



WE THRIVE TOGETHER

Social Isolation and Loneliness Initiative

WHY WE THRIVE TOGETHER?

**YOU DON'T HAVE TO GO VERY FAR TO SEE THE FACE OF LONELINESS.
IT IS EVERYWHERE.**

Social Isolation & Loneliness Statistics



- **3 in 4 Americans struggle with loneliness** (U.S. News & World Report, 2018)
- **More than 8 million adults age 50 and older are affected by isolation** (connect2affect.org powered by AARP, 2019)
- **Loneliness, living alone and poor social connections are as bad for your health as smoking 15 cigarettes a day.** (Holt-Lunstad, 2010)
- **Studies have also found that lonely people are more likely to suffer from dementia, heart disease and depression.** (Valtorta et al, 2016) (James et al, 2011) (Cacioppo et al, 2006)
- **Between 20% and 43% of U.S. adults over age 60 experience frequent or intense loneliness** (Perissinotto, Stijacic Cenzer, & Covinsky, 2012)

What is We Thrive Together?



Humans need others to survive. Regardless of one's sex, country or culture of origin, age, or economic background, social connection is crucial to human development, health, and survival.

Companies and organizations across the region are partnering together to reduce social isolation and loneliness of adults by initially engaging our community members where they are at and then motivating them to participate in classes, social events and activities throughout the Mahoning Valley, as well as encouraging our neighbors to take advantage of support programs already available to residents.

We Thrive Together is free for all community members 50 years of age and older.

We Thrive Together Programming & Activities

All community members, 50 years of age and older, will have access to We Thrive Together events and programming including, but not limited to:

- **Health and Wellness Expos**
 - » Join us, have fun, and take advantage of free health screenings and assessments, check out local vendors, pick up some giveaways, play some games, and get a chance to win some prizes.
- **Events and Activities (Available in-person, at home, at work, and on the go)**
 - » Discussion groups
 - » Brain games
 - » Tech classes
 - » Exercise classes
- **Meetup and Socials**
- **Challenges**
- **Community Events Calendar**



We Thrive Together Wellness Website & Social Events

We Thrive Together will identify, engage, monitor, track, educate, influence, and support high-risk individuals, while pro-actively improving the well-being of the overall 50+ population. We will increase the availability, visibility, frequency, participation, and engagement in local social activities.

As part of the We Thrive Together, all residents 50 years of age and older, will have access to a secure, HIPAA compliant wellness website available at WeThriveTogether.org. We encourage you to check out the website.

We Thrive Together Website Features:

- Health Tracking, Assessments, and Challenges
- Video Gallery and Learning Library
- Event Calendar

We Thrive Together Social Events:

- Socials
- Dinner Group
- Casual Meetups



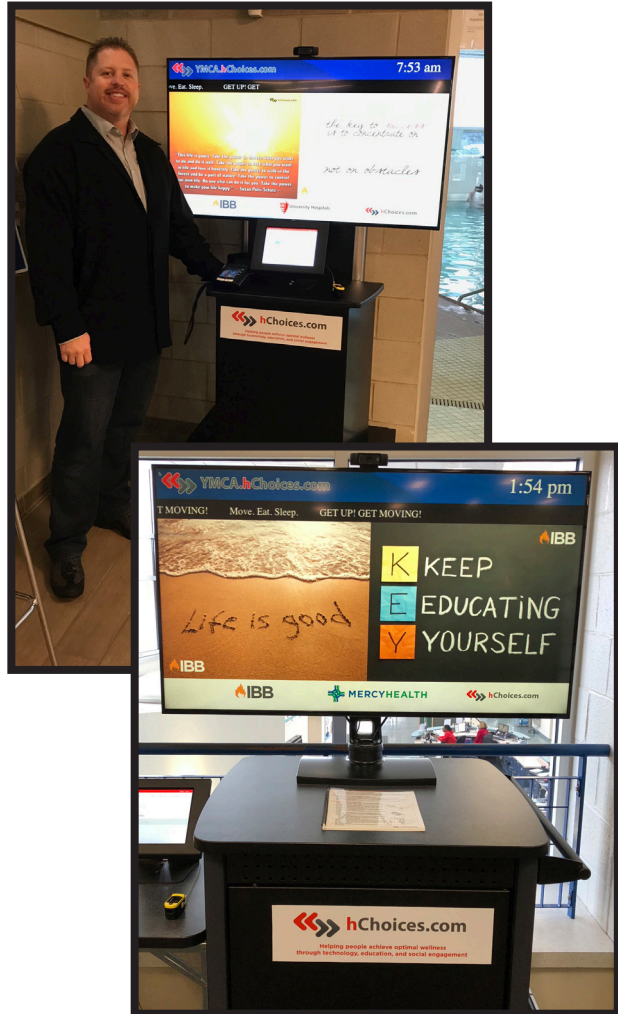
SPONSORSHIP OPPORTUNITIES

SUPPORT YOUR COMMUNITY

PROMOTER

- ## Virtual Goody Bag Offer Placement

We Thrive Together Engagement Stations



10:11 am

Move. Eat. Sleep.

GET UP! GET MOVING!

Monday, September 16th

Time	Event
8:15	Smart Start
9	Woodcarving
10	Arthritis Exercise
10:30	Parkinson's Support Group
11:15	Sliver Sneakers Cardio Circuit @ SCC
12	Pinochle / Mah-jongg / Bridge
2	Computer Club (Tech Talk)
7	Line Dancing



We Thrive Together T-Shirt



Ways You Can Help

- 1. Attend upcoming meetings with other collaborative partners**
- 2. Participate in We Thrive Together events**
- 3. Allow your experts to contribute educational content**
- 4. Help promote We Thrive Together events and resources through your traditional marketing channels including social media**
- 5. Allow us to share and promote your events, activities, and social posts**
- 6. Become a Financial and/or inKind Sponsor**

Contact Us



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**The Internal Revenue Service recognizes We Thrive Together as a 501(c)(3) nonprofit organization.
Donations to We Thrive Together are tax deductible. Our Federal Tax ID # is 46-4365091.**