

SERVICE FROM YOUR SOFA

Older adults are particularly affected by the Covid-19 crises. Many are sick and others are lonely because of new restrictions being placed on visitors at many senior homes. Want to help but not sure how? Multiplying Good & TimeSlips have you covered. Here are a set of simple, easy-to-do projects:

TimeSlips

Founded by MacArthur Fellow Anne Basting, Timeslips supports a global movement to bring meaning to late life through creative engagement. Their evidence-based and award-winning approach inspires awe and brings joy to elders and their care partners.

Support your community and brighten the lives of older adults in your area

1

Send a little creative care

Join us in mailing postcards to care communities. It's simple, include a short note, quick story, drawing, joke or quote - anything that inspires you or makes you laugh! [Browse a list](#) of care communities that are accepting mail—find one in your state or send internationally!

2

Ask a beautiful question

Connect with an older adult in your life, this could be a parent, grandparent, family friend or neighbor. Using your phone or computer, have a conversation with them. Use these [beautiful questions](#) to help inspire your conversation!

3

Create some art or send a coloring page

Bring a little beauty to someone's day with [these beautiful art images](#) by artist, [Andee Rudloff](#)! Color one and send a blank one, inviting older adults to color too. To fit the theme of the images, include a note or letter that encourages you and the recipient to consider: "If you could fly anywhere, where would you go?" Or, visit a loved one and use these images to paint a window mural!

Share

Photos of your projects
@multiplyinggood #multiplyinggood