

STAY CONNECTED ^N2^N

NEIGHBOUR - 2 - NEIGHBOUR 2.0



Check out his website at <https://rickvyrostkophotography.smugmug.com/>

We all have older people in our lives. Many people have difficulty building social connections as they age. The population is aging with 16% of seniors experiencing social isolation (*Statistics Canada, 2011*) and 25% wishing for more social participation (*Statistics Canada, 2012*). Social isolation is defined as a low quantity and quality of contact with others. Research shows that people

who have a stronger social network are sick less often and recover from illness more quickly than those who have weaker social networks.

WHO ARE WE AND WHAT DO WE DO?

Neighbour to Neighbour (N2N) 2.0 is a collaborative program funded by the Ontario Trillium Foundation (OTF), and supported by 4 community agencies; The Neighbourhood Group (TNG), Waterfront Neighbourhood Centre (WNC), West Neighbourhood House (WNH) and Parkdale Activity - Recreation Centre (PARC).

We are a friendly visiting program for isolated older adults in Toronto's downtown core. We match our participants to volunteers and together they do fun and interesting things together! Activities are based on the interests of the people paired and can include: going for walks, playing games, learning new skills, community events, having coffee, making treats, and more! If you want to stay connected or become a social connector, contact us!

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