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## MEDIA RELEASE

### Brightening the days of residents with letters, cards and chocolates

Residential and retirement homes across the country are limiting visitations to help combat COVID-19. To help residents feel less isolated, school children and local communities are answering the call to brighten residents' days.

The Mercy Action Group of All Hallows' School in Brisbane were unable to fulfil their usual visit to Catholic Healthcare's Villa Maria Fortitude Valley, but they still made efforts to keep in touch with residents. They wrote letters and cards with lovely, supportive messages which were delivered with chocolate care packages.

"We really appreciate the efforts of the girls from All Hallows' School and the positive contribution they are making to the lives of our residents," says Joanne, Diversional Therapist at Villa Maria.

"Residents cannot receive visitors and so their social interaction with the outside world has been greatly reduced. The letters have been a great boost to morale. Our residents are also from an era where letter writing was the norm for much of their social interaction. There was no internet, phone calls were expensive and long-distance travel was quite arduous. These letters also help support the memory of times when they were younger."

If your children's schools are closed and you are looking for something to keep them busy, please consider having them write letters or colour pictures and send them to local aged care homes.

Community outreach continues in creative ways.

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