

## Making a Difference! Volunteer Opportunity

### PROJECT: Care Card Program

#### CARD MAKING VOLUNTEERS/DONATIONS NEEDED



**Can you help make greeting cards?** The program is open to kids of all ages, individuals, families, friends, clubs, church groups, anyone wanting to make a direct difference in someone's life. 'Care Card' greeting card making parties are fun!

We all know what it's like to not feel well, or what it's like when we're facing something really tough. Newly diagnosed kids (*young and old*) with Type 1 diabetes could really use some encouragement as it's a really difficult time. It's especially helpful if you have Type 1 as it's likely you've had similar feelings. Remember how you felt when you were first diagnosed with Type 1 diabetes? *Scared, angry, sad, lost, overwhelmed, alone—those kind of feelings.* You would be perfect to bring support by adding a personal touch to your card.

*Note to parents:* If your child cannot write yet, you may write their words for them.

#### HOW TO JOIN IN THE FUN:

1. Get out, pick up or order supplies, such as crayons, colored pencils, markers, scissors, glue, stamps, stickers, card stock—things like that. (The Dollar Store and Amazon has great packages of cards & envelopes that are perfect and can be customized)
2. Think about what you want to draw. Or use stickers. Think about what you want to say.
3. Get busy. Have fun! **IMPORTANT NOTE:** Please make your card/envelope non-gender specific. No pink. Cards go into the Brave Boxes and we don't know if a boy or girl will get that box. If you use stickers of boys and girls, like superheroes...use two...both boy & girl.
4. Sign the card. First name and first letter of last name. Not required, but it makes it more personal and adds a nice touch.
5. Having matching/coordinating envelopes is appreciated. Placing stickers on the envelopes and a label that says "To the Newest Kid With Courage" or "To the Newest Superhero" is very helpful.
6. Put your cards in a big envelope, address it, stamp it and mail it to us at the address shown above; Or, arrange to meet us to deliver.



**You will make someone smile with the cards you made!**

**NO ONE IS MORE CHERISHED IN THIS WORLD THAN SOMEONE WHO LIGHTENS THE BURDEN OF ANOTHER.** Author Unknown

## **EXAMPLE: Care Card Sentiment**

These are examples, say what comes to your mind and heart!

**AVOID saying/writing  
'GET WELL SOON'.  
'FEEL BETTER SOON' WORKS**

We're thinking about you as you learn all about this Type 1 diabetes. It's not easy, but we know you can do it.  
You're a champion!

You'll be feeling like your old self again very soon...  
Hang in there!

We're thinking about you!

You're a CHAMPION!  
You'll get this Type 1 diabetes figured out soon and you'll be feeling good!

Just sending you a little courage to help you along your way.  
Even though we've never met, I also have Type 1 diabetes and I know you can do this.

Rooting for you!

Type 1 diabetes is tough, but you're tougher!  
You are strong! You are brave!  
You are awesome!  
You can do this!  
We're thinking about you,

We're thinking about you as you learn all about this Type 1 diabetes. It's not easy, but we know you can do it.  
You're a STAR!

You're a SUPERHERO!  
You'll get this Type 1 diabetes figured out soon, get to feeling better, and showing your Courage superpower!  
Stay brave!

For a Super Kid...  
Feel better faster than a speeding bullet!  
Remember, COURAGE is your superpower!  
Stay brave!

Hey buddy!  
I've heard you've been diagnosed with Type 1 diabetes. Remember, knowledge is power, and having courage is a superpower. You can do this. We heroes are tough.  
Stay brave!  
Batman

Hey little fighter, even Superheroes don't feel well sometimes.  
Soon, things will be better...  
Feel better!  
Your friend,

We're thinking about you and wishing you well.  
Remember, knowledge is power, attitude affects outcomes. Learn all you can about Type 1 and taking care of yourself and stay positive.  
You can do this!

You'll be feeling like your old self again very soon...  
Stay tough! You got this!

We're thinking about you,  
*Kids With Courage Volunteer*

