

# You Can Change Someone's Life

Issue 23

## Here's How



Dear reader,

The new year is well on its way, and we find ourselves nearing the end of a long winter. I wanted to share what lies ahead and show you how your support helps seniors both in Canada and around the world.

March 11, the day we spring forward, marks the next RISE Sunday. This is a day on which we can all renew our commitment to helping older persons by reaching out to seniors close to us and brightening their day with a small act of kindness: a visit, a shared meal, a phone call, or even just a kind word.

Just as the new season brings hope into all of our lives, we can bring happiness into the lives of seniors by taking concrete steps to tackle social isolation and loneliness. We hope you'll join us.

RISE Sunday is a Canada-wide phenomenon, but our donors' reach extends far beyond our country's borders. Let me tell you a bit more about how you and many others are changing things around the world...



*RISE Sunday is on March 11*

**HelpAge  
Canada**

*age helps*

## Haiti

Back in September 2016, Hurricane Matthew struck the town of Camp Perrin, in Haiti, devastating much of the area and putting many seniors in difficult situations. In the wake of the storm, HelpAge Canada donors offered a helping hand to our partner, the St. Vincent de Paul Society, in order to rebuild the Good Samaritan Home, which shelters a dozen older persons, and repair the houses of five seniors living nearby.

The outpouring of support from our donors has helped seniors like Gérard François rebuild their house! As the community continues to rebuild, they know they can depend on your support.



*Gérard François outside his new home.*



*Agnes John Baptiste*

## Dominica

More recently, Hurricane Maria caused unprecedented damages when it hit Dominica in September 2017. Although the island is well on the road to recovery, the damages have put many seniors under strain. For example, Agnes John Baptiste lost everything she owned, and though she is able to live with her family, her worrying over her situation is affecting her health.

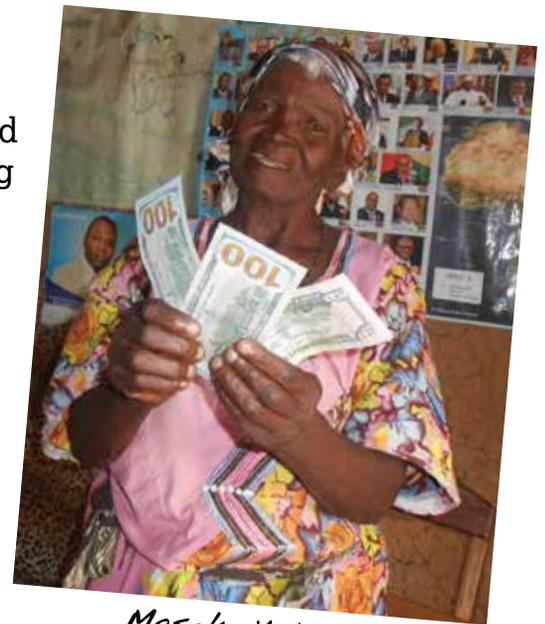
Our sponsorship coordinator, Eilis Grant, will visit our three Dominican partners in early April to get a better feel of how the grans are faring.



*The small island nation of Dominica.*

## Democratic Republic of the Congo

SOFEPADI, our longstanding partners in the Democratic Republic of the Congo, continue to help older women lead a better life in a region where armed groups keep creating chaos. One of these seniors is Maseka, a survivor of sexual violence, who is incredibly thankful for the help she receives from our donors. This financial support allows her to lead a safe and dignified life. "I can finally afford to buy the food I want," she said.



*Maseka Katsuna*



*Anjelina Awiti (right) in her plot.*

## Kenya

In the Nyando district of Kenya, where unpredictable weather conditions make food security a critical issue, Anjelina Awiti is a shining example of what empowered seniors can accomplish. Armed with a small loan and endless determination, she planted a cassava crop that did so well that not only was she able to repay her debts, but she was also able to feed

and support her family and others in need. In the middle of a drought, no less! She plans on expanding her garden and help others even more.

In addition, we are proud to announce that our donors really came through during Christmastime to lend seniors a hand through our Kenyan Gift Program. With 15 total gifts, which is triple the amount we usually receive, Kenyan seniors will be able to build three new homes and purchase much-needed livestock.



*Her first harvest was better than expected.*

**To sponsor a grandparent,**

**Call Eilis Grant at**

**1-800-648-1111**



*Sri Lankan seniors attend a service in the chapel.*

## Sri Lanka

Our partner, the Congregation of the Little Sisters of the Poor in Batticaloa, Sri Lanka, runs a home for vulnerable seniors. A 31-year sponsor of the home, Patricia Amy Martin, of Waterloo, Ont., passed away last year, leaving a \$7,500 bequest to be divided between HelpAge Canada and the organization that sheltered several of the grants she sponsored. Though she will be missed, we are deeply thankful for her legacy of giving and compassion.

If there's one lesson to take away from this little trip around the world, it's that we have the means to change the lives of seniors for the better. Whether it's taking action against isolation and loneliness, sponsoring an older person, making a gift, or leaving a bequest, every act we take can help older persons live life as they see fit.

HelpAge Canada is lucky to have dedicated donors who genuinely care about the wellbeing of the less fortunate. Thanks to you, seniors around the world are seeing concrete improvements in their lives.

We always appreciate your willingness to help.

Until next time,

*Jacques Bertrand*

Executive Director

**Newsletter cover photo:**  
Momtaz Begum, a gran living in India.



## Thank you for caring

HelpAge Canada is a member of:

