

## Churches and Ministries:

# How You Can Help Older Adults



*“And as you wish that others would do to you, do so to them.” Luke 6:31 (ESV)*

According to the [U.S. Administration on Aging](#), more than 14 million older adults live alone—often going days or weeks without any social interaction. For many older adults, social distancing during the pandemic has amplified the loneliness they already feel.

[Ready to Care by Home Instead](#) is calling on people with caring hearts to [become a pen pal](#) and write letters to uplift and touch the hearts of older adults across North America. Through our pen pal movement, churches and ministries can help seniors form meaningful connections. There are two ways you can help:

### If you would like to help write letters...

Plan a virtual letter writing party! Gather members of your congregation or encourage your youth ministries virtually to write uplifting notes for older adults. You can submit letters online at [ReadyToCare.com](#). Or, send them directly to Ready to Care via email ([info@readytocare.com](mailto:info@readytocare.com)) or snail mail (address below).

#### Home Instead

c/o Erin Albers  
13323 California Street  
Omaha, NE 68154

### Pen Pals Activity for Youth Ministries

By extending kindness and compassion to strangers, we can live our faith and share God’s love with the world. Becoming a pen pal through Ready to Care can help youth learn the importance of community and empathy. For lesson ideas and discussion questions, download our sample lesson plan for educators.

### If you would like to help deliver letters...

Drop us a line at [info@readytocare.com](mailto:info@readytocare.com). We’re on the hunt for partners who work directly with older adults (age 65 or older). If you can help deliver letters to seniors in your community, please let us know!

In your email, please include a brief description of the organization(s) receiving the letters, as well as the number of letters needed for delivery. We will collect letters, review and share the files via email for your organization to print and deliver.

**Thank you for helping us fearlessly create today the world  
we want to grow older in tomorrow.**

**For more ideas and inspiration to support older adults, visit [ReadyToCare.com](#).**