

LET NO ONE BE ALONE WEEK will be dedicated to **REACHING OUT AND CONNECTING WITH OLDER ADULTS** who live alone, as well as those in care facilities.

SSM invites everyone in Saskatchewan to **participate in this week**, at a time when isolation is a big concern. Social isolation can lead to feelings of loneliness, fear and negative self esteem. It affects physical, emotional and mental health.



During the week SSM will provide ideas to help combat isolation. Each day will have a special theme: **Communication, Exercise, Spiritual Practices, Arts, Music, Nature, and Virtual World**. We will have ideas on our website as well as social media.

Our hope is that you reach out in your communities and do something special for someone who may be lonely.

Let No One Be Alone Week

January 25th to January 31st, 2021



Together we can brighten someone's day.

"Now, more than ever, smiles and laughter are precious."

Please join SSM as we celebrate this week in January.



If you use social media, please use the hashtag #letnoonebealoneweek
SSM website: www.skseniorsmechanism.ca
SSM Facebook name: skseniorsmechanism