

5 WAYS YOU CAN HELP

A SENIOR DURING THIS TIME OF UNCERTAINTY

1

Send a Card

Mail a personalized card to a special senior in your life OR participate in our "1000 Love Letters" campaign to encourage seniors in local nursing homes.

www.kindatheart.org/1000

2

Reduce Risk

Offer to pick up essential food/ household items OR make a care package using the list we've created (*be sure to follow CDC guidelines on handling*).

www.kindatheart.org/covid

3

Make a Call

Make a simple phone call to check in or "dial it up a bit" by trying a video calling app like Apple Facetime, Google Duo, or Zoom. Your voice brings comfort.

4

Support 2 for 1

Order delivery from a locally-owned restaurant, supporting small business AND providing your senior friend a night or two off from cooking.

5

Help the Helpers

There's no time like the present to support ministries like Kind at Heart that are providing encouragement and support for those at greatest risk.