

CARDS FOR HOMEBOUND SENIORS

All year long, you can let one of our 4,500 Meals on Wheels seniors know that people care about them during their birthday month and throughout the year. Every year since 1970, our volunteers have made and distributed hand-made birthday, Valentine's day, and winter holiday cards! We want each client to know that we care; and for many of our seniors, the card you make may be the only card they receive during celebratory or difficult times.

So, kick back at home, with your family and friends, or with your coworkers and get creative! You'll have fun tapping into your artistic side, and you'll 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.
- 11 X 17 construction paper should be cut into fourths so you get four cards per sheet.
- 8½ x 11 paper can be cut in half for two cards per sheet.
- Use glue sticks for gluing and not any other type of adhesive.
- Do not use glitter, macaroni, or other types of decoration that can easily come off.
- Remember, seniors often have poor eyesight. Keep print large and avoid cursive.
- Do not sign the cards, not even with your school or company name. It confuses many of our senior clients.
- Please avoid irony, slang, puns or jokey cards as it will also confuse our clients. Think of kind, sincere, and joyful messages and images.
- Please do not use any language that pertains to any religion.
- Birthday Cards:
 - Write "Happy Birthday" on the front of every card and a positive message on the inside. See examples provided.
- Valentine's Day Cards:
 - Write "Happy Valentine's Day" on the front of every card and a positive message on the inside. See examples provided.
- Winter Holiday Cards:
 - Write "Season's Greetings" on the front of every card and a positive message on the inside. See examples provided.
- 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: Kathy Stirling
1375 Fairfax Ave., San Francisco, CA 94124

BIRTHDAY CARD MESSAGES

- Hope your birthday's as terrific as you are!
- Have a fantastic birthday!
- May all your birthday wishes come true!
- Wishing you a special birthday!
- Have an awesome birthday!
- Warmest wishes and love on your birthday!
- Happy Birthday and all the best to you in the year to come!
- Birthday Cheers!
- Huzzah to you on your birthday!

VALENTINE'S DAY CARD MESSAGES

- Sending you love on Valentine's Day!
- Hope your Valentine's Day is sweeter than candy!
- Love and Hugs!
- Wishing you a day full of love and 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 CARD MESSAGES

- Season's Greetings!
- 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!

Thank-you for caring for seniors!



@mowsf #mowsf

COVER SHEET FOR CARDS

Group/Organization Name:

Contact Name:

Phone:

Email:

How many people participated:

Estimate of total hours spent:

Why did you/group create cards?

<u>Type of Cards</u>	<u>How Many</u>
Birthday Cards	#
Thinking of You	#
Valentines Day	#

Are you on Social Media? We like to thank our card makers!

Twitter:

Facebook:

Instagram:

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