



WINTER • 2025

# GROWTH & GRATITUDE

**HelpAge**  
Canada

## Year End Message From Kahir Lalji, CEO, & Amy Westland, Board Chair

**We know people experience this time of year in different ways. For some, it is a season of celebration and connection. For others, it may bring loneliness or quiet reflection.**

Dear Friends,

As we wrap up another impactful year at HelpAge Canada, our hearts are filled with gratitude for your ongoing support.

Thanks to your generosity, we can hear directly from more older adults, their care networks, and the local organizations that support them across Canada and around the world.

You helped us expand the impact of our Age Better Grants across Canada, strengthen communities through our international GrandConnect program, and deliver humanitarian aid and hope in Ukraine and Pakistan. And so much more.

The stories in this newsletter bring some of this impact to life.

Thank you again for making all that we do possible, year after year.

Together, let's continue to build a world where everyone can age on their own terms with purpose, dignity and belonging.

With gratitude,

**Kahir and Amy**  
and the HelpAge Canada team



## Partner Spotlight:

### Community-Led Belonging Circles Turn Isolation into Connection, Culture & Care

Thanks to your donations that support our Age Better Grants program, A & O Support Services runs Belonging Circles, which bring newcomer older adults in Winnipeg together to build friendships and community ties.

This culturally responsive initiative supports immigrant and refugee older adults who may feel isolated after arriving in Canada. Participants gather regularly in language-accessible, welcoming spaces to share stories, learn from each other, and participate in activities and meals that reflect their cultures — building a greater sense of connection, community, and belonging.

“Support from HelpAge Canada donors has been essential in bringing Belonging Circles to life. [The grant] covers program supplies, meals, transportation, and supports staff, volunteers, and cultural facilitators who create a welcoming, home-like environment.”  
– A & O

Currently, 75 newcomer older adults participate, benefitting from over 180 hours of social engagement throughout the year, and showing how a sense of belonging transforms isolation into meaningful connection.

**Donate today to help older adults build meaningful connections in your community.**

**[Donate Today](#)**





# International Impact

## Your Support of GrandConnect Expands Global Impact to Empower Older Adults in Their Communities

After heavy rains destroyed the home of 100-year-old Cathorina in a Nyando Sub-County community in Kenya, our local partner, St. Elizabeth Joot Social Services, acted immediately.

A new home on higher ground was chosen, with the entire community coming together to rebuild her home.

Today, Cathorina is safely settled with her caregiver in a secure, comfortable space. At the same time, her community received a much-needed distribution of food, clothing, soap, and other essential items, all made possible by your support.

Through GrandConnect, we are currently working with local partners in Bangladesh, India, Jamaica, Kenya, Pakistan, and Sri Lanka, reaching more older adults in the communities they trust and call home.

Your donation helps provide access to health care, food, shelter, and other essentials in parts of the world that are often overlooked.

Together, we're empowering communities to identify their own needs, build social connections, and address ageism, abuse, and neglect.

[Donate Today.](#)



# HelpAge in Ukraine: Global Partnership, Local Impact

Thanks to support from the Government of Canada and donors like you, older people affected by the war in Ukraine continue to receive care, dignity, and hope.

**Volodymyr** and **Motrona**, an older couple displaced by shelling, received financial aid, hygiene supplies, and compassionate caseworker support. **Oleh**, 77, gained access to housing, medical care, and emotional help. "It feels like a new start," he said.



**Tamara**, 63, facing illness alone in a frontline city, was visited weekly by a caring worker who helped her manage anxiety and maintain mobility. **Liubov**, 87, visually impaired and twice displaced, received the hygiene items she needed to live with dignity. "The main thing is that we are alive," she said.

Our work is also made possible by HelpAge International, HelpAge Ukraine, and local partners.

## Transforming Lives This Year & Every Year

Thanks to your support, older adults in Canada and around the world have continued to feel connected, valued, and supported, even amid rising costs, natural disasters, and social isolation.

Your generosity makes it all possible.

- **Not yet a monthly donor?** Even a small recurring gift allows us to reach more older adults.
- **Already giving monthly?** Thank you! Please consider increasing your gift and impact.
- **Considering a lasting legacy?** Including HelpAge Canada in your will ensures your impact continues for generations.

There's no better time to make a meaningful impact.



### TIME TO GO PAPERLESS?

Thank you for your patience during Canada Post delays.

[Join our mailing list](#)

Join our mailing list to get our newsletters, news, and events delivered to your inbox.

### WE'VE MOVED!

We now proudly share office space in Ottawa with our longtime community partner, The Good Companions Seniors' Centre.