

# The WAY (We Are with You) Project (Completed)

- **Project Period:**  
May 2020 – March 2021
- **Funder:**  
United Way Greater Toronto

weekly befriending counselling calls to check in with each senior’s physical and emotional well-being. This project ensured all seniors in the Korean community feel they are not alone but cared for by the community and collaborated with local businesses and individuals to overcome COVID-19 together.

## • Project Activities

**We Are with You**  
**The WAY Project**  
Remember KCWA is with you.

The Way project provides the following to 40 seniors over the age of 70 for 5 weeks (May 19, 2020 ~ June 19, 2020)

- 1 Side dishes once a week (Kimchi, etc. once a week)
- 2 At-home and no-delivery services of medicines and essentials upon request
- 3 Companionship and social contact through weekly phone calls

**How to participate in The Way Project**

**Eligible Target**  
• Senior must be single or single household (70 years and older) who have no family members present.  
• No adult children or complex living reality.  
• Not able to get to the store and/or unable to make medical or health appointments and/or unable to take necessary medicines.

**Donors**  
• Donor: \$50 to cover the cost of a week's worth of side dishes and staples and/or to cover the cost of a week's worth of medicines and essentials.

**Volunteers**  
• After completing the KCWA volunteer training, volunteers will cook and deliver medicines and essentials based on recipients' needs.

**How to Apply**  
• Refer to the website for more information and to apply.  
• Contact KCWA at 416-340-1234 / kowa@kwa.net / www.kwa.net

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**We Are with You**

This project provides the following to 50 seniors over the age of 70 for 12 weeks (Aug 10, 2020 - Oct 30, 2020)

- 1 Side dishes once a week and staple foods once a month
- 2 Free delivery services of medicines and essentials upon request
- 3 Befriending services through weekly phone calls

**ELIGIBLE TARGET**  
• Senior must be single or single household (70 years and older) who have no income other than pension and no adult children or complex living reality.  
• No family members present and/or unable to make medical or health appointments and/or unable to take necessary medicines.

**DONORS**  
• In-kind donations are welcomed.  
• Donates \$20 to support one senior with a week's worth of side dishes.

**VOLUNTEERS**  
• After completing the KCWA volunteer training, a volunteer will deliver weekly packages containing essential food items.  
• Pick up and deliver medicines and other essential goods based on recipients' needs.

**HOW TO APPLY**  
• Refer to the website for more information and to apply.  
• Contact KCWA at 416-340-1234 / kowa@kwa.net / www.kwa.net

**CONTACT**  
• KCWA Family and Social Services  
416-340-1234 / kowa@kwa.net / www.kwa.net



**We Are with You #3**

This project provides the following to 50 seniors over the age of 70 for 8 weeks (Jan 11, 2021 - Mar 3, 2021)

- 1 Side dishes once a week and staple foods once a month
- 2 Free delivery services of medicines and essentials upon request
- 3 Befriending services through weekly phone calls

**ELIGIBLE TARGET**  
• Senior must be single or single household (70 years and older) who have no income other than pension and no adult children or complex living reality.  
• No family members present and/or unable to make medical or health appointments and/or unable to take necessary medicines.

**DONORS**  
• In-kind donations are welcomed.  
• Donates \$20 to support one senior with a week's worth of side dishes.

**VOLUNTEERS**  
• After completing the KCWA volunteer training, a volunteer will deliver weekly packages containing essential food items.  
• Pick up and deliver medicines and other essential goods based on recipients' needs.

**HOW TO APPLY**  
• Refer to the website for more information and to apply.  
• Contact KCWA at 416-340-1234 / kowa@kwa.net / www.kwa.net

**CONTACT**  
• KCWA Family and Social Services  
416-340-1234 / kowa@kwa.net / www.kwa.net

**Giving Your Hand & Sharing Your Heart**  
with The WAY Project #2

The "Giving Your Hand & Sharing Your Heart" project is a partnership between United Way Greater Toronto and KCWA. This project provides the following to 50 seniors over the age of 70 for 8 weeks (Jan 11, 2021 - Mar 3, 2021)

- 1 Side dishes once a week and staple foods once a month
- 2 Free delivery services of medicines and essentials upon request
- 3 Befriending services through weekly phone calls

**ELIGIBLE TARGET**  
• Senior must be single or single household (70 years and older) who have no income other than pension and no adult children or complex living reality.  
• No family members present and/or unable to make medical or health appointments and/or unable to take necessary medicines.

**DONORS**  
• In-kind donations are welcomed.  
• Donates \$20 to support one senior with a week's worth of side dishes.

**VOLUNTEERS**  
• After completing the KCWA volunteer training, a volunteer will deliver weekly packages containing essential food items.  
• Pick up and deliver medicines and other essential goods based on recipients' needs.

**HOW TO APPLY**  
• Refer to the website for more information and to apply.  
• Contact KCWA at 416-340-1234 / kowa@kwa.net / www.kwa.net

**CONTACT**  
• KCWA Family and Social Services  
416-340-1234 / kowa@kwa.net / www.kwa.net



## • Project Summary

The WAY project was funded by *United Way Greater Toronto* and carried out in a total of three cycles from May 2020 to March 2021 for a total of 25 weeks. It served 146 vulnerable low-income seniors in the Korean Community who do not have any family members to support them during COVID-19. The project partnered with five local restaurants in each cycle to prepare healthy weekly Korean meals and 53 individuals who participated as volunteers to deliver food and goods to senior participants. The project delivered a total of 1,250 side dishes and 442 staple food and necessities with letters of helpful information and poems while KCWA staff making

## • Partnership Restaurants

- Chowon Family Restaurant
- Dasoni
- Finch JungSooNae
- Insadong Korean Restaurant
- Lee Nam Jang
- Onnuri Korean Restaurant
- Sariwon
- Seoul House BBQ

## • YouTube Video

<https://youtu.be/JnhR95wYLOQ>