

Quick Letter Writing Guide

- Address letters to: [Beth Soltzberg, 303 Gray Street, Arlington, MA 02476](#)
 - Or email wg-companions2elders@brandeis.edu a digital letter
- Write big + clearly on really any stationary/paper
 - Avoid anything heavy that will require extra postage
- At the top, write “Dear” and leave a blank space for a name
- Write either to someone with dementia or a caregiver. No need to indicate which – context will inform distribution.
- General sentiment for individuals with dementia: good wishes, happy thoughts, support+care. Do **not** write about dementia or the pandemic.
- General sentiment for caregivers: thank you for being a caregiver!

Prompts and Questions from Timeslips’s *Beautiful Questions* - share your answer and ask them for theirs. You won’t get a reply, but you’ll prompt them to reflect on their answer.

- What makes you laugh?
- What kind of [food](#) makes you happy?
- What is a place with special meaning for you?
- Who is someone you’re [grateful](#) for? Why?
- What gift would you give the next generation?
- What is [courage](#) to you?
- What is something about life that puzzles you?
- What is something you could [teach](#) another person?
- What does your name mean to you?
- What is something you are [proud](#) of in your life?
- What is something in nature that brings you [joy](#)?
- Describe something you’ve done lately - did you go on a particularly peaceful walk? Make a notably delicious dessert? Tell them about it!
- Find a [quote](#) about something timeless – springtime, hope, resilience, etc – and put it at the top of your card with some personal thoughts

Creative ideas

- Any form of art: draw, paint, etc
- Write a haiku/other poem
- Acrostic
- Jokes
- Cute templates here: <https://www.uiw.edu/eccl/engage.html>

Examples



"Summertime is always the best of what might be"

- Charles Bowden



Dear

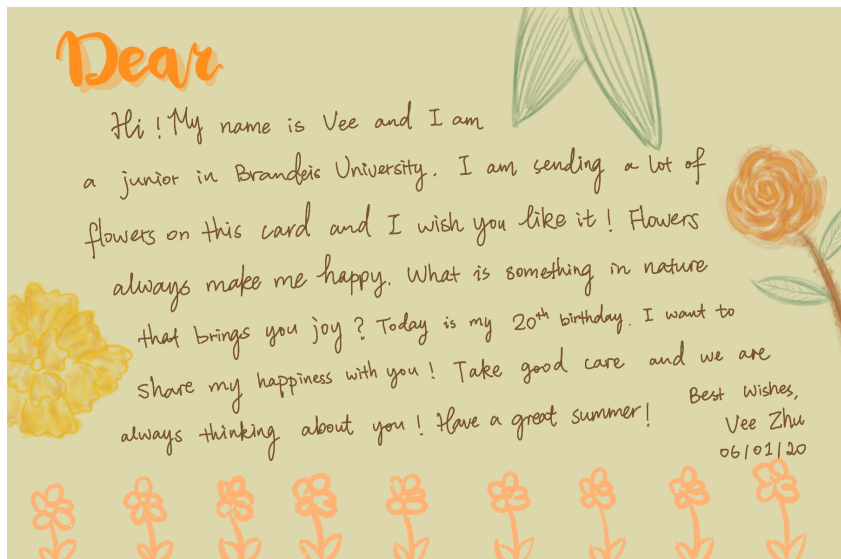
Happy summer! How are you spending your start to the season? I'm writing you from Brooklyn, NY, where I've been doing lots of biking, running, and walking to enjoy the outdoors lately. I'm writing to send you my best and remind you we're thinking of you! Wishing you a joyous summer :)

- Nikki,
Brandeis Student

Dear

Hi! My name is Vee and I am a junior in Brandeis University. I am sending a lot of flowers on this card and I wish you like it! Flowers always make me happy. What is something in nature that brings you joy? Today is my 20th birthday. I want to share my happiness with you! Take good care and we are always thinking about you! Have a great summer!

Best wishes,
Vee Zhu
06/01/20



Thank-you's from JF&CS

Our community partner has communicated frequent gratitude to you – our card writers – since this initiative started. Here's a log of some messages we've received:

July 13th: <https://www.facebook.com/jfcsboston/posts/10164068862480121>



June 30th: "I do want to let you know (and please pass this along) that several memory café guests and Balancing Act members have commented on how much they've enjoyed receiving the cards! These are unexpected treats that mean so much to people."

May 8th: “Just a quick message that I hope you can share with all of the Brandeis cardmarkers, some of whose contact information I don’t have. I sent out the monthly JF&CS Memory Café mailing today, and it was AMAZING to be able to pair each person on our list with one of the beautiful, thoughtful handwritten and handmade cards that students have sent to me over the past couple of weeks. And miracle of miracles - - there was EXACTLY the right number of cards! That was almost spooky! It felt like divine intervention.

The attached photo shows just some of the beautiful cards that I was able to send off on their way today. I can picture the faces of our memory café guests when they open the cards and read them. They will know that someone out there really cares about them. What a wonderful feeling to have, in these times of great isolation. I’m sure many of these cards will be placed on the windowsill or in another special spot where they can be enjoyed again and again!”

