

SOS Insights

from my desk to your heart

When you think about winter on our Island, what are the first things that come to mind?

On the plus side, it's having green grass and not much snow. On the flip side, it's also about days of rain, wind and grey skies that seem to linger for far too long.

But for shut-in seniors, it's the loneliness. And for residents living in poverty, it's the worry of not being able to pay the heating bill or put food on the table for their family. For our vulnerable neighbours, winter can be a time of hopelessness and despair.

That's why we created the [SOS Winter Emergency Fund](#) to ensure we can continue to help those most in need as we deal with the restrictions to our economy and way of life during this pandemic.

You see, now that Christmas is behind us, and the generosity of the season has passed, it's important to remember that **poverty and loneliness don't end on December 31**. There are still hundreds of people in our community who need our help.



For example, we know the pandemic has made it difficult for seniors and other residents who are vulnerable to shop for groceries or pick up their medications. Your SOS continues to provide these essential services so that no one will go without.

And the longer the pandemic forces us to stay apart from friends and family, more and more residents of all ages are struggling with anxiety and depression. Your SOS continues to provide mental health supports like counselling to ensure people get the help they need when they need it the most.

And sadly, we have seen an increase in the number of individuals and families who are struggling financially. Your SOS continues to advocate on their behalf, finding services that can help through local agencies and government supports.

Here's what residents told us about why SOS services are so important in our community:

They allow seniors to remain at home for as long as possible, and provide some social contact which is especially important right now.

Home isolation is very depressing + people need socializing. Phone calls and visiting help people know that they're not alone. Some seniors need help with housekeeping + grocery shopping.

I have used the counselling referral services personally and it was something I wouldn't have been able to normally afford.

We need people to stay at home as long as they can. Sometimes people need help and just don't know where to turn.

It's important to keep people from becoming homeless in these tough times.

Meals on Wheels provides my senior and isolated Mother, with depression, food that she would otherwise not be eating. She does not care for herself well and doesn't eat properly, and myself and my siblings unfortunately do not have time outside our own busy families, to ensure that she's getting all the meals she needs every single day. This program ensures that she's getting more and having the trust in that is a great support and relief to us all.

I know we are all tired and overwhelmed with the uncertainty of these times. It's been a long twelve months and we all just want to get back to our "normal" lives again.

That's why it is so important that we continue to look out for one another, to make sure our friends and neighbours are cared for. After all, **that's what a caring community does. Not just at Christmas, but every season of the year.**

To find out how you can support our Winter Emergency Fund, [click here](#).

Thank you!



Susanna Newton
Executive Director
Society of Organized Services

