



# THE CONGRESSIONAL AWARD

## 2024 CUPID CREW TOOLKIT

### ***Make Valentine's Day memorable!***

This Valentine's Day, Wish of a Lifetime from AARP is teaming up with schools and volunteers of all ages for the 11th annual Cupid Crew, a nationwide effort to help older Americans feel connected and loved.

No matter the age, we all need connection to thrive physically and emotionally. But nearly one in four adults age 65 and older are isolated. That's 50 million Americans who may not see or hear from anyone on Valentine's Day. Through Cupid Crew, you can help them feel more connected and loved.

**Join us in sending love!**

Visit [wishofalifetime.org/events/cupid](https://wishofalifetime.org/events/cupid) for more information and resources.

## 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  
50 letters = 10 VPS hours

10 letters = 2 VPS hours  
100 letters = 20 VPS hours

The Congressional Award | Congress' Award for Youth  
301 Ford House Office Building • Washington, DC 20515  
P: (202) 226-0130 • F: (202) 226-0131  
Mailing Address: Post Office Box 77440 • Washington, DC 20013  
Visit [www.congressionalaward.org](http://www.congressionalaward.org)





WISH OF A LIFETIME®  
*cupid crew*  
FROM AARP

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## 2024 CUPID CREW | VALENTINE'S DAY CARDS TO SENIORS

### PARTICIPATE IN THREE EASY STEPS

1. **Create your Valentine's Day cards** using your own design and stationary.
2. **Deliver your cards** to senior citizens or a community of your choice. If you would like recommendations, The Congressional Award has a list of senior communities who are open to receiving cards found [here](#).
3. **Record as a Voluntary Public Service activity** when submitting any level of the Award. Remember to include the number of cards you delivered. We also would love to see pictures of you completing this 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 pace yourself and write as many as you would like!



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### ABOUT THE CONGRESSIONAL AWARD PROGRAM

The Congressional Award is a public-private partnership created by Congress to promote and recognize the achievements of young Americans. The program is non-partisan, voluntary, and non-competitive. Open to youth ages 14 to 24, The Congressional Award challenges youth to set goals in four program areas: Voluntary Public Service, Personal Development, Physical Fitness, and an Expedition or Exploration.

### GENERAL RESOURCES

**REGISTRATION** - Participants must register online or by mail before starting

**PROGRAM BOOK** - Program guidebook, rules, requirements, and FAQs

**WORKBOOK** - Optional fillable PDF used to plan activities before submitting online

**SUBMITTABLE** - Online submission platform for earning your Congressional Award

### CONTACT THE AWARD

If you have questions, please contact:  
**[information@congressionaward.org](mailto:information@congressionaward.org)**

### FOLLOW THE AWARD ON SOCIAL MEDIA



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