

# *A Connection Through The Distance*

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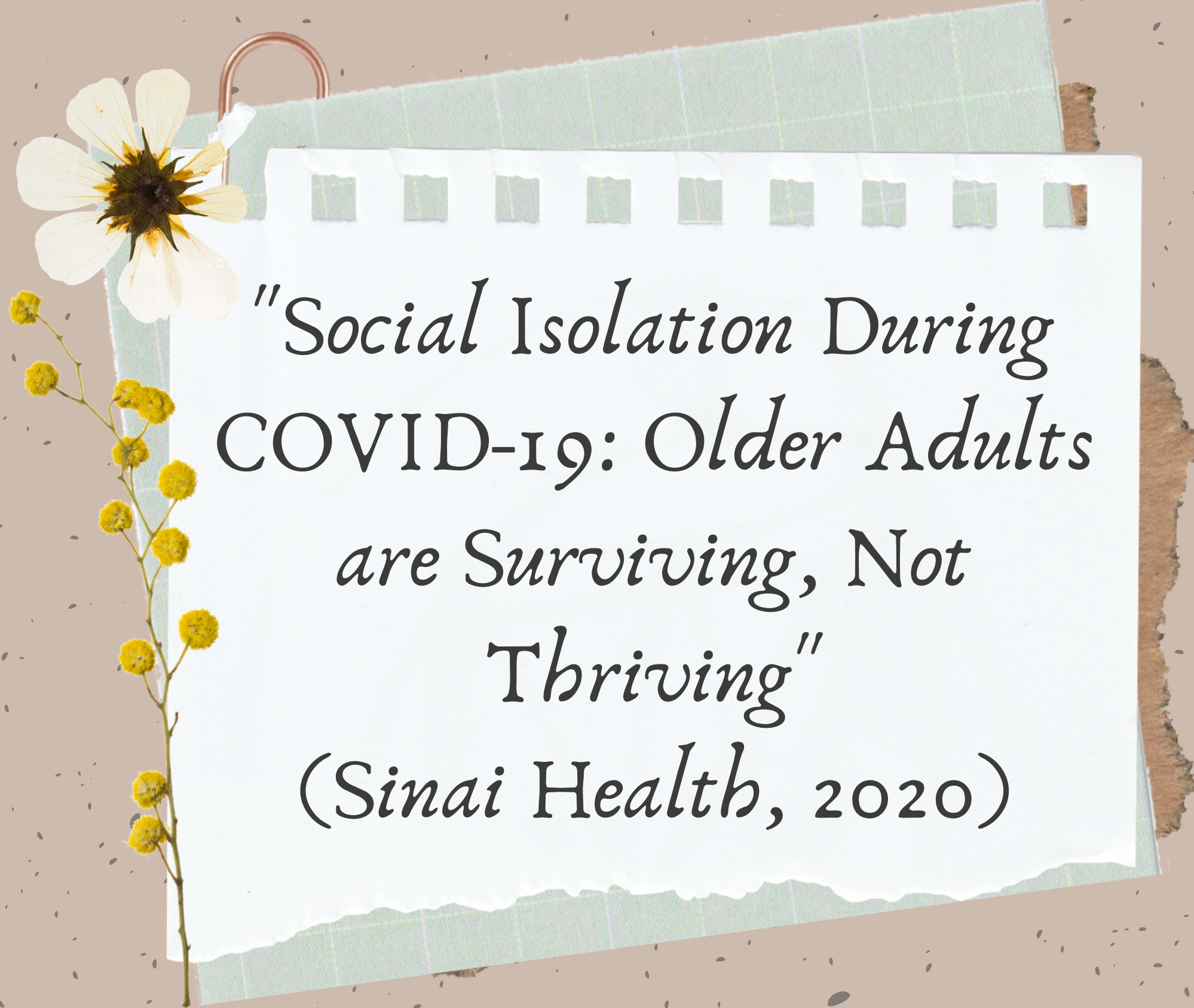
# *The Idea...*

Walking with my grandmother and picking flowers to press. Once dried, the flowers will be enclosed in handwritten letters and sent to those in our community also experiencing forms of Covid isolation.





*The need...*



*"Social Isolation During  
COVID-19: Older Adults  
are Surviving, Not  
Thriving"  
(Sinai Health, 2020)*





What one can include...





Art response and an example of a letter



# Future execution

- This initiative is one that can surpass the Greater Toronto Area
- I envision this to continue be done in intergenerational dyads to cultivate an exchange of knowing and socialization when safe to do so
- There is also the option to collect flowers and write the letters individually



Thank you! References will be seen on  
presentation submitted for class

