

Be an ISOLATION-BUSTER

Create CareCards for Seniors



CareCards has been designed for school children and community members to personally communicate with senior citizens in our local assisted living homes 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 **CareCards** with individual greetings of love, hugs and smiles will bring these senior residents some comfort and cheer despite the separations being imposed upon them.

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

How YOU can be an Isolation-Buster

1. Encourage your children to **create CareCards** for isolated seniors. Create some yourself. Mail to **CareCards** c/o 9920 S. Rural Rd #108, Tempe, AZ 85284 or drop off at one of the small businesses listed below. Please honor social distancing at these locations.
2. **Donate supplies** for children in need of creative materials at home: blank notecards; postcards; washable markers; Sharpies; colored pencils; crayons; plain white paper; colored construction paper; glue; scissors; clear tape. Unopened commercial-packaged items only. Individual note cards and greeting cards will be accepted only in sealed zip-lock baggies.
3. **Donate monies** for creative materials, 9” x 12” mailing envelopes, & **CareCards** postage. Go to **Kiwanis Club of Tempe-Sunrise website** or send a check payable to Kiwanis Tempe-Sunrise, 1628 E. Southern Ave #9-120, Tempe, AZ 85282. Please write: **CareCards** on your check.

Guidelines for CareCards

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 for CareCards ~ Drop-off Locations for CareCards & Supplies

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

Please honor social distancing at these drop-off locations.

- ♦ **Mail & More**, 9920 S. Rural Road Suite #108, Tempe 85284
near Babbo’s in Fry’s Marketplace at Ray & Rural
- ♦ **Mail Plus**, 1628 E. Southern Avenue Suite #9, Tempe 85282
near Sprouts in Southern Palms Shopping Center at Southern & McClintock

Both drop-off locations offer greeting cards for sale. You may find this a convenient way to drop another **CareCard** in the collection box while also supporting our local businesses during COVID-19 shutdown.

For More Information email: Carecardsaz@gmail.com

Visit: www.tempeschools.org/carecards

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