



Senior Citizens During COVID Christmas Season

For most people Christmas and New Years are associated with spending time with their loved ones. This year COVID-19 has taken a toll on how we live our daily lives, and it is now leading up to the holidays. With social gatherings being banned till after Christmas many people won't be seeing their families at this special time. During this time, the elders won't be receiving any visits from their families and therefore making the year more challenging than it already is.

Ideas to show some love from afar:

- Send a handwritten note or card
- Play games online together
- Schedule Video calls (Facetime, skype or Zoom)
- Surprise them with gifts for as "porch drop party"
- Contact local nursing home and see how you can help



COVID-19 UPDATE

Social gatherings are continued to be banned until January 8th, 2021. Due to the spike in cases BC has been seeing, the restrictions are put in place to avoid any gatherings and events happening between people outside of their household.

Masks are to be worn until at least January 8th, 2021, with the high possibility of extending this protocol. Masks are mandatory within all public places.

When possible, non-essential travel should be avoided within and outside of BC to avoid spreading of the virus.

For more information regarding precautions and what is considered essential traveling visit:
<https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-response-recovery/covid-19-provincial-support/restrictions>

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Registered charities in Canada perform valuable work in our communities, and Canadians support this work in many ways.

The Edge's Registered Charity #86745 45 RR0001. We welcome regular givers.

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