



# #TellThemYouCare

Messages for support for B.C. seniors  
April 17 – 26



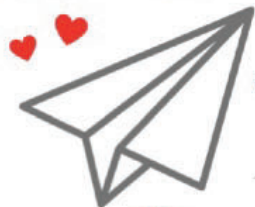






“My son Jackson misses his great grandparents right now and wanted to make anyone that needs a smile - smile.”  
– Sydney Davidson, Langley





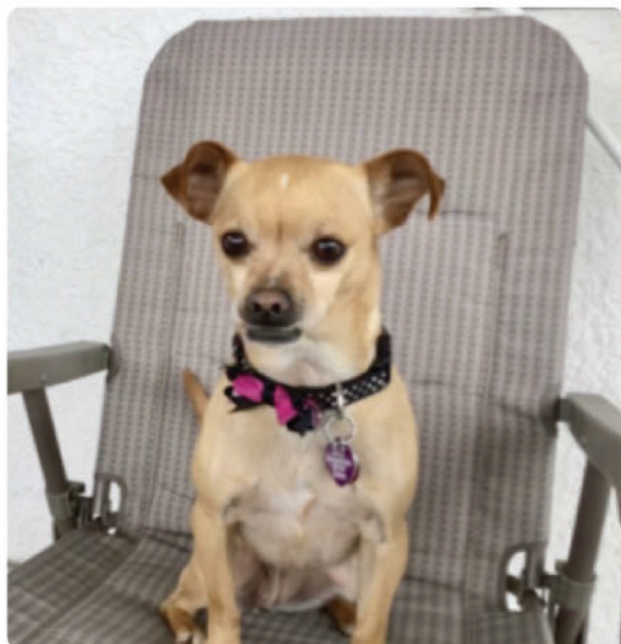
Dear Seniors,

I hope you are not too lonely during this pandemic. If you are, please know that everyone loves you and that you are not alone as we go through this! I miss my Grandparents too, but I know that they love me and miss me just as I do too. Even though you might not see them, you know that they're there! Just far away though. Thanks to the mailmen and women, we can keep in touch with our loved ones by sending letters.

Ella G.

#TELLTHEMYOUCARE

Grade 4 Student  
Our Lady of Mercy School



Sece is sending you warm hugs from  
far away! 🐶🐾





Hello! 

I'm Carmen Cruz and I work at a radio station called 99.3 CFOX. My grandparents passed away when I was very young, so I'd like to adopt you as my honorary grandparent.

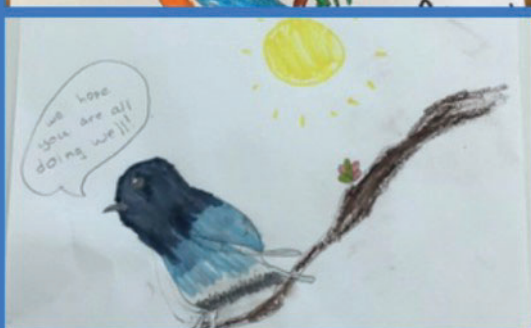
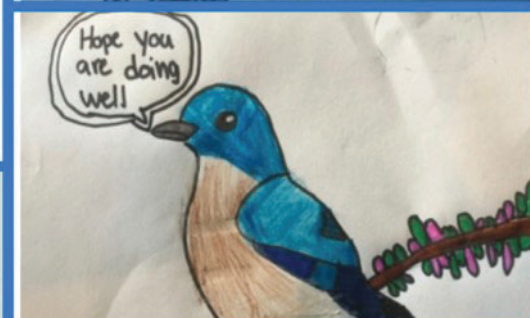
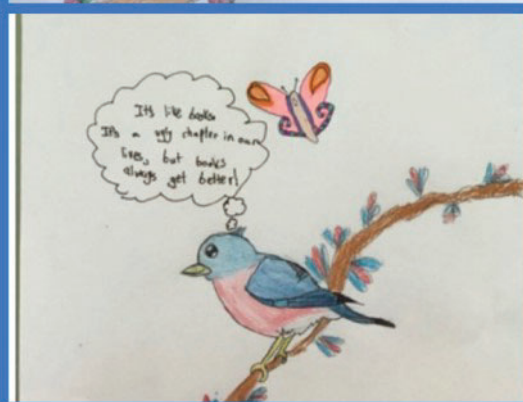
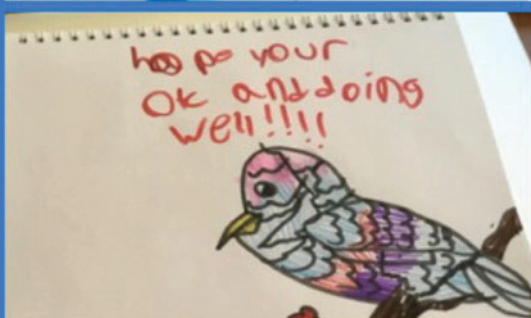
I'm sending you hugs and good thoughts, and even though we've never met, please know that I'm thinking of you and wishing you the best.

Sending you a virtual hug (with an extra squeeze) right... NOW!

**XO,** Carmen Cruz

#TELLTHEMYOUCARE





“Our Grade 4 class in West Kelowna has been thinking about seniors in our province and wanted to share with you a drawing they made for you. They wanted you to know that they care and are thinking about you all.”  
– Karina, West Kelowna





Dear BC senior

I know you feel lonely and I wish that I could pour you a hot cup of tea right now to warm up your heart. I wish that we can chat together cause I feel lonely too. If you don't know this, than I think you should. We all care, pray and worry for you. Whenever I listen to the news I worry about you, and pray that you're safe. I always think about my grandmother, and I know that your family is thinking about you too.



Cathy Y.

#TELLTHEMYOUCARE

Grade 4 Student  
Our Lady of Mercy School





Love

Songs

Sunshine

Smiles

Dancing







“I hope this photo will make you smile. It is my old cockatiel - she is 19 yrs. old and she can be a handful. I recently moved to Chilliwack and Zoe is able to come outside with me and ‘help’ with the gardening. I think she is my supervisor!”

– Frances Pylypiw, Chilliwack





Dear B.C. Seniors,

I wish I could visit you and have some tea with you. You must be very lonely, but you are never alone because God is always with you. Do remember that we have not forgotten you. I also want play some songs on the piano right now for you, but you know that I can't. Some of my relatives are in Hong Kong and I want to visit them so badly because I haven't seen them for so long. I know your family must miss you a lot and you miss them too. We are all thinking about you, so stay happy and joyful. I will keep praying for you. Please remember that no matter what, God is with you.

Warm regards Bethic C.

#TELLTHEMYOUCARE

Grade 4 Student  
Our Lady of Mercy School





Dear B.C Seniors,



Hi! My name is Levanna, I am 9 years old and I love to play the piano and I really wish you can listen to me play in person. Mostly I don't really understand how to play the piano, but I self-taught myself to play a song just for you! It's called Beautiful Dreamer. Although I still mess up sometimes I think you will love this. Hope this song will get to your heart! Always praying for you.

Levanna L.K

#TELLTHEMYOU CARE

Grade 4 Student  
Our Lady of Mercy School





Dear B.C. Seniors,

You are not alone. God is with you, and a lot of people care about you. I am sure that your family would love to see you, but they have to stay home to keep you safe. If you are lonely you can always start a conversation with God. This will help you get through your tough times. Sometimes I speak to God through my tough times. I hope this will help you to feel better.

Noah V.

#TELLTHEMYOUCARE

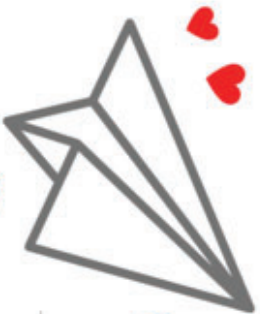
Grade 4 Student  
Our Lady of Mercy School





“Hello, I live in northern BC and would like to share a picture of my new born horse with you to brighten your day.”  
– Holly Pottinger, Telkwa





Dear B.C. Seniors,

I am sorry that your family can't visit because of what is happening. If I were able to, I would play Monopoly with you. My grandparents are also in isolation, and the only time I could see them was two weeks ago. The next time I see beautiful flowers, I will be thinking about you. Stay strong and always think positive. Always remember that life is like a roller coaster or like an obstacle course. It is not hard, but not easy. My hope is up to one-hundred. I know that Covid-19 will maybe be gone soon. I know that you want life normal, I do too.

Love, Crystal F.

#TELLTHEMYOUCARE

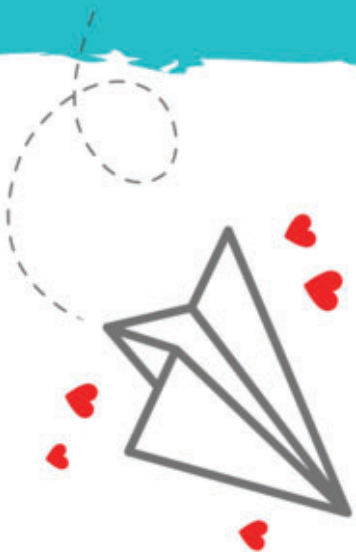
Grade 4 Student  
Our Lady of Mercy School





“The attached photo is of our 6-year-old golden retriever named Nala. She too is waiting to roam free! Hahahaha!”





## Dear, B.C Seniors



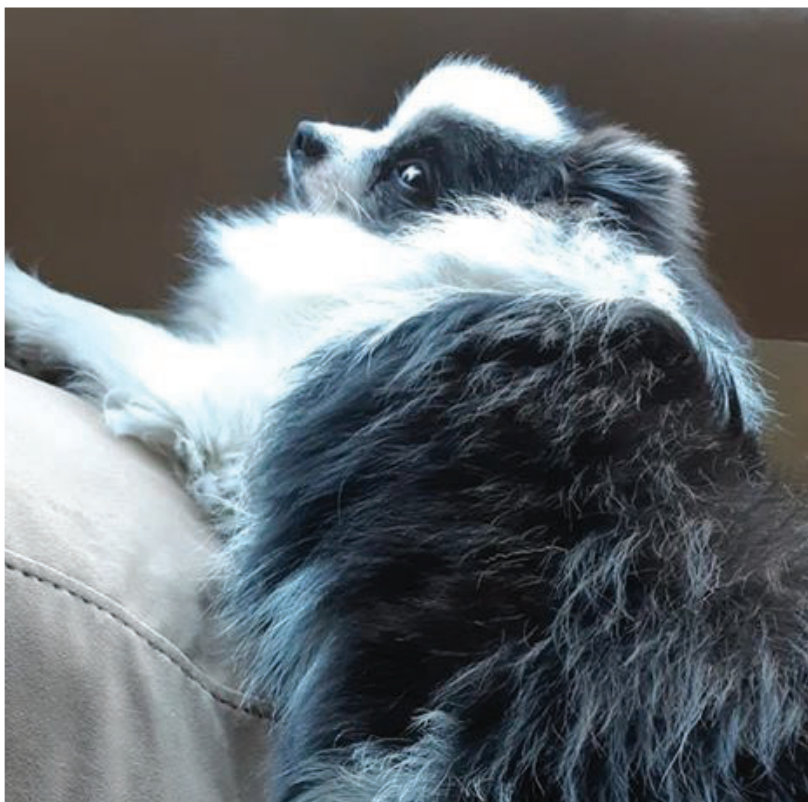
I painted these rocks for you. Seeing that I cannot give them to you I'm going to show you this picture of the rocks instead. My grandma and grandpa don't live that far away, but my parents won't let me see them. I haven't seen my grandparents for about a month now. I hope you are not feeling lonely in this time and I hope you will get to see your family soon.

Mika W.

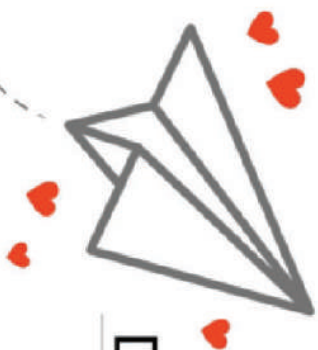
#TELLTHEMYOUCARE

Grade 4 Student  
Our Lady of Mercy School









Dear B.C. Seniors,

You are not alone. God is with you, and a lot of people care about you. I am sure that your family would love to see you, but they have to stay home to keep you safe. If you are lonely you can always start a conversation with God. This will help you get through your tough times. Sometimes I speak to God through my tough times. I hope this will help you to feel better.

Noah V.

#TELLTHEMYOUCARE

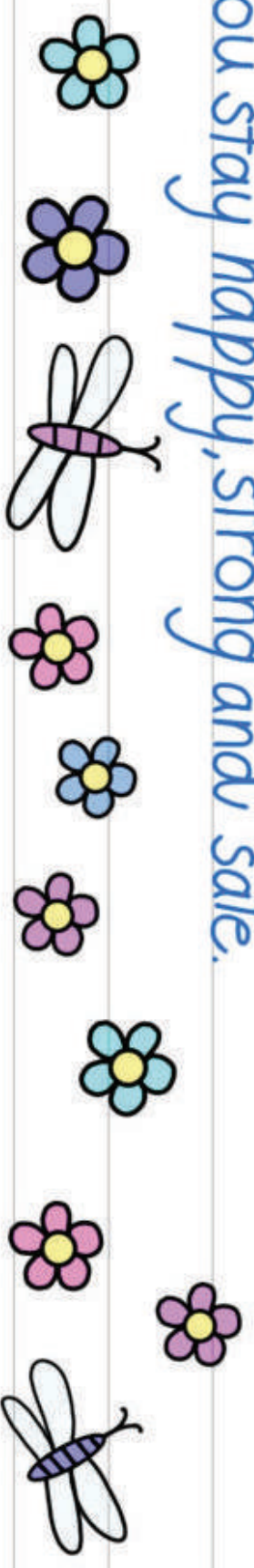
Grade 4 Student  
Our Lady of Mercy School





Dear B.C. Seniors

I want you to know that I will be thinking of you. Whenever I play the piano, I will remember how lonely you are. I will keep you in my heart and my prayers. Even in this hard time, I want you to know that you are not alone. There are lots of people praying for you and all the people that are living there. I hope that you stay happy, strong and safe.

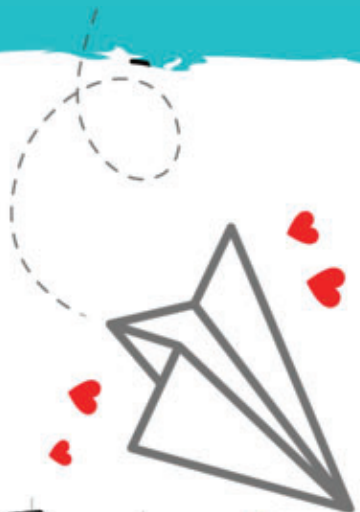


From, Iris

#TELLTHEMYOUCARE

Grade 4 Student  
Our Lady of Mercy School





Dear B.C. Seniors,

I hope you stay strong during this crisis. There are still so many people that care about you, and you're not alone. I know it's hard

but keep going and stay healthy. I made this lego heart for you. It's a sign that you are strong. We can build our lives again and recover slowly, soon filling

all the patches with love. I took different pieces of lego sets and took time to put the pieces together. The

reason I put some holes was to show that

people can recover. I like using lego, and

I hope others find something else they enjoy

too. Be brave for God has sent angels to guide you.

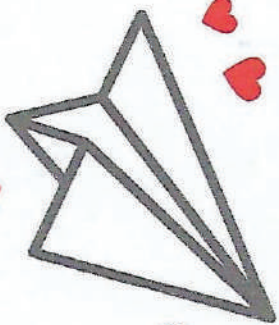


- Caitlin S ☺

#TELLTHEMYOUCARE

Grade 4 Student  
Our Lady of Mercy School





Hi! My name is Erica and I actually live in America :) I live in a small town called Sumas right by the Abbotsford border. I go to school in Canada near Chilliwack. I'm not able to go to school right now because of Covid-19. We're not even sure if we will be able to have a grad ceremony that our parents can come to. This whole Covid-19 thing has made a lot of people anxious and scared and I'm sure you are concerned as well! One thing that remains constant is God and we know we can turn to him in prayer will all our problems!

Romans 12:12

Psalms 31:24

Casting all your care upon Him; for He CARETH for you.

1 Peter 5:7

Rejoicing in  
HOPE;

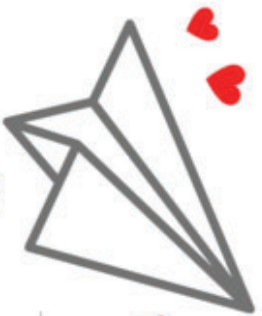
patient in tribulation;

continuing instant in PRAYER;

#TELLTHEMYOUCARE

Be of good courage, and ye shall strengthen your heart, all ye that hope in the LORD.





Dear B.C. Seniors,

I am sorry that your family can't visit because of what is happening. If I were able to, I would play Monopoly with you. My grandparents are also in isolation, and the only time I could see them was two weeks ago. The next time I see beautiful flowers, I will be thinking about you. Stay strong and always think positive. Always remember that life is like a roller coaster or like an obstacle course. It is not hard, but not easy. My hope is up to one-hundred. I know that Covid-19 will maybe be gone soon. I know that you want life normal, I do too.

Love, Crystal F.

#TELLTHEMYOUCARE

Grade 4 Student  
Our Lady of Mercy School





"These times won't last forever so know we are all going through this together!! Even OGOPOGO in Kelowna is wearing a mask at this time!! Hahahaha."

– Michelle, Kelowna





Dear B.C. Seniors,



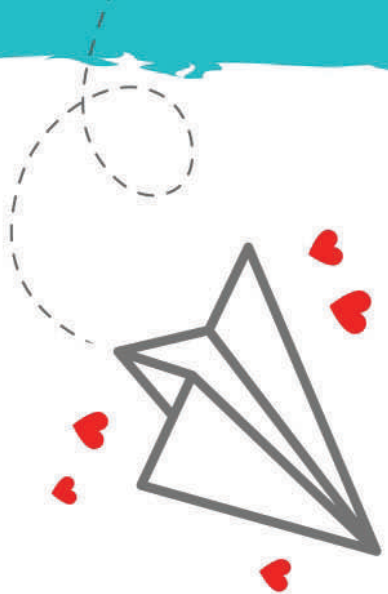
B.C. Seniors, I can imagine you may feel lonely right now with no one to talk with. I wish that I could make you a cup of cocoa right now. I also wish I could play you a song in the keyboard. It would be great to watch funny shows on my giant television and play board games. I hope this corona virus outbreak will stop soon. I am thinking of you.

Aiden W.

Grade 4 Student  
Our Lady of Mercy School

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My first Grandchild arrived on April 2nd. He's a lovely wee fellow but unfortunately it will be a while until I am able to hold him. Until then, I admire him from a distance to keep us both safe. I'm sending a picture so you can enjoy him too 😊







Dear B.C. seniors,

I wish I could come and give you some flowers. I planted some beautiful, bright yellow flowers in my garden. I will think of you whenever I see them. I hope that you are not feeling too lonely. I wish I could read my favorite books to you. When I am reading it I will think of you. I hope that you will soon be able to see your family and friends.

Anathi A.

#TELLTHEMYOUCARE

Grade 4 Student  
Our Lady of Mercy School





Dear B.C. Seniors,

I made this heart out of a trail mix that my brother and I made together.

While we made it, we thought about you. I shaped it into a heart to show



Our love for you. If we could see each other, I would have brought some to share with you. Even though you cannot really go anywhere, I want to tell you that we are still here for you. Though this pandemic is stopping us from seeing each other, we are always remembering you. When we

meet again, everything will be happy and normal. You are always in our prayers.

-Krupa P.

#TELLTHEMYOUCARE

Grade 4 Student  
Our Lady of Mercy School





Dear B.C. Senior,

I hope that you are staying strong. I know you might be sad and lonely but I hope this note will brighten your day. Right now I wish I could say all these words to you in person, but I can't. I will always pray for you. Remember that you will always be in my heart.

Every U.

#TELLTHEMYOUCARE

Grade 4 Student  
Our Lady of Mercy School





“My husband says all the animals I draw look like dogs, so I chose one that really is meant to be a dog, ha ha.” — Jo Slade, Sidney





Dear B.C. Senior,

If I could, I would visit you and read you a book. My grandma is in the Philippines and her flight is on April 27th. We will beat this virus together and do our best to stay safe. I wish I could visit you and make you a doughnut. Make sure to stay safe and be healthy! Remember that we are all praying for you everyday. When this is all over, you will see your family again! Everyone will be so happy! I hope that you have a lovely day today!

Grace. E.

#TELLTHEMYOUCARE

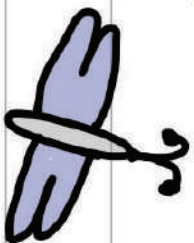
Grade 4 Student  
Our Lady of Mercy School





Dear B.C. Seniors,

I'm writing this letter to say hi and let you know you are loved. We all pray together, and hope everything is back to normal. I can imagine how lonely you are feeling, because of isolation from your family and friends. However, you're not alone. We are thinking about you. We all would love to see your smile. Please stay strong and healthy!



**WE LOVE YOU**

Chloe

#TELLTHEMYOUCARE

Grade 4 Student  
Our Lady of Mercy School



Hello! | Hope you are well Today. ☺

Spring has sprung ☺☺☺☺☺☺

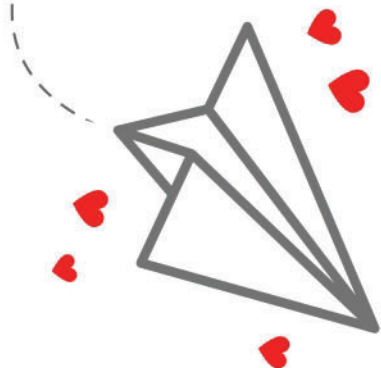
May you feel a little sunshine on your  
face this weekend. | Am thinking of you, and  
sending many hugs.

You are not alone. ♡

You are loved. ♡

We'll get through this!





May your bed be soft,  
Your food be tasty,  
Your nurses be sweet,  
and the sunshine bright through your window!



YOU are in my thoughts and prayers  
better days are on the way.  
Stay well and be good to yourself.

#TELLTHEMYOUCARE

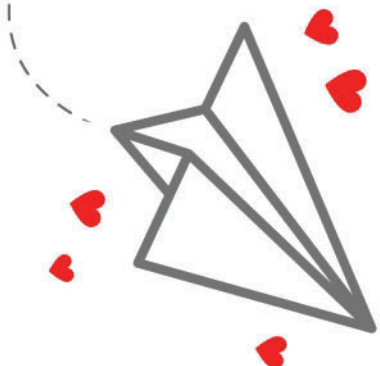
With Love,  
Sarah





"A lot of change has happened for us all in recent months! Even haircuts in the backyard! Hahaha Our daughter is a hair dresser (which is a blessing) and just cut her fathers hair. She gets contacted daily by her friends and clients asking her to cut their hair. She even taught her sister in-law in Toronto how to cut her brothers hair online! Hahahaha! The hair cut turned out great!





♥ THINKING OF YOU ♥



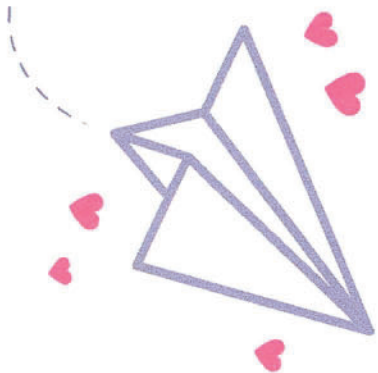
I made this recently out of stones my late father collected and polished over many years. He delighted in discovering the hidden beauty in the rocks he found. Here's hoping there's hidden beauty in this moment too, just waiting to be discovered...

Sending warm thoughts today and every day.

#TELLTHEMYOUCARE

♥ Suz





Dearest Seniors,

Keep in mind during this hard time that even though it seems as if we have forgotten about you, we are all thinking about you.

This will come to an end eventually so hold on and stay strong right now. Think of what you can't wait for once this has ended.

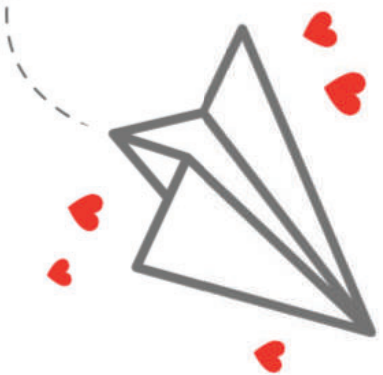
If I were you, my advice I have is spend this time to sleep lots, eat plenty, exercise as well to stay healthy, and be happy!!

Sending Hugs and good wishes from British Columbia

Love you all ☺

#TELLTHEMYOUCARE



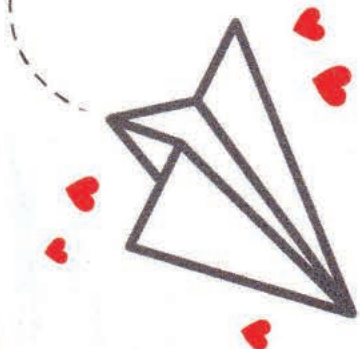


Dear Seniors,

I hope you guys are staying safe and healthy. I know it can be very hard going through this and not being able to see your friends and family. I wanted to let you know that you are not alone, and we are going through this together. We will get through this tough time together too. I will always be thinking of you. Please take care of yourselves and stay inside.

#TELLTHEMYOUCARE





Just to let you know we are  
thinking of you ~ sending a little  
bird to give you some spring wishes!  
I hope this finds you well  
Hugs from Marnie and the  
three pooches ♡

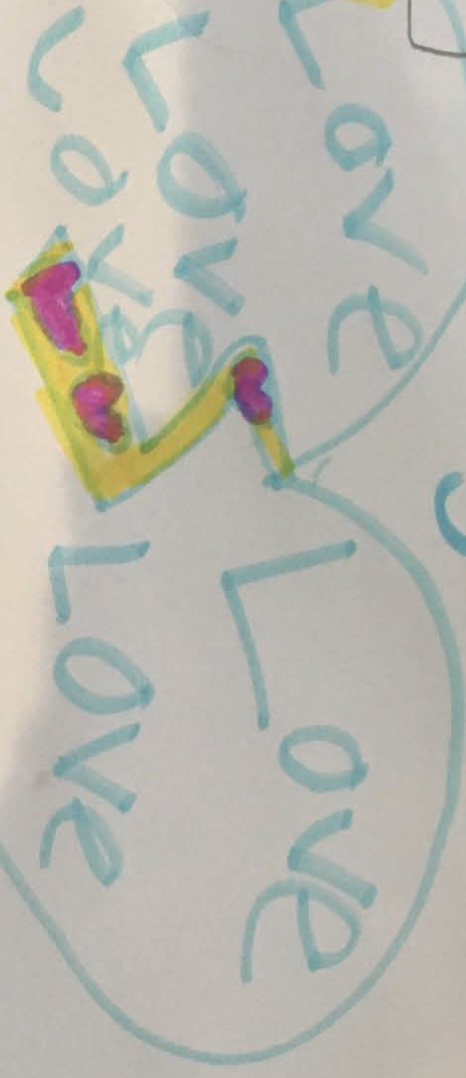


#TELLTHEMYOUCARE



To You  
From Pippa

Skray Safe



Love

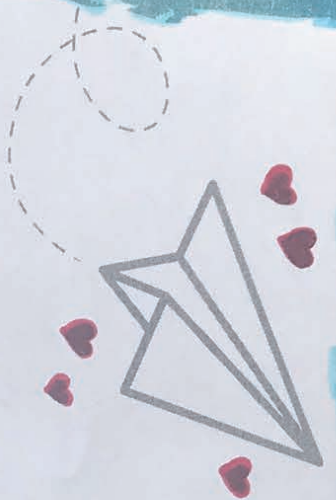
Love

Love


but here's  
a message  
to you










You (yes, You!) have

been on my  and in my mind  
Constantly. Please remember:

 You are loved

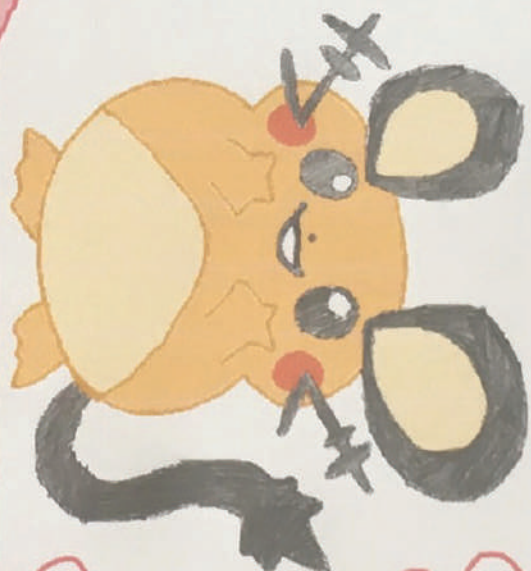
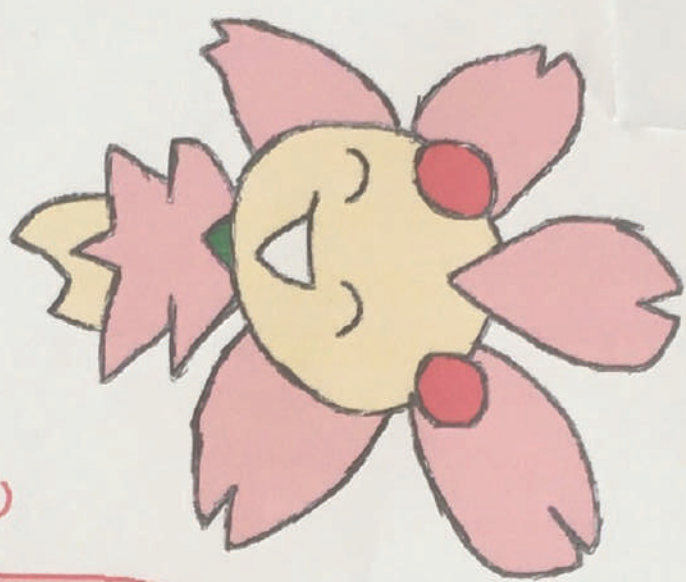
 This won't last forever

 We are ALL in this together

 Smiling is contagious

#TELLTHEMYOUCARE





May God Bless you

#TELLTHEMYOUCARE





DEAR FRIEND

My name is ROSALIE, I am 4.

I hope you have a good day.

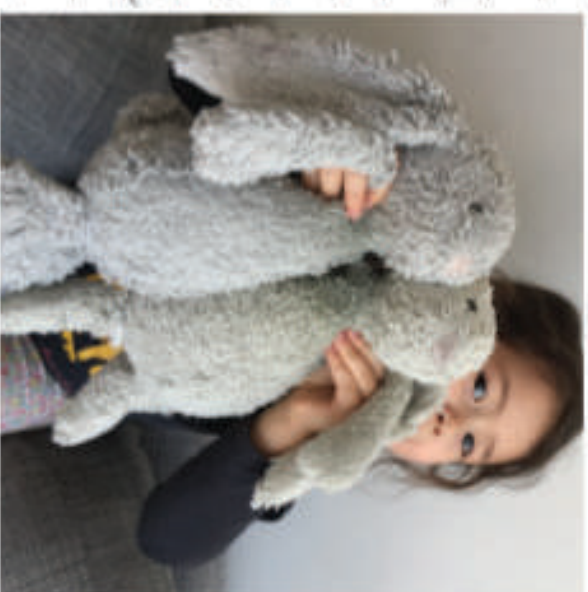
I want to help you. I love you.

My favourite thing to play is

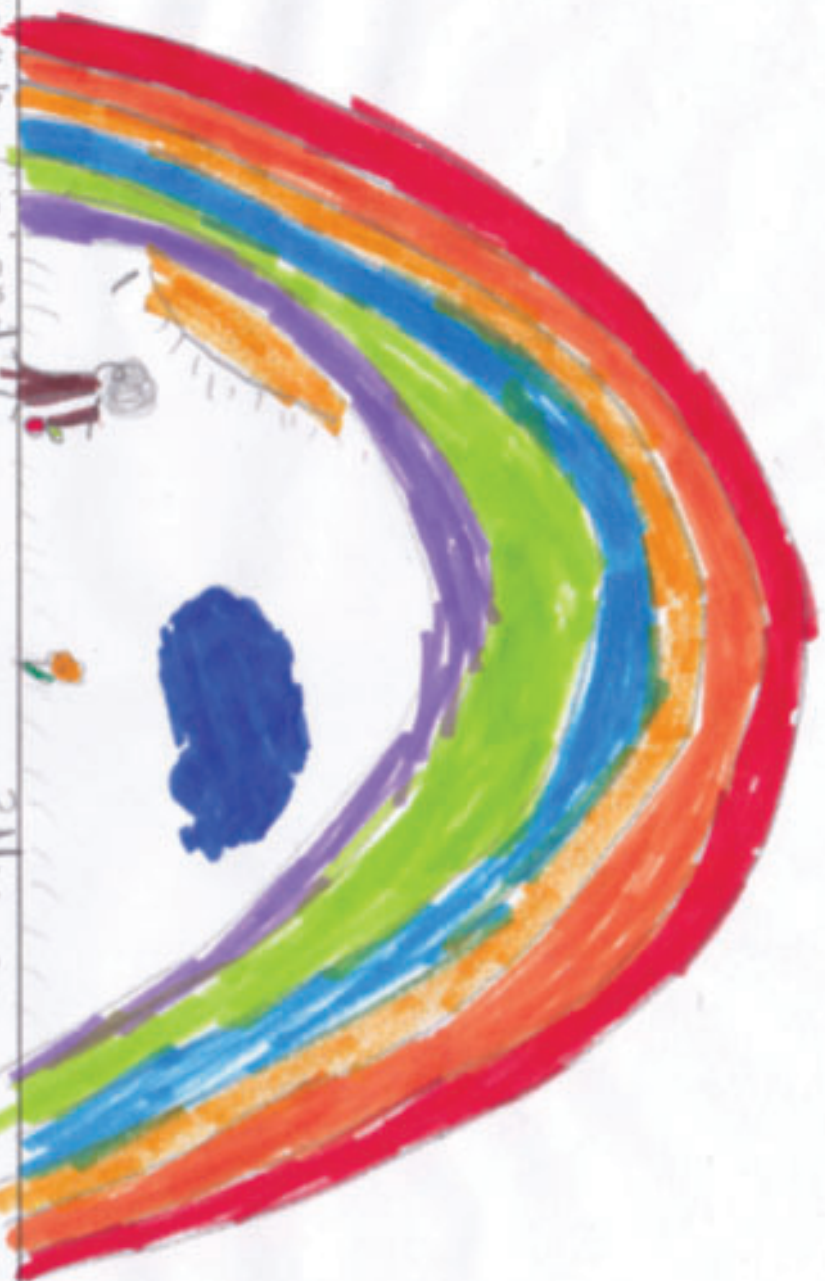
Minecraft and play with my brothers.

I have 3 brothers. You are brave

LOKE, ROSDIE







Dear friend how are you? My name is Jesse  
I am 6 years old. I hope you have a great day!  
I go to Lynn fripps for my school. My favorite  
video game is Minecraft. I hope covid 19 is over  
soon. I think you are great!

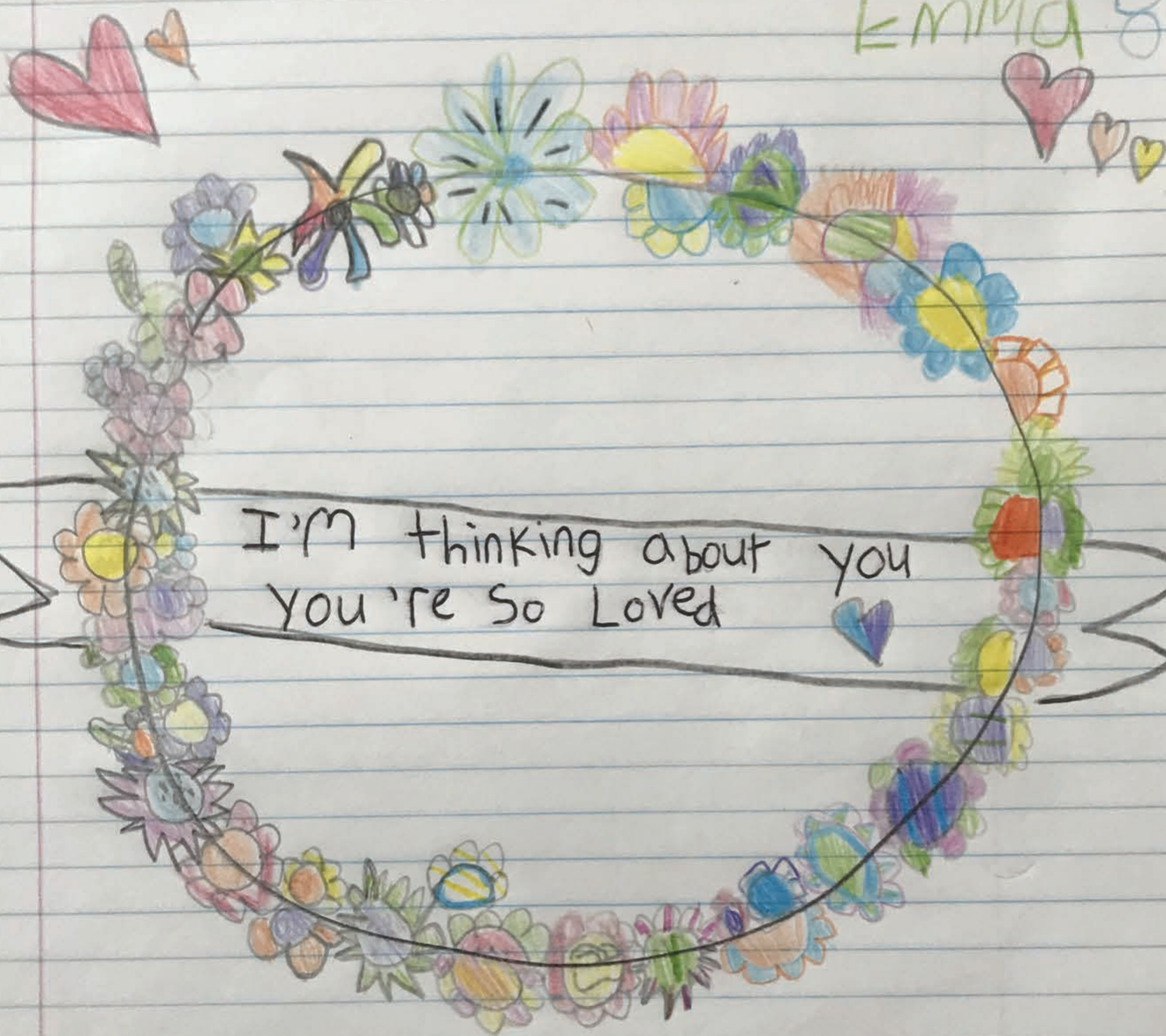
Love, Jesse.



# Tell Them You Care

April, 20, 2020

EMMA <sup>age</sup> 8



Stay Strong, happy and healthy.  
Know that we are thinking  
about you.

Love EMMA



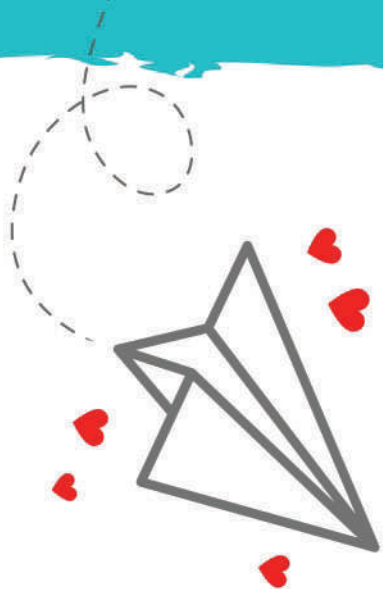


Hi! Hopefully you are staying strong during this crisis ❤️ I know it must be so hard being isolated from your loved ones but I hope you are still feeling all the love everyone is sending you! My grandma lives far away and I can't wait to go visit her when this is all over, the same way I know your family can't wait to see you! You have lived through so much and your strength is so inspiring to all of us! Stay smiling and healthy and know we have not forgotten about you! We are all sending endless amounts of blessings and kindness to you and we are all excited to reconnect again ❤️

Best wishes,

Nic ❤️

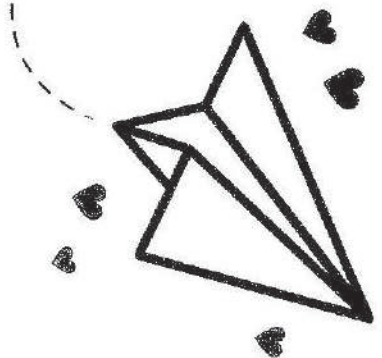
#TELLTHEMYOUCARE



Staying at home with the thoughts of keeping you all safe.  
Thinking of you all in these different times.  
Wishing you a safe and happy day :-)  
Natalie, Summerland, B.C.

#TELLTHEMYOUCARE





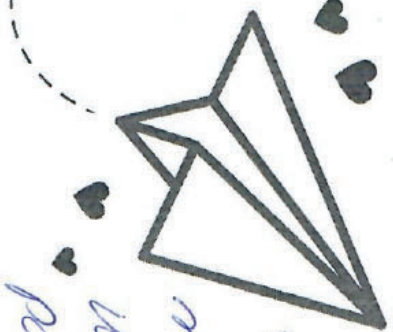
Dear Brice:

I think about you every day  
& wish I could visit & give  
you a hug.

Please keep well & we'll see  
each other soon.

Love my love, Dad

#TELLTHEMYOUCARE



I have been looking for a way to send a message of hope and love to all of the seniors who are alone and isolated during this pandemic. Although you may be feeling abandoned please know that you are in my thoughts and prayers every day. I am sure you must be feeling very vulnerable and scared as a result of this virus. My hope is that you will stay strong and safe and that you find comfort in knowing that the world cares for you deeply! We all need to stay strong in the face of adversity and together we will meet this invisible foe.

Please take good care of yourselves and know you are not alone in this fight! We will win!!

Stay safe & healthy,  
Brenda

#TELLTHEMYOUCARE





Dear friend how are you doing?

I am 7 and my name is

Asher, I have two brothers and  
one sister, I know you are

stuck in. Side but we are thinking

You are very patient.

of you.

love Asher.

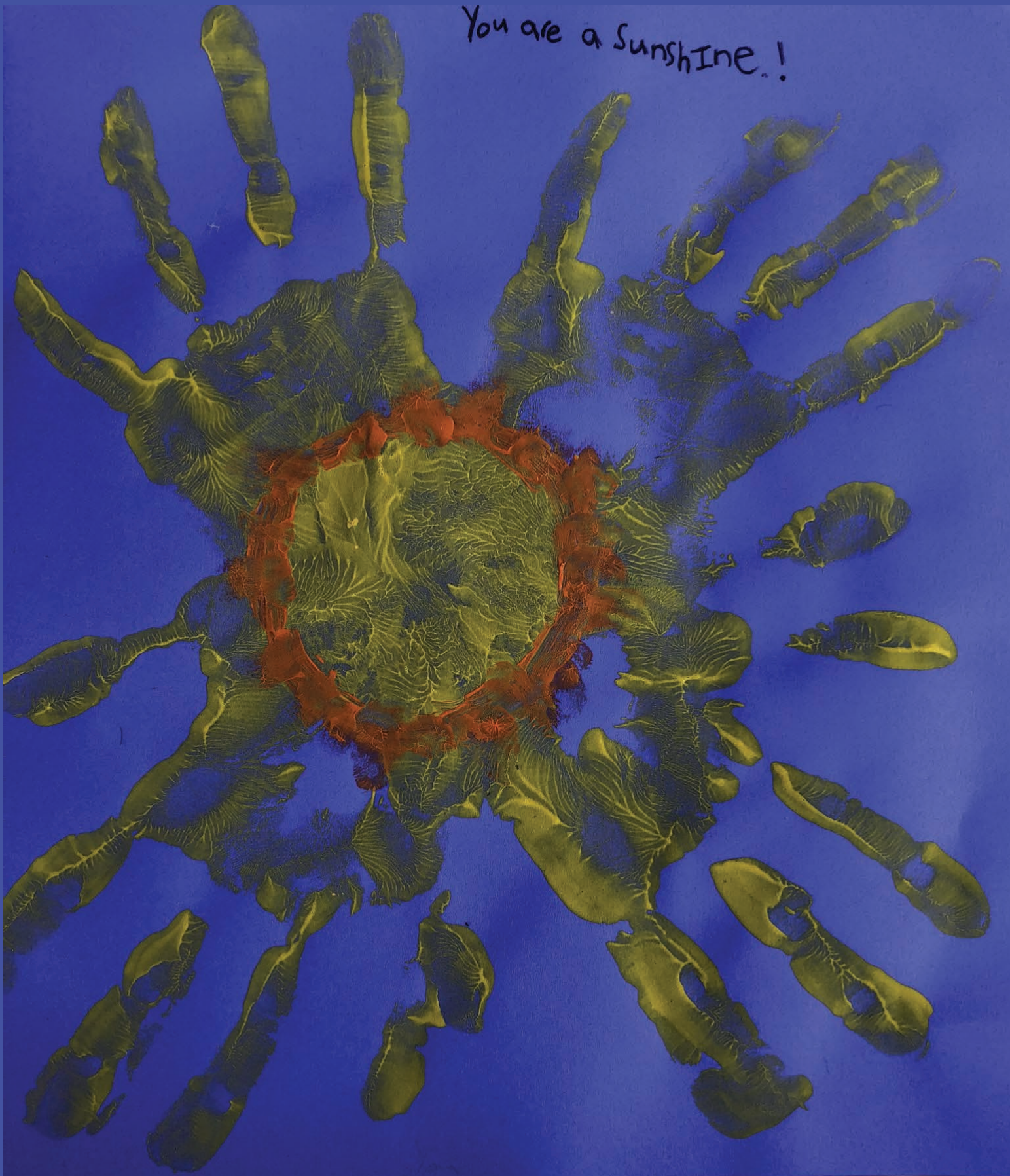


LOVE





You are a Sunshine.!



Hi I am at home now to so you don't  
have to be sad ok! I hope you are ok  
are you? I hope the Covid-19 is over  
soon. Love Lucy, Grade 1.



Hi I hope you're doing  
good.







I know it's hard



being alone + how this  
time but you can get + know  
+ his and get to see your  
family again.



#TELLTHEMYOUCARE



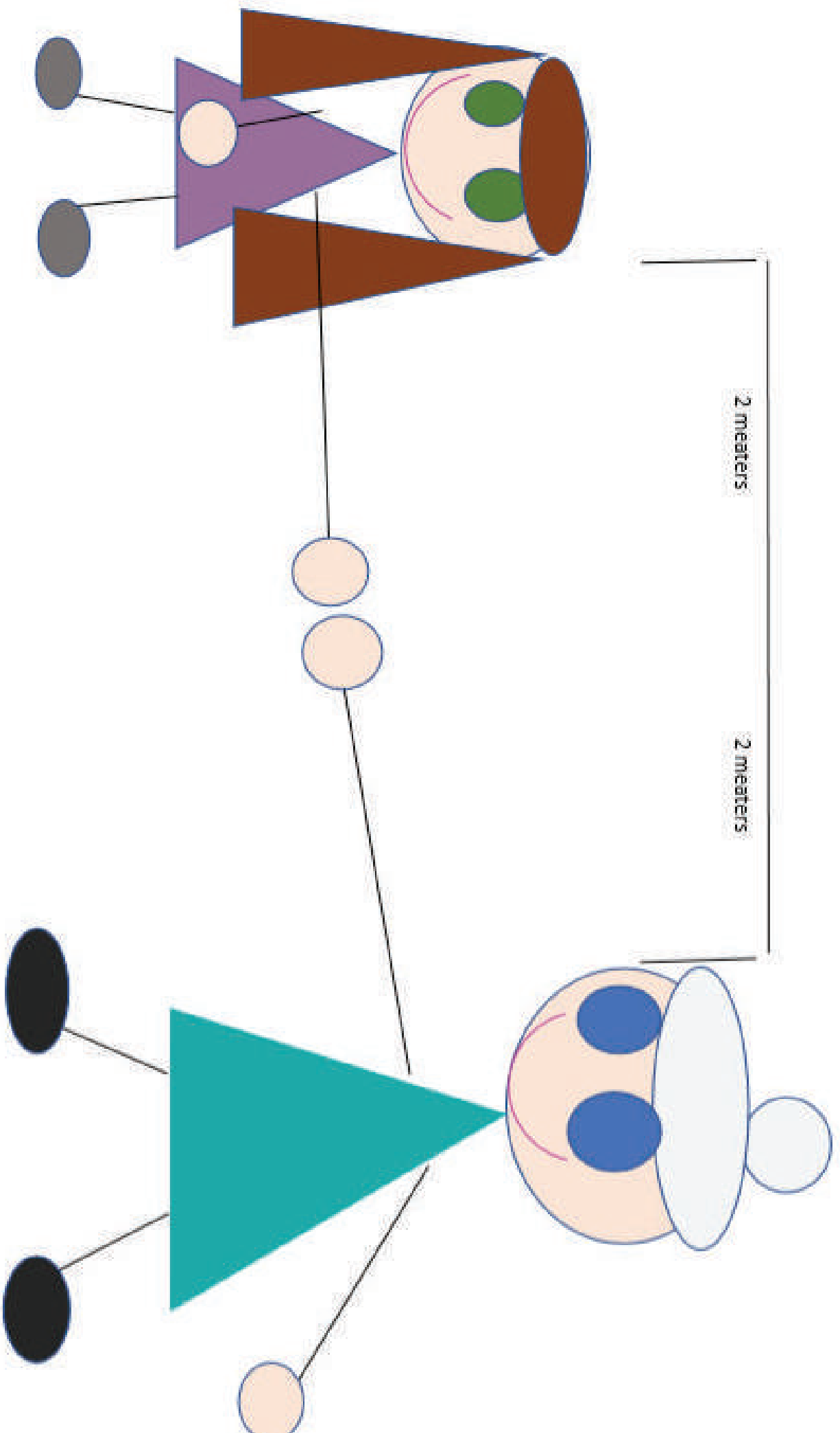
Hello,  
you are in my thoughts  
daily. Take Care.

Sending hugs to you, your friends  
and family.



#TELLTHEMYOUCARE





Dearest Seniors, I hope you are well and this picture makes you happy. I know it's hard to stay inside and do nothing, but hang in there! We can do this together!

Love,

Charlotte

#TELLTHEMYOUCARE





I  
wanted  
to send  
you  
a  
HUG...







Keep  
Smiling  
Keep  
Strong



#TELLTHEMYOUCARE

-Isaiah Dupuis  
Age 8.



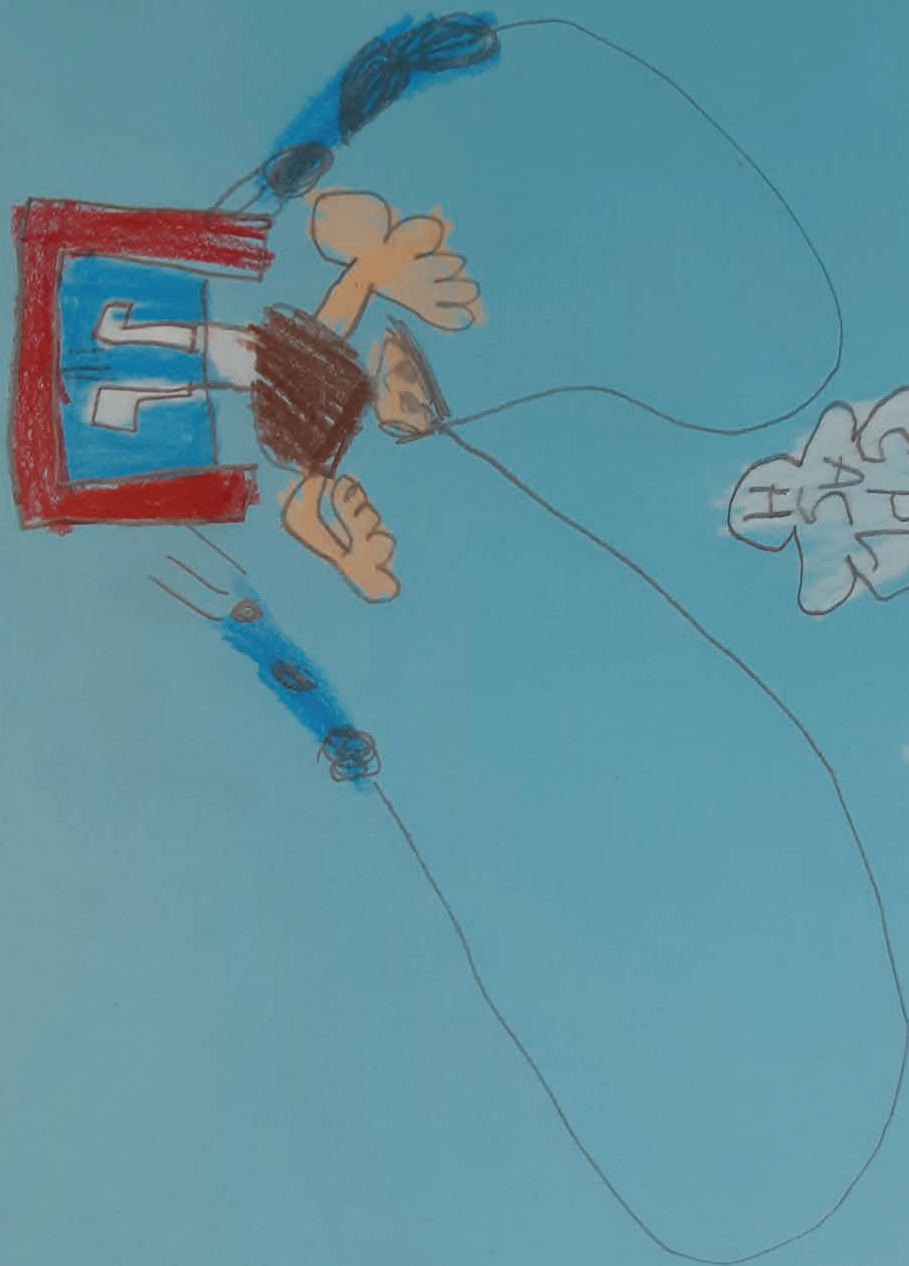


TOGETHER  
WE CAN BEAT  
THE VIRUS!





I K A A +



D A X



Dear BC Senior,

As we all are home bound during this time of Covid 19, I have been thinking of those seniors in our province who because of their age are considered vulnerable to this virus. How difficult it must be for you to be isolated from family and friends, especially as the weeks have gone by.

Please know that you are not forgotten. As I pass by the senior residences and care homes I remember those who live there. I pray that you will be in good health and that you will not worry about getting sick.

I hope you are able to look out the window and see nature outside. Can you see any birds outdoors? They aren't in home isolation and are able to carry on as usual.

Thank you for all the ways you have contributed to others during your lifetime. You are much appreciated.

I pray you will be able to find joy in the small everyday things each day. As you see the cars drive by may you know you are not forgotten. We are remembering you.

May you be blessed today,

Jean

Please Remember You  
are thought of often! We care  
about you, and your health.  
Stay strong and know you are  
loved. ♥



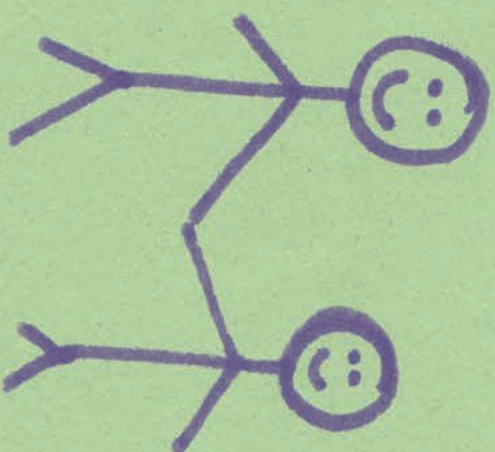
#tell them you care

♥ KANLA



# Hi!

I hope you're doing well. We are always thinking of you during these times, and we are sending lots of love ♥









Princess

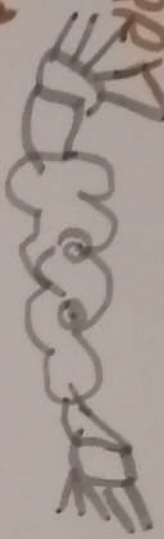
THEY'RE UP!  
YOU ARE NOT ALONE



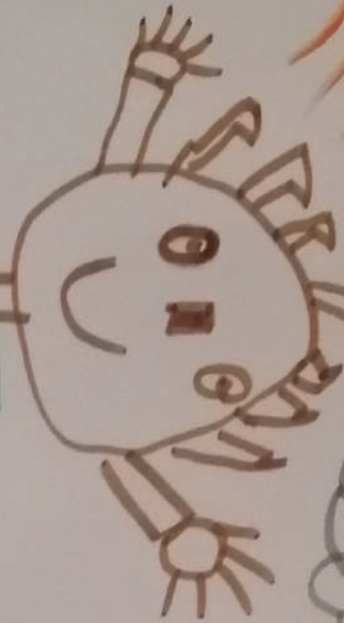




Cherry

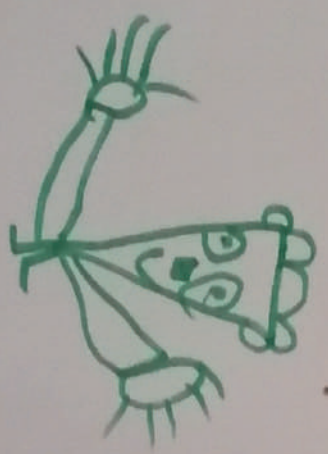


Prayle



15

Pissa



It's ok

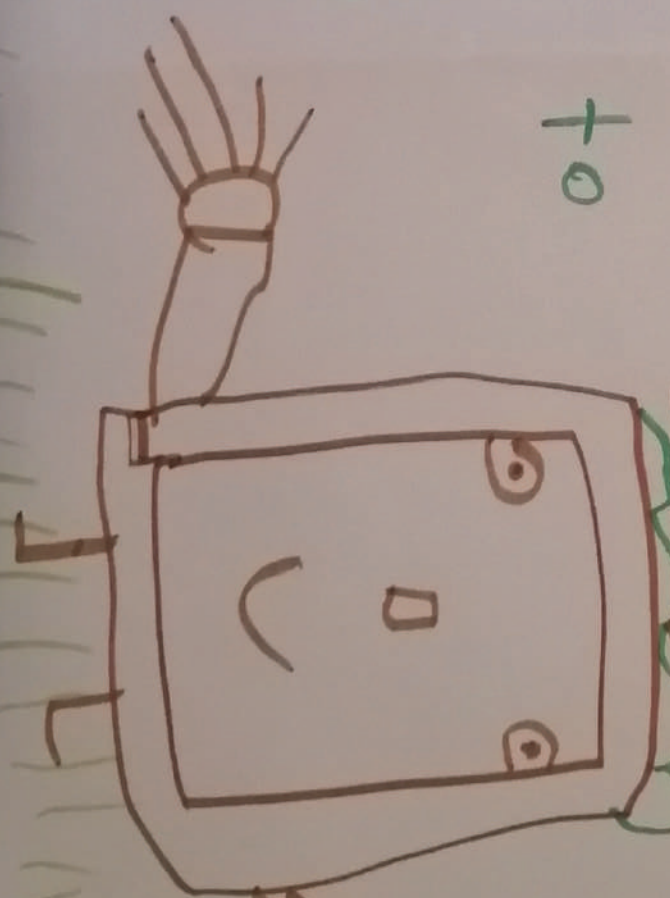
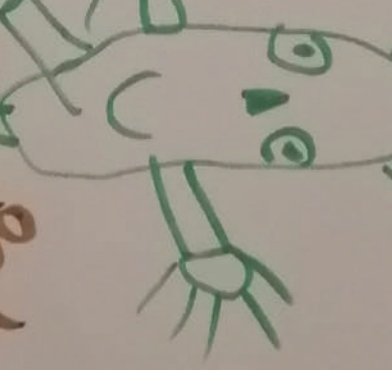
Go fmg

BE fine

You are

to

Sandy rock







#TELLTHEMYOUCARE



#TELLTHEMYOUCARE





┐  
If there ever comes a day

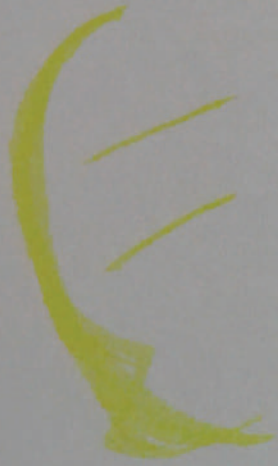
when we ~~can't~~ be together,

♡ keep me IN YOUR HEART

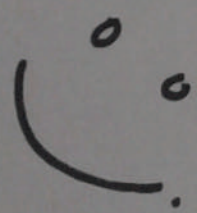
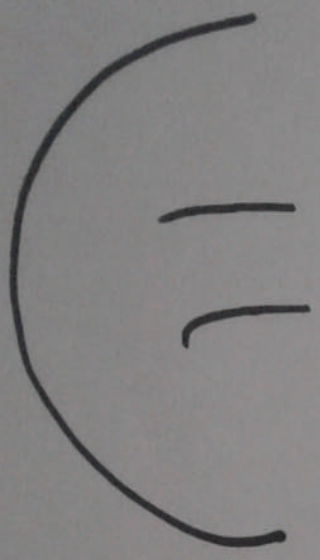
i'll stay there forever.

┘

☆  
# Tell Them You Care!



We are all together and  
will definitely win the war  
against coronaviruses.









Hi seniors, I hope you all know that you are not alone, and that people are thinking about you each day. I might not know you, but I still think of you because I love seniors. Seeing them smile just warms up my heart. I want you to know I'm praying and cheering for you. – Janelle, Vancouver

We may not know each other but I wanted you to know that I think about you all everyday. I lost my mother last year and this pandemic really brings that into focus with so many vulnerable people. Just know that we will do what it takes to bring us back to a place of health and happiness. Much love to you all! – Rick "Poppa Dawg" Halisheff

Sending lots of love during this difficult time. I'm thinking of you and want you to know you are not alone. Stay strong. Stay safe. Stay positive. – Raheesa Jina, Vancouver

You have managed to survive through many crises in your lifetime. I know you have the strength and ability to see this one through too! Please share your stories of strength, coping, perseverance, and survival to the younger generation, who need to hear how resilient 'we' can be. Thank you for showing us that together we can come through this stronger and smarter than we were. – Vickie, Victoria.

Sending love to all seniors at this difficult time. We hope to visit soon! – Kathleen, Coquitlam

As a Senior that lives alone, I find my strength knowing this crisis will stop. I gain my strength knowing my family are ok, two of which are nurses, three are grandchildren. We stay in touch electronically. Always know you are loved by many, use this to comfort you. Stay healthy, sending love! ❤️ – Mary Lou, Kelowna



You are not alone! Stay strong, we will all get through this together. – Danielle, Parksville

Sending sunny thoughts and lots of love! – Stephanie Larsen, Kelowna.

Stay safe and stay healthy. We'll all soon be able to resume our normal activities. With Spring comes renewal and hope. Until you can safely go out again, here's a wee flower to cheer you up. 🌻 – Leslie, Kelowna


❤️❤️❤️ Please remember you are loved and even if you can't see your family or if you don't have family know that the higher above loves you and not be afraid. Things will get better and always stay positive even when it's hard. We can do this 😊 – SP, Vancouver

Greetings from the sunny Okanagan :) Today, my wish is that you feel loved and cared for. This is an uncertain time for all of us and being away from our loved ones and our regular schedule can be difficult. There are so many great things to focus on instead of the sad/scary stuff. I like to read the good news network website in the morning to start my day off on a positive note and it is always so great! Another thing I like to do with my daughters is do our hair and makeup for no reason. It brightens our mood and puts a smile on our face! My son likes to take relaxing baths (still at 13!) and they definitely change his mood. I hope you have something you can do for yourself that lifts you up. All our love and happiness is headed your way! Take care. – Tawny, West Kelowna

I am sending lots of love to you. You are loved! – Holli Broomfield, Kelowna


Sending warm thoughts to all Seniors, especially those in isolation, please know you are in our hearts and prayers even while alone. We're all thinking of you and sending wishes for better days ahead.

Our dear Seniors, Stay strong and healthy. We love you and care for your wellbeing. We did not and will not forget you. – Lucian Ciocoiu, Kelowna

We are staying in for you. We love you all. My 15-year-old son Nate and I  
 – Sherry, West Kelowna

Please know that you are loved even though it is from afar right now. You are always in our thoughts. Be strong and we will be together soon.  
– Lindsey, Kelowna

Sending you love and hugs. Please know that your families are thinking of you and hoping that they will be able to visit soon. – Dee and Bryton Jack, Vernon

I want you to know I think of you every day. I wish I could visit. I know you are seeing all your care aides in masks like they've robbed a bank....hahahah....trust me they haven't. You are all in very good hands and you will have visits again soon. Stay well...be kind...and be patient.  
 – Lisa King, Penticton

Hi lovely people! I hope you are well and safe, despite the separation from everyone right now. I work in a care home, so I know how much you love socializing with everyone and I'm sorry you no longer have that



opportunity. Stay strong and hopefully everything is back to normal soon! – Mya Powell, Kelowna

You have shaped the wonderful world that I enjoy today and want to make sure you know how appreciative the world is for your contribution. Communication is important now more than ever and would love to learn more about the lives of seniors in B.C. – Kayla Wright, Ladysmith

We would like to let you all know, you are an important part of our lives and nobody can take your place! Your husband, your children, your grandchildren, your great grandchildren, your friends, your neighbors, and even your pets, miss you and can't wait to see you again! Give yourself a great big hug from us! Even though we can't be with you, you are forever in our hearts and we love you more than you will ever know.

❤️ – Fern Fulton, Richmond

We are thinking of you and holding you close in our prayers. I used to visit my Mom every day and now can only see her through FaceTime. When I see her and send her love, I want you to know I am sending love to all of you. We can't wait to come and see you all again. We miss you. You are special and so very brave! – Sydney, Vancouver

I hope you are doing well. I'm pretty sure it's very difficult to be so isolated. In a way, I am glad because you are safe. That is the most important part! We are all in this together. Even though it may feel lonely, please remember there are a bunch of people who don't know you that care a lot. – Shelese, Kamloops

Stay safe and know you are not alone in this fight! Our thoughts and prayers are with you always! – Brenda, Kelowna

Hello, I wanted to let you know that I wish each and every person, feeling alone or lonely, the most love possible. I was just speaking with my 80-year-old mother and my heart is broken right now as she is in the hospital (not covid) and feeling so lonely. To hear her voice is heartbreaking that she can't have visitors & is going through some serious issues alone. I feel for anyone experiencing this and wanted to let everyone affected by this isolation know that my thoughts are with you. Stay strong, stay safe and we can all be together again soon! I know I can't wait to hold my mom again, but for now, I hope my words (to you and her) give strength and comfort. – Jim, Kelowna

You are special members of our community family and are our inspiration. Thank you for all that you have done, and continue to do, for our world. Stay safe, stay connected, and keep smiling! – Comfort Keepers, Vancouver

We are all thinking about you! Please stay healthy and safe! This situation will be over, soon enough! Then, it will be the summer and nice, warm weather, again! 😁 – Jeff, New Westminster

Much love and tons of blessings for all of you. ❤️ – Ghonu, Surrey

Hello, dear senior. I hope this finds you well and hanging in there. Remember that old saying – “If you're at the end of your rope, tie a knot and hang on!” Well, it's truer now than ever! I can only imagine how hard it is for you to be isolated from your family and friends for such a long time, and under such difficult circumstances. Please know that I and so many other members of the public are thinking of you daily, and wishing you the good humour and strength of will to get through this. And we WILL get through this, all of us together. I hope you have lots of happy



memories to sustain you during this rather boring time...not to mention some good books, TV shows and movies! Please stay well and focus on looking forward to the day when you can once again visit with your loved ones in person! In the meantime, please think of this as a virtual hug, from me to you. With love and caring thoughts – Barb Zeller, Burnaby

Stay safe & healthy! Your family will always love you whether they are physically with you or not. I'm sending you all my love from Kamloops B.C. ❤️❤️ – Brook

I hope you are all safe and healthy in this time of isolation. We all hope you're finding ways to stay active and entertained. I made beef jerky with my daughter and have started a garden. Reading more. If you have access to YouTube I have been watching the Lion Whisperer Kevin Richardson. Very nice watching the care he puts into these big cats. Stay safe happy and healthy as this will get better soon and your loved ones will be back to visit. – Nora, West Kelowna

I care. I am a Senior as well and I put my effort into what I have as opposed to what I am missing. – Rosemary J Fromson, Abbotsford

Hang in there, your family misses you dearly and can't wait to see you! Stay strong and stay safe! Xo – Rachelle, Surrey

Hello, hope you are doing well in these unusual times. I am busy staying at home with my two daughters. Life sure has slowed down a lot. We are cooking together more, there's no school and no one rushing around. I hope to be grateful for this time one day and my children might look back fondly on some of the memories we are making. Thinking of you

today and all our elders around BC. Spring is here and hopefully brighter days ahead for us all. Best wishes – Suzy, Kamloops

I just need you to know I am thinking about you and that I care. I know these days are long but the good news is that spring is here and you will be able to go outside and breath in some fresh air and smell the flowers and feel the warm sun on your face and you sit on a little bench.

Remember you are loved. 🌻❤️🌻❤️🌻❤️🌻 – Kim Williams, Kelowna

Hi there, I hope you're staying positive in this confusing time. As have most, I've been staying home lots, though we happen to have some guests; my cat had five newborn kittens not even four weeks ago! Perfect timing I'd say. I hope that we can find some nice families who could benefit from having a little baby kitten. I hope you're doing well. Try not to stress about this the best you can, maybe take a minute to think about the people you'll see when this gets better. I know I'm going go hug my best friend as soon as I can. Take this time now to focus on how many good people are in your life. Hope all is well. Have a nice day. ❤️

Hello to my favourite new grandparent! I hope this message finds you well & you are comfortable & cozy with plenty of your favourite meals & past times. I miss the knowledge of my elders so anytime you'd like to share a story I'm all ears. Take care and know you are loved. – Morgan Ray, Vancouver

To all the seniors in B.C.: You are brave, you are strong, you are loved, you are appreciated! Stay healthy and happy. Together we will get through this!



We love you all. Take very good care of yourselves as your lives are very precious to us. Thinking of you. – Glenda Cosgrove, Abbotsford

I know this is a difficult time and we are all isolating. just know you are thought of daily and missed. You have survived many things and will get through this. We may be apart but stand together. Stay strong and be safe. – Donna, Kelowna

If I could have just one wish  
I'd stand you in my place  
Then you'd know how much I miss you  
You'll never be replaced  
'Cause you matter to me and that's why (and that's why)  
You still matter to me  
And that's the only reason I need to get by  
You still matter to me, yes you do

Thinking of you. Stay safe. – Deb, Kamloops

I know it's hard not to get swept up by the fear and anxiety of uncertain times. Wherever you are right now perhaps try to anchor yourself in the moment by noticing the things or people that you value. When we are anchored, we can feel stronger and more in control. Wherever you are, know that we are all in this together.

Be strong. Many love and think of you. Special you are. God is here too watching over. I care so much about your happiness. – Linda

Each day I stay home is worth saving you! You are cherished even while we can't be face to face. ❤️ Keep doing your best to take care and

breathe easy! We miss you and pray you are well! See you soon! – Leslie, Vancouver Island

You have survived so many things: wars, great depressions, polio to name a few. You will get through this too. Stay strong, we are thinking of you all. I found a quote I am trying to live by, it says, "Forget the days troubles. Remember the days blessings." Take care all of you. – Shelley, Surrey

My grandmother had an Irish background so I have always like things Irish. One of my favorite Irish things is this old Irish blessing:

May the road rise up to meet you.

May the wind always be at your back.

May the sun shine warm upon your face,  
and rains fall soft upon your fields.

And until we meet again,

May God hold you in the palm of His Hand.

Stay well and big virtual hugs to you all.

– Dave Umbach, Burnaby

Thank you for being YOU!!! Your stories, history, perspective on life, sense of humour....you are cherished and appreciated and valued. None of us could be who we are without you. You are SOOOO loved and I am sending invisible hugs to you!!!!!!!!!!!! – Elizabeth, Chemainus

Stay Strong ❤️ Be Safe ❤️ – DH, Salmon Arm

Greetings from Kirkland, WA! I wish I'd had grandparents growing up but sadly they passed away when I was young, and I'd love to have you as my grandparent. Always know that you are not alone, and someone does



care. Wishing you a wonderful day today, tomorrow and forever on. Love from Megan xoxo

Hello. I know you are a very strong person. I know because you have already survived many difficult times in your life. I want to thank you for all the contributions you have made in your life and that you will continue to make as long as you live. I want to remind you that you are loved and cared about by many people, even people like me who have never met you. We are all thinking about you each day and wishing you the courage and strength to make it through the challenging days ahead. You are special, you are strong and you are cared about more than you know. Look forward to brighter times ahead they are on the way! Stay safe. Stay well. – Diane, Sechelt

Know that so many of us are thinking of you and rooting for you even if we don't know your name. Your decades of building and supporting your community and country is deeply appreciated. Hope to see you all out and about soon. 🤔

My dear precious ones, know that you are in our hearts ❤️ during these challenging times and that you are dearly loved. We pray you stay safe, strong and healthy during this isolation period. In your time of isolation, we have isolated you in our loving hearts. Bless all of you. 🌻 – Lily and family, Penticton


Be strong, be brave! There are many who care for you. – Karen Gunn, Kamloops

Hello, while we don't know each other I do think of you. I think of you as someone like my grandma, who might be home alone without family

nearby. Maybe you do have family but because of the pandemic you are not able to see them. I'd like you to know that there are people that are praying for you. Praying for your health and wellness, mentally and physically. I hope that you're getting the care and groceries that you need. I'd like you to know that you are loved and cherished and valued. Stay strong. – Colleen, Kelowna

I am almost 70 myself but wanted to contribute as well. I know it is tough not seeing children and grandchildren, but we want them to be safe, and at the same time protect ourselves. I was thinking of starting a journal. How I feel but mostly telling my grandchildren about life in the "old days." lol Stories about my parents and grandparents. Kids love this stuff and it will become a family heirloom. Love to you all and thinking kind thoughts xo – Laurie Zboyovsky, Duncan

Hello dear friend! I know you may be feeling a little blue, but just to know we're thinking of you. We can't give you a real hug, but hopefully a virtual one will make you smile. This crazy time will only last for awhile. – Anya, Victoria

Thank you for all you have done, sending  love – Joan Cahill, Victoria

Hi seniors! I hope you're all doing well and are finding something to be happy about everyday amidst these difficult times. I know everything is a little weird right now but I'm trying my best to enjoy this indoor time by starting new hobbies! I hope you are all doing the same and trying to have fun and try new things while obviously staying safe and healthy. Soon, everything will return to normal and we'll be able to go outside and enjoy the sunshine that we are blessed to have. Please stay positive, you are loved and cared for and we will get through this together. Much love.



Sending you love, hugs and smiles ❤️ – Snezana Ristovski, Burnaby

You may feel very alone inside your care home or inside your own home. Please know that there are many of us understanding how hard this is for you. though we may not know your name personally...we see and feel you. You are in my thoughts and prayers every single day..Sending you love..this will pass – Judy, Campbell River

Having had a father in care, I can only imagine how challenging this moment is for you and your family. Please know that you are in my thoughts, you are valued, and you are truly deserving of great love and care – today and every day! – Sue Porter, Vancouver

Thank you for allowing me to send you a message. I just wanted to let you know that there are people out here that really do care and love you. You have struggled through hard times before and this is just for today not forever. My wish for you is love, kindness, and good health. In the near future you will have those needed hugs. Keep your chin up and that wonderful smile on your face until you can see that special someone again to make it bigger and brighter. Lots of Virtual Hugs – Chandra, Kamloops

Good day to you. Want you to know how much you are valued. You helped to create Canada and it became a wonderful place to live because of your efforts. Your knowledge and wisdom is important to us as a people. Please stay well and remember you are loved and appreciated and missed during these days. – Victoria Sawanas, Campbell River

May you know how much you mean to each & everyone out here. You are the keepers of our history, the tellers of stories, the ones we look to when we are hurting & are in need of support in troubled times. You are the loved 'grandparents' of your communities; related to all by your care. It hurts so much to know that you are physically separated from your loved ones at this time, but please know, this virus cannot destroy LOVE. Your community loves & cares for you. Stay well. Stay strong. Thank you for always being there for us. I always think of Vera Lynn's song..."We'll meet again, don't know where, don't know when..but, I know we'll meet again some sunny day". And, it will be a sunny day when you meet your loved ones again! HUGS!!!

Thank-you to the seniors who have given us so much love during our lives. You are not alone, your stories and lessons are with us and our thoughts and healing energy is with you during this very trying time. Thank-you also to the caregivers who are there for our loved ones when we cannot be ❤️ – Shannon, Kaleden

I just wanted to say hello and tell anyone that needs it that they are loved. We are all working together out here to stay home, flatten the curve and get things back to safety as soon as possible. I work in the schools and I'll leave you with one of my favorite jokes that the kids always like:

What do you call a cow with no legs?

Ground beef! – Sara, Cumberland

Thank you for blazing the trail for the rest of us. Please stay healthy and be there for us. We need your wisdom, we need you in our lives. May God bless you and keep you safe. ❤️ – Donna, Kamloops



I have a funny story to share with you this morning. We were outside weeding our bank yesterday afternoon. While cleaning out a planter of daisies, I found something down on the dirt, under the leaves. Thinking it was the top of a mushroom, I took it out. Guess what it was! A piece of a cheeseburger! A crow hid it there. Hope this makes you laugh. We sure did. Sending hugs. 😊❤️ – Judy Harris, Nanaimo

Hello fellow BC senior. During this time when all seniors have to stay home, I wanted to contact others to tell them that I know how difficult it can be to be cut off from family and friends. As I think of all the care facilities, my heart aches for those who are struggling with loneliness. I care that you are so isolated. One thing I can do is pray for you and I am doing that. May you sense that you are not forgotten and that as Canadians watch the news they remember your situation and that God sees you. May you be encouraged today and may you find the small joys in your hours this day.

Blessings across the miles – Jean, Surrey

Three weeks ago, I received the opportunity to drive small hot meals to Comox/Courtenay seniors that are shut ins & unable to shop. During deliveries I often see them smiling as they thank me from a short distance. As a senior myself I'm very thankful that we have Island societies helping many elderly individuals with this great service. – Gilles A. St Denis, Comox

Today is a new day....one that brings us hope as we wait for a better tomorrow that we know will come! I am thinking of you right now and hoping that you can see my smile and feel my hand in yours! Although we're not really together physically, our hearts can be together. I'm sending you a heart hug together with sunshine and flowers and fresh air

and puppies. All the simple things that make a day wonderful! Hold on, knowing that you are valued and cared for. We'll make it through together! – Debbie, West Kelowna

We are thinking of you, we pray for this unusual time to end, but we also pray that you stay safe and protected. Your safety is a priority! We owe you much, part of it is to keep you safe, but also not lonely! You are in our prayers and hearts! – Rola Doudin, Victoria

Dear seniors, please know that you are loved and that many people are thinking about you and your wellbeing in these difficult and strange times. I hope you read this knowing that. I hope you are keeping busy with activities that you enjoy and know that when this is all done that you will be able to enjoy the things you missed that you may not currently be able to do. We are sending you lots of love! ❤️❤️ – Olivia, North Vancouver

Sending love and prayers to you all during this time. I know how important it is to be able to visit our parents and grandparents who may live in care homes etc. as I spent every day I could with my mom while she lived in an assisted living home and I couldn't imagine not being able to see her. I hope your days right now have smiles and laughter and you are staying happy and positive and having some laughter. Please know we love you all and we are thinking about your ❤️❤️🙏🙏 – Caren La Fontaine, Langley

Hello there 😊 My name is Eleanor and I live in Vancouver. It's so lovely to meet you, even though we can't be introduced in person right now. I moved to Canada from England three years ago and I think of my grandparents every day. I love them so very much. England has been in lockdown for the same length of time as Canada. Like Canada, England's



strength comes from its people – and their ability to show love, kindness and friendship in times of crisis. It feels so frustrating to be stuck inside, doesn't it. But we are strong, and resilient and very much loved. I hope this letter makes you smile. Know that it is written while smiling – and this way, we can continue to smile together every time you re-read this 😊

The sunsets in this country are so very beautiful. To pass the time during lockdown, my fiancé and I have been doing lots of puzzles. We got a brilliant one from the Vancouver Art Gallery. On our last daily run we counted 6 herons and one beaver – all taking advantage of the quieter streets! This letter comes with so much love and well wishes. Know that I am thinking of you, and that this time will pass. I will end on a joke and a line from my favourite poet, Philip Larkin: What do you call a dog that can do magic? A labracadabrador. "What will survive of us is love" Wishing you happiness and health. With love from your new friend – Eleanor, Vancouver

Dearest Seniors! We're sending you a note with a lot of smiles 😁😎😘😊😂😄😁 and wishing you good health. Take care and stay strong. From Ev & Tom.

Greetings my lovely senior friends. I am a volunteer for the Priory. I love you all so much and miss you terribly. You are beautiful and bring me much joy when I'm with you. Hope to see you soon. God loves you and so do I. – Arlene Holland, Victoria

Dear friend, I hope this letter finds you well, and enjoying the sunshine we've had of late. There is nothing quite as lovely as sun pouring into a room, filling it with warmth and light and good memories of days gone by. What do you think of these unusual times? To me it feels as though in a time when we all must stay apart, we seem to be coming closer together, in different and meaningful ways. This time might be remembered down the road as the period when we all learned how to

live as a community again, putting aside selfish goals and instead looking for a way to connect. I think of that when out for a bicycle ride along empty streets. Passing people out for a walk, I find many a ready smile and cheerful hello. That seems a good sign of better days ahead. So, here's to a bright future with more kindness and cheer, more connection, and a united sense of purpose as we seek new ways to come together. And your guidance, your experience learned from the hardships of yesteryear, that is invaluable to younger generations. Please write it down, record it, or just talk to someone about your experience, your story. We need you now more than ever. – Jo Slade, Sidney

I live by myself and I am afraid too. You are not alone. I try to write down 10 things each day that I am grateful for – sometimes it is silly things, like a cup of tea, seeing the sunshine or the rain. You WILL make it thru until you see your family again! – Frances Pylypiw, Chilliwack

I just wanted to let you know that I am thinking of you. We live in a world that was built on the hard work and committed efforts of our elders and we owe our opportunities and quality of life to people like you who paved the way for us. The seniors of our province can be seen everywhere, and your contribution is so important. There are so many people thinking of you guys and wishing you well and I hope that you can feel that in your hearts even when you can't see it or hear it for yourself. Please take care and stay safe and enjoy the Spring! – Brianne Hagardt, Salmon Arm

You are in our thoughts. Please take care and know we are thinking of you. ❤️ – Sonya, South Surrey

This too shall pass... 💙



I just want to let you know that there are people out there that love you. I know sometimes you feel alone or that nobody cares but you're wrong. You are loved and most importantly you are not alone. In your long lives you have touched thousands of people, they love you, you have made friends, they love you, you have inspired people, they love you, and you have built families, they love you. So, whenever you feel alone or unloved, keep a smile on your face and remember that you are not alone and that you are loved. Stay strong. – Reegan, Kelowna

We are thinking of you all and are anxious for you as our valued loved ones. Together we will get through this. You are not alone and the warmth of positive vibes and virtual hugs are trying to fill the void until we can visit you all again to share stories and laughter and just be...together. – Yvonne Krause, Vancouver


Good Morning. Another sunny day and my thoughts are sunny too. I am thinking about you and wishing that you stay strong, healthy, and happy. Wish I could give you a big hug and hold your hand. Hope that you find all these heartwarming messages uplifting. Sending lots of love. – Sidney Bending, Victoria



Respected seniors, we just want to send our thanks to you for your wisdom and efforts to build up Canada as it became a wonderful place to live. Canada is giving very good life to our international students. We are visitors here from India and are feeling very happy to live in Canada environment and pleased to see very good rules for human rights. We pray to God for your happiness. – Nirmal Singh, Mississauga

Hello! I hope you are well and managing to keep your spirits up during this difficult time. Please know that it is not only your family thinking of you right now, we all are. I hope that it is not too much longer before

your loved ones can visit you. I'm also looking forward to when my children will be able to visit again. Meanwhile, I'm spending much of this time playing with my new puppy and kitten, and I'm sending a picture in hopes that it gives you a smile. – Margaret, Clearwater

Thanks for being the amazing teachers that you are. I owe so much of my knowledge to elders. It means that I have fantastic "granny skills." I can knit, sew, can and veggie garden and these are just the skills to keep the world turning when we must fall back on our own resources. I'm sorry y'all can't get out as much or have visits with loved ones. I too miss hugging people. P.S. My Gran was wrong good handwriting is not a prerequisite for a civilized life and a University degree is not a guarantee of better income. She was right on everything else! I hope you have lots of fun things to keep you engaged. – Johanna Palmer, Victoria

May your days be filled with sunshine  
May your hearts be filled with love  
May your hours be filled with pleasure  
And with things you are grateful of 

We have so much to be grateful for even as we isolate and distance ourselves...our family, our friends, our caretakers, our treasures, our memories. Let's focus on these things while the world heals itself, and simply enjoy this beautiful time of the year and all it offers to lighten and brighten our hearts! Wishing you joy, good health, happy days, and peace of mind  from one senior to all others, Regards  – Coreen, Westholme

Hello all! Just wanted to let you know that I am thinking of you, and I hope you all are staying safe and healthy. May God bless each one of you during this time. – Wynonna Klaassen, Chilliwack



Hello everyone my name is Madeline and I would like to say that anyone here who feels like they have been forgotten one thing to say is that you will never ever be forgotten people out there still love as much as family and friends so keep your head up high! – Madeline Owen

This is a message to all seniors who are isolated from family and friends during the covid18 pandemic. Know that you are loved and thought about more so than ever and want you to stay safe and healthy and that we will see you again once this crisis is over. – Randy Cronsilver, Port Moody

Hello, just a quick note to wish you good health and cheer. I think of all of you missing your friends and family and how hard that must be for all. I also know you are strong, stronger than we are because we haven't lived through what you have, the depression, wars and diseases there were no vaccines for. My folks have passed now, but they, like you, set an example for us of how to live the best life and carry on, for that I thank you. Stay strong and keep smiling. – Sandy, Surrey

Hey, hoping that you are all staying safe and healthy concerning what's all happening these days. Just remember that "it's a good day to be happy" this can be brought into our everyday life. Much love ❤️ – Lenae Hannah, Chilliwack

親愛的長者，我們大家每天生活在天主的愛中，雖然現在因為有疫情，所以你們的家人和朋友不能每天去探望你們！但天主的愛和關懷每天都和我們一起！大家都一起努力和堅持，因為有天主保佑我們，疫情都會很快過去！請保重身體，多休息！

Love you all and keeping you in mind as we carry on through our days as well. Keep on smiling and think about how much fun we will all have once this is over.

Good morning, I hope you are staying safe and healthy in the pandemic. I hope you are having a good day! it is a very sunny day my thoughts are sunny I hope yours are too!

We are thinking of you all! Take care and stay health. We will visit you all when the situation get better. God bless!

Hello to a well-loved person. I am reaching out to you at this time to tell you that you are appreciated and valued! I come from a European background and have always valued the family unit. Seniors bring wisdom and practical thinking during this time! These times won't last forever so know we are all going through this together! Have a positive healthy and happy day! Hugs – Michelle, Kelowna

Dear B.C. seniors, we are sending you tons of love and blessings to stay safe and healthy. Just let you know we are all going through this rough pandemic with you. Remember to eat and sleep well and have some desserts whenever you can. Love and Kisses! Have a good day! – Ophelia Leung, Vancouver

"For God is not unrighteous so as to forget your work and the love you showed for his name" Hebrews 6:10 We remember too ❤️ We love you, we're staying home to keep you safe ❤️ You are very precious  
❤️❤️❤️❤️ – Tish Heath, Victoria



Another day of sunshine coming through the window. Hope that lifts your spirits. Thinking about you and hoping that this message finds you well. We can get through this together. I am blowing kisses. Sending you lots of love. We care. – Sidney, Victoria

Hello, my name is Ben and I am 12 years old. I just wanted to say that even though we are going through some hard times we will always be there to help and support you and we thank you for staying inside and staying safe. We all want you to know that you're not alone and we will be here if you ever feel alone or sad to cheer you up and make you day better. Staying home is hard, not getting to see my teacher and friends, but I know we're all here for each other on this small planet that we call home and we will all get through this with each others help. Try to focus on the things that make you happy and make you smile. Some of the things that make me happy are my pets. I have two cats. Hobbes is the black and white cat and Penelope (penny) is the tabby cat, and one dog named Lily. I also have two Geckos. I hope they make you smile and happy too! – Benjamin, Maple Ridge

Stay healthy, happy, and safe! Remember, you are always loved! May God bless you.

Hi there my friends! You don't know me but I'm thinking about you and sending a big hello and hug. It's a scary time right now and you might be feeling a little down or alone. Just know that there are people out there that care and are here for you even if it's from afar. I lost my grandparents a while ago and am so grateful for the time I spent with them, hearing their stories and sharing such special moments. So please stay safe and keep strong. We look forward to hearing your stories and creating special memories with you soon! Much love and health. – Kimberly, Vancouver

Hi! Hopefully you are staying strong during this crisis I know it must be so hard being isolated from your loved ones but I hope you are still feeling all the love everyone is sending you! My grandma lives far away and I can't wait to go visit her when this is all over the same way I know your family can't wait to see you! You have lived through so much and your strength is so inspiring to all of us! Stay smiling and healthy and know we have not forgotten about you! We are all sending endless amounts of blessings and kindness to you - Nic Ekelund, Langley

I am thinking of you today with love. I know it must feel strange and lonely right now to have to be so cut off from friends and family visitors. My dad was in a care home some year so ago and they had a lockdown due to a bad flu that was circulating. He was almost deaf so unable to talk by phone with us. I wanted him to know, as I want you to know, that love connects our hearts even when we cannot be together. Close your eyes and imagine the warm, comforting hug I give you, and the joyful laughter we will share when this difficult time has passed. You are strong and have faced difficult times before. We will get through this. Xox - Anita, Cobble Hill

To the older men!

You are the legends of work and strength. You are the men of family values and true character.

If only us younger men could aspire to half of your achievements. We too would have something to be proud of, to share with the younger generation. Thank you for your example in life!! - Tim, Kelowna

To the older women!

You are our grammas and mas...

Remember the song, gramma we love you, gramma we do, even though you are far away we think of you...



Thank you for being a lady, a homemaker, a nurse, and a storyteller. –  
Tim, Kelowna

Hello all! Just wanted to let you know that I am thinking of you, and I hope you all are staying safe and healthy. May God bless each one of you during this time. – Wynonna, Kelowna

親愛的公公，婆婆，你們要撐住，保重身體。你們在外面的家人好掛住你們。  
。疫情過後，是見面時！💪 – Yvonne, Burnaby

To all our lovely and amazing elders, know that even though we can't be with you right now, laughing and sharing stories, we miss you and can't wait to see you again. Don't ever think you are alone. You are in our thoughts and in our hearts. Stay safe until we meet again ❤️ – Julie Williams, Ladysmith

Don't worry know that you are not alone and that everyone loves you thank you for all that you do stay home stay safe and this pandemic will be gone soon enjoy spend time with your family take care. – Neyha, Surrey

You will be okay we have faith in you. Just make sure you take care of yourselves. Don't think about your loved ones too much. Stay safe in the situation right now. I hope you take care of yourselves bye.

I hope you seniors stay safe and stay inside and that the covid will be done soon 😁 – Lindsey, Surrey

Please Remember you are thought of often! We care about you and your health! Stay strong and know you are loved. – Kayla, Chilliwack

I hope all of you stay okay. Nothing will happen to all of you if you stay strong – Armaan, Surrey

Don't worry, stay safe, be happy. Remember that you're not alone, stay strong and to take care of yourselves. 😊❤️ This pandemic will be gone soon!!

Hello! I just wanted to come in to here and say that I support you and that I believe you all will survive this hard time. :) – Samantha, Surrey

Seniors please take care of yourselves especially if you are living alone....always try to stay connected via phone, email, social media or a friendly wave to a neighbour. Make reaching out a daily routine. Thankfully, we're Canadian! – Ruth MacLaurin, Campbell River

Wishing you comfort and health during this time. I hope you hopeful and strong, always remember that people do care about you, even though it can be hard to reach out during this time.

Greetings, being a senior myself, I want to encourage you in this time of trial for everyone. You are not alone, every one of us are thinking of you, we hope you stay well and safe. Also, we share love for you, as part of our community. I care for you very much, we must stay strong, this will pass. Hope you are getting the help you need at this time. So many people care about you. You are such a valuable part of our society, we all must stand together to beat this virus. Please know that we all care about your well being. – Karen Skjonhals, Agassiz



We all care about you and respect you all. Don't think that you are being forgotten because, you are not. Your loved ones love you all very much. Your loved ones might not be with you all the time, but they are still in your heart. Stay safe and healthy. Take care! 😊❤️

May your day be filled with all kinds of bright sunny things. You make our heart smile. We love you. Just wanted you to know.

Hi there! Just thinking of you all, and sending lots of love and best wishes :) - Aaron, Roberts Creek

Hello! I'm sorry that you are alone during this difficult time and will not get to see your family, but I want you to remember that you are loved and you make your loved ones days a lot brighter by showing that precious smile of yours! - Aman, Surrey

Thank you a lot, B.C. seniors. We care a lot about you. You aren't alone we are here with you and all together we will get across this tough time. - Harveer, Surrey

Dear seniors, we are always thinking about you. Stay safe and healthy this tough time will be over soon. - Manreet, Surrey

I hope anyone who is reading this is well, and safe inside. To all the seniors you may feel like you're not doing enough by staying inside of your room. But you're doing more than enough. You staying inside will not only help flatten the curve, but will keep you and those around you safe and healthy. It must be difficult for you to be alone. But just because

you are physically alone doesn't mean you are not cared for. There are people all around the world thinking of you and feeling for you. And remember just because you have to be social distancing, does not mean you have to be socially isolated. Talk to a neighbour from a distance, call your family/friends, and FaceTime those you care for. Stay safe. Stay home. Stay healthy. Stay happy. – Harleen, Surrey

Hello to all. I heard on the news yesterday that there is a young boy (about 7) who wants to lift people's spirits. So, he created a joke stand (like a lemonade stand) at the end of his driveway. When people passed by, he told them a joke to make them laugh. Here is one of them.

Why did the elf want to go to school?

Because he wanted to learn the ELFabet.

Hi, hope all of you stay okay. I know times may be tough not seeing your family. Just know people care about you. I hope you have the most terrific day ever. – Tushar, Surrey

I hope all of you stay safe. If you stay strong and have confidence WE WILL overcome this virus. Stay Home and Stay Safe. 👍❤️ – Jas, Surrey

Hello, I hope you guys are staying safe and are stay at home. Do not worry about the Covid-19.

Dear Seniors. These Grade 4 students would like you to know that you are thought about each and every day. We care! Together we are strong!



Hi seniors I hope you stay safe and healthy. Just make sure you take care of yourselves and remember you are not alone we all are together. Have a great day. – Ashveen, Surrey

I am thinking of you and hope you are okay. – Chase, Maple Ridge

Hi, I just wanted to say that we care, and we are here for you ❤️ I hope you having a good day, and I wish you comfort in these times. Stay safe and take care.

Showing we care about you by keeping you safe. It's a challenging time, but we will all get through this together! Wishing you comfort and health until we are all back together again.

Just sending you some warm thoughts and some hugs at this time... we want to let you know you are not alone..and even if we don't personally know you..We care about you!! XOX – Mamie Hutt Temoana, Saanichton

I hope all the senior citizens are doing okay in this crisis. If you are worried then you can talk to someone on the phone, write on a journal, and make sure to get some fresh air. We are all with you. Have a great day

For all the senior citizens out there, I hope you are doing good in these tough times. If all the senior citizens are a little worried you can talk to someone on the phone, maybe start a journal, and make sure to get some fresh air but make sure you are 6 feet away. We are all with you. Have a great day.

Hi everyone! I just wanted to let you all know that you are thought of and loved! :) Stay strong and safe!

Even though the world is not normal you should not feel alone we are all in this together we help each other, and we greet each other just note that you are never alone.

I hope that all you nice seniors will make it though this virus. – Gio

Hello! I know life is probably hard right now, but don't worry we will get through this. Just stay home most of the time and maybe go for some walks to get some fresh air. Call your loved ones and check on them every now and then, also be careful. Hope u have a great day :) – Hailey, Maple Ridge

Times like these show us what really matters in life and what to be grateful for. Every older adult has my respect and admiration because you are a survivor, not everybody can make it to old age. Just like the many things you have survived to get to where you are today (and made you stronger) you will survive this!

I hope you are doing well and enjoying the little things (like ice cream) – Meeka Marsolais, Vancouver

Hang in there, it'll get better! – Erica Sumas, Washington

You are not alone. Please know that you are thought of often. We care about you, about your health, and about protecting you from this pandemic. It can't last forever. Stay strong. You are loved. ❤️



Thinking of you all! Stay safe, we will get through this! – Andrea, Surrey

Hang in there! What goes up must come down. We can do this TOGETHER! Love, CHARLOTTE ;]

Skies are grey today! But thank God finally rains – come and nourish the thirsty grass. – Lisa, Richmond

Thinking of you! Take care and stay safe! – Lexi, White Rock

You are not alone. Please know that you are thought of often. We care about you, about your health, and about protecting you from this pandemic. It can't last forever. Stay strong. You are loved. ❤️ – Laura

Thinking of you all! Stay safe, we will get through this! – Andrea, Surrey

I do not know how old you are or where do you live in BC. But just think you are not alone. The summer sun, which will be coming, will shine all of us. You need a bit of tenacity, and united, we shall march through the storm. Have a nice day. – Hin Lee, North Vancouver

Thinking of all of you during this pandemic hope all of you are staying safe, healthy, and strong. Sincerely – Nathan, Maple Ridge

Hello! I hope this message finds you well. I was just thinking about you today. I know it's been hard for you during this pandemic. But please

know that I love you and you're not alone. Look after yourself and stay safe. And if you can, smile a little for me, as you read this :) Lots of love to you ❤️ - Farhana, Vancouver

Warm greetings! Today was Earth day! It's so lovely to feel so connected to all of the living things around us. I reflected on travel across seas, hiking mountain tops, star gazing warm summer nights, and breathing in the fresh air that the trees and plants supply us. May you too reflect on the pure beauty you have experienced from this planet throughout your life! Have a wonderful week! - Daneka, Kelowna

Hello! Today we celebrate Earth Day where we understand that we are connected to each other. We have our memories and the knowledge that there are family and friends that love and care for us. These times will not last forever and I would like you to be confident that in the near future you will be once again around the people that you love and that love you. Take care of yourself! Michelle 🤗🌻🌻

We are here for you! - Isabella Kirkham, Maple Ridge

Hello, I want to wish everyone well that has been struggling with staying away from everyone. I wish the best of health to you in this awful time. Stay safe and wash your hands ❤️ - Avery Van Beek, Maple Ridge

Some things just take time. Stay patient. Stay positive. Things will get better.

Hello to everyone. My heart is with you. Sending plenty of smiles and online hugs your way. I hope you are finding some beauty in spring. Here



is a wonderful poem by a famous Japanese haiku poet. It is one of my favourites.

The snow is melting  
And the village is flooded  
With children

- Sidney, Victoria

Hello there. I'm just sending a note to say hello-to introduce myself, and to let you know that I am thinking of you. I live on my own too, so I understand how lonely it can get. I'm sending you a virtual hug! - Darlene, Vancouver

Sending some love your way. - Elizabeth, Burnaby

Stay safe! I know it's hard, but you can get through it. - Pippa, Maple Ridge

Thinking of all you that are missing your loved ones in a care facility or staying at home staying safe. The care aids are doing a wonderful job taking care of you all, I pray they get enough rest, they work so hard, sending a sunny day picture to you all, I hope the sun shines down on you soon, and all will be well. Hugs to you all. - Lynne Kinsey, Kaleden

Hello everyone. Know that you are in my thoughts and prayers every day. Think positively, it makes good things happen. All will be well again. God is good and he is helping us through this bad period, even if you don't realize it yet, but soon you will. I pray for all of you every night. Hugs to all. - C.S.D., Vancouver Island, B.C.

Dear Seniors, I wish you all stay happy, healthy, and safe. May your days be filled with positive thinking. You are all loved and not alone during these tough times. Together, we will get through this. - Jeevan, Surrey

Hello! I just wanted to say that I hope you're healthy and happy during these difficult times. Wash your hands, keep yourself entertained, and relaxed. I hope you have a great day! Don't forget that we are all in this together. :)