Aviv Celebrations
GUIDELINES

Thank you for participating in *Aviv Celebrations* — of JF&CS's Aviv Older Adult Services — a program that reaches out to older adults in our community during special times with <u>birthday, get-well, and holiday cards</u>.

Making and giving a ***handmade card*** is a simple, yet meaningful way to connect with anyone, but in particular with older adults. A birthday card may be the only recognition they receive on their birthday. And for those who are ill, a get-well card will certainly brighten their day. The cards reassure those in our community they have not been forgotten.

<u>Simply round up your creative spirit, construction or card stock paper, and markers, and create packets of joy.</u>

GUIDELINES for Making Aviv Celebrations Cards
Birthday Cards

1. **Size 6"x 9":**
   Use the 9" by 12" construction paper and fold in half. The card can be created horizontally or vertically.

   Please write legibly.

   Please make an effort to have the card maker write in **large block print or something the recipient can read.**

2. **Front of the card:**
   Create a picture, collage, or some form of artwork for the front with a simple **"Happy Birthday!"**

   Drawing and coloring a picture will do the trick. (Please **DO NOT** use glitter or sequins. They fall off easily.)

3. **Inside the card:**
   Share a simple greeting or poem. This makes handmade cards a personal and thoughtful gift for the person to receive. The people receiving the card love to see pictures and good wishes from the card maker.

4. **Sign the Card:** *(Optional)*
   On the back of the card (lower left hand corner), print **first name only** and age of the card maker if you like. For example: (name only) Katie; OR (with age) Danny - X years old.

> E. wrote…
> "Thank you one and all for making me a delightful birthday card. It made my heart jump for joy and I did a dance step or two."

> K. wrote…
> "Thank you very much for making me a birthday card. I appreciate all the time you spent writing and drawing. Now being the ripe age of 87, you made me feel, yes, youthful again."