



St. Lawrence County Youth Bureau

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FOR IMMEDIATE RELEASE

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St. Lawrence County 5th Annual Valentine's Day Card Drive

Canton, New York

This Valentine's Day, the St. Lawrence County Youth Bureau, in partnership with the Office for the Aging, invites the community to take part in the **5th Annual Valentine's Day Card Drive**, an initiative designed to bring love, care, and connection to older adults throughout St. Lawrence County.

Valentine's Day can be particularly difficult for seniors who may be unable to visit friends and family, leading to feelings of loneliness, depression, and anxiety. February is also a challenging time for individuals experiencing Seasonal Affective Disorder (SAD) or the winter blues. This initiative aims to brighten the lives of these residents with heartfelt messages and creative expressions of kindness.

"Connecting with older adults in this way is a wonderful opportunity for students, families, and community members to spread joy and combat feelings of isolation. These cards can make a significant impact on someone's emotional well-being," shared Alexa Backus Chase, Youth Bureau Director.

How to Participate:

- **Who Can Contribute?** Students of all ages (K-12), as well as adults, are encouraged to create Valentine's-themed cards, notes, or drawings.
- **Deadline:** All submissions must be mailed or delivered by **Friday, February 7th, 2025**.
- **Delivery Address:**
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Valentine's cards will be distributed to older adults through the Office for the Aging, those living in assisted living facilities, long-term care homes, or who are hospitalized. Organizations and agencies that would like to be included in the distribution list can contact the Youth Bureau directly.

Help us spread love and kindness this Valentine's Day by joining our card drive! Together, we can make this February a little brighter for the seniors in our community.

For more information, please email AChase@stlawco.gov or call the Youth Bureau at **315.379.9464**.