



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

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





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CUPID CREW | VALENTINE'S DAY CARDS TO SENIORS

GET STARTED!

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.

Deliver your cards to senior citizens or a community of your choice. Not sure where to send a card? The residents of [our approved list of senior centers](#) are happy to receive a Valentine's Day card from you!

Record as a Voluntary Public Service activity when submitting any level of the Award. In your Record Book, remember to include the number of cards you delivered and mark that you completed the Cupid Crew Challenge when sharing your 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 send out as many as you can!



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YOUR CUPID CREW IMPACT

We are excited to see the impact you are making in the lives of older adults in your community. Share your experience and inspire others to get involved. Submit a photo and a brief reflection at congressionalaward.org/cupid-crew.



Christina learned the power of simple gestures.



Anguraj wrote 300 cards with his brother.



Zhou hand delivered cards locally.

PROGRAM RESOURCES

REGISTRATION - Participants must register online or by mail before starting

PROGRAM BOOK - Program overview, sample activities, requirements, and FAQs

WORKBOOK - Optional fillable PDF used to map out activities before submitting online

SUBMITTABLE - Online submission platform for earning your Congressional Award

CONTACT THE AWARD

If you have questions, please contact:
information@congressionalaward.org

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