



## Long-Term Care Notecard Project

Cards of encouragement are needed year-round for older adults and the disabled living in area senior centers, assisted living facilities, nursing and memory care centers.

A [report](#) from the National Academies of Sciences, Engineering and Medicine (NASEM) points out that more than one-third of adults aged 45 and older feel lonely, and nearly one-fourth of adults aged 65 and older are considered to be socially isolated. Older adults are at increased risk for loneliness and social isolation because they are more likely to face factors such as living alone, the loss of family or friends, chronic illness, and hearing loss.

You can make a difference by bringing a smile to someone's face!

**Who can participate:** Individuals, families or groups.

**Who will benefit:** Older adults and other residents of long-term care facilities.

### How to participate:

- 1) Use blank notecards or create your own using printer paper or construction paper.  
*It's as easy as folding a piece of paper in half!*
- 2) Write a note, poem, or use one of our sample messages below.  
*Remember to be kind, gentle and uplifting with your words.*
- 3) Draw a picture if you cannot find the words.  
*This is a great way to involve children in this activity!*
- 4) **Return cards to:**  
**United Way of Tarrant County**  
**Attn: Victoria Walton – LTC Notecard Project**  
**1500 N. Main Street, Suite 200**  
**Fort Worth, TX 76164**

There is no minimum number of cards to complete.

### Sample messages:

- "I hope this note brightens your day like it brightened mine!"
- "Always know that you are important to the world."
- "Someone is thinking of you and wishing you well."
- "You are and always will be loved and appreciated."
- "I am wishing for you to stay healthy, happy, and safe."
- "This card is made for someone special, who makes our world a brighter place."