



## Guidelines for Making Cards for Community Servings Clients

### Our Mission:

Community Servings is a not-for-profit food and nutrition program providing services throughout Massachusetts to individuals and families living with critical and chronic illnesses. We give our clients, their caregiver, and dependent children, delicious, healthy meals, and send the message to those in greatest need that someone cares.

### Who will receive my card?

Your card will be sent to one of our 2,000 clients, all of whom are critically or chronically ill. Our clients range in age from 3-101 years of age and many are homebound and living alone. Your card is sure to brighten a client's day and send them the message that you are thinking of them and wishing them well.

### What should my card say?

We want to send our clients positive messages and avoid saying things that might remind them of their illness. Please refrain from including any personal information.

#### Say things like:

- ***Enjoy your meal!***
- ***Hope you have a happy day!***
- ***Happy Holidays!***
- ***Your meal was made with love and care – hope you enjoy!***

#### Avoid saying things like:

- ***Feel better soon***
- ***Hope you get well***
- ***Merry Christmas/Happy Hanukkah/other specific non-secular holiday***
- ***I hope you don't feel sick today***

### Where can I bring my card?

Cards may be dropped off at 18 Marbury Terrace Jamaica Plain, MA 02130, Monday-Friday 9am-5pm. You may mail your cards to that same address with attention to the Volunteer Department.

***Please note we accept cards year-round, not only for major holidays, and are happy to receive any number of cards you make.***

**Thank you so much for supporting Community Servings and for brightening a client's day!**