



# UNITED WE LIFT UP COMMUNITIES

LIVE UNITED

**N**orth Idahoans are known for their generous spirit of giving and volunteerism, and we've seen an outpouring of support from people and businesses across our community who want to help those in need during the COVID-19 pandemic and beyond.

Volunteering is always a great way to invest in our community, even—or especially—now as we are physically separated.

Due to heightened health, safety and welfare concerns, elderly residents in particular are required to be in social isolation—staying in their rooms or homes to avoid transmission—and if they live in a group residence, their staff is working day and night to provide a safe environment.

However, there are still ways to lift the spirits of our elderly population, as well as the tireless staff taking care of them. This includes writing letters and greeting cards, creating artwork, and donating new items to help them pass the time and practice mental and physical health

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**Cards:** they cannot be personalized for individual residents or staff, so use friendly salutations such as “Dear Friend,” “Hello,” and “Hi” to add warmth to the message.

**New item donations:** playing cards, checker and dominoes sets, basic craft kits, adult coloring books with color pens and markers, large print activity books such as crossword and word puzzles, large print books, jigsaw puzzles, spring and summer wall or door décor, beach balls, and even radios.

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Send cards and/or gifts to:  
**Orchard Ridge Senior Living:** (cards only please)

Ann Johnson  
624 W. Harrison Ave.  
CDA, ID 83814  
208.215.4807

**Hayden Senior Center:**

Lisa Martin  
Hayden Senior Center  
9428 N. Government Way  
Hayden, ID 83835  
208-762-7052  
(9 AM - 3 PM Monday through Friday)

**Post Falls Senior Center:**

Millie Larson  
Post Falls Senior Center  
1215 E. Third Ave  
Post Falls, ID 83854  
208-773-9582

