



June through August

Kindness

makes cents

IN SUPPORT OF **HCSS** GREY-BRUCE

PARTICIPANT RESOURCE KIT



Please be environmentally conscious
and only print the pages of this large
document that you need. Thank You!

Greetings,

Thank you for your interest in participating in Kindness Makes Cents this summer! We are excited for you to join this exciting movement to spreading kindness for others throughout all parts of Grey & Bruce.

The common phrase "It takes a village" most often refers to the raising of children but is a philosophy that would greatly benefit our society if we applied it to all ages and stages of life. The last two years have put a spotlight on how important it is to help support and care for one another.

At Home & Community Support Services Grey-Bruce we believe that all people are worthy of human dignity and respect, and deserve the support needed to maintain quality of life and independence within their community. Our team of dedicated staff and volunteers offer a number of services that support Grey-Bruce seniors and adults living with disabilities so they can maintain their independence and continue to live in their homes and community where they want to be.

We believe that people working in partnership with a collaborative spirit is the best method for providing a social support system of services. This is where YOU and the Kindness Makes Cents campaign comes in.

We are inviting you to be part of our village! Help us spread awareness and support for our programs and services by participating in acts of kindness. These actions will act as a catalyst for this awareness and/or financial support of the many programs and services we offer for seniors and adults living with disabilities.

We are tremendously grateful for your interest because it really does take a village through all of life's ages and stages. This is especially true where our communities most vulnerable are concerned.

The Kindness Makes Cents campaign model is super flexible and you can make it as simple or grand as you want it to be.

Best of all 100% of all donations remain local!

Please use this guide as a resource and if at any time you need assistance please reach out to me at rtaylor@hcssgreybruce.com

Rachel Taylor

Rachel Taylor
Community Development & Philanthropy Coordinator



Keeping you in your home longer. We help to maintain independence and enhance quality of life.



IT'S AS EASY AS
1-2-3

1

Download the Kindness Makes Cents resource kit at HCSSGREYBRUCE.COM



2

Choose an Act of Kindness you are going to share with your community. [Need some ideas?](#)
[You can choose 1 idea or many throughout the summer!](#)

☐

Set up your online fundraising page.
<https://hcssgreybruce.com/kmc-online/>

☐

Want to collect donations offline as well?
[Print Kindness Makes Cents Pledge Sheets](#)

☐

3

Complete your acts of Kindness and help spread the word about Home & Community Support Services across Grey-Bruce.

☐

Turn in any funds raised offline to the HCSS main office or at one of the 6 Kindness Makes Cents Celebration Events happening Friday September 2-4th.

☐

We just can't say it enough. Thank You!



SETUP YOUR ONLINE FUNDRAISING PAGE

1. Click the red link below and choose one of the following:

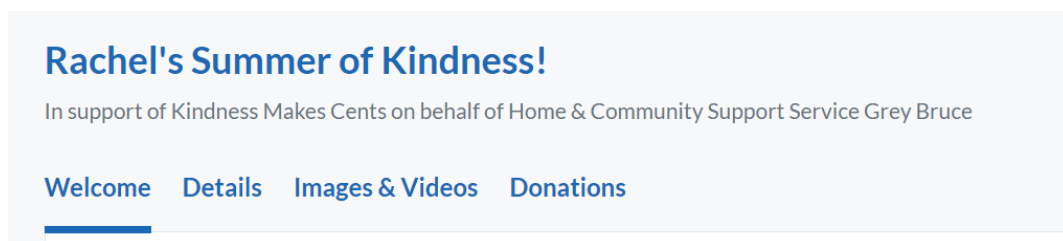
- Join a Team
- Create a Team
- Join as an Individual <https://hcssgreybruce.com/kmc-online/>

2. Complete the registration and choose a name for your page/team.

Note: If you already have previously used the Canada Helps platform to make donations or participate in other fundraisers in the past you may have an existing account. [Click here if you can't remember your password to that account.](#)

3. Customize

You can now customize your donation page using the 4 tabs as seen in the image below.



WELCOME

- contains the URL to your personal fundraising page that you can share in emails and on social media with friends and family
- tips and tools contains links to downloadable resources to help your awareness and fundraising efforts including:
 - printable pledge sheets
 - acts of kindness ideas
 - printable signage
 - kindness counters
 - colouring pages
 - and more!

DETAILS

- Page Name – Create a fun name for your page.
- Fundraising Goal Amount – How much would you like to aim to raise? Did you reach your goal early? You can always increase it or continue to raise funds even after the goal is met.
- Page Owner – Your name
- Fundraising Story – This is a great place to customize your page.

Feel free to include:

- How do you plan to spread kindness?
- Why you are participating? – Do you, a friend or loved one have experience with Home & Community Support Services Grey-Bruce? Are seniors or disability services an important cause to you?
- A running list of your acts of kindness

IMAGES & VIDEO

- Feature Image – This image will be featured next to your fundraising story.
- Images – These additional images will be featured as part of the media carousel at the bottom of your page
- Video – If you would like to add videos to your page they must be uploaded to either Youtube or Vimeo. Then the link to those videos can be added to your Kindness Makes Cents page.

DONATIONS

- Here you can see a list of everyone who has donated to your fundraising efforts.
- Send messages of appreciation to all of your supporters!
- If you are also collecting offline donations of cash/cheques add want these amounts to be reflected on your page you can add them here.

Please note that all offline donations anticipating a charitable receipt must be recorded on a pledge sheet and submitted to HCSS Grey Bruce.

*Great Job! It's time to start sharing your page
and spreading the Kindness!*



SPREAD THE KINDNESS ON SOCIAL

Be sure to follow Home & Community Support Services Grey-Bruce on your favorite social media channels to see and share the kindness all summer long!

Tag us in your posts, stories and photos!



@HCSSGREYBRUCE



SPREAD KINDNESS LAWN SIGN

Want to spread kindness and awareness from your front lawn or storefront?

Click [here](#) or visit the Kindness Makes Cents webpage at hcssgreybruce.com to request your lawn sign.

Limited availability. While supplies last!

SHOP LOCAL FOR SENIORS

From June through August, we are inviting local retailers, restaurants, and service providers to participate in Shop Local for Seniors. This is their way to bring kindness and a fun promotion to their customers. Keep an eye on our social media and the Shop Local for Seniors calendar on the Kindness Makes Cents webpage to learn about upcoming promotions!

Are you a local business owner who wants to take part? Get more information [here](#) or contact Rachel Taylor at rtaylor@hcssgreybruce.com or 519-372-2091 ext.2014.



HEALTH & SAFETY FOR ALL

As a health care organization, we feel it is very important that we remind everyone that we are continuing to live through a global pandemic.

While your everyday life may no longer be affected by COVID-19 there are still many who are living with concerns for their personal health and safety. This is most prevalent for seniors, those living with disabilities, diseases, and immune systems.



MANY OF THESE PEOPLE ARE OUR CLIENTS AND THOSE THAT THE KINDNESS MAKES CENTS CAMPAIGN IS HOPING TO SUPPORT.

We respectfully ask that when executing your Acts of Kindness you please keep this in mind and do your very best to ensure the health and safety of all fellow community members.

As we move through the summer months please continue to refer to the most recent advice from the Grey Bruce Public Health Unit on what you can do to prevent the spread of Covid-19.

Here is a list of links that we believe will also be helpful:

- [WHAT CAN I DO TO HELP PREVENT THE SPREAD OF COVID-19?](#)
- [COVID-19 ISOLATION DECISION PROCESS](#)
- [10 WAYS TO GREET FROM 6 FEET](#)
- [HOW TO WASH YOUR HANDS AND USE HAND SANITIZER](#)
- [HOW TO CHOOSE, USE, AND CARE FOR A MASK](#)
- [CLEANING & DISINFECTING FOR PUBLIC SETTINGS](#)

THANK YOU CELEBRATION

September 2nd - 4th, 2021 we will be hosting 6 Thank You Celebrations and inviting the Kindness Makes Cents participants to the location closest to them. This will give us an opportunity to thank you face-to-face, for you to meet some of our caring HCSS staff and volunteers, enjoy some delicious treats and celebrate your generous efforts.

THIS WILL ALSO BE A GREAT OPPORTUNITY TO DELIVER ANY OFFLINE DONATIONS AND PLEDGE SHEETS.



September 2nd - Hanover 4-6pm
September 3rd - Owen Sound 9-11am
Meaford 12-2pm
Markdale 4-6pm
September 4th - Wiarton 9-11am
Port Elgin 12-2pm

Thank you

TO OUR GENEROUS LOCAL SUPPORTERS



OWEN SOUND



WANT TO SPONSOR KINDNESS MAKES CENTS IN 2023?
EMAIL RACHEL TAYLOR AT RTAYLOR@HCSSGREYBRUCE

THANK YOU FOR ALL OF YOUR INCREDIBLE SUPPORT!!!



STILL HAVE QUESTIONS? NEED ASSISTANCE? CONTACT US!

Rachel Taylor

Community Development & Philanthropy Coordinator

rtaylor@hcssgreybruce.com

519-372-2091 Ext. 2014



PLEDGE SHEET

Participant Name: _____

Participant Address: _____

Participant Phone: _____

Participant Email: _____

- Donations of \$20 or more will receive a charitable tax receipt.
- Please make cheques payable to HCSS Grey-Bruce

Full Name:	Mailing Address:		
Pledge Amount: <input type="radio"/> Cash <input type="radio"/> Cheque	City:	Province:	Postal Code:
Phone:	Email:		

Full Name:	Mailing Address:		
Pledge Amount: <input type="radio"/> Cash <input type="radio"/> Cheque	City:	Province:	Postal Code:
Phone:	Email:		

Full Name:	Mailing Address:		
Pledge Amount: <input type="radio"/> Cash <input type="radio"/> Cheque	City:	Province:	Postal Code:
Phone:	Email:		

Full Name:	Mailing Address:		
Pledge Amount: <input type="radio"/> Cash <input type="radio"/> Cheque	City:	Province:	Postal Code:
Phone:	Email:		

Full Name:	Mailing Address:		
Pledge Amount: <input type="radio"/> Cash <input type="radio"/> Cheque	City:	Province:	Postal Code:
Phone:	Email:		

Full Name:		Mailing Address:	
Pledge Amount:	<input type="radio"/> Cash <input type="radio"/> Cheque	City:	Province: Postal Code:
Phone:		Email:	

Full Name:		Mailing Address:	
Pledge Amount:	<input type="radio"/> Cash <input type="radio"/> Cheque	City:	Province: Postal Code:
Phone:		Email:	

Full Name:		Mailing Address:	
Pledge Amount:	<input type="radio"/> Cash <input type="radio"/> Cheque	City:	Province: Postal Code:
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Full Name:		Mailing Address:	
Pledge Amount:	<input type="radio"/> Cash <input type="radio"/> Cheque	City:	Province: Postal Code:
Phone:		Email:	

Full Name:		Mailing Address:	
Pledge Amount:	<input type="radio"/> Cash <input type="radio"/> Cheque	City:	Province: Postal Code:
Phone:		Email:	

100% OF ALL FUNDS RAISED WILL BENEFIT GREY & BRUCE RESIDENTS



Please submit completed pledge forms and pledges no later than September 6th, 2022 to:

HCSS Grey-Bruce Main Offices

Unit G-12 Heritage Place Mall

1350 16th Street East, Owen Sound N4K 6N7

Charitable Business Number: 13913 6923 RR0001

VISIT [HCSSGREYBRUCE.COM](https://hcssgreybruce.com) FOR MORE INFORMATION

ACTS OF KINDNESS IDEAS



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Kindness

for your friends & family

- Call and check in with friends or family members
- Offer to paint nails
- Share your favorite recipe
- Offer to babysit
- Thank an influential person in your life
- Cook dinner for someone
- Deliver soup to a sick friend
- Split and share house plants
- Put all phones away for an hour and give your loved ones your full attention.
- Make breakfast in bed for your family
- Teach someone a skill (eg. knitting, change tire, bake a cake, etc.)
- Scoop kitty litter
- Host a pool/sprinkler party
- Treat someone to a movie
- Give out Kindness Makes Cents compliment cards
- Send handmade birthday (or unbirthday) cards to make someones day
- Help someone move or organize an area of their home
- Weed a garden
- Make someone laugh
- Start an impromptu dance party
- Learn a TikTok Dance and post it online to make friends smile!
- Let your partner sleep in
- Share crafts/artistic talents
- Help with laundry
- Host a movie night. Don't forget popcorn!
- Make someone a great playlist
- Tell someone the reasons you like them
- Offer to pickup groceries
- Host a bonfire and make smores.
- Print/frame a picture for a friend or family member and give it to them
- Water house plants or garden
- Host puzzle/board game/book swap night
- Help with farm chores
- Invite a friend for a hike/adventure
- While making dinner, double your recipe (if you can) and send a meal to someone in need.
- Send a friend a helpful or inspiring article that made you think of them.
- Offer to collect recyclable alcohol containers from friends/family/neighbours and donate the deposit funds



Kindness

in your community

- Take extra sunscreen bottles to the beach to share
- Share maps and give directions to tourists.
- Leave bubbles on someone's doorstep (or at the park) and encourage them to make some smiles.
- Offer a cold drink to the trash collectors or your mail delivery person
- Donate blood
- Register to be an organ donor
- Walk neighbourhood dogs
- Post positive reviews for local shops/restaurants you enjoy
- Bring treats to the dog park
- Leave quarters at the laundry room/laundromat
- Buy your waiter/waitress dinner
- Hold the door for people at an entrance/exit
- Leave some spare change in a vending machine with a note so the next person who uses it can get a treat on the house.
- Leave a package of baby wipes on the changing table in a restroom at a rest stop
- Leave thank you notes to service workers
- Host a neighbourhood car wash or car wash station with supplies
- Return shopping carts
- [Sign up to be an HCSS Transportation or Meals on Wheels volunteer!](#)
- Share your musical talents with others
- Host a neighbourhood BBQ
- Support local businesses - Check out the Shop for Seniors Specials!
- Learn to say hello in a variety of languages
- Send dessert to another table next time you eat out
- Give Kindness Makes Cents compliment cards
- After a wedding or party donate all of the flowers to a long term care home
- Interview an elderly friend or relative using the prompts and tools at StoryCorps.org
- Share your talent with area seniors (crafts, music, read, flowers from garden)
- Learn CPR
- Support local artists (visit museums, buy tickets to a concert, etc.)
- Donate school/art supplies
- Take non-perishables to your local food program
- Visit a nursing home - read, play games, etc.
- Be a photographer! See a person or a couple trying to take a photo of themselves? Offer to take it for them.
- Display a Kindness Makes Cents Promotional Lawn Sign



Kindness

in the workplace

- Icecream float break
- Leave feminine products in the womens washroom
- Decorate the staff entrance with sidewalk chalk
- Leave positive affirmations on bathroom mirrors
- Setup a thank you card station at your workplace with cards, stickers and pens
- Prepare lunch for yourself and a coworker
- Say thank you to the janitorial staff
- Introduce someone to a potential business associate
- Write a letter of recommendation for someone
- Learn the names of everyone in your office
- Add your pronouns to your email signature/social media profiles/
- Make friends with someone new at your workplace
- Offer a coworker a ride home or start a carpool
- Is your workplace accessible?
Start a conversation with your supervisor/team about how to improve that.
- Compliment your coworkers
- Hold doors and say good morning/evening at the beginning/end of the work day
- Compliment a colleague to their boss
- Invite someone new in your town to a social event and introduce them to everyone
- Cover a coworker's shift
- Tell a less experienced colleague they are doing a great job
- Donate a sick day to a struggling colleague
- Write a thank you note to someone who has helped your career
- Tell someone the reason you like them
- Write positive recommendations and compliments on LinkedIn
- Give Kindness Makes Cents compliment cards



Kindness for the earth

- Commit to using reusable grocery bags
- Make a bird feeder
- Walk or bike to work
- Plant a pollinator garden
- Dedicate a row in your vegetable garden for sharing/donating
- Turn off the lights
- Pickup litter in your neighbourhood
- Plant a new tree
- Collect rainwater to water your plants/garden
- Install a bidet attachment
- Reduce packaging and visit a refillery or the bulk barn for pantry items
- Eat only vegan/vegetarian for a day
- Take a friend forest bathing
- Upcycle items you were going to put into the trash
- Host a clothing swap
- Reduce your use of single use plastics
- Skip the dryer and put up a clothes line
- Shop at your local Farmers Market
- Donate old prescription glasses to your optometrists office
- Dispose of old pharmaceuticals responsibly by taking them to a pharmacy
- Recycle old electronics and make the offer to include items from neighbours since you're making the trip
- Hydrate! All summer long with a refillable water bottle.
- Use public transit for your next trip
- Let your grass grow longer between cuts
- Ditch paper towels
- Make beeswax wraps for yourself and friends
- Commit to composting for the summer
- Try waste-free feminine hygiene products
- Mend clothing items in need of repair
- Learn about your local birds/plants and share what you've learned with others
- Find unwanted items new owners! Host a yard sale and donate the proceeds.



Kindness

from kids & classrooms

- Host a lemonade/popsicle stand
- Mail a Grey-Bruce postcard to a faraway friend
- Handed out S'mores packets to others when you go camping
- Colour the world! Sidewalk chalk drawings and messages make everyone smile.
- Learn and sing [The Kindness Song](#)
- Start a kindness rock garden of painted rocks
- Bake cookies for someone
- Build a bird feeder out of recyclables
- Make and give friendship bracelets
- Print and share the Kindness Makes Cents colouring page
- Lend a hand making breakfast or dinner
- Leave a note in your mailbox to thank your mail carrier for their hard work
- Sit next to someone new at school/camp and get to know them
- Tell the principal how much you love your teacher
- Give Kindness Makes Cents compliment cards
- Invite a grandparent to become a summer penpal
- Help with household or farm chores
- Write a funny poem/limerick for someone to make them smile
- Rehome books/games/puzzles/toys you no longer use
- Visit the library/police station/fire department/hospital and thank the staff
- Tell someone what you like about them
- Make handmade cards for friends, family, neighbours, etc to brighten their day
- Smile and say Hello! Kindness is contagious.

PRINTABLE SIGNAGE



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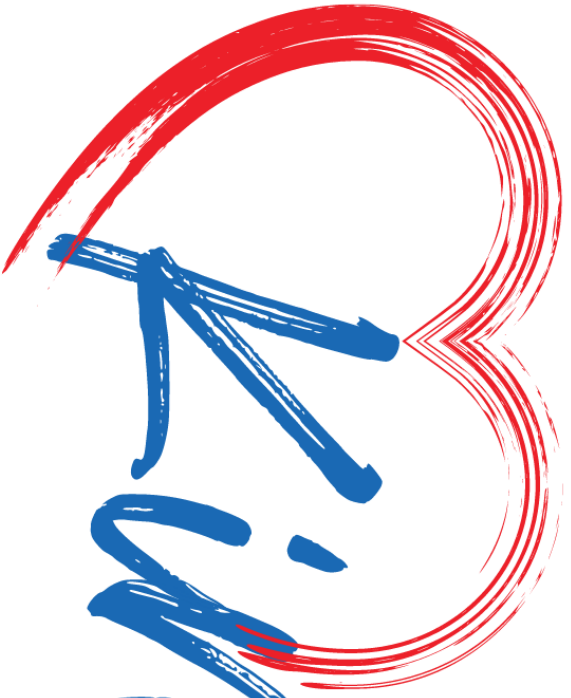


Kindness

June through August

makes cents

IN SUPPORT OF **HGSS** GREY-BRUCE



kind people
are our *kind*

of people.

Learn More & Join Us!



TEXT "KIND" TO

226-799-4933

*100% of donations
stay in
Grey & Bruce!*

HCS
HOME & COMMUNITY
SUPPORT SERVICES
GREY - BRUCE



HQSS

HOME & COMMUNITY
SUPPORT SERVICES
GREY - BRUCE

*100% of donations stay
in Grey & Bruce!*



TRANSPORTATION



WEEKEND
RESPIRE



HOUSEKEEPING



HOT & FROZEN
MEALS ON WHEELS



FRIENDLY
VISITING



ADULT
DAY AWAY

Community Donations at Work!

Leading Community Support Services to keep people living safely in their homes and communities.

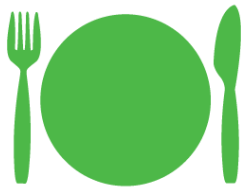


More than
2,500
clients from across the
counties of Grey & Bruce



More than
50,000
rides to Grey & Bruce
seniors and disabled adults

More than
75,000
meals delivered through
Meals on Wheels



15,000
hours of housekeeping
support



More than
100
clients receive nearly
1,800
friendly visits and
phone calls

Nearly
500
nights of respite support
for care givers



More than
150,000
hours of support through
Day Away program



new clients assessment
completed each year

Support provided by
more than
115
skilled and caring staff members



100,000
volunteer hours donated
valued at over
\$1.4 M

KINDNESS COUNTERS, CARDS & COLOURING PAGES



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June through August
Kindness

makes cents

IN SUPPORT OF **HCESS** GREY-BRUCE



June through August
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June through August
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makes cents

IN SUPPORT OF **HCESS** GREY-BRUCE



June through August
Kindness

makes cents

IN SUPPORT OF **HCESS** GREY-BRUCE

This summer your *Kindness* will help to support independence and enhance quality of life for Grey & Bruce residents and their families.

Learn More & Join Us!

HCSSGREYBRUCE.COM

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You've Been Touched By Kindness!

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Compliment Card

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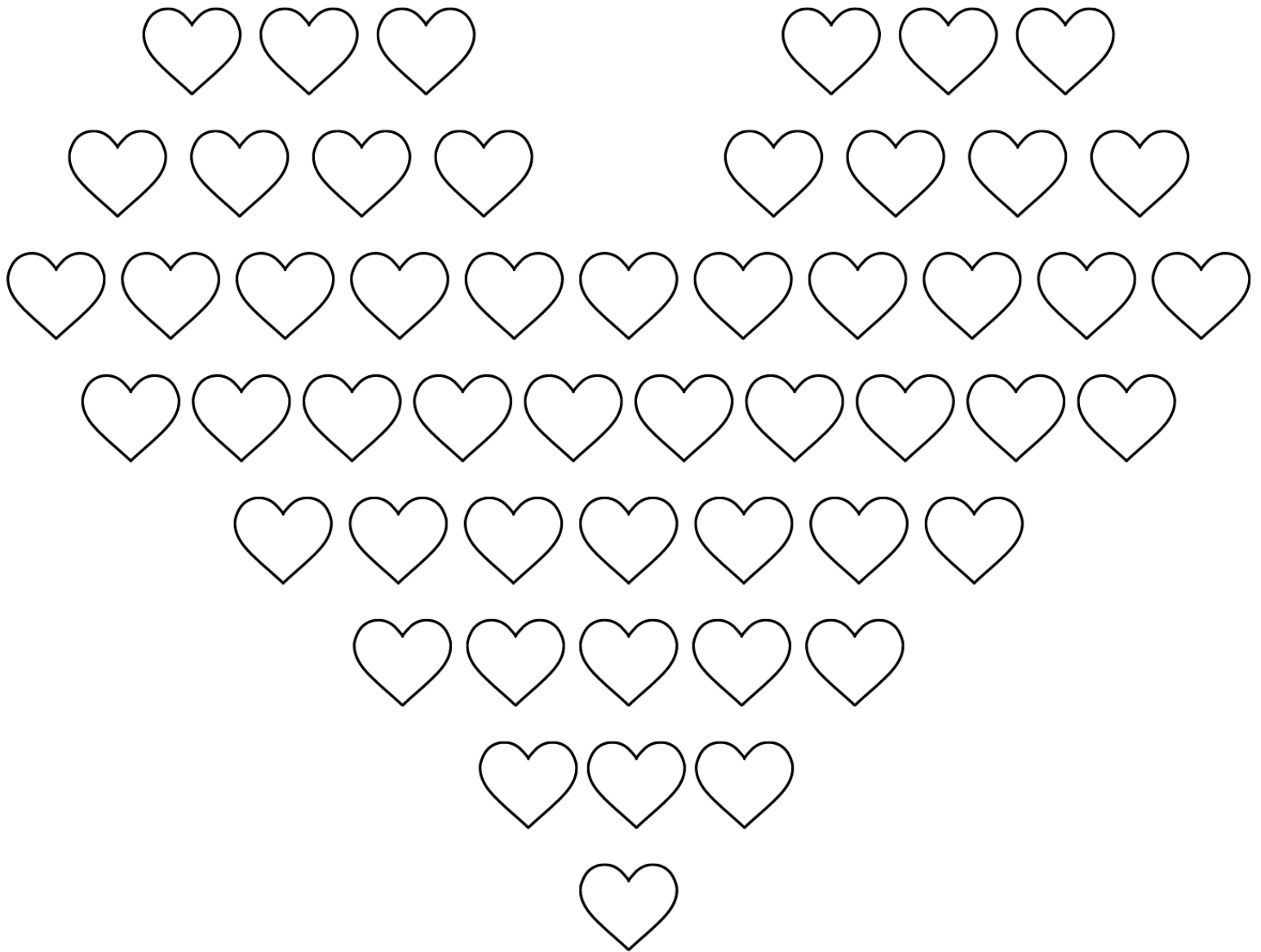
KINDNESS COUNTER

100 ACTS OF KINDNESS

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100

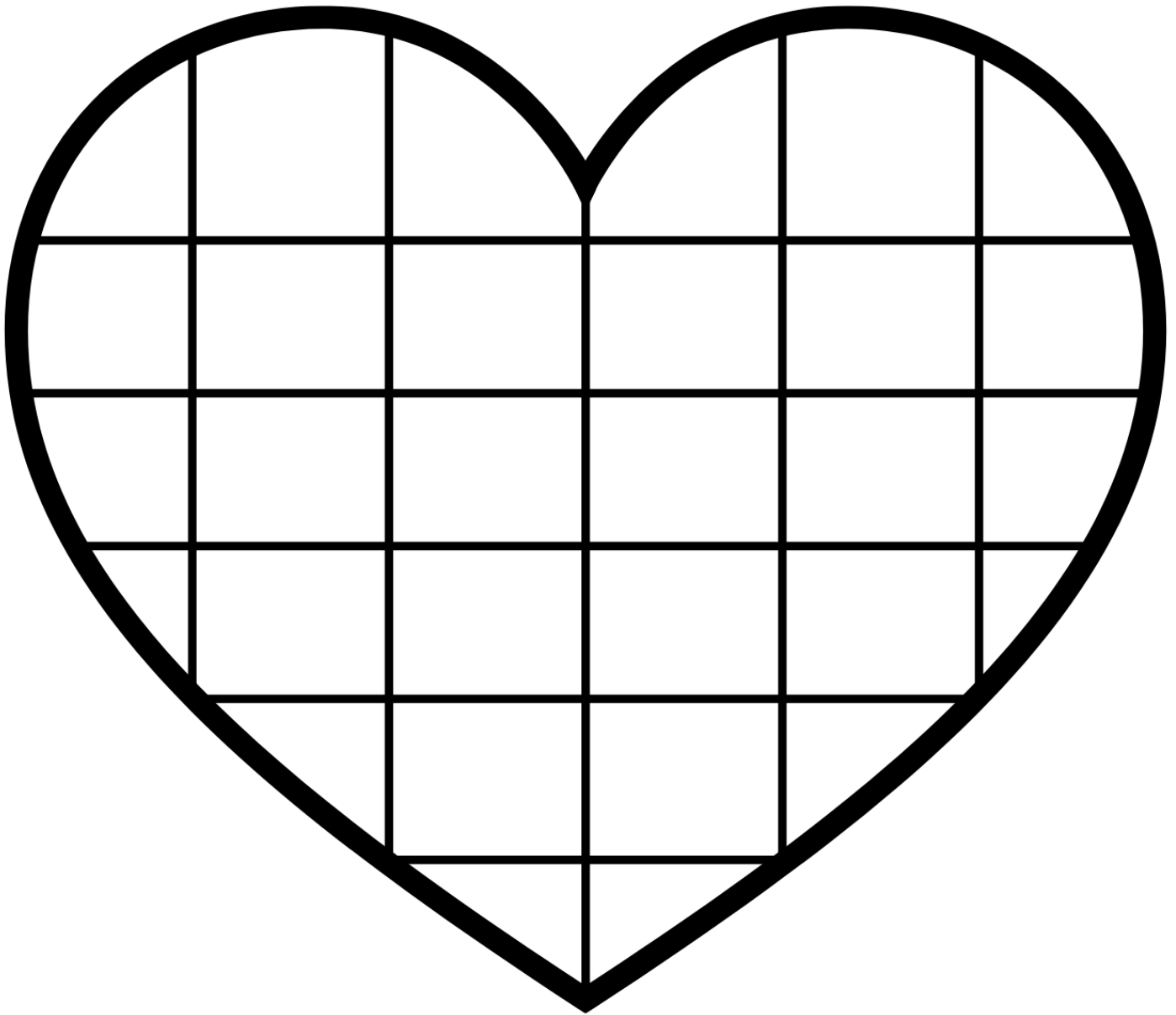
KINDNESS COUNTER

50 ACTS OF KINDNESS



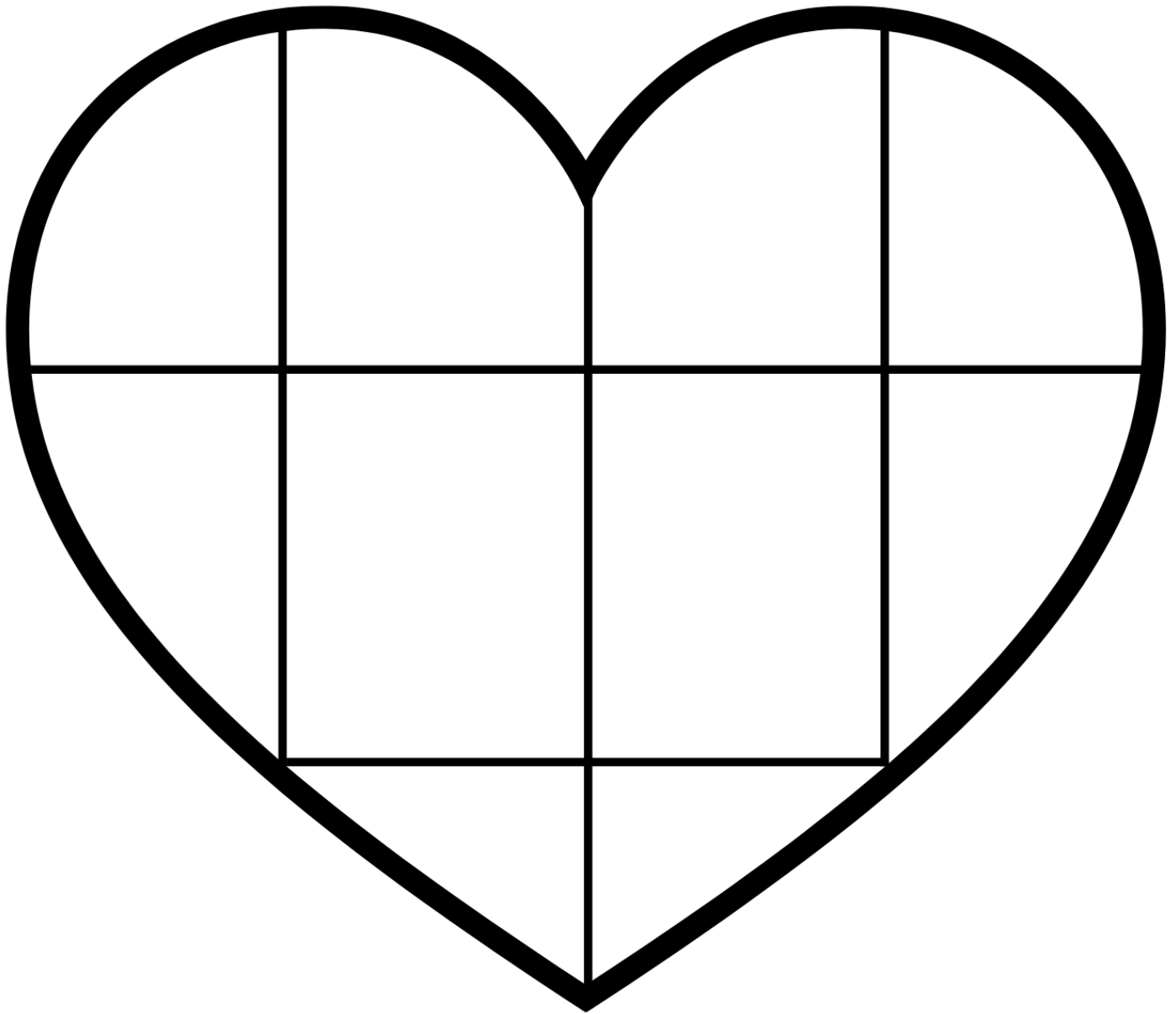
KINDNESS COUNTER

30 ACTS OF KINDNESS

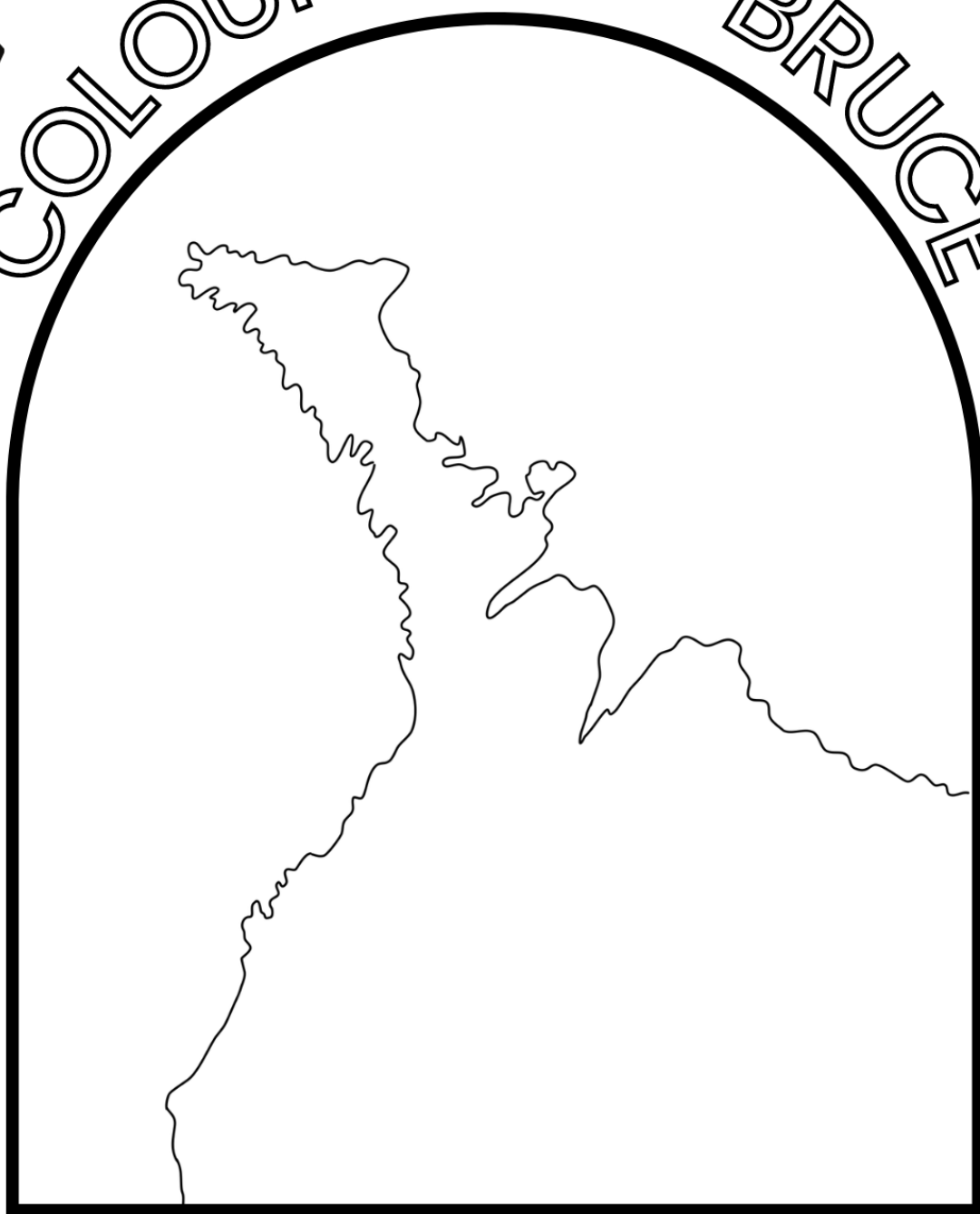


KINDNESS COUNTER

10 ACTS OF KINDNESS



COLOUR GREY-BRUCE



WITH KINDNESS



Kind people
are our *Kind*
of people.



Throw
kindness
around like
confetti!

Thank you

TO OUR GENEROUS LOCAL SUPPORTERS



OWEN SOUND



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EMAIL RACHEL TAYLOR AT RTAYLOR@HCSSGREYBRUCE

THANK YOU FOR ALL OF YOUR INCREDIBLE SUPPORT!!!



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Rachel Taylor

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