

Send a Care Card

Do you know someone who could use a friendly greeting? This care card is one way to show you're thinking of them.

The coronavirus pandemic has increased social isolation and other serious challenges for people over 50. Now, more than ever, it's important to build social connections with older adults and others who may feel lonely and cut off from their communities — for example:

- People who are homebound due to age or disability.
- Seniors or other people isolated due to COVID-19 or social distancing.
- Neighbors without relatives who live nearby.
- Residents of senior living facilities.
- Older adults facing food insecurity.
- People who live alone or in remote areas.
- Friends and others who lack transportation or internet access.
- Members of underserved or disadvantaged populations.

Our care card is a simple, thoughtful gesture that's easy to do and can mean so much to the recipient. Simply print the second page of this PDF on 8½ x 11 paper, fold it in half, add a brief personal note, and then either mail it or hand it to someone.

Not sure what to say? Here are some ideas!

- Hope this brightens your day.
- Just letting you know you're on my mind.
- I wanted you to know that someone cares. Peace and joy to you.
- To a special friend — You're always in my thoughts and in my heart.
- To a wonderful person — I'm thankful for you.
- Caring hugs to you, today and always!

Thanks for creating connections.

— The Connect2Affect Team

Thinking
OF YOU

