

“During the COVID-19 pandemic, it’s more important than ever to fight loneliness with love for our elders.”

Love for the Elderly’s Letter Writing Campaign is collecting cards and mailing these to elders in senior communities across the globe with whom they’ve connected.



For more information about where your letter is going, please visit <https://lovefortheelderly.org/letters>



How to participate:

This is a personal project Katy is leading and she would love for others to join in to make a greater impact.

Interested in sending some love? **Reach out to Katy directly and she will give you a card to write a letter.** When you are finished leave the card at her desk and she will facilitate sending it.

Take a few minutes, sit down, and write a letter to an elder (a stranger). Tell them about yourself, maybe say a joke or a riddle and let them know that they are loved.

Guidelines for your letter:

1. Letters must be legible (large print) and handwritten. No worries if you’re not artistic—make your card as what you’d like to receive.
2. Avoid religion, if possible. Your letter should resonate with anyone.
3. Exclude the date (day, month, and year).
4. Embrace creativity! Recipients love it when the letters are personal. We encourage you to make your letters colorful and heartfelt.
5. Be kind & thoughtful (more than talking about yourself). This is a one-way letter exchange, so you will not receive a letter back. Receiving nothing in return is part of the beauty of your act of kindness, and recipients aren’t burdened by feeling obligated or unable to respond.