



Bring joy to those living in elder care communities through a simple act of kindness - a greeting card!

Cards of Light is one of our most popular programs. It originated out of our annual holiday program, Gifts of Light. This sister program invites volunteers to provide gifts for nursing home elders who have little or no family. Volunteers would often bring cards in addition to gifts, which sparked the creation of a new program: Cards of Light.

While Gifts of Light occurs just once a year, Cards of Light is a year-round program. Thanks to volunteers like you, over **20,000 Cards of Light** have been sent so far this year. Our elders and caregivers greatly appreciate your kindness and cheerful sentiments. Thank you for spreading joy!

About Second Wind Dreams

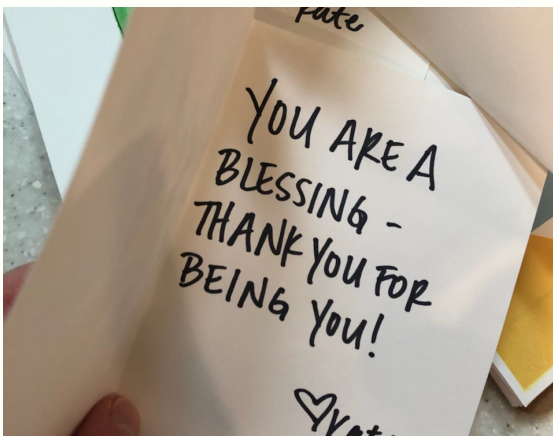
Second Wind Dreams® is an internationally known nonprofit changing the perception of aging through the fulfillment of dreams and educational programs that help caregivers understand the physical and cognitive challenges facing those with dementia. Founded in 1997 by award-winning geriatric specialist P.K. Beville, M.S., the Atlanta-based organization is recognized as the first in the nation to focus on enhancing the quality of life for elders and changing society's perception of seniors by making dreams come true.



Making cards is easy!



- Use a piece of construction paper, blank paper, or card stock
- Fold it in half or fourths
- Draw a picture or design
- Decorate with stickers or stamps



- Write a short message such as:
 - Thinking of you
 - Sending well wishes
 - Sending happy thoughts
 - Know that you're loved



- For more greetings refer to our list or Google words of cheer
- Or purchase already made greeting cards and add your signature



Suggestions for Card Creation

💖 Sentiments:

- Thinking of you
- Hope you have a great day
- Sending lots of love
- Greetings from "city, state"
- Wishing you a wonderful day
- You are AMAZING
- So grateful for you
- Sending sunshine your way
- Hope you have a joy filled day
- Sending you happy thoughts
- Hope your day is as special as you are
- You are loved
- Sending hugs from afar
- Wishing you happiness
- You are a gift to this world
- May you find joy in the little things
- You are a blessing
- Sending you a smile



Pictures:

- Smiley faces
- Hearts
- Rainbows
- Flowers
- Trees
- Sun
- Stars
- Bumble bees
- Butterflies



Signatures:

- "Your name"
- "Your company name"
- Second Wind Dreams
- A Volunteer
- A Friend
- The "Name" Family





**I AM SENDING CARDS
OF LIGHT TO MAKE
ELDERS SMILE**
