

PROJECT SENIOR SMILES



Project Type: Seniors ○○○

Age Requirements: 5+ with guardian help

Details: Write cards/letters for the seniors at a local nursing home! Support our elders during this critical effort to help fight loneliness. Physical isolation is important for public health right now, but our elders deserve to feel supported, too. The nursing homes are closed to visitors right now, and seniors (and staff!) there could really use some love and cheer. For every volunteer spot you sign up for, please make 5-10 cards. We really want to show our appreciation and love for these neighbors at this time!

INCLUDED IN THE PROJECT KIT

- Project Guidelines
- Card Guidelines

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PROJECT GUIDELINES

- **Make 5 cards or more!** To make sure everyone gets a card, please commit to making at least 5 -10 cards. Better yet, get your family involved and make even more!
- **Send in your cards on time!**
 - Dropping off your cards: Drop off your cards at the ACTION office on June 7th from 12:00 pm - 2:00 pm. If you cannot make it to the office at this time, please contact Natalie.Pavia@actionvc.org to arrange another drop off time or mail in your cards.
 - Mailing in your cards: Please make sure your package is postmarked by June 8th, 2020 in order for it to get to us in time.
Mail to: ACTION, 4001 Mission Oaks Blvd, Suite S, Camarillo, CA 93012
- **Share your act of kindness!** We love seeing photos of your volunteering, and it helps promote our work more than you know. If you tag us [@action_vc](https://twitter.com/action_vc) and use [#lovevc2020](https://twitter.com/lovevc2020), your photo will be entered in a drawing to win a \$30 amazon gift card!

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CARD GUIDELINES

- Make your cards legible (large print) and handwritten. No worries if you're not artistic- make your card as what you'd like to receive.
- Keep them generic, perhaps addressing them to "Friend" or "Neighbor".
- Exclude the date (day, month, and year).
- Embrace creativity! Recipients love it when the letters are personal. We encourage you to make your letters detailed, thoughtful and heartfelt. Be kind and thoughtful (more than talking about yourself). This is a one-way letter exchange, meaning you will not receive a letter back. Please remember that no reciprocation attached is part of the beauty of your act of kindness. The recipients won't feel burdened by feeling obligated or being unable to respond.
- Envelope your letters if you can! It's so much nicer to open up an enveloped card, don't you think? Leave your enveloped letters unsealed and unstamped and put them in a larger envelope or box.