

Kindness

Problem: The US is experiencing an increasingly fractious, isolated society.

- People often lack connections and a sense of purpose, diminishing an overall sense of wellbeing.
- People often have limited opportunities to develop skills and support needed to cope with transitions and challenges of life.
- People don't often have a safe community where they can be vulnerable and loved.
- People are not often supported with good nutrition and wellness practices.

For more information please read:

https://www.cdc.gov/aging/publications/features/lonely-older-

https://www.nami.org/Blogs/NAMI-Blog/November-2019/The-

Importance-of-Community-and-Mental-Health

https://studyfinds.org/do-good-live-longer-volunteering-may-addyears-to-lifespan-improves-overall-well-being/

https://www.psychologytoday.com/us/blog/the-science-

kindness/201905/why-do-volunteers-live-longer

https://www.hhs.gov/sites/default/files/surgeon-general-socialconnection-advisory.pdf

Adult Program Logic Model

INPUTS OUTPUTS IMPACTS & OUTCOMES Investment **Activities Annual Outputs Short Term Impacts Long Term Outcomes** Deeper connections Adults will seek and 35,000 healthy, Learning to cook in a Staff resource and shared life find their own safe, clean kitchen organic meals Volunteer time experiences fulfilling, productive prepared and Learning that real, place in the whole food is medicine delivered Mentor training · Elevated sense of community as active, Working in teams to • 1,300 lbs. organic purpose engaged citizens. Kitchen facility & prepare meals produce grown at · Ability to work in equipment Adults have an Learning about organic Ferry Lane Farm intergenerational food and gardening elevated Farm & gardens diverse teams • 15 green Aprons through guided understanding about experimentation Food & • 46 Adult mentors that • Competence in the how food impacts work with youth overall health. packaging Connecting to client kitchen through deliveries Increased sense of Adults will employ Wellness Intergenerational tools and tactics for empathy and curriculum connections compassion health and wellness. Volunteer Growing, tending, and Understanding the Adults will foster recognition harvesting organic organic seed to social connections produce Environmental table journey that promote a sense Creating a welcoming, education of wellbeing. Understanding the electronic-free space impact of their own Easily accessible Sharing knowledge daily nutritional and volunteer and experience wellness practices opportunity Increased courage to try new things **↑** FACTORS **↑**

Assumptions

- Volunteers are highly appreciated and treated well.
- Clients are nourished with love.
- Meals are made from high-quality, organic ingredients that are essential to the healing process.
- Diversity, equity, and inclusion is incorporated into a loving and welcoming environment.

External Influences

- Program funding is competitive.
- Adults managing work and home schedules.
- Physically able to work in kitchen, farm or deliveries.