

Card Making and Delivering Directions

Step 1: Make a handmade card complete with a positive message.

- Spend quality time decorating it. Some examples of cards are shown below.
- Include decorations on both the front cover and inside of the card.
- Envelopes are not necessary.

Step 2: Drop off, mail, or have your cards picked up.

- Drop off at Evergreen Coffee 40 N Valle Verde Dr #100, Henderson, NV 89074,
 - Daily 7:00am-2:00pm.
- Drop off at Spread The Word Nevada 5373 Arville St, Las Vegas, NV 89118
 - Mon-Fri 8:30am-4:00pm.
- Pickup available in Las Vegas and Henderson for card deliveries of 100 or more.
- **UPDATE:** Our P.O. Box Drop-Off is no longer available.

Step 3: (IF VOLUNTEER HOURS ARE NEEDED): Legibly include your email and first and last name on a separate piece of paper.

- This paper note should be included with your cards. Please allow 7-10 days to receive an email with a volunteer hour verification letter. 4 Quality Cards = 1 Volunteer Hour.
- To ensure the priority of your volunteer hours confirmation receipt, fill out our [Card Delivery Form](#) to notify us of your delivery.

Things to Include

- Positive messages and sayings
- Bright colors
- Large print
- Your name and age to personalize cards (optional)

Things to Avoid

- Negative messages dealing with loneliness
- Inappropriate language and symbols
- Glitter

If you have any further questions or concerns, email us at uplifting.deliveries@gmail.com

CARD EXAMPLES:



Our Organization

Uplifting Deliveries is a volunteer organization that focuses on mental health. Our goal is to combat and spread awareness of the effects of social isolation, an issue that has become more prominent since the start of the COVID-19 pandemic. *We do this by delivering handwritten cards to seniors.*

A butterfly effect of the pandemic was social isolation. Seniors in living homes were hit hard by this, and they weren't allowed to see their families, even during the holidays. This isolation has had negative effects on both the seniors and their families.

Although restrictions related to the pandemic have been lifted, social isolation remains a very serious issue. It will continue to be one until the community does its part to combat it.

Now is the time to take action, and now is the time to make a change.

