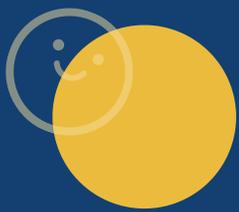


Digital Empathy Week 2020

TUNDRA EDITION





"On Easter, my Dad and Stepmom cooked dinner and drove around the city delivering it to my siblings and I." - Kyla H

"A few weeks ago, our family provided a catered supper for all of the families staying at the Ronald McDonald House, while their children are in the Children's Hospital." - Anonymous

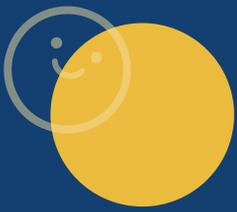


"My husband and I live in an older community, on a street with many elderly people who we are lucky enough to know by name. There are two people who live alone, and we try to help them out with things whenever possible. We help with mowing their lawns, shoveling their driveways, gardening, and most recently, grocery shopping. They are small gestures that we can easily do to give back. We often receive home baking and fresh vegetables as a token of their appreciation." - Dana B



"I send a postcards to my 3 year-old niece because it's difficult for her to understand why she can't see family, and she's never recieved her own mail!" - Miranda R





"I helped a guy whose van was stuck in the mud last week." – Mark V



"Another co-worker and I committed to meeting for a distanced coffee in her yard each week on our day off. We do this just to check up on each other, even when we don't feel like it. We take the time to just talk and laugh. It's been something we look forward to each week!" – Dianna N

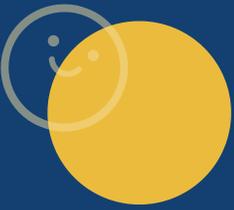


"I am fortunate to have my dad live in the city, as I have been able to help him with his weekly shopping and laundry since quarantine started. I know that there are a lot of people out there that need a helping hand, and for me and my family, it is good to know that he continues to be safe and healthy." – Reinhard S



"We made cookies and dropped them off to an elderly neighbour, along with our contact information and a note that offered for us to get groceries whenever needed." - Aleksei M





“I have been checking in on friends & family more regularly to make sure they are doing ok. Calling, texting, and even sending them some of the mental health resources we have received through work. I’ve also been sending a team of co-workers jokes and memes each day to lift their spirits.” – Sheldon Bolduc



“In 2014, my cousin Henry was diagnosed with an aggressive cancer and given 1 year to live. Since then he has done multiple treatments and has also discovered more cancerous tumours. It’s been a huge emotional roller-coaster for our family, but we are awaiting new appointments with a hopeful path forward. He has channeled his inner Superman to stay positive and get him through the difficult time. He has been the one to check up on family members during COVID, makes everyone laugh with his attitude, and continues to be the best Father and Partner to his family. Henry reminds me to treat each day like it’s my last, and to help people in any way I can, big or small. – Shawntel H



“I have a soft spot for little people, and with the COVID-19 situation, the ‘Brown Bagging for Calgary’s Kids’ program has been hit hard. Unfortunately, the volunteers that help to make the lunches are unable to continue currently. The program feeds 5000 kids each school day, and often this is the only meal that a child will receive in a day. I have been making a donation each payday to the program to help support with the additional need at this time.” – Pam C

