



St. Lawrence County Youth Bureau

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FOR IMMEDIATE RELEASE

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St. Lawrence County 3rd Annual Valentines Day Card Drive

Canton, New York

To express love, care, and connection this Valentine's Day, the St. Lawrence County Youth Bureau, with the Office for the Aging, has launched its third annual Valentine's Card Drive to benefit senior citizens living in St. Lawrence County. Valentine's Day is particularly hard on older adults who are not able to visit their friends and family members; causing depression, loneliness and anxiety. February is also a difficult month for individuals suffering with Seasonal Affective Disorder (SAD) or the winter blues.

"Older adults, especially those who live far from family and friends, need to feel social connectedness. They are a valued part of our community and this allows our school age children, teens, and families to come together and show kindness to residents who may be feeling lonely and isolated," commented Alexa Backus Chase, Youth Bureau Director.

Students K-12th grades are asked to submit their Valentine's themed artwork, notes, and cards to the Youth Bureau by Friday, February 10th. Adults are welcome to submit cards too. The Youth Bureau's address is 80 SH 310 Suite 4, Canton, NY 13617.

Residents living in assisted living and long-term care facilities can also receive Valentines. Contact the Youth Bureau to be added to its disbursement list.

For more information email AChase@stlawco.org or call the Youth Bureau at 315.379.9464.

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