



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 spirits as many seniors are isolated and alone. Each month we pack a card into every client's meal that is safely delivered by one of our drivers. You will have fun tapping into your artistic side, plus you'll feel good knowing that you're making a difference in the lives of so many of the elderly in our community.

GUIDELINES

- Please **DO NOT** sign the cards, not even with your school or company name. It will confuse many of our senior clients.
- Please avoid irony, slang, puns or jokey cards. Think of simple, kind, sincere, and joyful messages and images.
- Please do not use any language that pertains to any religion. Our clients come from a broad range of cultures and many different religious beliefs.
- Cards should 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, pompoms, or other types of decoration that can easily come off.
- We do **NOT** need envelopes for the cards.
- Some of our seniors have vision issues so please keep print large and avoid cursive.

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	Take Care!
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!

PLEASE AVOID using phrases like: "This too shall pass", "It will get better", "Smile"

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

MAIL CARDS TO:

Meals on Wheels San Francisco
 Attention: Maggie Shugerman
 1375 Fairfax Ave., San Francisco, CA 94124

Have Questions?

Contact Maggie Shugerman, Volunteer Coordinator
mshugerman@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

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 number 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.