

# GIVING BACK: To Those Who Serve Our Country



For many seniors, the idea of giving back to the soldiers currently serving in the armed forces is an appealing prospect.

## Get started

If you're helping a senior or group of older adults send a parcel or care package to deployed troops, do your research on the best way to send it, the time it will take your parcel or package to arrive, and the cost and any special requirements of mailing, such as the completion of a customs form. If sending to a stranger, help protect an older adult's identity and security by not including the senior's personal information or address.

Soldiers' Angels ([www.soldiersangels.org](http://www.soldiersangels.org)) is an example of an organization that helps facilitate sending letters and care packages to the military. Here are the organization's guidelines for a soldier adoption:

- Go to this web page for complete details about a soldier adoption: <http://soldiersangels.org/adopting-a-soldier.html>.
- To assist a senior in adopting a soldier, a family member or helper can become a "verified angel." Before giving access to a soldier's personal information, such as the soldier's name and address, Soldiers' Angels requires that each verified angel's identity be verified (and re-verified each month) at a monthly minimum donation (which can be as little as \$1). Verified members can participate in any of Soldiers' Angels programs.
- This "verified angel" is the point of contact for the adopted soldier. Mentors will be available to help the "verified angel" by answering questions and providing guidance.
- The adoption commitment involves sending at least one letter a week and at least one care package a month throughout the soldier's deployment.
- If you are interested in planning this as a group activity in a care community, contact Group Support at [groups@soldiersangels.org](mailto:groups@soldiersangels.org).

**For more resources and volunteer stories, go to [SalutetoSeniorService.com](http://SalutetoSeniorService.com).**

Or, to learn how a Home Instead CAREGiver<sup>SM</sup> could help a senior give back, contact your local Home Instead Senior Care<sup>®</sup> office.

