

EVERY DAY HERO

Do you know an older person, age 55+, who goes out of their way to brighten the lives of those around them? How about someone who volunteers their time to help others, often without recognition? The Age Friendly London Network wants to know about these “every day heroes” who make our community a better place to live.

The Every Day Hero campaign is meant to showcase older adults who help others in many small but meaningful ways.

Examples include, but are not limited to:

- Shovelling a neighbour's walk way or drive way;
- Helping a friend or neighbour with their groceries;
- Sharing a cup of coffee or your time, or providing a helping hand when a friend, family member or neighbour is in need.

**Older adults contribute so much
to our families,
neighbourhoods, and communities**



Contact Age Friendly London at:

✉ agefriendlylondon@london.ca or ☎ 519-661-CITY (2489) x 7208



Age Friendly London

EVERY DAY HERO

NOMINATION FORM

Nominator Information:

Name: _____ Phone: _____

Email: _____

Nominee:

Name: _____ Phone: _____

Email: _____ This person is aged 55+

Please tell us why you are nominating this person to be an every day hero:

Every day people, doing extraordinary things



Any applications received after May 31st will be considered for the following year

📄 Scan this form or email your answers to the questions above to: mdellamo@london.ca

✉ Mail: **Age Friendly London, Every Day Hero Nomination**

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