

Dear District 15 RTO Member

RTO/ERO District 15 is reaching out to ask for your help today. We are raising money for the RTO/ERO Foundation's Engage: End Isolation campaign to support education, awareness and critical research projects to help socially isolated seniors in Canada.

Please donate to our page and help us reach our fundraising goal. Click here to visit our fundraising page: <https://www.canadahelps.org/me/2UD59FB>

Then simply click on the red "Donate to Me" button above, enter your information, and you will receive an electronic tax receipt.

Did you know that social isolation affects 1 in 5 seniors and another 30% are at risk? Social isolation can contribute to anxiety and depression, poor physical health, higher rates of disease and dementia, and even suicide. I recently discovered that Canadians over 65 have a higher suicide rate than any other age group - and men are at greatest risk. This is a crisis that cannot continue.

With your support, we can start to take action and explore solutions and in doing so, let Canadian seniors know that they are not alone.

Thank you for your support. Here's the link again. <https://www.canadahelps.org/me/2UD59FB>

Sincerely
Maira Plexman
Foundation Rep
RTO/ERO District 15