Senior isolation is at 100%
In an effort to combat COVID-19, senior homes across the country are limiting visitations leaving residents increasingly isolated. Now more than ever we need your support! Through the forward thinking and passionate action of our network, GlamourGals is facilitating safe and helpful way for our volunteers to continue to connect with seniors.

HOW TO GET INVOLVED

Write #MyDearFriend kind notes!

STEP 1: WRITE A KIND NOTE
Address the note to "My Dear Friend"

STEP 2: TAKE A PHOTO
Capture your note with your phone

STEP 3: SHARE YOUR NOTE
Send us your photo at bit.ly/3aCXEjO

STEP 4: DELIVER SAFELY
We’ll distribute your note to those in need!

Learn more about other ways we’re helping seniors during this time at GlamourGals.org

SPREAD THE WORD!

Share your notes on social and tag us:
@glamourgals       #GGMovement       #MyDearFriend