

# The KINSHIP Project

The logo for 'The Kinship Project' features the word 'The' in blue, 'KINSHIP' in green with a fountain pen nib for the letter 'I' and a yellow pencil for the letter 'P', and 'Project' in blue. A circular icon above the 'j' in 'Project' shows two stylized human figures in red.

**How would you feel if you didn't have a computer or smart phone?  
How would you feel if you were alone most of the time?**

Did you know that there are people right here in Oklahoma City who are living in exactly that way—spending their days mostly alone, with *no computer, no phone* to text on, and too often *no one to call*?

A lot of elderly people spend most of their time alone, even if they are in an assisted living environment. Being elderly and isolated is a terrible combination and can cause declining health and thinking. Even elderly people who are in good health miss just having someone, especially young people, to talk to, to spend time with.

**The Kinship Project will allow you to help a person in an assisted living community feel less lonely and to enrich their life.**

## **How Does This Work?**

The director of Heaven House will pair you with one of the residents. You will spend time getting to know that person and let them know you. Together, then, you will decide on a project you can do together.

## **What Kind of Project?**

That depends on you and your partner. What is important to them? What things can you learn from them about historical events in their earlier life? What do they like to do? What do they think about aging? What would they like people your age to know about getting old? You might create a work of art together or make a book of stories they tell you. You can do an interview and record it. You might put together a book of photos that you create from some they have saved or create a recording of music they particularly like. The project need not be difficult but something that engages both of you.

To get more specific information and to get started on this community service project, please see Ms. Allen or email Ginny Felton ([gfelton77@yahoo.com](mailto:gfelton77@yahoo.com))