

You Can Change Someone's Life

Issue 25

Here's How



Tackling social isolation and loneliness

Though winter is a wonderful season for enjoying the great outdoors, many of us choose to stay inside to avoid the ice and the bitter cold. One bad fall is all it takes to end up in the hospital.

The shorter days are another concern. With the sun setting by mid-afternoon, many older persons hesitate to get behind the wheel or even to take a walk once the day darkens.

For these reasons, from November 4th to December 31st, we are inviting Canadians to pay special attention to the seniors they know. Offer to help them with their chores or to drive them to their appointments. If they

are feeling lonely, a friendly visit or an outing for dinner or to the movies can brighten their day.

Solitude can seriously affect socially isolated seniors. They may not have the opportunity to meet new people if they have just lost their driver's licence, if they have just moved to a new neighbourhood, or if they cannot speak the majority language.

To learn more about social isolation among seniors, please visit the Reach Isolated Seniors Everywhere website. You will be able to consult the Spectrum, a downloadable leaflet that identifies the symptoms and risk factors of social isolation and suggests ways to take action.

www.rise-cisa.ca



**HelpAge
Canada**

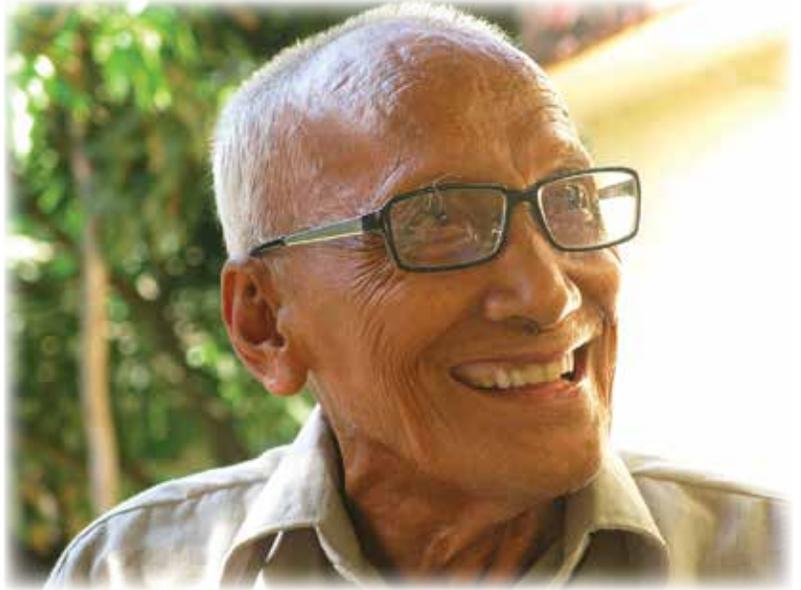
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Vulnerable seniors need our help

When thinking of the hardships people experience in developing countries, we too often forget about the challenges facing older persons. In many places, retirement pensions are either insufficient or entirely nonexistent. Those who cannot count on their families for help may have no one else to turn to. And when natural disasters strike or conflicts erupt, seniors are among the most vulnerable and neglected groups.

For more than 40 years, our sponsorship program has allowed generous Canadians to support older persons living in precarious situations. Our donors' unfailing generosity brings hope to hundreds of seniors in seven countries: Haiti, Jamaica, Dominica, India, Sri Lanka, Kenya, and the Democratic Republic of Congo.

However, our waitlists grow longer. An ever-growing number of older persons are in need of a sponsor who will improve their living conditions.

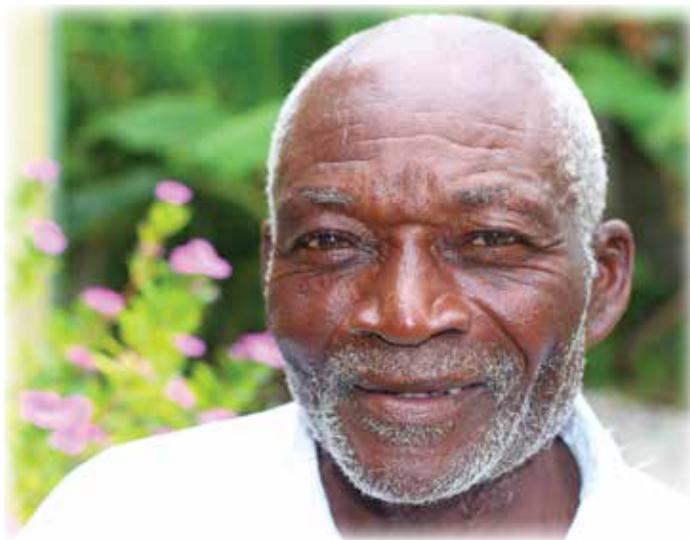


For \$34 a month, you can make a difference in the life of a senior. This support helps them clothe and feed themselves, find shelter, and purchase medicine. Just as importantly, it makes them feel cared for.



We need your help to spread the word of the program to your friends and family. If you know someone who might be interested in giving or is looking to make a charitable gift, please tell them about it. If you are already sponsoring someone and have the means to take on another, please consider doing so.

Together, we can brighten the lives of seniors.



Courageous women in Congo

On December 10th, Denis Mukwege, a Congolese doctor who treats sexual assault survivors in eastern Congo, will receive the Nobel Peace Prize. His much-deserved recognition is shining light on other organisations also working in this conflict-torn region.

SOFEPADI, our longtime partner, takes survivors of sexual violence under its wing by offering them medical, psychological, financial, and legal support. Its clinic in the town of Bunia has become a beacon of hope for these deeply traumatized women.

Often ostracized by their families or threatened by their aggressor's friends, survivors need to build a new life elsewhere. This past July, I saw with my own eyes how SOFEPADI's income-generating activity training gives them the tools and the know-how to support themselves financially by preparing food products, farming land, or even opening a small shop. After undergoing terrible hardships, they can now proudly say they are able to provide for their children.

SOFEPADI's headquarters are located in the city of Beni, which for two years has been the target of armed insurgent



attacks whose perpetrators hide out in the surrounding forests. On November 3rd, Mai-Mai guerrilla fighters even managed to storm the city prison and free around 30 of their comrades.

Faced with such insecurity, residents no longer dare make their way to the countryside. Even so, our partner continues its work, undaunted.

The incredible courage the women and men of SOFEPADI display is a tribute to the resiliency of the human spirit. With your help, we can help them accomplish even more. By standing with SOFEPADI, you are directly bringing about real change in the lives of vulnerable people.

Jacques Bertrand

Planning your legacy of caring

Bequests are often associated with the very wealthy, but the truth is, legacy giving is for everyone — above all, it's the thought that counts.

You can join the many HelpAge donors who amend their wills in ways that reflect their vision of a world where seniors can live safe, dignified lives. Bequests can take many forms, such as a fixed sum, a set percentage of the estate, or the gift of assets such as life insurance policies, securities, stocks, or the proceeds from a property sale.

You can designate your legacy gift for a specific program or cause dear to your heart. Whether you wish to engage isolated Canadian seniors or support older persons in need overseas, you can be assured that your gift will be used just as you intended.

Leaving a bequest can also significantly reduce the amount of tax payable on your estate. The best strategy to put your legacy in place is to talk to your family and consult a lawyer and a financial planner.

Over the years, you have made a home, given back, built a life. By planning a legacy of caring, you can make a lasting difference in the lives of vulnerable older persons for years to come.

For more information, please contact Beth Gordon: 613-232-0727 or 1-800-648-1111



Leaving a bequest

1. Prepare a will. Without one, you will have no control over your estate.
2. Leave a gift in your will to HelpAge Canada. You can choose to give a specific dollar amount or a percentage of your estate's holdings.
3. Consider using assets for your legacy gift: stocks, bonds, mutual funds, real estate, vehicles, art, jewelry, etc.
4. Name HelpAge Canada as the beneficiary of your RRSP, your RRIF, or your pension.
5. Name HelpAge Canada as the beneficiary of a new or existing life insurance policy.

Newsletter cover photo: Pierre Plaisimond, a sponsored resident of Le Bon Samaritain in Haiti.



Thank you for caring

HelpAge Canada is a member of:

