**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?**

Write a letter to a senior.

* handwritten or on the computer or buy some blank cards at the dollar store
* say something about yourself
* your school
* what you like to do
* offer words of encouragement
* a joke or riddle
* a story
* a memory
* what you do to keep positive
* enclosure a picture, artwork, confetti, anything that can be flat enough to mail.
* keep it kind and caring
* print copies if you like and do more.
* many creative ideas can be found on Pinterest or Google.
* do not date the letter
* the letter should be able to be mailed at any time during the year, non-seasonal

2.  Put the letter in an envelope and place a Canadian stamp on the outside. (If you can’t provide the stamp, no worries, we have donated stamps).

3. Leave the address area blank, we will affix the recipients mailing address.

4.  Attach to your bundle of letters: your contact information and the number of hours you spent.

5. Deliver it to Smile Carrier. **Drop your letters off at our office at 4380 South Service Road, Upper Unit 6, Burlington ON L7L 5Y6, M-F, 8:00-4:00pm**.   Unit 6 will say Desjardins, TechElectric. You are in the right place. Look for a box inside the door to deposit your letters.

**How Do I Get Volunteer Hours?**

Once we receive your letters, I can sign off on the hours you propose, via email or online hopefully. We will monitor that the hours claimed seem reasonable to the volunteer work performed.

**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.

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

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

**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?**

The goal is for the program to send out monthly.  We need Smile Mail for general times of the year.

**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 other Smile Carrier volunteer opportunities can I help with?**

* Ask businesses for donations of stamps or to mail the letters for us. Do you know of anyone who would donate a roll of stamps?
* Contact us to become a Smile Carrier host.
* Help out with social media, take pictures, write copy. Follow, like and share on Instagram and Facebook.

**THANK YOU!** 

**Yolanda Fitzpatrick, Founder**

**4380 South Service Road, Unit 6**

**Burlington ON L7T 2R1**

[thesmilecarrier@gmail.com](mailto:thesmilecarrier@gmail.com)

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