

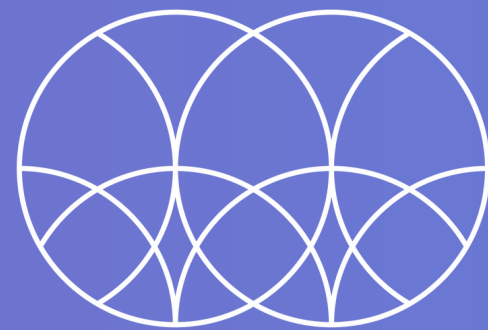
Create Circles Volunteering

Create Circles Partnership



Background

Create Circles Partnership



State Grant

We received **\$500,000.00** from the **State of Kentucky** to fund our (virtual) volunteer initiative, meaning:

- This is costless for you!
- We are always ready to help with any issues that might arise!
- We will handle all the logistics!



Impact of Loneliness

**INCREASES
MORTALITY**

26%

Increase in mortality in older adults who experience loneliness

**INCREASES
EXPENSES**

\$4700*

Cost of loneliness due to higher chances of **cognitive impairment, cardiovascular disease, and hospital readmission rates.**

**DECREASES
QUALITY OF LIFE**

60%

Increase in developing dementia. In addition to **depression, anxiety, and** other mental health disorders.

Benefits for Your Residents

SENSE OF PURPOSE

Reflecting on past experiences and **developing projects** that highlight skills and knowledge brings a **sense of purpose** to day-to-day life.

FUN

The residents that we work with have a lot of fun! The variety of projects like memoirs, cookbooks, and blogs are **just the start! It's a new energy.**

COGNITIVE ENGAGEMENT

Through the use of the neuroscience research behind **spreading activation**, our volunteers will create a **memory domino effect**, strengthening the entire brain.

Benefits for You

LOWER COSTS

Happier and socially engaged residents not only makes it **easier for staff** but also leads to **fewer medical costs** for the community.

ATTRACT NEW RESIDENTS

Create Circles projects + our media expertise **garner national attention**. This organic content competitively attracts **new residents and families** to our partner communities.

SHOWCASE MISSION

By providing **1-on-1 engagement** to each resident, your facility will amplify how it provides **the best care** and **enhances the lives** of all whom they serve.

Our Approach

We decrease resident loneliness by crafting a sense of purpose.

Through **1-on-1**, intergenerational **projects**, residents in our program put their skills and **knowledge on display**. This **restores dignity** and helps them **see their value**.



Meet Kathy

Before Create Circles:

Kathy was passionate about cooking before moving to a nursing home. She took pride in **nurturing her family** through food, and it was a large part of her **identity**. So, it was heartbreaking for her to give it up.





dedication

For my mother, who instilled in me a love of cooking; for Bill, who always ate what I made; and for Anna, without whom this wouldn't have been possible.

contents

- 1 introduction
- 1 appetizers
- 17 breads and breakfasts
- 39 soups and salads
- 55 sides
- 75 main dishes
- 93 desserts
- 135 miscellaneous

Warm Blue Cheese, Bacon, and Garlic Dip

prep time: 30-45 minutes cook time: 30 minutes
preheat oven to 350°

things you'll need

7 slices of bacon, cooked crisp and chopped

1 cup blue cheese, crumbled

2 cloves garlic, minced

2 tbsp fresh chives, chopped

8 oz cream cheese, softened

3 tbsp smoked almonds, chopped

1/4 cup half-and-half



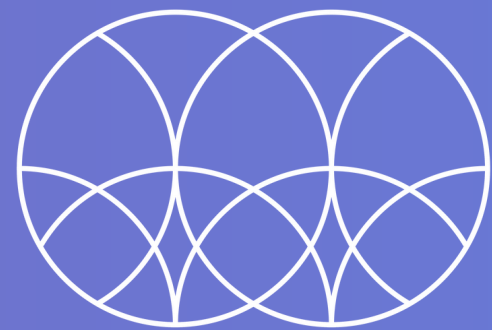
With Create Circles:

Kathy met our student volunteer, **Anna**, and together they made their **155-page cookbook.**

While Kathy may still not be able to cook, she feels **valued, connected to her community,** and a deep sense of purpose again.

Program Logistics

Create Circles Partnership



Our Volunteer Program

WHEN YOUR RESIDENTS SIGN UP FOR OUR PROGRAM, THEY:

- Will meet virtually with a **trained volunteer** we have matched with them **2 times** a week over at least **12 weeks over video chat**.
 - These discussions can last from 30 to 60 minutes.
- Will have **meaningful discussions** relating to their hobbies, interests, memories, and more.
- Will work with their volunteer on a **long-term shared project**, ranging from Kathy's cookbook to writing memoirs.
 - This will keep your residents **engaged** and fill them with a sense of **purpose**.

What we need from you

IDENTIFY GOOD FITS

Criteria for a good fit:

- Verbal
- Cognitively present
- Limited family interaction
- Could use a boost of energy
- Unlikely to pass away in next 3 months

TABLET FOR VIDEO CHAT

Since the program is virtual, we will need your help to make sure the residents have a tablet/device for **video chat at their scheduled times.**

ENTHUSIASM & COMMUNICATION

We ask that you are **communicate honestly and consistently** with us so that we can provide the best experience for your residents.

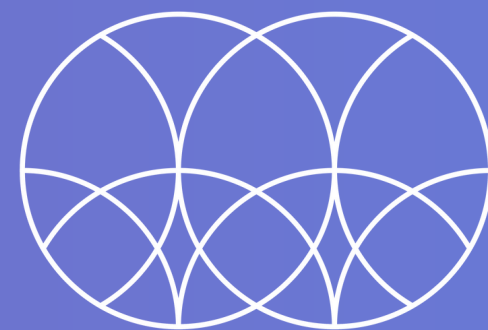
Next Steps

Create Circles Partnership



Please reply to this email
confirming that you would
like to participate!

**We look forward to working with you and cannot wait to
make an impact in the lives of your residents!**



Contact Us

POINT OF CONTACT

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We would love to
hear from you!