



CARDS FOR HOMEBOUND SENIORS

Let one of our Meals on Wheels homebound clients know that their community cares about them. Every year since 1970, our volunteers have made and distributed handmade cards! These cards can help lift spirits as many seniors are isolated and alone. Four times a year we pack a card into the meals that are delivered by our drivers. We also provide a card and special treat for each of our clients' birthdays! You can 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 seniors in our community!

Please **read and follow** all the guidelines below to ensure your cards can be used. Be sure to fill out the info sheet found below. All the cards you make and the information sheet can be packaged in the same box/envelope and sent to Meals on Wheels San Francisco, or you can contact us to arrange a drop-off at our office.

Mail Cards To:

Meals on Wheels San Francisco
Attention: Volunteer Dept/Cards
2142 Jerrold Ave., San Francisco, CA 94124

If you have any questions, you can contact us at volunteer@mowsf.org.

GUIDELINES

We accept **Valentine's Day**, **Winter Holiday**, and **Thinking of You** cards. We can not use cards for any other holiday.

Do's

- Make your card small enough to fit into our delivery bags. They should be no larger than 4¼" x 5½" (the size of an 8" x 10" sheet of paper folded into quarters).
- Make your writing large and avoid cursive. A lot of our seniors have vision problems.
- Use simple, kind, sincere, and joyful messages and images.
- Do fill out and include the information sheet.

Don'ts

- Do not sign the cards, not even with your school or company name. It is confusing for our clients.
- Do not use irony, slang, puns or jokey cards.
- Do not use any language or symbols that pertain to any religion. This includes **Christmas Trees**. Our clients come from a broad range of cultures and many different religious beliefs.
- Do not use **glitter**, pompoms, or other types of decoration that can easily come off in the bags of food.
- Do not send envelopes for the cards.
- Do not use phrases like: "This too shall pass", "It will get better", "Smile." There is a list of phrase ideas on the second page

THINKING OF YOU CARDS

- Write "Thinking of You" or a similar greeting on the front of every card and a positive message on the inside.
- Have a Good Day
- Best Wishes
- Be well
- Someone is thinking about you and wishing you well, right now!

VALENTINE'S DAY CARDS

- Write "Happy Valentine's Day" on the front of every card and a positive message on the inside.
- Sending you a smile on Valentine's Day!
- Hope your Valentine's Day is sweeter than candy!
- Wishing you a day full of happiness!
- Hoping today is a wonderful celebration for you, Happy Valentine's Day!
- Have a lovely Valentine's Day!
- Wishing you a smile filled Valentine's Day!
- Hope your day is full of Hugs, Love, and Laughter!
- May you feel a wealth of love this Valentine's Day!

WINTER HOLIDAY CARDS

- Write "Season's Greetings" or a similar greeting on the front of every card and a positive message on the inside.
- Best wishes for a wonderful holiday season!
- Happy Holiday!
- Wishing you the gift of good cheer this holiday season!
- Holiday Cheer and Happy New Year!
- Best wishes for a holiday season filled with joy!
- Wishing you comfort, hope and joy for the holidays and always!
- Wishing you a warm and happy winter season!



INFO SHEET FOR CARDS

Contact Name: Date:

Group/Organization Name:

Address:

Email: Phone:

Hour(s) spent card making:

Number of people participating:

Why did you/group create cards?

Type of Cards:

Quantity

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.