



# Clementine Foundation – restoring everyday life that matters

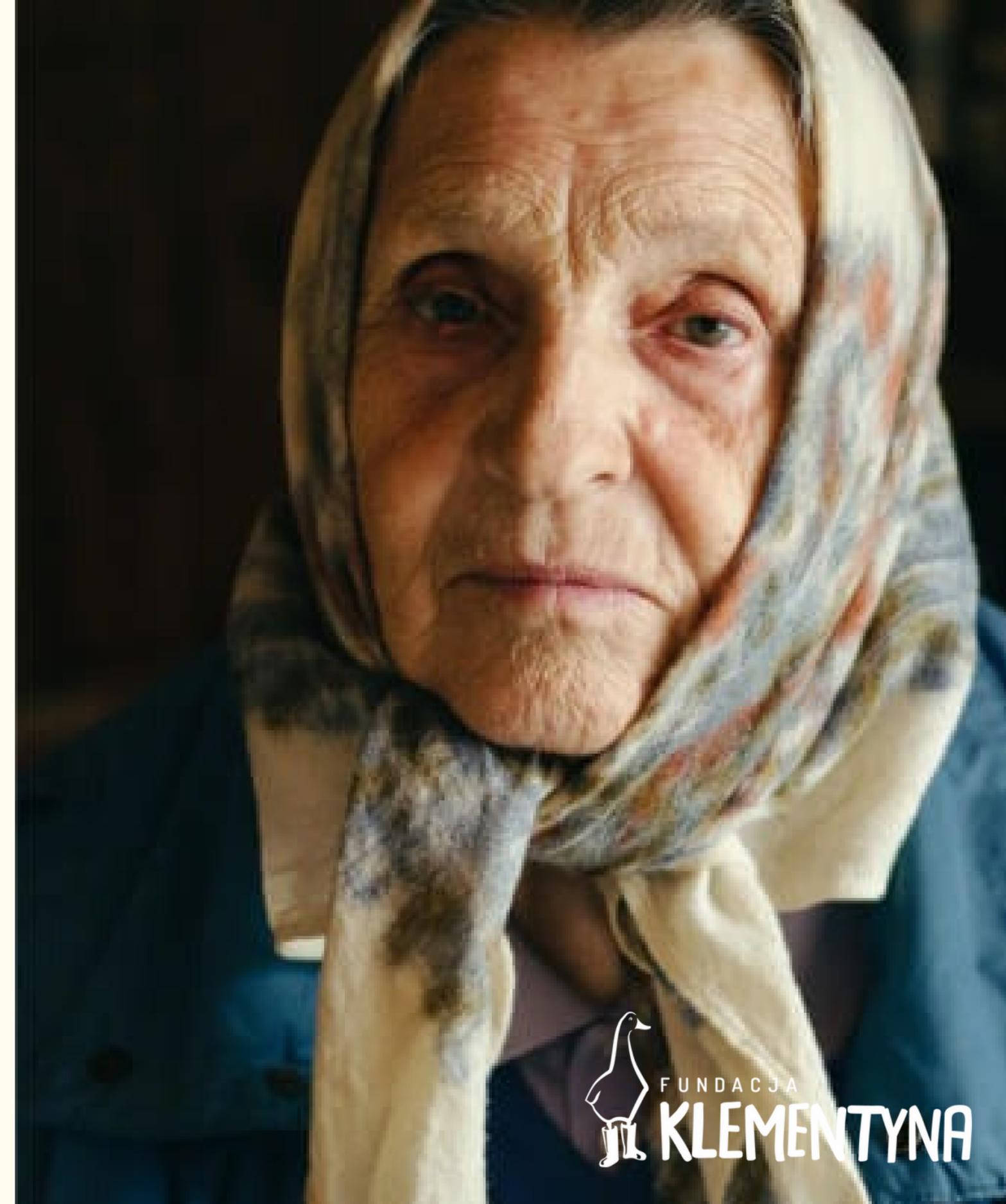
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A story about how we're changing the image of old age in Poland

**We look into the face of an elderly woman. There's no need to ask how she lives — you can see it in her eyes, in her hands. In her kitchen, where she boils water in the morning just to keep warm.**

**This isn't a film. It's Poland** —  
**a country where thousands of seniors face each month alone, with no one to talk to and no money for food.**

**At the Clementine Foundation, we've been looking into these faces for 20 years. In them, we see all of Poland — hardworking, quiet, and too often left on its own.**



Our research, conducted together with the Stocznia Foundation, shows that:

- 🌿 10% of single-person pensioner households **live below the minimum subsistence level,**
- 🌿 one in five seniors **has no one to turn to for help,**
- 🌿 28% experience symptoms of **depression,**
- 🌿 and 35,000 older people in our region live in **loneliness.**

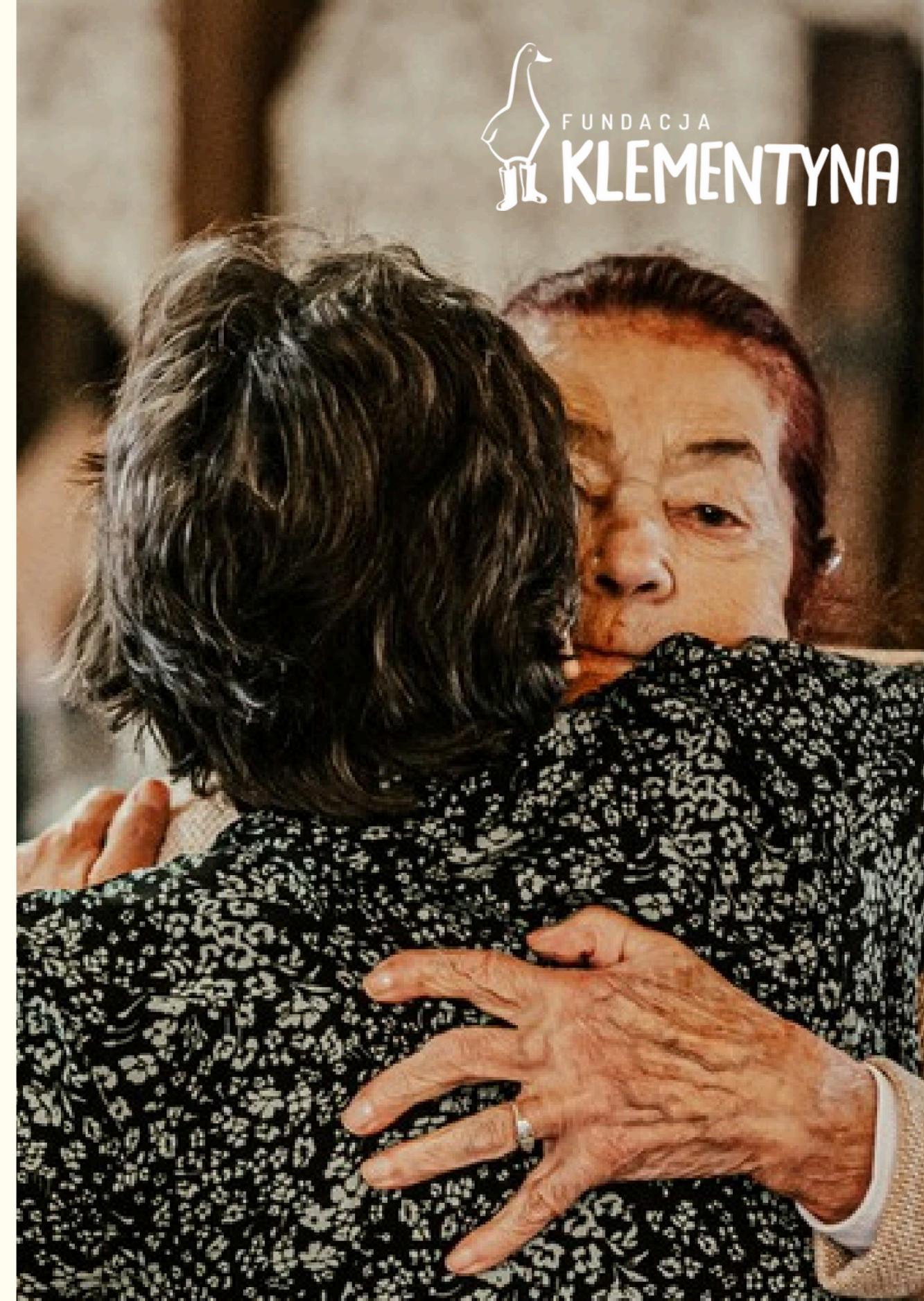
Poverty isn't always visible — it often hides behind a curtain and a habitual smile.



**The Clementine Foundation is a place that connects generations.**

We work in small communities where help rarely reaches, offering:

- 🌿 daily meals through the “Meal Mail” program,
- 🌿 prepaid grocery cards,
- 🌿 psychological support and companionship from volunteers,
- 🌿 activities and care at the “Przystanek Klementyny” Senior Day Center,
- 🌿 empathy education in schools and intergenerational initiatives.



Behind every number is someone who has found a reason to get up in the morning again. Someone who has simply stopped being afraid of having to ask for help.

In the past year:

- we provided nearly 600,000 PLN in prepaid cards for seniors to buy essential goods,
- prepared over 2,500 food packages,
- delivered more than 25,000 meals,
- held thousands of visits and conversations,
- engaged 328 volunteers from different generations.



At the heart of our work is the “Przystanek Klementyny” Senior Day Center.

It’s a place where life regains its rhythm — calm, everyday, yet full of meaning.

It’s not just a building. It’s a space where old age is not the end, but a different kind of beginning.

**This is where our greatest social impact begins — because every hour spent together is a step toward regained dignity, self-confidence and the simple joy of living.**



**Every step we take brings us closer to one goal:  
to make growing old in Poland a good time of life.**

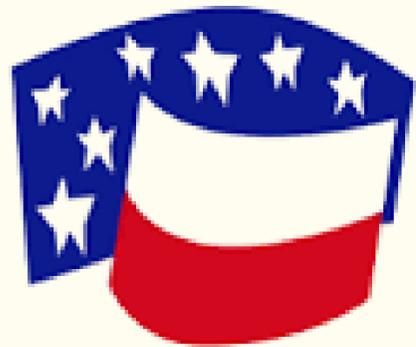
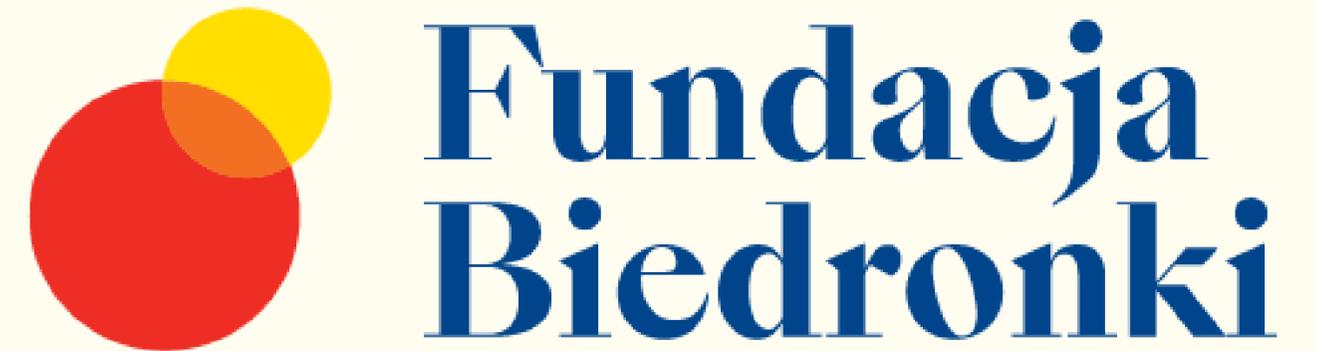
Growing social needs teach us courage and responsibility.

That's why today, Klementyna is more than an organization — it's a model of social action we're building together with municipalities, local governments, and businesses.

In ten years, there will be two million more seniors in Poland. If we don't build a system of support now, loneliness and poverty will become the norm. At the Clementine Foundation, we believe that solidarity begins with small gestures.



We have collaborated with:



POLISH-AMERICAN  
FREEDOM FOUNDATION

We believe that goodness begins with paying attention.  
Thank you for being part of it —  
for helping make old age in Poland a good time of life.

