



IMPACT: HEARTFELT COMMUNITY

*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!

01. OUR VISION AND MISSION

02. SHARING IMPACT:
OUR VOLUNTEER PROGRAM

03. VOLUNTEER WITH US!

04. HOW YOU CAN HELP

www.heartfeltcommunity.org





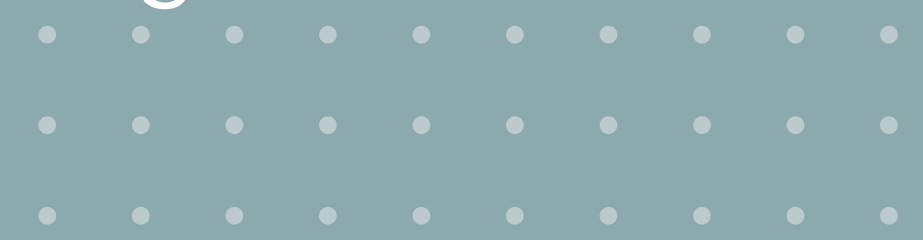
OUR VISION

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

Heartfelt Community
TOUCHING LIVES

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

Compassion: prioritizing empathy and kindness in all interactions with elders and caregivers

Community: engaging the broader community to support and uplift elders, emphasizing volunteerism and collaboration



Connection: fostering meaningful relationships to combat loneliness and isolation among elders

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



ALLEVIATING LONELINESS

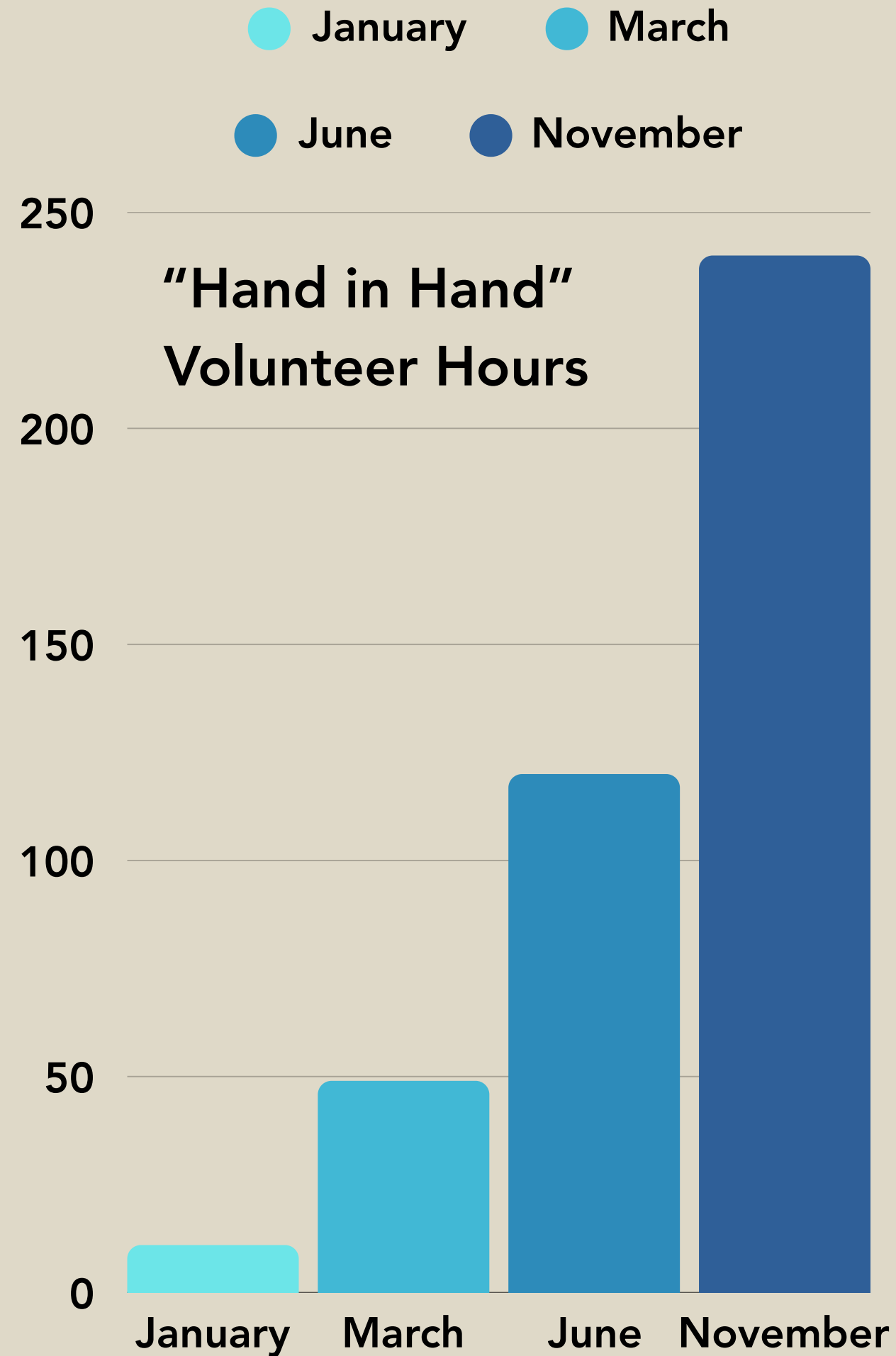
This year we logged 240 volunteer hours providing hand massage at Walter Reed Convalescent Center, Sanders Heron Cove, Gloucester House, and Sanders Assisted Living.

The gratitude we receive from our elders overflows.

There is no shortage of thank you's, in words and without.

But the biggest thank you goes to you, our donors and volunteers.

You are Heartfelt Community!



WHAT OUR COMMUNITY IS SAYING

It's incredibly motivating to see people from Heartfelt Community dedicate their time. It fosters a sense of shared purpose and gratitude within the team. Their selfless dedication is a powerful reminder of why we do the work we do. It's a constant source of inspiration for staff."

Rhonda Stolfi
Activities Director,
Riverside Sanders



"I would highly recommend Heartfelt Community to any facility. They are very uplifting, full of joy and are very caring and a bright light in the darkness. I thank God they have a relationship with our facility."

Edith Walters
Life Enrichment
Assistant, Walter
Reed
Convalescent





HOW TO VOLUNTEER

Heartfelt Community
TOUCHING LIVES

Please join us for our Compassionate Touch Volunteer, Professional & Family Caregiver class! In this class, you will learn:

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

*In 2025, our founder and executive director, **Ginger Spencer**, educated **369** guests just like you on the power of Compassionate Touch!

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

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

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



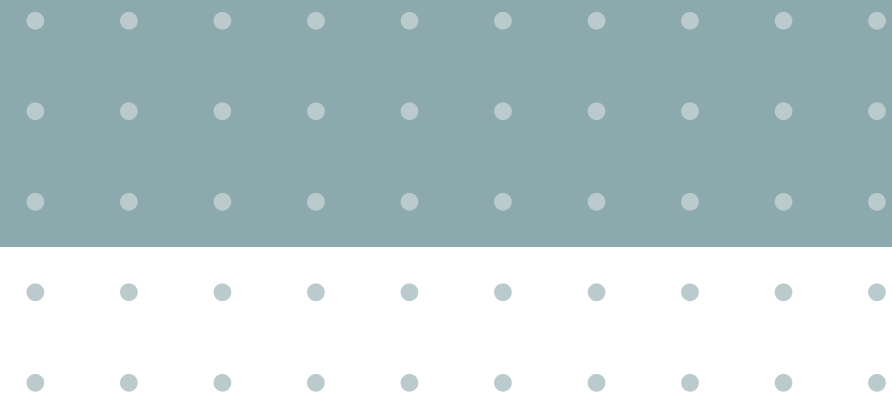
TOUCHING LIVES: IMPACT STORIES

"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." "."

**“TOUCH IS SO
IMPORTANT.”**



OPPORTUNITIES TO GIVE

We've shared 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.**

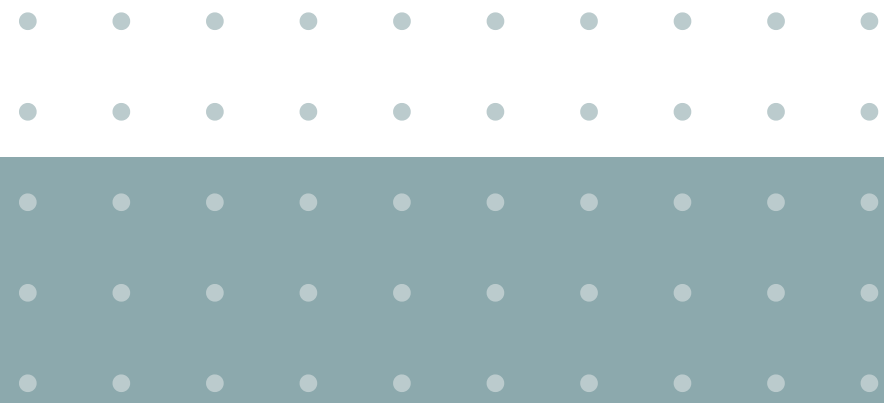
Like any other organization, **we rely on funding** to make dreams come true!

Please consider us in your end of year giving this year. **When you donate, you are touching lives.**

Enroll in monthly giving:

"Donating to Heartfelt Community is a proactive way to help Gloucester. Their programs protect and serve our most vulnerable population, our elders. Far from forgotten, with the help of Heartfelt Community these esteemed members of our community can flourish. Donate today!"





THANK YOU

Donate Now!



**Heartfelt Community
needs your help. Donate
now to create moments
of change.**

**Would you like to become a
Friend of Heartfelt Community?**

+804-693-9000

connect@heartfeltcommunity.org

www.heartfeltcommunity.org

