



## WHAT'S INSIDE

*Vivian's need are met through a community of people that cares*

*5 ways you can make a difference in the life of a senior*

*Volunteers love in big ways through donations, care packages, and notes of encouragement.*

[www.kindatheart.org](http://www.kindatheart.org)

## Your Support Is Providing Critical Support in a Time of Uncertainty.

Vivian, age 89, has always been the caretaker, the one doing the looking after. But the combination of radiation treatments, and Covid-19 has her playing by different "rules" these days.

As phrases like "social distancing" have become part of our vocabulary, so have ones like "underlying health conditions" and "most vulnerable." It is *these* words that have seniors like Vivian wondering if going without groceries or medication is safer than going out in public. Thankfully, our friend isn't being forced to make that decision.

Right now, she is the one being cared for.

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Join the effort to  
fight loneliness for  
seniors in local  
nursing homes!

# 1000 LOVE letters for seniors

## ONLINE

[www.kindatheart.org/1000](http://www.kindatheart.org/1000)  
Email: [servant@kindatheart.org](mailto:servant@kindatheart.org)

## MAIL

Kind at Heart  
18561 Meadow View  
Siloam Springs, AR 72761

## DROP

Chamber of Commerce  
101 N. Mount Olive  
Siloam Springs



Dane Addington, KAH  
volunteer, with Vivian in  
Spring 2019

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As Vivian follows both doctor's orders and CDC recommendations, others are carrying the load.

Dane and Amber Addington jumped at the opportunity to take care of all her grocery shopping. They already go above and beyond by volunteering to mow her yard and making it a "beautiful space."

Local friend and veterinarian, Dr. Leach, has been dropping off the food she needs to take care of all her special animals.

And volunteers through Kind at Heart have delivered notes of encouragement and special care packages filled with household essentials . . . and yes, they include toilet paper.

When asked how she feels about being taken care of by so many, Vivian says:

*"It is the hardest thing for me not being able to take care of things on my own . . . but it's been a Romans 8:28 thing."*

You can hear the sincerity in her voice as she shares. She misses her people, her Bible Study friends, and her normal routine. But she knows without a doubt that she has not been forgotten.

**Vivian is one of the lucky ones.**

Stay up-to-date on ministry response to Covid-19.  
Follow us on Facebook @  
[kindatheartministries](https://www.facebook.com/kindatheartministries)

# 5 WAYS

## YOU CAN HELP

### A SENIOR DURING THIS TIME OF UNCERTAINTY

1

#### Send a Card

Mail a personalized card to a special senior in your life OR participate in our "1000 Love Letters" campaign to encourage seniors in local nursing homes.

[www.kindatheart.org/1000](http://www.kindatheart.org/1000)

2

#### Reduce Risk

Offer to pick up essential food/ household items OR make a care package using the list we've created (*be sure to follow CDC guidelines on handling*).

[www.kindatheart.org/covid](http://www.kindatheart.org/covid)

3

#### Make a Call

Make a simple phone call to check in or "dial it up a bit" by trying a video calling app like Apple Facetime, Google Duo, or Zoom. Your voice brings comfort.

4

#### Support 2 for 1

Order delivery from a locally-owned restaurant, supporting small business AND providing your senior friend a night or two off from cooking.

5

#### Help the Helpers

There's no time like the present to support ministries like Kind at Heart that are providing encouragement and support for those at greatest risk.

(Right) Sweet notes from both kids and adults are providing wonderful encouragement to seniors in local nursing homes. Check out our "1000 Love Letters" campaign for ways to help.



**GOD'S LOVE SHINES  
BRIGHTEST IN TIMES  
LIKE THESE!**

*From "1000 Love Letters" to special care packages, your support is providing hope during this Covid-19 crisis.*



(Below) Volunteer teams deliver care packages to clients at greatest risk, providing them with essential groceries and personal/household items. Thank you to the Thomas (bottom left) and Van Curen (bottom right) families!



(Left) DaySpring Cards has been a longtime supporter of Kind at Heart and is partnering with us now by providing over 1200 cards for our "1000 Love Letters" campaign. These cards are available for free and will be located at the Siloam Spring Chamber of Commerce (1 box/person, please).