



# Let No One Be *Alone* A WEEK OF AWARENESS

MAY 4<sup>th</sup>-10<sup>th</sup>

## Everyone Knows Someone Living Alone

This week let's **take the time** to make sure those that are alone know that we care!

Offer to Run an Errand  
Pay Attention  
**MAKE TIME**  
Attend an Event  
Bake a Goodie Basket  
Create a Hand-Made Card

**Kindness**

Go Out for Coffee or a Drive  
**SHOW**  
*you Care!*  
A PHONE CALL

Friendly Visit  
Positive Conversations  
Take them to a Movie  
Invite Someone Over for Meal

Be Spontaneous  
**Be Supportive**  
Clean their Yard  
**LISTEN**

"Too often we underestimate the power of a touch, a smile a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around."

- Leo Buscaglia -



Connect with us on Facebook and share your stories, ideas and events @ Let No One Be Alone



Manitoba Association of Senior Centres



**A SIMPLE ACT OF KINDNESS**  
Can Brighten Someone's Day!