



# GLAMOURgals

Help us end elder loneliness

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<https://www.glamourgals.org/>

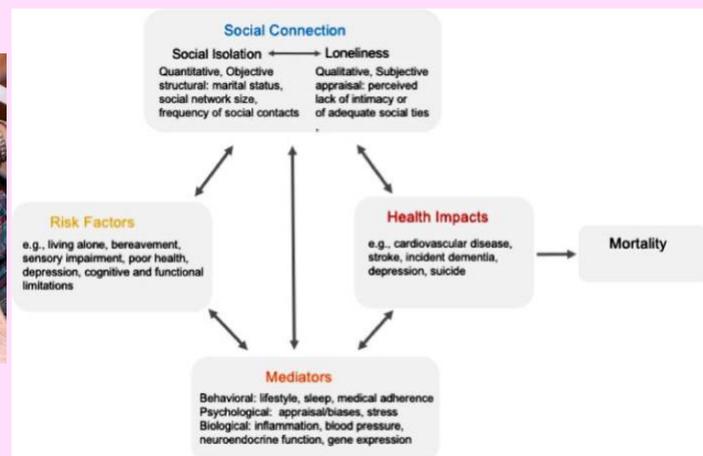
## Overview

This summer, I worked at the GlamourGals office in NYC to provide updated metrics regarding senior isolation and teen volunteer development, enhance current programming, and broaden outreach through corporate sponsors and community engagement. I achieved this by generating and distributing volunteer and administration surveys to assess program and volunteer development. The data collected evaluated volunteers' personal and academic improvement and will be applied to enhance the internal development of the non-profit. This information will be utilized to increase engagement for donors and outreach to schools and volunteers.



## Background Research

- The existence of elderly isolation can stem from increased dependency, health-related issues, retirement, and/or the death of a spouse or loved one
- The mental and physical well-being of seniors in nursing homes declines due to their detachment from society and lack of interaction with individuals
- 500,000 seniors go at least 5-6 days without seeing or speaking to anyone
- 15% of individuals over the age of 60 years old suffer from a mental health condition
- Untreated feelings of loneliness can lead to depression, anxiety, heart disease, and a variety of illnesses
- The likelihood of death increases by 26% for reported loneliness and 29% for social isolation

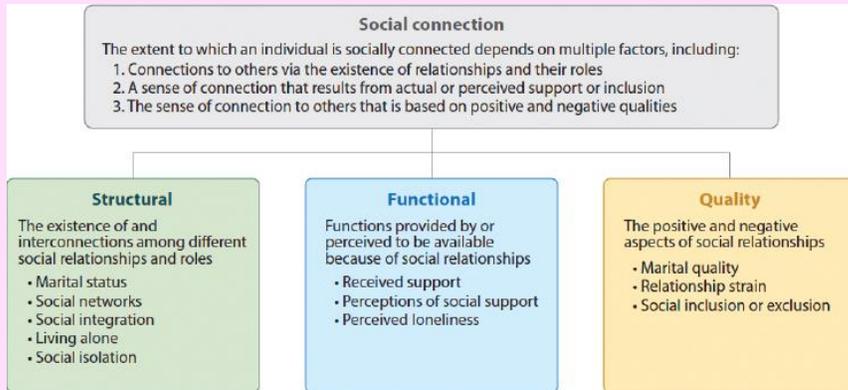


## Past Work/Similar Organizations

- Decade of Healthy Ageing: Plan of Action created by WHO: a plan that contains 10 years of sustainable, specific, and actionable collaboration (from 2021-2030) to enhance the lives of elderly and their communities
- Advancing States has created a document signifying what each state's in the US current practices are to address this elderly isolation, this document encourage states to adopt each other's initiatives
- DOROT: serves more than 4,000 older adults through intergenerational programming and volunteers of all ages to generate meaningful connections and provides supportive workshops

## GlamourGals Impact/Overview

- GG mission: Inspire and encourage teen volunteers to provide ongoing companionship and complimentary beauty makeovers to seniors living in senior homes
- Teen volunteers gain essential leadership skills demonstrating empathy and compassion through intergenerational programming
- GG chapters exist across the United States, connecting high school and college students to seniors in nursing homes
- MyDearFriend Campaign: A hand-written note-writing program created during Covid-19, reached more than 700,000 seniors



## Why GlamourGals?

- First founded in 2000 by Rachel Doyle as a junior in high school, in memory of her grandmother who had recently passed away, personally resonated with me due to my close relationship with my own grandmother
- My passion for women empowerment initiatives and serving underrepresented communities has been represented within my work
- GG's dedication to serving its community can be seen through its pivot of 20 years of in-person programming to virtual efforts to accommodate Covid-19 regulations
- Being from Long Island, Rachel gave her first makeover at a Long Island senior home and has since greatly expanded to chapters throughout the United States and internationally
- 42% of current high school and Glamour Gals chapters are located in New York, making my location an optimal area to interact with as much of the GG community as possible

## Scholar Impact

- Generated updated statistics regarding elderly isolation
- Assessed volunteer development and senior home administration through survey creation and distribution
- Enhanced programs as indicated through volunteer feedback and providing new insights to implement into an updated curriculum
- Provided suggestions for long-term implementations once programs are enhanced
- Conducted in-person volunteering within senior homes in NY to form meaningful relationships with seniors and volunteers
- Broadening GG impact by expanding its network to a larger variety of schools and senior homes

