

## CENTRE 55 - ADOPT A SENIOR ADOPTER GUIDELINES



Experience the wonderful and fulfilling feeling of giving at Christmas. Centre 55's "Adopt a Senior" program offers a unique and meaningful way to support a senior in need during the holiday season. Many families use this opportunity to teach their children the value of compassion, making a tangible connection to those who face poverty and isolation.

In confidence, and with the adoptee's permission, Centre 55 will match you with a local senior. Once matched, your commitment includes providing a Christmas hamper with essentials like food, toiletries, and winter clothing. Alternatively, you can choose to give a grocery or gift card for flexibility. The adopter must provide the same level of service that would have been provided by Centre 55.

The adopting relationship ends when the Christmas Hamper is delivered. Should the adopter and the adoptee wish to continue developing a mutually agreed to relationship, this relationship is no longer under the purview of Centre 55.

**The estimated cost to "Adopt a Senior" ranges between \$100 and \$200.**

### **Questions you can ask your senior are:**

- What kind of protein do you eat? (Chicken, Ham, Roast Beef)
- What do you like to drink? (Milk, Tea, Coffee, Juice)
- What fresh vegetables/fruit do you like? (Potatoes, carrots, broccoli, bananas, apples, oranges)
- Do you use a toothbrush, tooth paste, denture paste/cleaner?
- What kind of canned goods do you eat?
- Do you like cakes, pies, chocolates?
- Do you eat cereal?
- Do you like bread, buns, bagels?
- Do you have any pets?
- Do you need new gloves, hat, scarf?

### **Feel free to add the following into their hamper:**

- Body Wash/Soap
- Shampoo
- Toilet Paper
- Paper Towels
- Dish Soap
- Small Bottle of Laundry Detergent
- Dish Clothes/T-Towels

In lieu of the above items, you may choose to give a gift cards so they can shop for themselves

**To ensure everything goes smoothly, you will need to confirm your senior's address, buzzer code (if applicable), and delivery details before dropping off the hamper. The delivery must be completed by December 18, and Centre 55 can assist if you are unable to deliver it personally.**

**PLEASE NOTE: The Christmas Hamper is to be delivered by the adopter on or before December 18. You are responsible for confirming the delivery date with both Centre 55 and the adoptee.**

If you would like more information or need assistance, please contact Jade Maitland at 416-691-1113 Ext. 220 or [jade@centre55.com](mailto:jade@centre55.com).