



# IMPACT: HEARTFELT COMMUNITY



*Heartfelt Community*  
TOUCHING LIVES

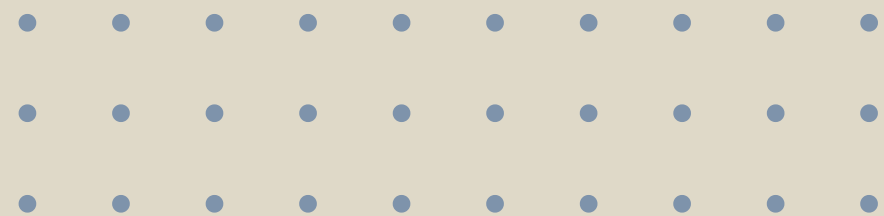


*Serving  
Gloucester, Virginia*

**A community where every elder, especially those in need, experiences compassionate touch and meaningful connections, living with dignity and joy.**

# THANKS FOR JOINING US!

1. OUR VISION AND MISSION
2. SHARING IMPACT: OUR VOLUNTEER PROGRAM
3. VOLUNTEER WITH US!
4. *WHAT THESE HANDS HAVE SEEN*
5. HOW YOU CAN HELP



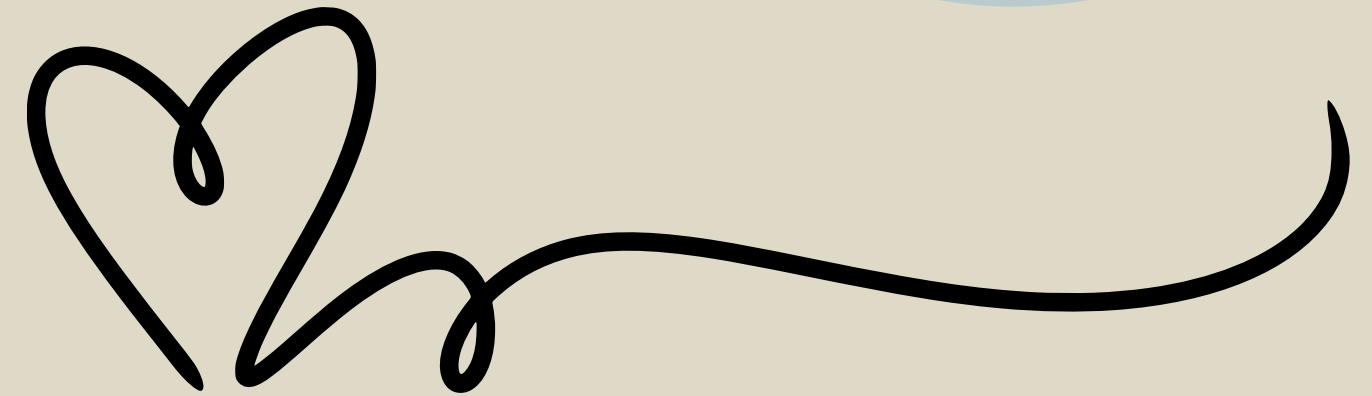
*Our president, Ginger Peer-Spencer*

# OUR VISION

A community where **every elder**, especially those in need, experiences compassionate touch and meaningful connections, **living with dignity and joy.**



# OUR MISSION



Heartfelt Community enhances the lives of elders by **providing compassionate touch** through licensed massage therapists, medical professionals and volunteers. **We empower caregivers** with knowledge and techniques that **promote well-being and stress reduction.** By fostering **community engagement** and encouraging **one-on-one interactions**, we create **intentional moments of joy** and connection for our elders, ensuring that **no one ages alone.**





# OUR CORE VALUES

## CONNECTION

Fostering meaningful relationships to combat loneliness and isolation among elders

## COMMUNITY

Engaging the broader community to support and uplift elders, emphasizing volunteerism and collaboration



## COMPASSION

Prioritizing empathy and kindness in all interactions with elders and caregivers

## EMPOWERMENT

Equipping caregivers with knowledge and techniques to enhance well-being for both themselves and those they care for





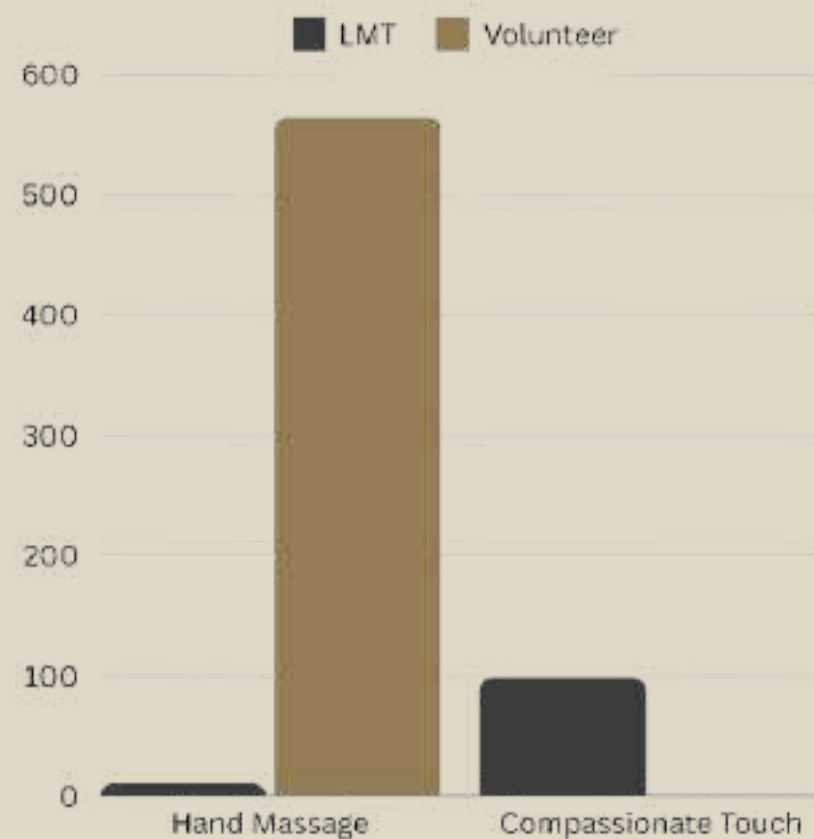
# ALLEVIATING LONELINESS

This year we logged **212 volunteer hours** providing hand massage at **Walter Reed Convalescent Center, Sanders Heron Cove, Gloucester House, and Sanders Assisted Living.**

Perhaps the most common question elders ask us is, "What do I owe you?"

And what's great about it is, we get to say, "nothing at all."

## Touching Lives in 2024



In 2024, Heartfelt Community inspired **99 sessions of Compassionate Touch**. But **this year, our volunteer teams stole the show with 565 hand massages** given free of charge. We are proud of the **love and care** poured into these seniors! Thank you to our LMTs and volunteers out there in the field!





# TOUCHING LIVES: IMPACT STORIES

"I sat with Ms. Adele for her hand massage. As I worked, she leaned back, closed her eyes, and said, **'You can do this forever.'**"

"A woman at the nursing home said, 'But you can hold my hand, because **when you hold my hand it feeds my soul.**'"

"One of the elders we know has lost the ability to speak. She had turned down the opportunity for hand massage, but when she heard someone had asked for her by name, she obliged. As she sat with our volunteer **hand in hand, enjoying the sensation of touch**, she kept showing us the 'thumbs up' sign. And **she was smiling.**"

"They had a new resident in memory care and the moment I started putting lotion on his hands he had the biggest prolonged smile! The staff said it was the **biggest smile with laughter they had seen on him** since moving into memory care."





# HOW TO VOLUNTEER

Please join us for our  
**Compassionate Touch  
Volunteer, Family &  
Professional Caregiver  
class!**

*In this class, you will learn:*

*the different types of touch and purpose of skilled touch in providing quality care*

*Understanding perspective of elders in end of life stages or with dementia*

*The role of compassionate presence in relating to those we care for*

After you earn your  
certificate of completion,  
you will **shadow a veteran  
Heartfelt Community  
volunteer on-site** at one of  
our local nursing homes!

**Jasmine Syndor**  
*Compassionate Touch facilitator*

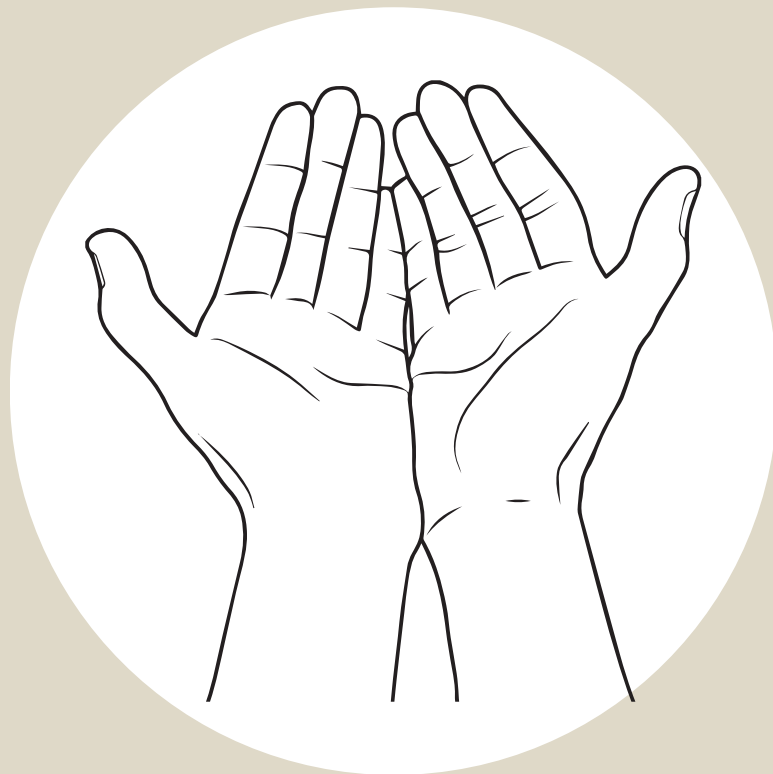
Visit our website at [www.heartfeltcommunity.org/volunteer](http://www.heartfeltcommunity.org/volunteer) to learn more!





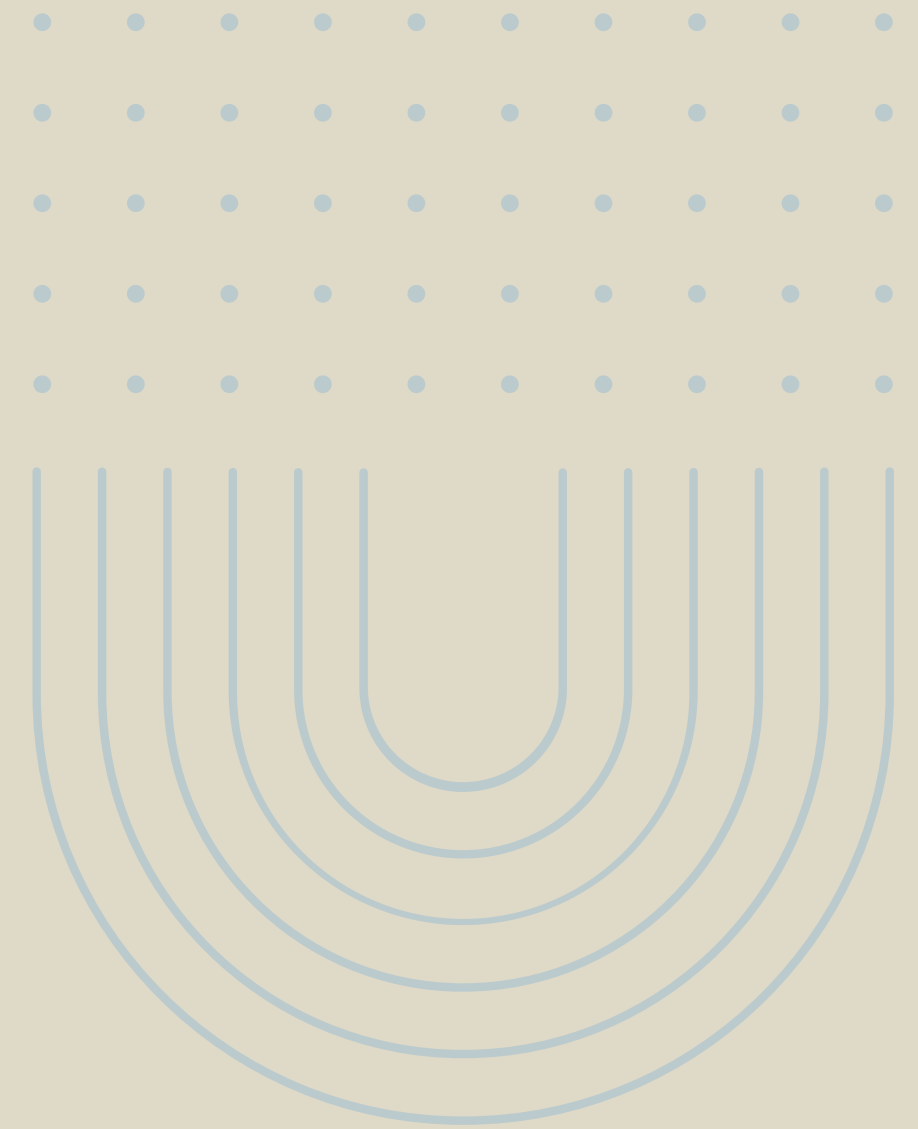
## Team True Friend

Members of this team are touching lives on Wednesday mornings at 10AM in Sanders Heron Cove Buildings 1 & 2. On average, we can provide 15 hand massages to elder residents.



## "The Touchables"

On the first and third Mondays of the month, this group of ladies integrates hand massage with residents of Walter Reed Convalescent Center. We also count smiles!



# OUR TEAMS



# What These Hands Have Seen

Shares the narratives of **over fifty local seniors**, allowing readers to **connect with and honor their stories**. This book serves as a reminder to all caregivers of the **rich lives lived by seniors** and emphasizes the importance of **treating all individuals with love, respect, and dignity**. By supporting the production of this book, **you are contributing to our mission**.





**“TOUCH IS SO  
IMPORTANT.”**

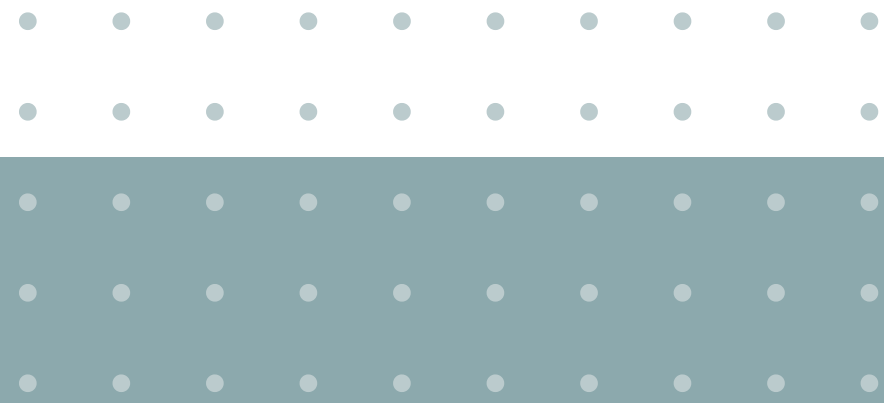




# WHAT'S MOST IMPORTANT

*“Most days in recent weeks, Ms. Norma is in bed. If she's awake, and you talk to her, she will move her head very slowly in your direction, but her stare is vacant. There is a pause between what you ask her and her reply. Sometimes she is not able to reply. This Wednesday, I sat by her bed in her room. I said a few things to her, and after a little while she stopped answering. But in the silence, she slid both of her hands over to me. I massaged her hands like I have been doing every week for months -- now we just do it a little bit differently.”*

These are the **moments of impact** that explain **why we do what we do**. But we **require your help**. It takes **time and resources** to reach **those who need us the most**. Like any other organization, **we rely on funding** to make dreams come true! **Please consider us** in your end of year giving this year. **When you donate, you are touching lives.**



# THANK YOU

**Donate Now**



Would you like to become a  
Friend of Heartfelt Community?

+804-693-9000

[connect@heartfeltcommunity.org](mailto:connect@heartfeltcommunity.org)

[www.heartfeltcommunity.org](http://www.heartfeltcommunity.org)

**Heartfelt Community needs your help. Donate now so we can create more moments of change.**

