



# THE CONGRESSIONAL AWARD

## LETTERS TO SENIORS | OFFICIAL TOOLKIT

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. Holidays and events throughout the year, such as birthdays, Valentine's Day, and Grandparents Day can be challenging for many older adults who have lost loved ones and friends.

**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 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

### IMPORTANT HOLIDAYS TO REMEMBER

All Year **Birthdays**  
January 1 **New Year**  
February 14 **Valentine's Day**  
September 10 **Grandparents Day**  
November 11 **Veterans Day**  
End of Year **The Holiday Season**





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## LETTER WRITING TO SENIORS

### PARTICIPATE IN THREE EASY STEPS

1. **Create your cards** using your own design or stationary. Consider adding an inspirational quote, a poem, or a friendly message, 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.
2. **Deliver your cards** to any senior community of your choice.
3. **Record as a Voluntary Public Service activity** when submitting any level of the Award. Remember to include the number of cards you delivered.

### FREQUENTLY ASKED QUESTIONS

#### **Where should I send my cards?**

Cards can be delivered to any senior community. However, if you need an idea - you can send cards to our friends on the approved list of Senior Centers who have requested letters from Congressional Award participants. This list is frequently updated, so be sure to check back if you have more cards to send!

#### APPROVED SENIOR CENTERS



#### **Who should I address my cards to?**

If you are unsure who will be receiving your card, you can always provide a general greeting, such as "Dear Friend" or "Hello!".

#### **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.



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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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