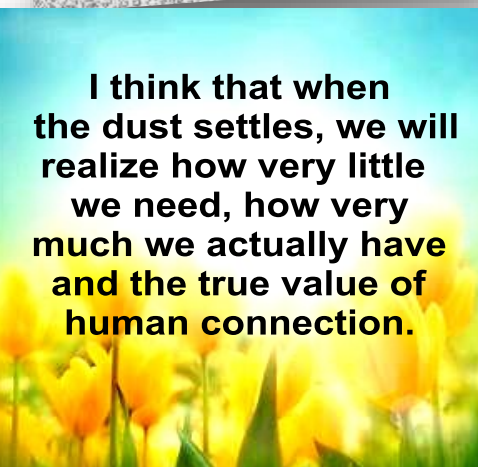
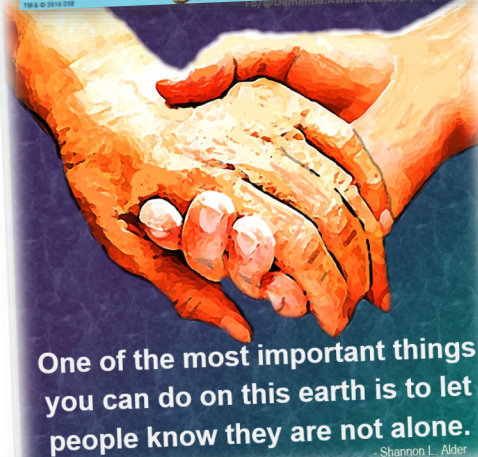
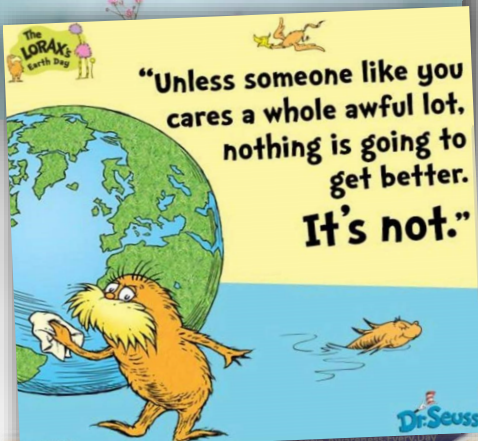
At a time where morale may be low, uncertainty is something we are living with daily, it’s always good to put energy into something positive. Remember, when so many things are being taken away, we are our keepers of optimism & kindness.

Looking very forward to hearing from you and excited about the possibilities.

Kind Regards,

*Brenda Tonn*

Help when you can.  
Be there when you can.  
Encourage when you can.  
A truly happy life comes  
from giving more than  
you take.







### Here is a recap on what this week is about:

I have learned first hand, and through impelling research, loneliness is a leading cause of death. Our "social connectedness" is a determinate of our health. This initiative started back in 2012 and has always been recognized the first full week in May. This week is about connecting with people, especially those that are alone. Not only during the week of awareness, this week is meant to serve as reminder to all, the importance of real connections & reaching out all year long. We may not have medical degrees to find cures for diseases, but all of us have the capacity to care which is a key element in their prevention.

By networking with fellow Resource Coordinators, Age Friendly Communities, and the MASC and more, this week of awareness is aimed at reaching all four corners of our province and beyond! Thanks to many caring people, this initiative has been celebrated in 50+ communities. Any and all people are encouraged to act - even if its just a phone call to someone living alone!

## **Connecting Amidst Covid19**

If you are reading this, understand the importance of your own social engagement.  
Selfcare is necessary! Take time to "fill your tank," it will allow you to be your best for others!

- Pick up the phone and call someone**
- Take part in a video chat**
- Write a letter and send it through "snail mail"**
- Create a "phone chain" check up**
- Invent ways to communicate non-verbally**  
(Signs in a window saying you're ok)
- Get out a family recipe, give it a try, & share results with your family.**
- Start conversations by sharing old photos**
- Share your ideas & help make a change!**

Join the Let No One Be Alone Facebook page at  
<http://www.facebook.com/LetNoOneBeAlone>



**A Simple Act of Kindness Can Brighten Someone's Day!**

Offer to Run an Errand	Go Out for Coffee or a Drive	Be Spontaneous
Pay Attention	<b>MAKE TIME</b>	Be Supportive
Attend an Event	<b>PHONE CALL</b>	Clean their Yard
Bake a Goodie Basket	Kindness	<b>LISTEN</b>
Create a Hand-Made Card	<b>SHOW you Care!</b>	Positive Conversations
	Take them to a Movie	
	Invite Someone Over for Meal	