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:

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!

**Photos of your projects**
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