



THINKING OF YOU CARDS FOR HOMEBOUND SENIORS

Let one of our Meals on Wheels homebound seniors or an adult with disabilities know that their community cares about them. Every year since 1970, our volunteers have made and distributed hand-made cards! Especially now during the COVID-19 crisis, these cards can help lift someone's spirits as many are isolated and alone. Each week we will pack a card into every clients' meal that is safely delivered by one of drivers. You'll have fun tapping into your artistic side, and you'll feel good, too, knowing that you're making a difference in the lives of so many of the elderly in your community.

GUIDELINES

- Cards must be small enough to fit into our delivery bags - see dimensions below.
- Fold-over note cardstock (finished size: 4¼ x 5½) or an 8½ x 11 piece of paper can be folded in half and in half again (for stability and a finished size of 4¼ x 5½).
- Do not use glitter, macaroni, or other types of decoration that can easily come off.
- We do NOT need envelopes for the cards.
- Remember, seniors often have poor eyesight. Keep print large and avoid cursive.
- Do not sign the cards, not even with your school or company name. It confuses many of our senior clients.
- Please avoid irony, slang, puns or jokey cards as it will also confuse our clients. Think of kind, sincere, and joyful messages and images.
- Please do not use any language that pertains to any religion.

Write "Thinking of You" on the front of every card and a positive message on the inside, such as:

Have a Good Day	Be well and safe
Best Wishes	This too shall pass
Be Well	See the sun, hear the birds and take care!
Someone is thinking about you and wishing you well, right now!	It's not the years in your life. It's the life in your years!
Thinking of you, and wishing you well!	Stay Safe!

Fill out the provided info sheet and include with cards before mailing or dropping off.

MAIL CARDS TO:

Meals on Wheels San Francisco
 Attention: Stephanie Galinson
 1375 Fairfax Ave., San Francisco, CA 94124

Have Questions?

Contact Stephanie Galinson - Volunteer Coordinator
sgalinson@mowsf.org

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INFO SHEET FOR CARDS

Contact Name:

Date:

Group/Organization Name:

Address:

Email:

Phone:

How many people participated:

Hour(s) spent card making:

Why did you/group create cards?

Type of Cards

Quantity

Thinking of You Cards

Are you on social media? We like to thank our card makers!

Facebook

Twitter

Instagram

We truly are very thankful to all the homemade card makers! Our community of isolated seniors and adults with disabilities are so appreciative to receive the uplifting messages with their meals! Due to the overwhelming amount of cards that our staff has been receiving, we will post a collective THANK YOU each month on social media to all card makers vs individually.