

# CARDS OF KINDNESS

## AGING ADULTS/INDIVIDUALS

Many community members such as veterans and elderly individuals often feel isolated, lonely, or unappreciated. By reaching out to them with a personal card or words of encouragement, you are helping them feel connected to our community and brightening their day. Whether you want to write to nursing home residents or hospital patients, small gestures like this can make a big difference in the recipient's life, as well as your own. These cards will be distributed to United Way partners including recipients of ElderCircle, Bigfork Valley Day Stay, local senior homes and hospitals.

### SUPPLIES:

- Paper or cardstock
- Ribbon/feathers/jewels
- Glue or double-sided tape
- Stamps & inkpads
- Markers
- Pens
- Scissors
- Envelopes

### INSTRUCTIONS

1. Decide who you will be writing your card to (veteran, nursing home resident, hospital patient, recipient of ElderCircle or Bigfork Valley Day Stay, etc.)
2. Gather your supplies.
3. Take the cardstock or paper and fold it to create a card.
4. Write a note of encouragement, hope or thanks (based on the recipient) and sign your first name.
5. Decorate the card however you want!
6. Repeat as many times as you'd like.
7. Take a picture of you, your team, and your finished project and send to United Way at [info@unitedwayof1000lakes.org](mailto:info@unitedwayof1000lakes.org) to share and inspire your community!

### REFLECTION

1. How do you feel when you get a personal card or note?
2. How did making this card impact your life? How will it impact the individual who receives it?



United Way of 1000 Lakes