

The Challenge

- Patients with sickle cell often have to face obstacles like intense pain, hospital visits, and not feeling normal
- Dealing with sickle cell can cause patients to feel sad, lonely, and depressed.

The Mission

Show a kid or teen with sickle cell that they are cared for by making them a card.

Suiting Up: Getting Started

What you need:

- Greeting Cards
- Writing tools (pens, markers, etc)
- Decorating supplies
- Location (house, school, etc.)
- Friends, students, family to help

Tip:

Invite a few friends or members of an activity you're in to help you make the cards. You'll have fun while helping to end the loneliness of sickle cell!

Make a Change:

- 1. Contact The Crescent Cell for names of sickle cell patients and how many cards you would like to complete
- 2. Choose the sickle cell warrior that you would like to make a card for
- Write and decorate the card
 *** Hint: Pick a person who you have something in common with. It'll make writing the card easier!
- 4. Put the completed cards in an big envelope. Mail the cards to The Crescent Cell

Mail Completed Cards to:

The Crescent Cell Attn: Nike Oyelola 21 Zoey Place Tolland, CT 06084

Make sure to Include:

- 1. Your Name
- 2. Interests
- 3. Words of Encouragement