



# Adopt Grandparent

Mary can't get to her doctor appointments. She is all alone and has no one to help her. Charlie had a stroke. He needs help with his shopping but can't afford it. Stacey is scared and needs urgent social work intervention.

## REAL SENIORS WITH REAL WORRIES and you can help me provide REAL HOPE

Dear Friend,

None of us wants to grow old, but it is inevitable. We save and plan for it, but sometimes the unexpected happens. Many of us can afford to pay for the help we need, but many cannot due to the unexpected... which is why I am fundraising for Calgary Seniors and Adopt a Grandparent this Holiday Season.

Calgary Seniors, through their Seniors Social Supports department, is one of the only organizations that provides programs **at no cost** to assist less fortunate seniors who need support with day to day living and social companionship.

Adopt a Grandparent is the largest fundraiser for Calgary Seniors. Their valuable programs and services for low-income and isolated seniors would not exist without the support of generous and devoted people like us.

Your donations provide the caring volunteers who help seniors with the little things that really make a big difference. Donations provide friendly volunteers to visit with them when they are lonely, give them rides to medical appointments when they have no way to get there, help them with their shopping when they are too frail to manage it all, or provide assistance with their pets when they can no longer properly care for them but can't bear the thought of surrendering their beloved companions.

Please help me to help Calgary Seniors. Donate to my fundraiser for Adopt a Grandparent at

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Regards,

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*P.S. You can also donate to Adopt a Grandparent in lieu of a holiday gift for a loved one. Simply make a donation and you will be re-directed to a download page where you can get stories about a less fortunate senior who was impacted by your gift that you can share with your loved one. Visit [www.adoptagrandparent.ca](http://www.adoptagrandparent.ca) for ways to help provide hope for seniors this holiday season.*