

Cards of Encouragement

Our Cards of Encouragement campaign was set into place to help our homebound seniors fight isolation. This campaign became crucial during the COVID-19 pandemic, as many of our homebound seniors are receiving even fewer in person visits than before. With the help of great partnerships with Albemarle Area United Way, Girl Scout Groups, Churches and individuals, Albemarle Commission Area Agency on Aging has been able to send out almost 600 cards. Please consider making a Card of Encouragement today!

Cards can be mailed to:

Albemarle Commission Area Agency on Aging
Cards of Encouragement Campaign
C/O Laura Rollinson
512 South Church Street
Hertford, NC 27944



Letters of Love

We need your help! Many of our Long-Term Care residence are isolated from all family and friends. A UCSF study found that 43% of survived Long Term Care residence felt lonely. The UCSF study further stated that loneliness is often linked to serious health problems. "In our typical medical model, we don't think of subjective feelings as affecting health," said first author Carla Perissinotto, MD, MHS, assistant professor in the UCSF Division of Geriatrics. "It's intriguing to find that loneliness is independently associated with an increased rate of death and functional decline."

In order to help combat this, Albemarle Commission Area Agency on Aging has a Letters of Love campaign that we would love for you to join in. In our 10-county region, we have over 1,000 beds in our Long Term Care facilities. Please assist us by writing a "Letter of Love" to a long-term care facility resident.

Please place the letters in an unsealed envelope.

Letters can be bundled together, placed in a large envelope and then mailed to:

Albemarle Commission Area Agency on Aging
Letters of Love Campaign, C/O Laura Rollinson,
512 South Church Street, Hertford, NC 27944.

