



Promoting  
and Preserving  
Independence  
for Seniors.

Today -  
Tomorrow -  
Always.

(918) 664-9000  
www.LIFESeniorservices.org

- Adult Day Health
- Caregiver Support Services
- Community Education
- Care Management Services
- Medicare Assistance Program
- Senior Centers
- SeniorLine Information & Resource Counseling
- Vintage Housing
- LIFE PACE
- Vintage Guide to Housing & Services
- Vintage Newsmagazine

**Central Tulsa**  
5950 E. 31st St.  
Tulsa, OK 74135-5114

**North Tulsa**  
902 E. Pine St.

**Broken Arrow**  
3106 S. Juniper Ave.



## LIFE Senior Services' 2021 Holiday Project

Fall is just around the corner and our lives have had some big challenging changes. It's hard to believe, but we are already gearing up for LIFE's 2021 Holiday Project! The Holiday Project involves purchasing items for holiday gifts for one of the 500+ seniors who are being served through LIFE's Case Management Programs and LIFE PACE . These seniors are still able to live somewhat independently with the help of LIFE Senior Services and community-based services. Most have very limited incomes and many do not have family nearby. The Holiday Project allows us to reach out to them, reminding them that they are loved and not forgotten.

This year our Holiday Project will be done again primarily virtual. We will be working with you to make this year a success for both your employees and our clients. There are three ways to participate in LIFE's Holiday Project.

**\*Purchase of items to put in client's Holiday Box.** Volunteers purchase everyday essentials, small gifts and either drop ship or deliver them to our offices so they can be included in holiday gifts. We have included a list of possible items to help make it easier for purchasing. The purchased items need to be delivered or dropped shipped to LIFE's Legacy Towers office at 5330 East 31<sup>st</sup> St. Ste. 800 starting by Tuesday, October 5<sup>th</sup> but no later than Thursday, December 2<sup>nd</sup>. Please include your name, contact information and estimated value of items being sent or dropped off at LIFE.

**\*Adopt a senior.** You will be sent or emailed a gift tag for each senior you wish to adopt with two or three personalized gift suggestions from the senior. Most of the time, the requests are for pretty simple things – socks, blankets, house shoes, an article of clothing, towels or sheets may be suggested. You can choose to purchase whatever you want from the list. You are not being asked to give the individual everything on their list. Seniors can be adopted individually or adopted as a group with co-workers, club, church or friends and family. All gifts need to be either dropped shipped or delivered wrapped or unwrapped to the LIFE Legacy office at 5330 East 31<sup>st</sup> St Ste. 800 no later than Tuesday, December 2<sup>nd</sup> however, we encourage individuals shop and deliver gifts earlier than the deadline, so we can make sure all gifts are delivered before Christmas. Please have adopter include their name, contact information, estimated value of the gift and adopted senior's name on item(s) being delivered to LIFE.

**\*Deliver holiday gifts.** Once gifts have been received and wrapped, they are sorted, organized and prepared for delivery. Gifts to be delivered will start being ready for pick-up on November 15<sup>th</sup>. Last pick up date will be December 13<sup>th</sup>. Any Volunteer Drivers will receive a delivery list with clients name, address and phone number. Remember this is confidential information and not to be shared. Please return your completed list to Jennifer Thompson by December 21<sup>st</sup> All deliveries should be completed if possible no later than Sunday, December 20<sup>th</sup>. Further instruction will be sent out.

For information or questions contact Jennifer Thompson at 918.664.9000 or [jthompson@lifeseniorservice.org](mailto:jthompson@lifeseniorservice.org)

Thank you for your support. We couldn't do it without you.



## 2021 Holiday Project

### Stocking Stuffer Suggestions

Moisturizing Soap *	Large Print Crossword Puzzle
Body Wash *	Books
Body Lotion *	Holiday Pins
Hand Lotion *	Holiday Decoration
Lip Balm *	Phone Cards
Razors/Shaving cream *	2021 Calendar
Shampoo/Conditioner *	Small Stuffed Animal
Deodorant *	Note Cards Assorted
Tooth paste	Greeting Cards
Tooth brush	Postage Stamps
Denture cleaner	Memo Pads (5"x7")
Eye glass cleaner	Flashlight with Batteries
Manicure Kit and Nail Polish	Jar Opener
Hair brush/Comb	Wrist Key Ring Holder
Hair accessories	Night Light
Socks with Foot Grips	Jewelry
Gloves	Travel pack tissues
Scarves	Sewing kit
Winter hat	Cleaning supplies
Blankets *	Paper towels
Folding Umbrella	Toilet paper
Large Print Playing Cards	Canned/non-perishable food
Word Game Books	

\*Most important items