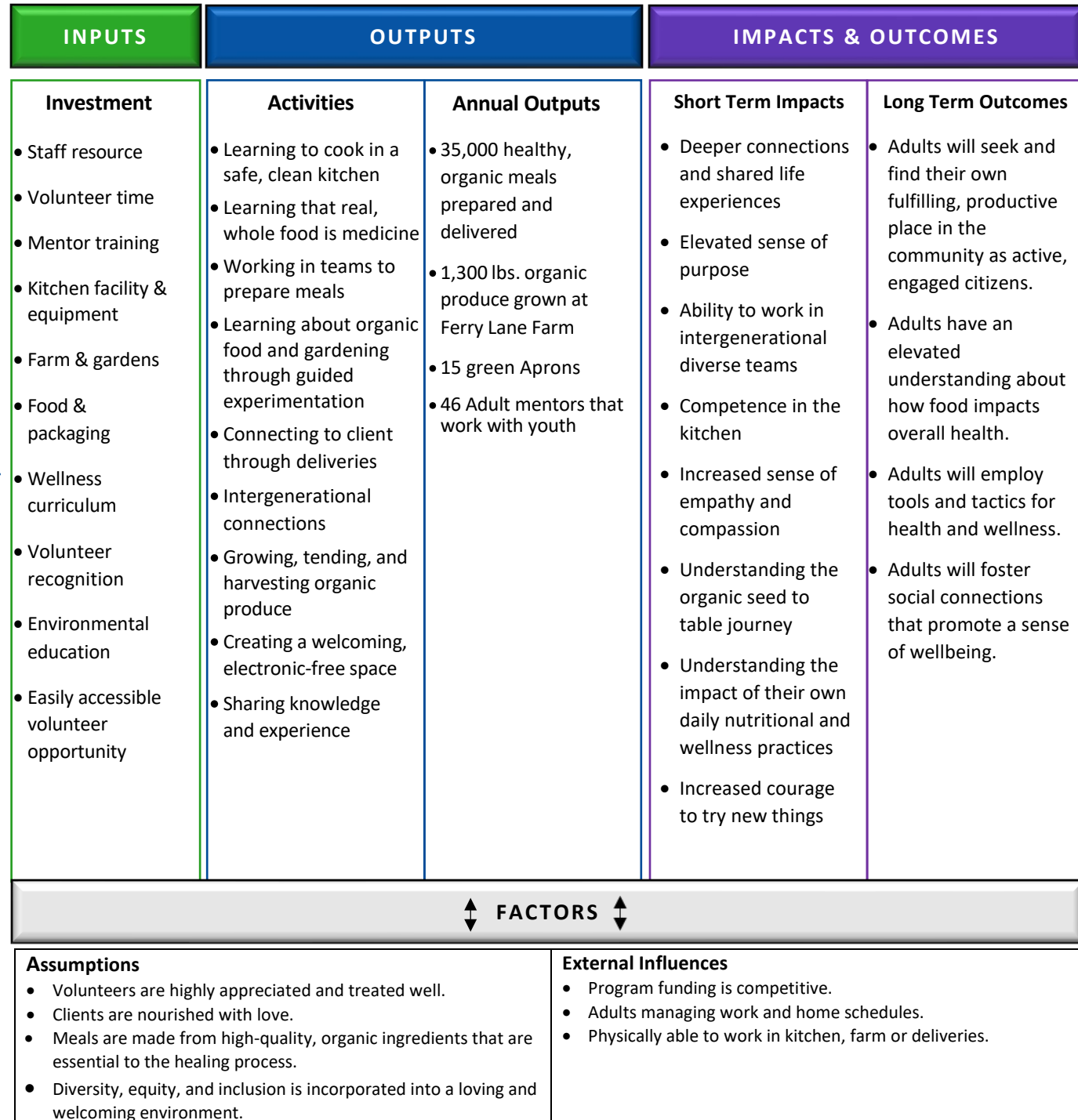


Adult Program Logic Model

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-adults.html>

<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-add-years-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-social-connection-advisory.pdf>