**Receive Community Hours**

**Write Letters to Seniors Alone**

[SmileCarrier.ca](http://SmileCarrier.ca) is a program that sends mail to seniors who may be isolated and lonely.

"*As my 94-year-old mother was walking me out of her independent living condo, I was struck by how she checked her mailbox, empty as usual, nothing to open.  My mother doesn’t have a computer, she anticipates mail*”, says Yolanda, Founder of Smile Carrier.

Smile Carrier collects cards or letters of notes, drawings, jokes, stories, inspirational words, that sends a message of "I care, hello friend, hang in”, anything to bring a smile and mails them to recipients, seniors who live alone.

**What can students do to make a senior smile?**

1. Write a letter to a senior. Say something about yourself, offer words of encouragement, tell a joke, a story, a memory, what you do to keep positive during the pandemic. Keep it kind and caring. Many ideas can be found on Pinterest or Google.

2.  Put the letter in an envelope and place a Canadian stamp on the outside.  Leave the address area blank.

3.  Deliver it to Smile Carrier. If you know where I live, drop mail off at my home or at our office at 4380 South Service Road, Upper Unit 6, Burlington ON L7L 5Y6, M-F 8:00-4:00pm.   Or email [thesmilecarrier@gmail.com](mailto:thesmilecarrier@gmail.com) , we may be able to pick up from your home or school.

**What happens to the mail created?**

Smile Carrier will attach a mailing label of a recipient.  It will be put into a Canada Post mail box.  There will be a return address with our website and the office address in Burlington.

**Who are Recipients?**

There are two types of recipients:

1. Recipients are people who are alone in their own home. They will get mail through Canada Post addressed with their name, that was originated from Smile Carrier.

2.Recipients can be residents of group long-term care home in the area that are desperate for mail. At Smile Carrier we collect those letters without stamps and deliver in a batch. Sometimes we are given first names that we would put on their mail.

**How do I get someone I know signed up as a recipient?**

If you know of someone that we can brighten their day with mail, please send your request to [thesmilecarrier@gmail.com](mailto:thesmilecarrier@gmail.com)

**What I can I help with most right now?**

1. The goal is for the program to send out monthly.  We need Smile Mail for general times of the year.  Notes, cards, drawings, letters that say "Hello", "I care", a story, joke, poem, these are all very much appreciated.

**Is this program to create pen pals?**

No. This site is keeping the recipients’ personal information private.  We are not matching people to create pen pals.

**What areas does Smile Carrier operate in?**

We collect mail from the GTHA area.  Recipients can live anywhere in Canada.