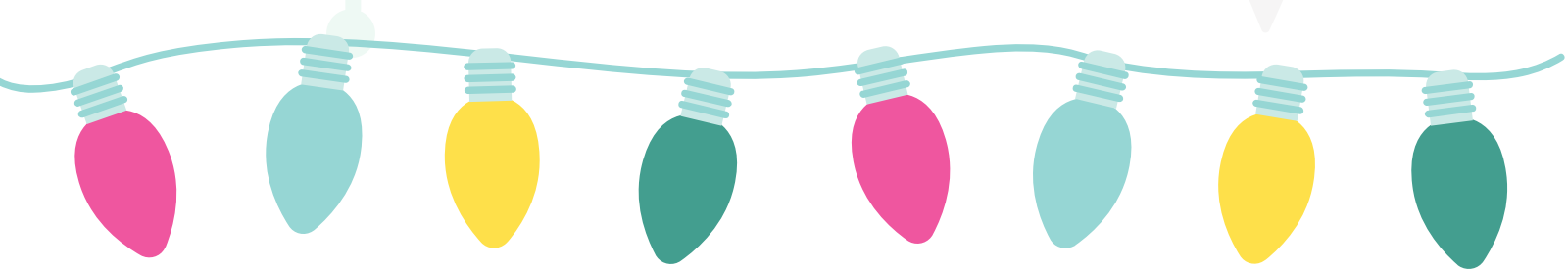


ADOPT A HERO THIS CHRISTMAS

5 IDEAS TO HELP YOU SHARE IN
THE SPIRIT OF HOPE AND LOVE



Adopt a Hospital

HEALTH CARE WORKER, NURSE, OR EMT

Start a thank you card campaign and share messages of gratitude and appreciation. Organize safe meal deliveries for hospital staff.

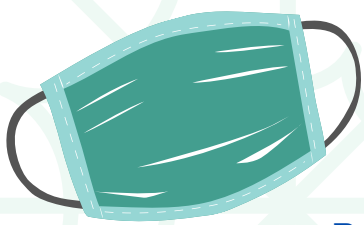


Adopt a First Responder

POLICE STATION, OR FIRE DEPARTMENT



Call your local first responders' nonemergency line and ask what they need. Get your community involved by starting a #thanksfirstresponders hashtag campaign featuring your local department.



Adopt a Testing Site

OUTDOOR, DRIVE-THROUGH TEST WORKERS

Bring hot drinks, such as hot chocolate, coffee, or tea, to COVID testing workers on cold days.



Adopt a Nursing Home

RETIREMENT HOME, OR RECOVERY CENTER



Assign pen pals or secret Santas and send positive messages and homemade gifts. Assemble an outdoor Christmas Parade or Caroling Party.



Adopt the Homebound

THIS YEAR, AND EVERY YEAR

Check in on those who are alone this holiday season. Teach them to use facetime or Zoom so they can connect face-to-face.

Share your story on our Facebook Page!

<https://www.facebook.com/rmcucc>