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## **Teens across the country make over 100,000 Valentine's Day cards for home bound seniors**

*DoSomething.org and Mentor Up rally teens nationwide to make Valentine's Day cards for Meals on Wheels clients*

NEW YORK, Feb. 14, 2014 – DoSomething.org and Mentor Up, a new way to make a difference from AARP Foundation today announced the results of Love Letters, a campaign that encouraged teens to make handmade Valentine's Day cards to lift the spirits of older adults across the country during a peak time of isolation and depression. The campaign is in partnership with the Meals On Wheels Association of America and featured singer and actress Victoria Justice in a [Public Service Announcement](#).

Since January 7, more than 68,000 teen volunteers made Valentine's Day cards for nearly 100,000 of the 2.5 million vulnerable seniors receiving Meals on Wheels across the county.

“As everyone familiar with Meals on Wheels knows, we deliver so much more than just a nutritious meal,” said Meals On Wheels Association President and CEO Ellie Hollander. “These cards will serve to warm the hearts of our homebound seniors during a particularly lonely time and spread the love. We are thrilled with the response.”

Love Letters provided an opportunity for young people across the country to help lift the spirits of older adults and combat social isolation. Young people found local, participating Meals on Wheels programs – from a list of 356 across all 50 states –to which they sent the card(s). The Valentine's Day cards were then included in meal deliveries made by Meals on Wheels volunteers.

"The best cards are made with crayons and love," said Nancy Lublin, CEO and Chief Old Person at DoSomething.org.

To learn more about Love Letters, visit [DoSomething.org/loveletters](http://DoSomething.org/loveletters).

### **About DoSomething.org:**

We love teens. They are creative, active, wired...and frustrated that our world is so messed up. DoSomething.org harnesses that awesome energy and unleashes it on causes teens care about. Almost every week, we launch a new national campaign. The call to action is always something that has a real impact and doesn't require money, an adult, or a car. With a goal of 5 million active members by 2015, DoSomething.org is one of the largest organizations in the US for teens and social change. Join us at [www.DoSomething.org](http://www.DoSomething.org).

**About Mentor Up:**

Mentor Up is a new way to make a difference from AARP Foundation that brings together the younger generation's energy and talents to pursue reverse mentoring and community service opportunities that help people 50 and older. In addition, Mentor Up is also working with organizations rooted in service and driven by social missions, including 4-H, DoSomething.org, Facebook, Generations United, The Intergenerational Center at Temple University and the Magic Johnson Foundation. For more information about Mentor Up, visit [www.mentorup.org](http://www.mentorup.org).

**About Meals On Wheels Association of America**

The Meals On Wheels Association of America is the national leadership organization supporting local, community Senior Nutrition Programs across the country. Numbering 5,000+ strong, these programs operate in all 50 states, as well as all U.S. territories. The Meals on Wheels model is proven and effective as it leverages a virtual army of over two million volunteers who day-in and day-out create an efficient and caring way to keep America's seniors happy, healthy and independent in their own homes. All told, Meals on Wheels programs serve well over one million meals a day to seniors in need through direct home delivery and congregate locations like senior centers. The Meals on Wheels Association of America is focused on empowering these local community programs to generate the support, create greater efficiencies and drive the innovation that will be needed to keep programs sustainable and our communities thriving for years to come. For more information, visit [mowaa.org](http://mowaa.org).