

## WINTER HOLIDAY CARDS FOR HOMEBOUND SENIORS

Let one of our Meals on Wheels seniors or adult with disabilities know that their community cares about them. Every year since 1970 our volunteers have made and distributed hand-made winter holiday cards. Especially now during the COVID-19 crisis, these cards can help lift spirits as many seniors are isolated and alone. We will pack your hand-made winter holiday cards into our clients' meals delivered by our Meals on Wheels drivers throughout the year-end holiday season. So, kick back with your family or virtually with friends or co-workers and get creative! You will have fun tapping into your artistic side, and feel good, too, knowing that you're making a difference in the lives of so many of our community's seniors.

### 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.
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- Remember, seniors often have poor eyesight. Keep print large and avoid cursive.
- Do not sign the cards, not even with your school, organization or company name. It confuses many of our senior clients.
- Please avoid irony, slang, puns or jokey cards as may confuse our clients. Think of kind, sincere, and joyful messages and images.
- Please do not use any language that pertains to any religion.

Write "Season's Greetings" on the front of every card and a positive message on the inside such as:

Best wishes for a lovely holiday season. We're thinking of you.	Wishing you comfort, joy and hope in the year ahead.
Happy Holidays and warm wishes	Wishing you a safe holiday season.
Happy New Year!	To a holiday season filled with good health and good cheer.
Warm holiday wishes!	New Year - New beginnings

Fill out cover sheet and include with cards before mailing or dropping off.

### MAIL OR DROP OFF CARDS TO:

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

### QUESTIONS?

Contact Stephanie Galinson - Volunteer Coordinator  
[sgalinson@mowsf.org](mailto:sgalinson@mowsf.org)

## COVER SHEET FOR CARDS

Contact Name: \_\_\_\_\_ Date: \_\_\_\_\_

Group/Organization Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

How many people participated: \_\_\_\_\_

Hour(s) spent card making: \_\_\_\_\_

Why did you or your group make cards? \_\_\_\_\_

<b>Type of Cards</b>	<b>Quantity</b>
Winter Holiday Cards	

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

Facebook	
Twitter	
Instagram	

We are 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 we receive, we will post a collective THANK YOU each month on social media to all card makers vs individually.