

# Impact on Bullying



Millions of students feel unsafe at their schools as a direct result of being bullied.

Jodee Blanco, one of our country's preeminent experts on bullying, states that "The problem with bullies is lack of compassion. If we can cultivate a sense of kindness and compassion in our kids, it is most often possible to prevent bullying."

Dr. Rossie Davis, Psychologist, states that "Even if children are lectured about compassion, they need to be exposed to a situation where they can experience it. Bessie's Hope provides that situation."



# How you can help

## **VOLUNTEER**

- Participate with nursing home/assisted living elders in one or more Bessie's Hope programs.
- Assist in the planning and implementation of fundraising projects and events.
- Help with social media and other marketing efforts
- Receive training to become a volunteer facilitator for youth and/or adult groups.
- Become a Bessie's Hope board member.

## **DONATE**

- One time or monthly contribution.
- Sponsor a youth and/or elder group.
- Sponsor an event.
- Make an In-kind contribution, e.g., printing and copying.
- Become a workplace donor.
- Contribute stock, property or vehicles.



**Donate online:**  
[www.bessieshope.org](http://www.bessieshope.org)



**Send a check:**  
**Bessie's Hope**  
P.O. Box 12675  
Denver, CO 80212



**Call: 303 830-9037**

## **If you would like more information:**

- Visit [www.bessieshope.org](http://www.bessieshope.org)
- Email us at [info@bessieshope.org](mailto:info@bessieshope.org)



# Bessie's Hope

Bringing Generations Together



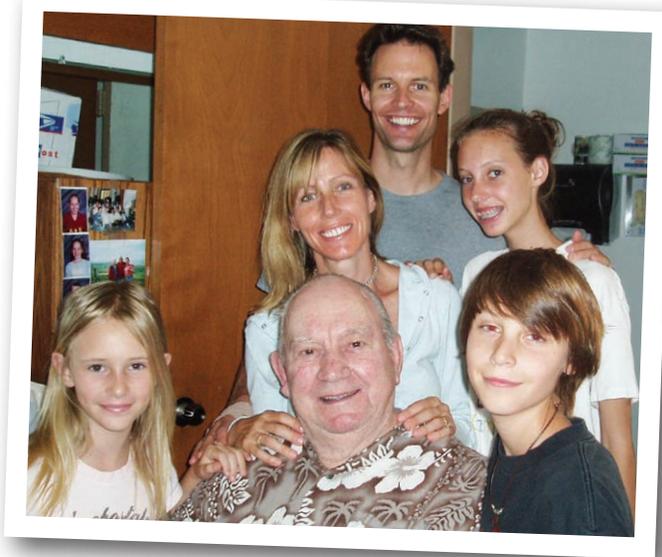
## What is Bessie's Hope?

Bessie's Hope builds relationships that overcome the barriers of age, race, class, ability, and culture.

Bessie's Hope is the only organization in the country that enhances the lives of nursing home elders and at-risk youth by involving the entire community in volunteer opportunities. 60% of nursing home elders receive NO personal visits. Bessie's Hope volunteers receive the needed training and education to enable them to have regular, on-going, mutually beneficial visits with the forgotten elders and to cultivate meaningful relationships.

## At-Risk Youth

Bessie's Hope programs are particularly beneficial for at-risk youth. The youth are presented with positive options that give them the immediate feeling that they are needed and valued, heightened self-esteem, a sense of belonging and the joy of positively impacting the lives of others – alternatives to replace drugs and violence in their day to day lives. The benefits to the communities in which they now live and will live as adults are immeasurable.



## Our Programs

**Youth and Elders Program** trains youth and their adult leaders and facilitates structured and ongoing service-learning visitations between elder care facilities and youth groups, such as schools, community organizations, churches, and residential treatment centers for teens.

**Family and Elders Program** trains youth, adults and families in order that they may become companions for nursing home and assisted living elders who receive little or no visitation.

**Community and Elders Program** involves the training of volunteers, and the coordination and facilitation of nursing home and assisted living visits for company employees and organization members.

**Dreams Can Still Come True Program** fulfills dreams for nursing home residents.



## Who Benefits from Bessie's Hope Programs

### Nursing Home Residents

- Receive individual attention
- Have an audience for sharing life stories
- Feel loved, wanted, valued and needed
- Recognize that their lives have meaning and importance

### Youth Volunteers

- Develop patience and compassion
- Enhance reading, writing, communication and leadership skills
- Increase self-worth
- Develop respect for self and others

### Adult Volunteers

- Develop local extended families
- Receive inner rewards of serving others
- Discover new skills and strengths

### Families

- Spend quality time together
- Develop a common interest
- Experience positive characteristics of other family members

### Organizations and Businesses

- Team-building and community service for members/co-workers
- Share heartwarming and meaningful experiences