



We can't
prevent social
isolation, but we
can help to
prevent
loneliness.

The Pen Pal Project

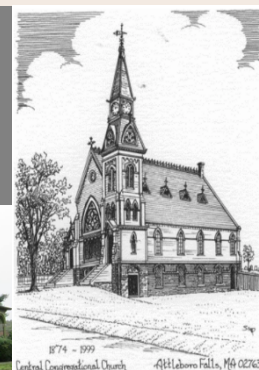
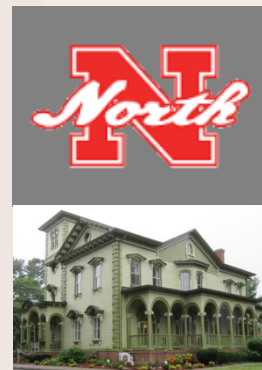
Letters are way of saying
you're not alone
packaged in an envelope.

Letter writing is the only
device for combining solitude
with good company...

Lord Byron



Supported by:
North Attleboro Senior Center
North Attleboro High School
Central Congregational Church



Today's mail can connect past
generations to today's generations, where
both can learn from each other.

What to Include?

Share what makes you happy, whether it is music, movies, or good books. Share some of your favorite memories or stories that affected your life. Tell us about your family, your pets, your current or past career. We want to know about you and what makes you unique.

What not to include?

Although we are trying to get to know you, please don't share any information that can put you at risk. Please don't give your private information like your full date of birth, phone number, banking, or social security. We want to make a safe connection.



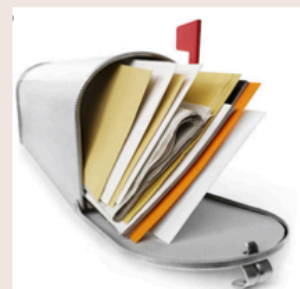
It's amazing to know that someone out there
is waiting to read about your story.

How do we connect?

We will try to match teens and seniors with similar interests if possible.

Seniors are given one mailing address with a c/o their teen's first name; then letters will be forwarded to their Pen Pal's dropbox.

Teens will drop their letters off at their dropbox with their senior's first name, letters mailed out to seniors via USPS.



Why a Pen Pal?

In 2020 the world changed with the arrival of COVID-19. Since then, older adults who are at higher risk of illness find themselves needing to isolate from family and friends. This prolonged isolation can make our seniors feel lonely and left behind.

Technology can be a blessing to those older adults who can take advantage of it, but it is still challenging to most. Not all older adults know how to use Zoom or Facetime or even have the devices to make that connection.

Our mission is to bring back the more personal communication of handwritten letters that most older adults remember and embrace. Receiving a note in the mail is what most adults remember as delivering them heartfelt thoughts and news from others.

Older adults have so much to share and teach, and what better way to do so than to put it in writing. Today's youth can learn about our community's seniors' experiences and lives while showing them they are not alone or forgotten.

Contact Us:

**Do you know a senior or teen
who wants to join us?**

The Pen Pal Project
P.O. Box 2898
Attleboro Falls, MA 02763

Pen_pal_project@aol.com