



Making Cards of Encouragement for Adults Facing Increased Isolation

Full Life Care is a not-for-profit organization providing home- and community-based health and social services for over 4,000 elders and adults with disabilities a year in King and Snohomish Counties.

Your cards will be mailed to Full Life Care program participants throughout Spring 2020.

Thank you for helping us spread joy during this challenging time.

Design: You may use any media and decorating style of your choice, or use premade blank note cards.

Recipient Name: Leave this blank.

Content: Use large bold print to include kind and encouraging messages. Feel free to use general message such as “Thinking of you,” “Wishing you a wonderful day,” “Know that you are loved,” etc. or your own words. Consider including a small poem, quote, or other inspiration. Clients appreciate being surprised by your unique creativity!

Signature: If comfortable, you may include your first name/initials, age (if made by youth), and group / city.

Envelope: It’s helpful if you can include corresponding blank envelopes, left unsealed. For handcrafted cards, we can provide the envelopes, as long as finished card measures 8” x 5” or smaller. Stamps are appreciated, but not required.

To sign up, email jessicac@fulllifecare.org

Please mail cards to

Volunteer Services, 800 Jefferson Street, Suite 620, Seattle, WA, 98104

