

# Our ISOLATION-BUSTERS want to create **CareCards** for your residents



**CareCards** has been designed for school children and community members to personally communicate with senior citizens in our local assisted living homes and communities who are now isolated from their family and friends due to the Coronavirus restrictions.

Social isolation can cause loneliness. More significantly, **isolation can negatively impact both the physical and mental health of seniors.** Isolation has been linked to cognitive decline and dementia, an increased risk of falls as well as hospital readmissions and increased mortality.

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

We hope that mailing these individual greetings of love, hugs and smiles in **CareCards** will bring your 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 your home.**

## TO REGISTER YOUR ASSISTED LIVING RESIDENTS FOR **CareCards**

Please e-mail the following information to: [carecardsaz@gmail.com](mailto:carecardsaz@gmail.com)

Subject line: **"CareCards registration"**

- **Assisted Living Home/Community Name and Mailing Address**
- **Your Contact Information including**
  - ⇒ **Name and Title**
  - ⇒ **Cell Phone #**
  - ⇒ **E-mail address**
- **Quantity of CareCards requested**
- **Special requests** (*i.e. Birthday, Easter, Mother's Day, Father's Day*)



## CONTACT INFORMATION

For more information on **CareCards Guidelines for School Children** visit [www.tempeschools.org/carecards](http://www.tempeschools.org/carecards) or email Amy Garza at [penpals@tempeschools.org](mailto:penpals@tempeschools.org)

Questions on the **CareCards** program?  
E-mail Linda Arters, Certified Senior Advisor at [arters@artersgroup.com](mailto:arters@artersgroup.com)