



Get in touch with a member of your church or community who is homebound or living in a nursing care residence. (If you need help identifying someone to contact, check with your church office or the office of the facility.) If possible, arrange a phone call or video chat with the person.

Before your call or chat, prepare with your family some questions you might ask the person (or people) you contact. Think about what you would like to know about or learn from them. Listening to someone's stories is a good way to [show you care](#).

If you are not able to talk with the person, write a letter or send one of the homemade cards you created on Thursday, [March 26th](#). Include a couple of fun photos of your family. For the next week, pray each day for the person you contacted and for those in your community who work with older people who need care.