

Be an ISOLATION-BUSTER Create



Cards for Seniors

WeCare Cards is designed for school children and community members to communicate with senior citizens in Arizona's assisted living homes who are physically and socially isolated from their family and friends due to COVID-19 quarantine restrictions.

While isolation can cause loneliness for individuals of any age, **isolation of our seniors can impact negatively both their physical and mental health.** Isolation has been linked to cognitive decline and dementia, an increased risk of falls as well as hospital re-admissions and increased mortality.

This older age group has traditionally communicated with personal greeting cards, handwritten letters and pictures. They treasure receiving and holding these paper messages, which can trigger fond memories of "letters from home" received over their lifetimes.

We hope that mailing **WeCare** Cards with individual greetings of love, hugs and smiles will bring the isolated residents some comfort and cheer despite the separations being imposed upon them.

We follow CDC guidelines and hold all items at least 24 hours before mailing to assisted living homes.

Guidelines for Making WeCare Cards for Seniors

Wash your hands with soap and water for at least 20 seconds before you start!

- Items **MUST** fit in a 9" x 12" envelope.
- Use 8 1/2" x 11" paper/construction paper (paper **ONLY**).
- Be creative! Cut designs, shapes, things out, glue or tape things on, etc.
- Write big and dark so elderly eyes can see it.
- Bright, colorful drawings and pictures are welcome and encouraged!
- Items can be handmade or store bought.

Mailing address and Drop-off Location for WeCare Cards for Seniors

Send **WeCare** Cards c/o 9920 S. Rural Road,
Suite #108, Tempe, AZ 85284

Please honor social distancing if dropping off at this supporting small business:

Mail & More, 9920 S. Rural Road Suite #108, Tempe 85284
near Babbo's in Fry's Marketplace at Ray & Rural

For more information:
Carecardsaz@gmail.com

Or contact Linda Arters, Certified Senior Advisor &
National Elder Justice Advocate, arters@artersgroup.com

Visit ArtersGroup.com