

Serving Seniors CARD MAKING

Sending personalized greeting cards allows us to express our care and appreciation to others.

At Serving Seniors, many of the clients we serve do not have large networks of family and friends. Your expressions of love and gratitude have the power to brighten a senior's day by reminding them the community is holding them in their hearts. Please complete this form + return with your cards so we can count your volunteer hours. If you need proof of volunteer hours, please email Christina Selder at christina.selder@servingseiors.org.

FOR GROUPS

Name of Group:

Name of Group Contact:

Group Contact Address, Email, and Phone Number:

Number of cards enclosed (our conversion is 5 minutes per card):

Number of group members involved in this project:

FOR INDIVIDUALS

Your Name:

Your Address, Email, and Phone Number:

Number of cards enclosed (our conversion is 5 minutes per card):

Please mail your cards:

Gary and Mary West Senior Wellness Center
Attn: Christina Selder
1525 Fourth Avenue, San Diego, CA 92101

We welcome holiday cards, as well as general encouragement cards. We ask that you are mindful of the diversity among our clients and select images that would appeal to a broad audience and language that respects the dignity and individuality of older adults.