

***You can foster vital
connections for seniors
in our community.***



Dear Friend,

I've been a caregiver for most of my life.

My first son, Christopher, was born with a developmental disability 54 years ago. He opened my eyes to the world of social services and I jumped right in – first seeking support for my family, then making it my career to help others.

I know on both a personal and professional level what a difference these types of services make.

Caregiving can be incredibly isolating. That was amplified for me around 2018, when my husband John was diagnosed with dementia.



John had always been a talker. He was a salesman through and through – from carpets to insurance, he could sell you anything. He loved people, conversation, and being out in the world.

Now, John is quiet. He speaks mostly in one- or two-word answers and won't initiate discussions. My main companion throughout my caregiving journey with Christopher has now become another loved one I provide care for.

That's why I'm so grateful for Better Living Health and Community Services. Their support for people aged 50+ has been an incredible resource for my family – giving Christopher and John a safe place to go and providing me with support that makes caregiving less lonely.

Better Living's important work depends on people like you and me, which is why I'm reaching out today. **Will you donate now so more people can benefit from the supportive community Better Living offers?** Your gift can help improve quality of life for seniors in the Don Mills area.

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I've seen the impact of Better Living's support firsthand over the last few years. John attends the Adult Day Program (ADP) two days a week, where he's cared for with such patience and kindness.

The ADP offers mentally and physically stimulating activities geared to the individual needs of adults with disabilities and seniors who are frail, isolated or managing cognitive challenges. The staff are all wonderfully attentive. **They understand John's needs and I can trust that he's in safe hands.**

Christopher also frequently visits Better Living – participating in exercise classes and social activities or even just stopping in to say hello. He's built connections there, and it offers him a lot of independence and joy.

For me, Better Living provides something I don't often have: time. Time where I can leave the house, run errands, rest, and take care of myself. After 54 years of caregiving, a few hours to do what I need or want to do uninterrupted is truly precious.

I've been fortunate to meet people there who truly *get it*. We talk, we laugh, and we support one another. Those social connections are a real lifeline when things get lonely.

I can't imagine what day-to-day life would look like for my family without Better Living. And I don't want to.

That's why I'm hoping I can count on your generosity. Please make a donation in support of Better Living today.

Your gift will help seniors in our community stay connected, supported, and cared for. It will ensure people like John and Christopher have a place where they are welcomed, engaged, and treated with dignity.

Together, we can provide caregivers with vital resources and ensure everyone has a place where they belong.

Thank you for helping more families like mine.

Sincerely,



Mary Anne Welsh
Better Living Member

P.S. Better Living is a truly warm and welcoming place, and it's people like you who help keep its doors open for our community! Please, if you're able, donate today.

