

Patient Meal Tray Cards

Something as small as a handmade card at mealtime can make an impact on a patient during their time with Mary Free Bed. Below you will find guidelines to use when making cards to donate to the hospital. **Thank you for helping make our patients feel cared for!**

You can make cards for our pediatric patients (18 and younger) or adults. Or both!

Supplies needed: index cards or paper, writing utensils such as markers, crayons and colored pencils. Stickers/stamps may also be used – just don't use anything that may fall off, such as glitter.

Making the cards

1. Gather your supplies (see above). If using paper, cut into smaller rectangles 4.25"x 5.5" (so you'll get four cards per standard size of paper).
2. Fold your cards in half width-wise so they stand up like a tent
3. Decorate the front on the card. Some ideas to try:
 - a. You can choose to address your card. Stick to simple things like "To a special person" or "For you" since you won't know the patient's name, keep it general. -OR-
 - b. Skip the greeting and use positive phrases instead such as "Hello sunshine", or "Sending you good vibes", "Cheering you on" or "Stay positive" -OR-
 - c. Make a silly knock-knock joke or riddle out of the cards by putting the first part of the joke on the front and the answer inside.
 - d. Decorate the rest of the unused space with pictures, stamps or stickers, etc.
4. Decorate the inside of the card. Again, there are many ways to do this:
 - a. Write a positive message: "You are awesome", "Never forget how amazing YOU are", "I hope you have a great day today", "You shine brighter than the sun", "Stay strong, or "You rock". Let the message
 - b. Give the punchline of the knock-knock joke or riddle
 - c. Fill in rest of space with pictures, etc.
5. Sign your first name if you wish. *Do not use last names*, keep it general. If you are doing this a group, you can also use your name ("Girl Scout Troop 1234" or "GVSU Nursing Club".)
6. Please DO NOT
 - Write things like "Get Well" or "Feel Better Soon", as some patients will have life-long chronic conditions.
 - Add personal details such as phone numbers, social media account or email address.
 - Make religious sentiments. We see people of all beliefs and want to be welcoming to all of them.
7. Once done, return cards to us. If you're mailing them, please send to:

Mary Free Bed Rehabilitation Hospital
235 Wealthy St. SE
Grand Rapids, MI 49503
Attn: Volunteer Services

THANK YOU!

(See back for more ideas for messages!)

Ideas for messages

Positive messages:

- Hope you're having a wonderful day
- Thank you for being you!
- You're a ray of sunshine!
- Keep shining!
- You're awesome!
- Believe in yourself!

Positive messages (in Spanish):

- El poder esta dentro de ti!
- No pierdas la Fe
- Por mas lejos que esten tus suenos nunca dejes de per seguirlos

Knock-knock jokes:

(Google "knock knock jokes for kids of all ages")

Knock, knock.

Who's there?

Thermos.

Thermos who?

Thermos be a better punchline than this!

Knock, knock.

Who's there?

Canoe.

Canoe Who?

Canoe come out to play?

Simple riddles:

Q: What has an eye but cannot see? A: A needle.

Q: What goes up but never comes down? A: Your age.

Q: What's full of holes but still holds water? A: A sponge.

Silly jokes:

How do people laugh in Hawaii? AloHAHA!

What do you give a scientist with bad breath? Experi-mints.

What did Benjamin Franklin say when he discovered electricity? Nothing. He was too shocked to speak.

Why was the Roomba late for class? It overswept.

What did the picture do to end up in jail? Nothing. He was framed!

What musical instrument would you find in a bathroom? A tuba toothpaste.

What word has 5 letters and starts with "gas"? Truck.

What did the husband pen say to the wife pen? You're always write.

What race is never run? The human race.

What is a robot's favorite snack? Computer chips.

Quick Ideas for messages

Hello 😊

You're amazing!

Have a nice day

You rock!

Enjoy your meal!

Keep shining!

Believe in yourself!

And always have a sticker, stamp or picture on the front of the cards! 😊