



The Carmel Foundation Adopt-A-Senior Holiday Program

A compassionate, community-building initiative to brighten the season for low-income older adults.

1. Program Purpose

To ensure that every low-income senior in The Carmel Foundation community – especially the 49 affordable housing residents – feels seen, valued, and supported during the holiday season. Many live on less than \$2,000 per month, making even basic holiday traditions financially out of reach.

This program allows community members to “adopt” a senior by providing practical, meaningful holiday support.

2. How It Works

- a. The Carmel Foundation publishes a curated list of recommended gift items.
- b. Donors select one or more items to contribute.
- c. Items may be dropped off at The Carmel Foundation during operating hours or purchased through a curated Amazon registry.
- d. Staff and volunteers assemble Holiday Care Packages for each senior.
- e. Packages are delivered to housing tenants and others in need before the holidays.

3. Why an Adopt-A-Senior Program Matters

Holiday giving often goes to communities where need is visible. In Carmel-by-the-Sea and the greater Monterey Peninsula, and particularly in the older adult community, the need is often invisible – hidden behind charming cottages and ocean views. Many older adults quietly skip meals, keep their homes cold, or go without basic necessities simply because they cannot afford them.

The Adopt-A-Senior Program gives our broader community a chance to say:
“We see you. We remember everything you’ve given to this place. And you matter.”

4. Recommended Gift Items (Senior-Approved & Universally Useful)

- a. Warmth & Comfort:

- ☐ Cozy throw blankets
- ☐ Warm socks (non-skid preferred)
- ☐ Slippers (warm and non-skid)
- ☐ Soft scarves
- ☐ Knit caps

b. Personal Care Essentials:

- ☐ High-quality, fragrance-free body lotion
- ☐ Shampoo + conditioner
- ☐ Toothpaste + toothbrushes
- ☐ Lip balm
- ☐ Hand cream
- ☐ Tissue packs

c. Food & Treats:

- ☐ General Visa gift cards to purchase groceries (\$20, \$25, \$50)
(Transportation may be an issue - so better to offer a general gift card that can be used anywhere)
- ☐ Tea assortments
- ☐ Hot cocoa
- ☐ Healthy snacks (nuts, dried fruit)
- ☐ Small holiday treats

d. Activities & Wellness:

- ☐ Adult coloring books + colored pencils/markers
- ☐ Crossword or word-search books
- ☐ Playing cards

e. Safety & Support:

- ☐ Flashlights with batteries
- ☐ Batteries in general
- ☐ Nightlights

5. Donor Options

- ☐ Adopt One Senior (provide a small bundle of items)
- ☐ Contribute Multiple Individual Items for distribution among tenants and other seniors

- ☐ Contribute Gift Cards Only
- ☐ Make a Financial Donation to support the holiday program overall
 - Call us: 831.620.8705
 - Mail a Check: The Carmel Foundation, PO Box 1050, Carmel, CA 93921
 - Online: CarmelFoundation.org
 - Email: lgarcia@carmelfoundation.org

6. Packaging

- ☐ A reusable holiday bag or basket
- ☐ Tissue paper and ribbon
- ☐ A simple, Foundation-signed holiday card (to maintain privacy)