



THE CONGRESSIONAL AWARD

CUPID CREW TOOLKIT

Make Valentine's Day memorable!

This Valentine's Day, The Congressional Award is teaming up with Wish of a Lifetime from AARP for their annual **Cupid Crew**, a nationwide effort to connect with older adults at risk for isolation.

As we age, we often lose touch with loved ones and face barriers to social connections. Those feelings can intensify on Valentine's Day.

On Valentine's Day, Cupid Crew volunteers deliver cards and roses to older adults at risk for isolation to create connections that help them feel recognized and appreciated. Cupid Crew is celebrating its 12th year and over 1 million roses and cards delivered. **Sending a card may seem simple, but the effect is extraordinary.**

EARN VOLUNTARY PUBLIC SERVICE HOURS

The Congressional Award invites you to engage with this important volunteer project. **For every five Valentine's Day cards you write and deliver, you can earn one hour towards your Voluntary Public Service goal.** There is no limit to the number of cards and hours you can earn.

5 letters = 1 VPS hour
10 letters = 2 VPS hours
50 letters = 10 VPS hours
100 letters = 20 VPS hours





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CUPID CREW | VALENTINE'S DAY CARDS TO SENIORS

GET STARTED!

Create your Valentine's Day cards using your own design or stationary.

Deliver your cards to senior citizens or a community of your choice. Not sure where to send a card? The residents of [our approved list of senior centers](#) are happy to receive a Valentine's Day card from you!

Record as a Voluntary Public Service activity when submitting any level of the Award. In your Record Book, remember to include the number of cards you delivered and mark that you completed the Cupid Crew Challenge when sharing your activity.

FREQUENTLY ASKED QUESTIONS

What should my card say?

Consider adding an inspirational quote, a poem, or a friendly message wishing an older adult a Happy Valentine's Day, letting them know they are not alone and that their community is thinking of them. Avoid sensitive subjects or jokes around politics, loss of loved ones, or similarly difficult topics.

Is there a limit on how many cards I can write?

No! You can write as many cards as you like. Remember five cards is equal to one hour of Voluntary Public Service, so feel free to send out as many as you can!

How do I find a Validator?

Please do not ask Wish of a Lifetime employees to validate your letter writing activities! If you can't find a qualified Validator, reach out to your Advisor.



WISH OF A LIFETIME™
cupid crew
FROM AARP

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YOUR CUPID CREW IMPACT

We are excited to see the impact you are making in the lives of older adults in your community. Share your experience and inspire others to get involved. Submit a photo and a brief reflection at congressionalaward.org/cupid-crew.



Christina learned the power of simple gestures.



Anguraj wrote 300 cards with his brother.



Zhou hand delivered cards locally.

PROGRAM RESOURCES

REGISTRATION - Participants must register online or by mail before starting

PROGRAM BOOK - Program overview, sample activities, requirements, and FAQs

WORKBOOK - Optional fillable PDF used to map out activities before submitting online

SUBMITTABLE - Online submission platform for earning your Congressional Award

CONTACT THE AWARD

If you have questions, please contact:
information@congressionalaward.org

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The Congressional Award | Congress' Award for Youth
301 Ford House Office Building • Washington, DC 20515
Mailing Address: Post Office Box 77440 • Washington, DC 20013
Visit www.congressionalaward.org