



# ISOLATED SENIORS

*COVID-19 has increased social isolation and loneliness. Help connect isolated seniors to healthy meals and companionship.*

## GIVE THE GIFT OF FOOD AND FRIENDSHIP

“Can you imagine what it’s like to be months in your little apartment? Not able to go out, not able to get what you need?” said Kay.

For seniors like Kay, COVID-19 has introduced a new level of isolation and fear. That’s because for seniors, the virus is particularly dangerous.

Many seniors in the Capital Regional District (CRD) already experience extreme loneliness and isolation, malnutrition or food insecurity, mobility issues and limited income that greatly impacts their physical, mental and emotional well-being. This has been compounded by COVID-19.

Kay says it’s like living alone in a desert.

Greater Victoria has one of the country’s highest numbers of seniors over the age of 65.



50%

of people over the age of 80 report feeling lonely.



From this already worrying baseline, COVID-19 has compounded these issues. More than ever, seniors are facing acute stress and anxiety, increased isolation, and experiencing more challenges accessing healthy food and meals.

over



**United Way**  
Greater Victoria

*Show your local love*  
Let’s rally to recover. #YYJ needs you.

Thanks to United Way's **More than Meals** program, seniors are getting healthy meals delivered to their homes. Not only that – they are getting critically important social visits and connections with the outside world.

“It helps them a little bit, just that little warm embrace. Food, it fills your belly and it fills your heart,” said Jennifer Van Es, activities and Rental Coordinator at the Shoal Centre involved in the More than Meals program.

Since launching More than Meals in March 2020, the program has grown from delivering 200 meals a week to 1,000 meals a week for seniors in the CRD. More than Meals has support from the Government of Canada's Emergency Community Support Fund, but current funding ends in October.

With an anticipated next surge of COVID-19 coming this fall, United Way is looking for contributions to keep this project going over the next two years.

**Show Kay that she is not alone and that she has someone who cares.**



**\$100/MONTH = \$1,200/YEAR**

Provides 10 isolated seniors with regular meals, reassurance calls, and assistance with errands and appointments



**\$50/MONTH = \$600/YEAR**

Provides 5 seniors with one healthy meal and one friendly visit a month



**\$10/MONTH = \$120/YEAR**

Provides 1 senior with one healthy meal and 1 friendly visit per month

### **Tax benefits make giving to United Way even more attractive**

Your donation is eligible for valuable tax credits, which can reduce the federal and provincial income tax you pay every year. See how much you can save on your taxes as a donor.

<b>Gift amount</b>	<b>Total tax savings</b>	<b>Actual cost to you</b>
\$1200/year	\$477	\$723
\$600/year	\$215	\$385
\$120/year	\$24	\$96



**United Way**  
Greater Victoria

**uwgv.ca**