



PLUS

# Senior Care Package [Plus]

10 STEPS

## About Project Helping

Kynd Kits are a program of Project Helping, a mental wellness nonprofit. Our mission is to make it ridiculously easy to volunteer because doing good is good for your mental wellness!

[Learn More at ProjectHelping.org](https://ProjectHelping.org)

### When You Build a Kynd Kit - The Cycle of Impact



## **Tips for Building Your Kit**

### **Helpful Tip for Building Your Kynd Kit**

- Avoid politics and religion entirely.
- Use appropriate humor.
- Can't think of what to write, draw a picture!
- Use words of affirmation!
- Place a piece of paper in any canvas bag before drawing on the outside. This way, the marker will not bleed through the other side of the bag.
- Please keep your designs gender-neutral, inclusive, and age-appropriate.

### **Spanish Translation Options**



| English                                                                                | Spanish                                                                                              |
|----------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| Be proud of yourself                                                                   | Siéntete orgulloso/a de ti mismo/a                                                                   |
| Thinking of you                                                                        | Pensando en ti                                                                                       |
| Sending love                                                                           | Mandándote amor                                                                                      |
| You got this!                                                                          | ¡Tú puedes!                                                                                          |
| You are stronger than you seem, braver than you believe, and smarter than you think.   | Eres más fuerte de lo que pareces, más valiente de lo que crees y más inteligente de lo que piensas. |
| This time will pass and good things are coming your way.                               | Deberías sentirte orgulloso/a.                                                                       |
| Keep moving forward and fighting for that future!                                      | El próximo capítulo de tu vida será mucho mejor.                                                     |
| Thinking of you during this time and sending warm, supportive thoughts your way.       | Estaré pensando en ti durante este tiempo y te mando pensamientos cálidos y de apoyo.                |
| Start where you are.<br>Use what you have.<br>Do what you can.                         | Empieza donde estás ahora.<br>Usa lo que ya tienes.<br>Haz lo que puedas hacer.                      |
| I know this won't be easy, but I also know you've got what it takes to get through it. | Sé que no va a ser fácil, pero también sé que tienes lo necesario para poder pasar esto.             |

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## Senior Care Package [+]

### Before You Build

#### About the Recipient

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.

Nearly one-fourth of adults aged 65 and older are considered to be socially isolated, which can lead to an increased risk of dementia, heart disease, and increased risk of strokes.

These kits are designed for the volunteer to create a card and care package for a senior citizen living in assisted living or living alone.

Everyone loves to be surprised by an unexpected gift, especially senior citizens who are living alone or in assisted living. Even the smallest gifts can brighten their spirits and make them feel loved and remembered.

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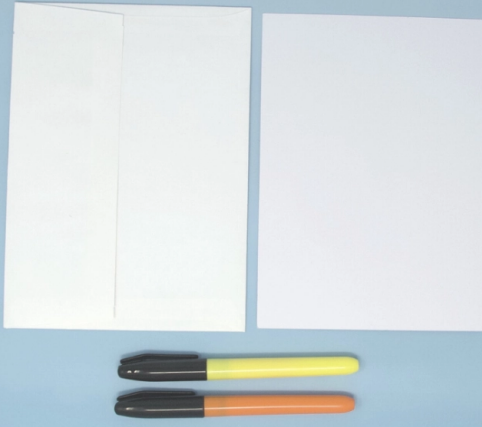
STEP 4 OF 10

## Write a Note to the Recipient and Decorate the Envelope

Write a card and decorate the envelope using the enclosed materials. Express your encouragement and include a hopeful message.

Please ensure your message is **age-appropriate** and **avoids references to religion or politics**.

## Before



## After



## DIY Tote Bag

### Decorate the Canvas Tote

Decorate the canvas tote to make it fun and colorful! Tip: place a piece of paper in the tote before decorating. This will prevent the marker from bleeding through the tote.



**After**



STEP 6 OF 10

## DIY Picture Frame

Decorate the picture frame with pictures, shapes, encouraging words, quotes, etc.

(the size and shape of the DIY picture frame may vary)

**Before**



**After**



## DIY Magnets

You will either have magnets or cardstock squares with magnet dots in your kit. Decorate them with pictures, I am statements, encouraging quotes, jokes, etc. If you have magnet dots, stick them to the back of each cardstock square to make a fun magnet.



## After



STEP 8 OF 10

## Pack the Senior Care Package

Pack all of the materials into the decorated plastic bag and put it back into the original box.

- Please only include items that are UNOPENED and UNUSED
- Add any optional items you would like.

### Optional Items to Add:

- Post-it notes

- Games and activity books
- Toiletries
- Stamps
- Snacks
- Small, quick crafts
- Colored Pencils, crayons, or markers
- Other craft and art supplies

**Items not to include:**

- Perishable items
- Sharp objects
- Nut food products
- Religious or political items

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## **Register My Kit (Optional)**

### **Register your kit**

To register and track your kits, you must visit the online instructions.

*Registering your kit is optional.*

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STEP 10 OF 10

## **Thank You!**

When you build a Kynd Kit, you create layers of impact for yourself and the community. We appreciate your time and your support of our mission.

Cheers,

The Project Helping team