

## THANKSGIVING CARDS FOR HOMEBOUND SENIORS

You can let one of our 4,500 Meals on Wheels seniors know that people care about them during Thanksgiving by creating cards that we will deliver along with their special turkey dinner!

Spend time with your family, friends, or coworkers and get creative! You'll have fun tapping into your artistic side, and you'll feed good, too, knowing that you are making a difference in the lives of so many of our community's seniors.

### 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 “Happy Thanksgiving” on the front of every card and a positive message on the inside such as:**

Happy Holidays!	Be well and safe
Best Wishes	Take Care!
Be Well	Have a Great Thanksgiving!
Thinking of you and wishing you well!	Wishing you joy this Thanksgiving!

**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  
 Volunteer Department  
 1375 Fairfax Ave., San Francisco, CA 94124

### **Have Questions?**

Contact Maggie Shugerman, Volunteer Coordinator  
[mshugerman@mowsf.org](mailto:mshugerman@mowsf.org) or (415) 430-4180

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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**

Thanksgiving

**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.