



No one should grow old alone and forgotten. Help break down the walls of isolation.

There are invisible realities that deserve your attention. At Mission inclusion, we pay close attention to these silent sufferings, which unfortunately include the isolation of the elderly.

Behind the closed doors of too many homes, thousands of seniors live alone, forgotten and on the sidelines of society.

Did you know?

- One in five seniors has no close friends
- Nearly 30 % of seniors living alone receive no visits or calls from family in a typical week

Isolation isn't just loneliness: it is pain and suffering that demands an urgent response. Social disconnection has real consequences for the emotional and physical health of our seniors. It increases the risk of dementia, depression, malnutrition and more. It wounds the body as well as the soul.

Isolated seniors can rediscover the warmth of human relationships and recover meaning in their lives. Together, we create spaces where they can forge new friendships and rekindle their sense of community.

With your invaluable help, Mission inclusion currently supports 11 dynamic, caring projects that are making a real difference in the daily lives of seniors in several regions of Quebec.

The generosity of our donors enabled Mission inclusion to brighten the lives of more than 4,000 people, including:

- **3,134** seniors
- **956** adults, including many caregivers

Thank you for being with us in our mission.



Daphné Mailloux-Rousseau
Daphné Mailloux-Rousseau ps. éd.
Senior Director
of Philanthropic Development

P.-S. — Every donation counts, you can offer a moment of humanity to someone who feels forgotten. Together, let's create more of those moments. If there's a postal strike, please make online or by phone to avoid processing delays.



Give generously and join our life-changing movement for community.

3 concrete examples of inspiring projects made possible by our donors:



At Saint Columba House in Pointe-St-Charles, meals-on-wheels go far beyond meal delivery. Every visit is a moment of authentic human connection. Volunteers take the time to talk, listen and offer a comforting presence. **For many elderly people, these visits are sometimes the only ones of their week.** Each additional visit is another victory against isolation. A simple “hello” can brighten a day—and sometimes change a life.

We'll be able to double the number of people reached by 2027, from 2,080 to 4,160 visits per year!

At La Ruche d'art Kokomino in Wemotaci, Atikamekw grandmothers—the “Kokoms”—gather in a warm space to create not only traditional works of art, but also rich intergenerational links.

These older women, often scarred by residential schools and the erasure of their original culture, find at La Ruche a space to reconnect with their roots and welcome the community's young people. Here, people talk, laugh and console each other. It's a lively place, where identity and dignity are rebuilt.

We currently work with 55 women in Wemotaci, nearly 20 % of the community. And that's just the beginning! **We will be able to quadruple the number of get-togethers between now and 2026, increasing the opportunities to heal together and to promote a strong, vibrant culture.** Because a place that feels good deserves to be enjoyed to the full.



At the Centre femmes de La Mitis in Mont-Joli, cooking workshops are much more than just a food experience: they bring older women together around nutritious, accessible and multicultural meals.

In this warm and welcoming setting, we learn to cook and share recipes, stories, laughter... and mutual support. Each workshop is an antidote to loneliness. It's a place to belong, especially in times of transition or vulnerability.

Thanks to your generosity, we have exceeded our initial target! The workshops were held six times a week with an impressive 2,420 participants! Help us maintain this essential service, a welcome remedy for isolation. As one participant told us:

“I thought I was alone in the world. Now I have a group, a reason to go out, a reason to smile.”



Your gift today will break the isolation of a senior tomorrow.