**Cards for Humanity**

**Send cards to cheer up long-term residents experiencing isolation** ❤️

In this time of uncertainty, we need human connection more than ever! But many of our older adults are experiencing isolation on a deep level. But YOU can help, by sending them messages of love! It's a small act that makes a big difference.

**What kind of cards can I send?**

The only limit is your imagination! Cards can be:

- any size

-on any paper

- handmade or store bought

- drawn or stenciled or painted or typed

- photos or collages

**How do I send cards?**

Cards do not need to be enclosed in individual envelopes, they can be sent together in a large envelope or mailer.

**Please send your cards to:**

**Alliance on Aging Ombudsman Program**

**247 Main St.**

**Salinas, CA 93901**

**What kinds of messages are needed?**

Residents need your strength, love, and compassion. Suggested wordings include:

- Thinking of you, neighbor

- You are loved

- I’m sorry that you cannot have visitors

- You are not alone

- We care about you

… your loving doodles/drawings are also welcome!

**How many cards can I send?**

***Every single card will be appreciated***, but we would love it if you could ***commit to sending 10 cards*** in a batch. After that, the sky’s the limit! If we receive more cards than we have residents, we can expand to include staff members, or long-term care residents in other counties.

**What is a long- term care Ombudsman?**

Long-term care Ombudsman are state certified individuals who act as advocates for people living in nursing homes and residential care facilities for the elderly across the country. Ombudsman representatives strive to ensure dignity, choice and quality of life for aging adults.

**If you have questions, please contact:**

**Meggie Pina**

Alliance on Aging

Ombudsman Program Manager

Direct line: **831-655-7563** Email: mpina@allianceonaging.org