



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 10th annual **Cupid Crew**, a nationwide effort to connect with older adults at risk for isolation.

Since the pandemic's start, many older Americans have become more isolated, missing out on chances to connect with their communities and passions in life. Valentine's Day can be challenging for many older adults who have lost loved ones and friends.

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 has impacted over half a million older Americans by delivering 580,000 cards and roses. **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
50 letters = 10 VPS hours

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

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





THE CONGRESSIONAL AWARD

CUPID CREW | VALENTINE'S DAY CARDS TO SENIORS

PARTICIPATE IN THREE EASY STEPS

1. **Create your Valentine's Day cards** using your own design, stationary, or free downloadable cards from Cupid Crew at wishofalifetime.org/cupid. Please write "CAF" after your last name when filling out the online request form.
2. **Deliver your cards** to senior citizens or a community of your choice. If you would like recommendations, Cupid Crew has a list of senior communities who are open to receiving cards at wishofalifetime.org/cupid.
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!



WISH OF A LIFETIME™
cupid crew
FROM AARP

THE CONGRESSIONAL AWARD

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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:

info@congressionaward.org

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