

HOPE

worldwide

BALTIMORE

CARDS FOR ENCOURAGEMENT

As patients fill the hospitals they are restricted from having visitors. We can use our home time to create cards for patients and staff letting them know we are with them.

Everyone can create cards: families, singles, the crafty and the wannabe crafters. You can make one or twenty cards. They can range from easy to detailed. You can even make little origami figures if you wish. Just create from your heart.

This round of cards will go to Johns Hopkins Hospital.



Follow these easy steps and be on your way to sending encouragement to patients and those on the front lines.

1. Email April at volunteer@greaterbaltimorechurch.org and let me know the following: How many cards you are sending.
2. Write adult, youth or staff on the outside back of the envelope so they know who should receive the card.
3. Proceed to create your card/s following the below guidelines.
4. Take a picture of you and family creating the card/s and email it to me.
5. Place "We Love You from HOPEworldwide Baltimore" somewhere on the card

6. Mail them to the following address: Johns Hopkins Hospital 1800 Orleans St., Medical Incident Command Center, Harvey 601, Baltimore, MD 21287 Attn: Card Collection for patients.
7. Have fun spreading a little sunshine.

May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit. Rom 15:13

What supplies do I **need**?

The only supplies you **need** are _____ paper and a writing utensil, such as crayons, markers etc.

What are the supplies I **can** use?

You can use any other supplies you wish, so long as the rule on supplies is that nothing is the right.

Many people choose to use other craft supplies such as:

- Special Markers
- Stickers
- Glue-on craft decals
- Other craft supplies.

What are the supplies I **can't** use?

The only rule regarding craft supplies is that nothing is excessive to the point of falling off. This is extremely important, as it can create health concerns for some patients.

To see if this is an issue, typically just running your finger over it and seeing how much rubs off will suffice. If little or nothing comes off, it is OK.

This is especially true for glitter.

2. Addressing the card:

Since we do not yet know the recipient's name, please make sure you do not address the card to a specific person.

If you want to address the card, or writing within the card, here are some suggestions:

- "Hey There"
- "Hey you!"

- "To: a very special person"

3. Decide what to write on the card:

At the request of hospitals, do not write "Get well", "Feel Better" or other illness related comments.

This is very important since some of the patients suffer from medical conditions that are chronic, life-long, progressive and/or terminal.

We recommend that you write uplifting messages such as:

- **Stay strong**
- **You are awesome**
- **Never forget how amazing YOU are**
- **You rock**
- **I hope you have a great day today**
- **You shine brighter than the sun**
- **You inspire me**
- **Be Brave**
- **I believe in YOU**

4. Make sure that you do not...

- Other than signing your first name, please do not include any personal information, such as: phone number, address, email address etc.

Hospitals will not allow us to distribute cards with this information.

- Write any religious comments such as "God Bless" or "I'm praying for you". **Hospitals do not allow us to distribute cards with these comments.** Hospitals treat patients of all religions as well as patients that do not practice religion, which is why they do not allow us to give out cards containing religious comments.

5. Sign your name:

Now, sign your first name on the card. You can also sign your state, such as "Katie from Nebraska", if you wish to.