



Valentine's Day Card Writing Instructions

To our wonderful Mary's Center volunteers,

Thank you so much for taking the time and energy to create and write cards for Mary's Center's seniors this Valentine's Day! We are grateful for your thoughtfulness and for spreading kindness! Please see below for card language suggestions and to learn more about our organization. If you are interested in writing cards to a specific Mary's Center department, please contact Lauren Shutler at lshutler@maryscenter.org and we can easily set up the next steps. Thank you!

Who am I writing to?

You are writing to Seniors who live in Washington, D.C. and Maryland who participate in programming at Mary's Center's Senior Wellness Centers.

Where do I send the cards?

Please send all cards to:

Mary's Center
Attn: Lauren Shutler/Development Dept.
2355 Ontario Rd, NW
Washington, D.C. 20009

Card Language Template

Here is a 5-step thank you writing template to get you all started.
However, feel free to write what feels true to you! You do not need to follow this template. You can write as much as you like.

1. To start, address the card to a senior.
Example: "To a fantastic person"
"To you on this Valentine's Day"
"To a special person caring for others"
"To a caring person"

2. Next, say Happy Valentine's Day!

Example: "Happiest of Valentine's Days to you and your loved ones."

3. Share an uplifting message that will bring a smile to your senior. Remember simplicity is powerful! [Read here for more ideas, quotes, and the importance behind simple uplifting messages for seniors.](#)

Example: "I am thinking about you today and thought I'd drop a quick note to say hi."
"How are you doing today? I hope you know how important you are to your community and the people you see every day."
"You are so important to the Mary's Center family."

4. Wrap up your letter with thankfulness and good vibes.

Example: "It is such a pleasure to write to you on this Valentine's Day."
"Thank you for being the person you are."

5. Lastly, if you are comfortable doing so, ***please sign with your first name*** to add a personal touch! If not, please write "Much love!", "I hope you have a lovely day," or "Sending positivity your way on this Valentine's Day."

Homemade Card Ideas



[Mary's Center Services Overview](#)

Mary's Center is a community health center serving over 65,000 people of all ages, incomes, and backgrounds in the Washington, DC metro area for over 30 years. With an integrated model of health care, education, and social services, Mary's Center offers each participant individualized care on the path toward good health, stability, and economic independence. Learn more about our services below:

- [Medical](#)
- [Dental](#)
- [Behavioral Health](#)
- [Social Services](#)
- [Education: Briya PCS](#)