

# LET'S SHOW THE LOVE



## The Power of a Letter

Our next challenge to our Interact clubs is to write letters to people that are confined to nursing and assisted living facilities and cut off from the outside world.

This can be a local nursing home or facility, or you can partner with the organization Letters Against Isolation, [www.lettersagainstisolation.com](http://www.lettersagainstisolation.com). This organization was started by two high school students that wanted to do something to help those people confined to a facility without much access to family and friends. This challenge is completely voluntary, but the club that sends the highest number of letters per student will receive a \$150 gift card and the teacher sponsor will receive a \$50 gift card.



When: January 15<sup>th</sup>-March 1<sup>st</sup>

What: Sending letters to people in nursing and assisted living facilities

Why: Senior loneliness is a well-documented issue and has effects on their mental and physical health

How: Contact a local facility or partner with the organization Letters Against Isolation

Reward: Helping to stop Senior loneliness and a chance to win \$200 worth of gift cards for your club.

Please send any pictures or questions to [Interact6910@gmail.com](mailto:Interact6910@gmail.com) so we can share all the wonderful work with the Rotary District.