



The Catholic Women's League of Canada
Nova Scotia Provincial Council



TO: Diocesan Presidents & Secretaries
(for distribution to diocesan executive and parish council presidents)
CC: Nova Scotia Provincial Executive & Diocesan Counterparts (for information);
Life Member Liaison (for distribution)
FROM: Cleo Windsor, N.S. Provincial Service Chair
DATE: January 8th, 2026
MEMO: #1 (2025-2027)

Dear Sisters in the League,

In our communities, seniors often face isolation and loneliness, especially those living in care homes or alone. A project focused on visiting the elderly aims to foster intergenerational connections, improve mental health, and promote social inclusion.

Some suggestions to increase the sense of belonging and purpose for our seniors could include:

- Scheduling visits;
- Help organize recreational activities; such as arts and crafts, music sessions, games etc.;
- Celebrate birthdays and holidays.

This has an added bonus of giving members a greater understanding of the challenges faced by seniors.

Spending time with our elderly benefits both us and them, enriching lives and strengthening community spirit. By dedicating time and compassion, we can help ensure that no senior feels forgotten or alone.

Thank you for the great work you are doing in the CWL.

Your sister in the League,

Cleo Windsor