



## Types of Wishes we grant:

We are focused on granting wishes for seniors who exhibit signs of social, physical, or mental isolation. For example, a senior who stays in their room most of the day, doesn't have family visit, and doesn't participate in many community programs might benefit from a wish more than a senior who is socially and physically active. Take look below at our Wish Categories:

**Fulfilling Lifelong Dreams:** Whether it's doing something for the very first time, breaking through their comfort zone to experience something new, or realizing a childhood dream, these wishes represent a long-held desire or a cherished aspiration that holds deep meaning in a Wish Recipient's life.

**Commemorating Service:** These wishes are meant to honor individuals who have given back, by highlighting the stories of service members, outstanding volunteers and those who have made sacrifices on behalf of others.

**Renewing & Celebrating Passions:** These wishes empower our recipients to rediscover their passion in life by reengaging them in the activities, experiences and interests that were a source of purpose and enjoyment.

**Reconnecting Loved Ones:** We recognize the tremendous importance and impact of family bonds. These Wishes give our elders the opportunity to create new everlasting memories with those that they hold dearest to their hearts.

## Types of Wishes that will not be granted:

- Financial Assistance (cash payment of bills, rent, taxes, etc.)
- Housing Assistance (home repair/modification, assistance moving, locating housing, etc.)
- Home Furnishings & Technology (computers, phones, cell phones, TV's)
- Medical care or services
- Legal Services
- Vehicle (purchase, repair, modification)
- Harmful or dangerous wishes
- Wishes on behalf of others under 65
- Assistance finding employment
- Wishes that extend beyond the life of the Wish Recipient (funeral arrangements, headstones, etc.)
- Continuous Wishes (Wishes for a pet, season tickets, etc.)
- Family reunions for more than two family members (some exceptions)

*A note about travel: We do not send seniors on vacation. Travel must be purpose-driven, with a dream achieved during or as a result of the trip.*



## What is a Wish of a Lifetime?

A Wish of a Lifetime is a meaningful experience that has a profound impact on the recipient's life. A Wish holds value beyond a passing desire or casual thought – it is a dream, a lifelong goal, or an important component to one's life that has been missing. Wishes have ranged from skydiving, to seeing your favorite sports team, to visiting a special place that holds special meaning in your life.

## What types of Wishes will not be granted?

Wish of a Lifetime does not provide financial or housing assistance, legal services, material goods, or vacations. Travel must be purpose-driven, with a dream achieved during or as a result of the trip.

Need some motivation?

Go to [www.wishofalifetime.org](http://www.wishofalifetime.org)

Follow us for stories of inspiring elders!

@wishofalifetime



## What's Your Wish?

Is there one thing you've wanted to do but haven't had the chance?

Open to learn more!

Overview

We’ve partnered with an organization called **Wish of a Lifetime** that grants wishes to adults age 65 and older. Whether it’s realizing a childhood dream, reconnecting with a loved one, or renewing a passion, this is your chance to have your Wish of a Lifetime granted!

What’s the catch?

There is no catch; if your wish is approved, it will be granted free of charge.

Instructions

Fill out the Wish Request Form and submit to your Property Manager. Wish of a Lifetime receives hundreds of Wish Requests a year. Please be thoughtful and detailed in your responses. You can also fill out the form on behalf of a family member or friend over the age of 65. If your wish is selected, you will be contacted for further information.

Please note: *There is no guarantee of wish fulfillment.*

Name: Age: Phone:

Address: City: State: Zip:

Please describe your wish in detail:

What are some of the challenges you’re currently facing in life?

Why should we grant your wish?

Community name:

Onsite manager name:

Manager phone & email:

*\*See back for more info*

# Wish Sourcing Instructions

Find wishes in your community, fulfill an older adults dream and inspire generations through their stories and wisdom



## About Wish of a Lifetime from AARP

Wish of a Lifetime from AARP (WOL) grants lifelong wishes to deserving older adults 65+. To date, WOL has granted over 2,000 wishes. The wishes we fulfill are varied, highly unique though fit into one of these categories:

**Renewing and celebrating passions** wishes connect recipients with their long standing interests, activities and hobbies.

**Connecting loved ones** emphasizes the tremendous impact of social connection by reuniting recipients with friends or family.

**Commemorating service** honors individuals who have served their country.

**Fulfilling lifelong dreams** provides wish recipients an opportunity to do something for the first time.

## How to uncover and submit a wish!

1. Identify an older adult you'd like to submit a wish for. Reach out to your local senior community if you don't know an older adult.
2. Tell them about Wish of a Lifetime from AARP and why you'd like to nominate them for a wish.
3. Take 15-20 minutes to learn about their life story. Ask them questions about their experiences, passions and the important people in their lives.
4. Learning about their life story should help you uncover a potential wish. Fill out the application and submit their wish [here](#).
5. Someone from WOL will reach out to you and the nominee to begin the qualification and vetting process.
6. That's it! The WOL team will complete the vetting process, execution and scheduling of the wish if approved.



Have questions or need further instructions on how to submit a wish?  
Visit [wishofalifetime.org](https://wishofalifetime.org) or email [volunteer@wishofalifetime.org](mailto:volunteer@wishofalifetime.org)



## About Wish of a Lifetime

Wish of a Lifetime from AARP (WOL) was founded in 2008 by Jeremy Bloom, entrepreneur and the only athlete in history to ski in the Winter Olympics and be drafted into the NFL, in honor of his grandmother. In August 2020, WOL joined forces with AARP to become one of its charitable affiliates, helping people achieve long held goals while combatting the negative effects of isolation and strengthening social ties and intergenerational connections. Connecting wish recipients with the people and passions that are important to them is central to the organization's work.

To date, WOL has granted over 2,000 wishes. The wishes we fulfill are varied and highly unique. Still, they can be categorized into 4 basic types of experiences:

- Renewing & Celebrating Passions
- Reconnecting Loved Ones
- Commemorating Service
- Fulfilling Lifelong Dreams

## Our mission & vision

Our mission is to shift the way society views and values our oldest generations by fulfilling seniors' dreams and sharing their stories to inspire those of all ages.

We envision a world in which society embraces aging and the inherent wisdom that accompanies it, where seniors are celebrated for their accomplishments and sacrifices, and where intergenerational connections are part of our daily lives.

To learn more about our mission + vision visit:  
[wishofalifetime.org](https://wishofalifetime.org)

## Sharing Inspiring Stories

Wish of a Lifetime's vision is gradually being realized as society is increasingly recognizing the importance of our oldest generations and their continuing contributions to our lives. Inspiring wish stories are being shared by national, regional, and local media outlets including: TIME, the Today Show, BBC News, NBC and NPR.



## Ellie Hits the Slopes

After a broken hip and two damaged knees, Ellie thought she would never get to feel the rush and serenity that comes from gliding down a freshly powdered slope again. Contrary to what the doctors predicted, Ellie found herself traveling to Colorado to ski with our very own, Jeremy Bloom, to gain back the exhilaration that she needed in her life. Ellie hoped that by sharing her story she could remind others that we can't let fear get in the way of living the life meant for us. Ellie's Wish gained national attention and was featured in the news by many outlets.







Aging is one of the few truly universal experiences. Let's make it a purposeful experience for all.

## Why it matters

By 2040, 1 in 5 Americans will be over the age of 65<sup>1</sup>. Seniors are the fastest growing population in the world and yet our society and culture tends to disregard them.

Currently, 14.7 million seniors live alone in isolation<sup>2</sup>. Researchers have said social isolation is just as hazardous to health as smoking 15 cigarettes a day<sup>3</sup>. As our senior population explodes in the coming years, the problem of isolation will continue to grow. We are on a mission to change that. Aging is one of the few truly universal experiences and we want to make it a purposeful experience for all.

<sup>1</sup> Gabriel, B. (2018, May 07). By 2040, 1 in 5 Americans Will Be Over Age 65. Retrieved November 06, 2020, from <https://www.aarp.org/politics-society/history/info-2018/older-population-increase-new-report.html>

<sup>2</sup> Administration for Community Living, U.S. Department of Health and Human Services (2020, May). 2019 Profile of Older Americans. Retrieved from <https://acl.gov/aging-and-disability-in-america/data-and-research/profile-older-americans>.

<sup>3</sup>The "Loneliness Epidemic". (2019, January 10). Retrieved November 06, 2020, from <https://www.hrsa.gov/enews/past-issues/2019/january-17/loneliness-epidemic>

## The impact of a wish

The granting of a wish is a simple act, and yet the outcomes are profound. The positive impact we have seen motivates us to do everything we can to extend our reach and touch the lives of even more older adults.

**95%** of Wish Recipients responding to our Post-Wish Survey indicate that after the fulfillment of a wish, they experienced improvement in their quality of life. **98%** report that their overall happiness increased, and **79%** report improvement in physical health.\*

\*Source: Wish of a Lifetime Survey data as of 1/21/20

## How to Give

When you give, you help a deserving member of our oldest generations achieve a meaningful, life-changing dream. Your donations truly make a difference and help us share our wish recipients' stories that inspire others to change the way they view and value aging. Donate Here: [wishofalifetime.org/donate](https://wishofalifetime.org/donate)

## How to Apply

Applicants must be 65 years of age or older, and a legal US citizen or resident. Applications can be submitted online or by calling 303-954-9144 to request a mailed application.

@wishofalifetime

