



# *senior saints* CAN DO ORPHAN CARE

## *10 simple ways to get involved*

### 1. ALL ABOARD

Amidst their already hectic schedules, many foster families struggle to get their kids to and from the plethora of required appointments and meetings. Find out what your state requires for someone to help transport kids in foster care to doctor's appointments, therapy, or sibling visits. A simple errand like this can make a profound difference.

### 2. HAPPY MAIL

Have you ever received snail mail that made you smile? One way to make a foster or adoptive family's day is to surprise them with a little note that simply communicates, "You are seen and prayed for." Create a monthly get together to (1) pray over foster and adoptive families and (2) send encouraging cards to let them know they're valued.

### 3. SPONSOR A MEMORY

Foster families are always looking for ways to make positive memories with the children in their homes. What if your senior saints sponsored one of those memories? It could be as simple as giving an occasional \$5-10 for the family to go get ice cream. Or maybe providing movie tickets for a newly-released family film. Or even an annual membership to the local zoo, science center, or museum! These types of memory-making gifts can be incredibly impactful without much work to coordinate!

### 4. NIFTY KNITTERS

Do you know some ladies who love to knit or craft? Gather a group and give them the opportunity to make gifts for kiddos in need who could use a special blanket, a warm scarf, or another unique present. When these types of gifts are made with extra love and prayer, they are even more meaningful to those who receive them!

### 5. TREE OF ANGELS

Putting together a Tree of Angels at Christmas is a perfect way to engage congregants of all ages! Work with your local child welfare to compile a wishlist for kids in your community. Then, encourage your senior Sunday school class to "adopt" a few names to shop for. They can make a child's Christmas wish come true!

### 6. ROCKIN' GRANDMAS

Have you ever met an exhausted new mama who can't seem to find a moment to sleep while her little one adjusts to a new schedule? For a new foster parent, this can be amplified and the adjustment period can often last much longer. What a blessing a grandmother could be by sitting in a rocking chair to hold and pray over a struggling baby so his/her foster family can get some much needed and well deserved rest!

### 7. MEALS TRAIN

We all know some grandmas or grandpas who love to cook! And for stressed-out families who just received a new placement, cooking seems like an insurmountable task the first few days or weeks! Create a meals train ministry to provide meals for new foster or adoptive families. This allows the parents to focus more on connecting with the child than getting food on the table.

### 8. MENTORSHIP MATTERS

When children enter the foster care system, it means there are biological parents somewhere struggling. Every situation is unique, but sometimes biological parents just need a little help to get things back in order. With age, comes wisdom. Senior adults who have raised healthy children can impart that wisdom into other parents. This relationship could equip a family for their future success and bring kids home to a healthy environment!

### 9. BED BUILDERS

Every child deserves to sleep in a bed they call their own. In many cases, foster or biological families may need a little help providing for this basic need. Some retired men may have the skills and time needed to build beautiful beds for kids in need. Create a team of men who meet occasionally to assemble and deliver beds.

### 10. PRAYER WARRIORS

Many of us have reaped the rewards of grandparents who prayed over us. While there are so many practical ways to support foster and adoptive families and their kiddos, none are more valuable than prayer! Gather a group of prayer warriors who will commit to pray for every foster or adoptive family and the kiddos who enter their home.

