

# The Kindness Cards Initiative

## *Cards to uplift the spirits of seniors in COVID-19 isolation*

A CityStudio project one-pager by [Katie Shard](#)

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### **Background:**

The Kindness Cards Initiative was started with the aim to provide seniors in our community with an uplifting message during these challenging times of COVID-19 isolation. Seniors have been most greatly affected by COVID-19, due to the fact that they are most at risk. This means that many of them have been in isolation for many months, not able to see their families and friends. Giving seniors a Kindness Card is meant to let them know that the community cares and is here to support them, and to hopefully bring them some joy.

### **Relevance to City Goals:**

The Kindness Cards are distributed at Silver Harbour Senior's Centre, in North Vancouver. This project is in collaboration with the City of North Vancouver and the North Vancouver libraries. This project is in accordance with Goal 3.5: Supporting the independence and wellbeing of older City residents. The aim of this project is Objective 3.5.4: Supporting those programs and initiatives that work towards addressing social isolation, mental illness and addictions that can have disproportionate impact on seniors.

### **Overview of the project:**

The goal of the Kindness Cards project is to bring seniors a sense of support from the community. My contribution to this project has been recruiting members of the community to create cards. I have been working with various units from Girl Guides of Canada, as well as some high schools, daycares and preschools on the North Shore. I have successfully gathered participants from these groups who are currently enthusiastically making cards. The positive response from these groups has been so heartwarming to see.

### **More Project Details:**

The participants mentioned above have been creating cards and sending them to the North Vancouver District Public Library for quarantine before being distributed to the seniors at Silver Harbour Centre. I have received some photos of what has been created and they are lovely. I can't wait for them to be distributed to the seniors.

### **Key findings / Recommendations:**

I spent most of my time thinking about existing groups that might be interested in participating, and then emailing them. I found that most schools are not interested in participating right now because they already have a lot of curriculum to fit into their reduced class time, due to COVID-19 restrictions. This meant I had to think outside of the box about who might be willing and able to participate. This is when I decided to contact Girl Guides, daycares and preschools. Something to keep in mind is that not everyone you reach out to will even answer you, but the one's that do will be very excited to participate. I found it useful to think about the values of an existing organization when deciding who might be interested and who to contact. This way they were more likely to answer because I knew this initiative aligned with them.

This student project was developed as part of a CityStudio North Vancouver course collaboration.

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**Course:** Global Stewardship (GLBS 200)

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