

## YOU CAN MAKE A DIFFERENCE Support a senior in your community

**We are asking people across Huron and Perth to write uplifting letters to be included with our Hot or Frozen Meals on Wheels deliveries. In as little as 5 minutes, you can change a life for a senior isolated by COVID 19.**

- We are looking for positive and uplifting letters - you can include pictures or photos of scenery or animals (no faces), stories or jokes.
- Please only include your first name and do not include a return address.
- To make it easier to read, please use 14 size font or bigger.
- We may share your letters on Facebook and Twitter.

**Email your letters to [info@onecaresupport.ca](mailto:info@onecaresupport.ca)**

