

3 WAYS TO CONNECT WITH SENIORS OVER THE HOLIDAYS

For most of us the holidays contain many happy moments of celebration, but for isolated seniors it makes them even more aware of their loneliness.

Over the next couple of weeks, Meals on Wheels, Lift Line, and Elderday will continue to visit many seniors' homes both in person and also digitally through our Senior Center Without Limits Program. These interactions are often some of the only opportunities that seniors have to speak to other people during the day.

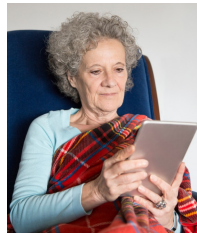
This holiday season we urge you to take one (or more) of the actions below to connect with seniors in your life and your community:

- Reach out to seniors that you know with a phone call or text to let them know that they matter to you. Bring them a holiday wreath or cookies and leave on their doorstep.
- Connect seniors to resources they need. If they are struggling with feelings of isolation, let them know about the free **Senior Center Without Limits** program that offers online enriching activities and support groups where they can interact with their peers. If they are having difficulty getting nutritious food, apply to receive Meals on Wheels at communitybridges.org/mealsonwheels.
- Make a **donation** to Community Bridges senior programs or support the Subaru Share the Love Blankets for Seniors online holiday drive (see below)

Thank you for taking the time to engage with one another and provide a sense of community to those most isolated.

Regards,

Ray Cancino, CEO
Community Bridges



Online Blanket Drive for Seniors!

The winter is coming and we want to make sure that all of the seniors that receive meals from Meals on Wheels stay warm. As part of our annual partnership with **Subaru Share the Love**, we are launching a holiday drive to provide blankets to each of the seniors we serve. That means we need 1,800 blankets! Can you help keep seniors warm this winter?

Click here to purchase blankets to be delivered directly to Meals on Wheels. We will deliver the blankets to them along with a special holiday basket.

Meals on Wheels Program Spotlight

We caught up with Mike, Assistant Program Manager at Meals on Wheels, at Loudon Nelson in Santa Cruz last week. He is there every weekday to make sure that 20 houseless seniors are fed. Each of these vulnerable Meals on Wheels participants gets a hot lunch and food for dinner. And on Fridays, they also receive a bag of shelf stable meals so they don't go hungry on the weekend.



[Donate Now](#)



Community Bridges Family of Programs

Child & Adult Care Food Program | Child Development Division | WIC | La Manzanita Community Resources | Live Oak Community Resources | Mountain Community Resources | Nueva Vista Community Resources | Elderday | Lift Line | Meals on Wheels

Community Bridges is an exempt organization as described in section 501(c)(3) of the Internal Revenue Code; EIN #94-2460211. Donations are tax deductible in excess of the value of any goods or services provided in exchange for your contribution.