



At this time, many care facilities are closed to visitors, even close family members. Here's a way to brighten the day of a senior in care. Several adult care facilities will gladly welcome these, but we suggest you contact your local facilities before sending these cards. These instructions take into account some special considerations for patients with dementia. Share your cards on social media with [#stircrazyvam](#) and [#greetingcardvam](#)!

### SUGGESTED MATERIALS

Use materials found in your home, please don't go out and shop! Colorful fabric, lace, flat trims such as rick rack, themed or graphic fabric scraps, neutral or colorful thread, sewing machine, paper and fabric scissors, pinking shears, stabilizer or freezer paper, or starch, iron (not on hottest setting), glue, magic markers

### INSTRUCTIONS

- Fold an 8" x 11" cardstock into thirds, with the goal of adorning the center of the folded area. This size will fit into a business sized envelope without cutting and the fold on one side hides the inside stitching.
- Iron your fabric, lace and trims. Wonder Under or freezer paper can be used to stiffen the fabric BEFORE cutting out your design. Don't PIN the fabric designs on the paper. You can gently iron wonder under onto the folded card, or just hold fabrics in place as you sew slowly around the designs.
- Sew your design with a big zigzag stitch or very large decorative stitches. Do not back stitch as each stitch creates a hole in the paper.
- If you have a 3-fold card, glue the inside edge down to hide the inside stitching. If using premade stationary, just let the stitches show inside – it lets the handmade nature of the card be seen.
- Use large bold writing inside and write a simple greeting such as: Thinking of You Today or Have a Nice Day
- Envelopes are a nice way to send the cards but many adult care residents don't have to ability to open them, so making them without envelopes is O.K.

### TIPS

- Don't add buttons or any embellishment a resident with dementia might be able to take off and swallow.
- Use an old, dull needle as sewing on paper quickly dulls a good sewing needle.
- No need to anchor the threads, just sew over a few stiches at the end.
- These are meant as quick and easy cards, with to goal of lighting up many very isolated seniors living in our local convalescent homes. There are many residents who never see a visitor, and now everyone is confined to their small rooms due to the pandemic. We can brighten up a lot of faces in this small way.
- Consider getting your grandchildren, or children to make these cards at home, while school is out, by cutting up magazines for a collage or cutting pre-stabalized fabric designs and using glue.

\*We ask that if you or anyone in contact with you has been sick, please to not make cards for distribution to Adult Care facilities.