



c/o Russ Romano
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Postcard Guidelines

General Guidelines

- Do not include your return address (unless pen pals are requested). The goal of the project is the sending of postcards. Please don't add the expectation of a return postcard.
- Please no religious messages unless specifically requested.
- Please no political messages.
- Please no requests for return correspondence/items. Please don't ask for tea bags, money, ephemera, etc.
- Please keep all messages informative, positive or uplifting.
- Please include any special requests that have been listed: date, weather, location, etc.
- There is no need to include the name Postcards for Good in your correspondence (but it would be appreciated if you choose to do so).
- At this point, please only send one postcard per address. We don't want to appear to be stalkers. In the future, I might revisit this guideline after we find out how the program is being reviewed by others/recipients.
- Please do not send sexually charged or sexually suggestive photo postcards.

Writing Hospitals, Medical Situations, etc.

- Keep messages supportive and general
- Please do not include religious messages unless requested
- Please do not discuss your personal/family medical situations. Every recovery is different so we do not want to raise/limit family expectations. This is about the recipient and not about you or your family.

Writing Assisted Living Facilities, Military, Schools, etc.

- This is the typical postcard situation. Feel free to discuss general topics of interest (songs, landmarks, items depicted on the postcard, hometown, etc.)
- Since you do not know where military postcards will ultimately be sent, please do not send sexually suggestive postcards.
- Please send positive and uplifting messages (especially to military members who might be far from home and their families).
- Please include any special requests provided in the listing.



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Postcard Messages (from postcrossing.com)

- Express what daily life is like where you are sending the card from by describing what you did today, your routine, etc.
- Write 5 curious facts about the place where the card is from
- Give local travelling tips from your area! What are the must-sees around you?
- Include your favorite quote, perhaps in its original language (with translation!)
- What was the last thing you cooked or ate? Include a recipe!
- What do you have in common with the recipient of your card?
- Recount a childhood memory, or something you've learned from your grandparents.
- What makes you happy? If it makes you smile, there's a good chance others will like to hear about it.
- Share a local idiom or saying, in its original language, with translation of course!
- Did you ever travel to the place where your card is going? Recall your best memory of that place.
- What's the weather like as you are writing your postcard? Draw the weather forecast in detail!
- Share an interesting fact that you've learned, and which most people are not aware of.
- Got an unusual hobby or collection? Do tell!
- Did anything important happen in your country lately? Share an interesting news bit!
- Tell the recipient about your favorite book, movie or band!
- Draw a picture of your surroundings, or your favorite object in that room!
- Write your favorite poem or...
- ...make up your own poem – acrostic poems or haikus are short and enjoyable to write!
- What are the local festivals or traditions from your area?
- If you're a student, what are you studying? What was the last thing you learned in school?



Get Well Wishes (from Shutterfly.com)

General Wishes

- Feel better soon!
- Hope you feel better soon.
- Hoping you find strength with each new day. You are in our thoughts.
- Have a speedy recovery!
- I hope each new day brings you closer to a full and speedy recovery!
- May good health envelop you, spurring a quick recovery.
- Thinking of you lots and hoping for your speedy recovery.
- We're all thinking about you and wishing you a speedy recovery.
- Hang in there, better days are coming.
- Hope you feel a little better every day.
- Sending good, healthy vibes your way.
- Sending hugs and love!
- Remember to just take it one day at a time and in no time, you will be completely healthy and smiling once again.
- You're in all of our warmest thoughts as you recover from your accident.
- Best wishes for a little progress and a little encouragement every day during your recuperation.
- Best wishes that you will soon be back to doing all the things you love.
- May the good wishes and warm thoughts of those who care about you send a little cheerfulness into your world and help you feel better.

Religious Wishes

- Praying for you!
- You are in my thoughts and prayers during your time of recovery.
- As I close my eyes to pray every night, my only request is that God will heal you speedily. I wish you a quick recovery!
- Thoughtful prayers are being sent your way with the hopes that you will feel better soon.
- Thinking of you during this time of illness, and praying you will find strength in the Lord and his never ending supply of love.
- God cares and hears our prayers, and I am praying for you today!
- Know God promises to give strength when you need it and that we are praying for you to have strength and peace as you face health challenges.
- We don't always get to know the reasons we go through struggles in this life. There is a bigger plan, and it is all in His hands. I am praying for you.
- Prayer is the best medicine that doctors don't write prescriptions for. Don't worry, I'll supply you with a healthy dose of prayer.
- Hope each day finds you stronger and full of joy. God Bless You.