



ONE
HOPE

Whitney Brooks, NBC-HWC



**A call to rediscover purpose,
Create connection,
And end loneliness**

Whitney Brooks, NBC-HWC

Who the heck am I?

Whitney Brooks, NBC-HWC, eRYT200



—

**“At any age,
you can have a purpose.”**

— Dr. Michael C. Blackwell



LAUBERGER & GLOSS





—

Purpose. . . .

What's the big deal?

Your **purpose** is personal to you.
It drives you to be who
you are, **CONNECTS**
YOU WITH OTHERS, and
helps you find your **community**.

Your purpose also
plays a major role
in your **health and**
well-being.

Having a purpose in life may
decrease your risk of
dying early.

What matters, according to
researchers, is not exactly
what a person's life purpose
is, **BUT THAT THEY
HAVE ONE.**



—

What happens when our purpose
fades away?

—
“What is my
purpose?”



—

We lose our sense of
community, our connection
to others.

—
“Who **cares**
about me?”



—

We lose our sense of
meaning.

“Why bother?”





Social Isolation & Loneliness

The Silent Epidemic





Social Isolation

Someone who is socially isolated spends the majority of his / her time alone. This person could live in a rural area without anyone nearby.

Being isolated is usually the result of circumstances beyond someone's control.

Loneliness

Relates to how someone is feeling.

Sadness, distress, and feeling disconnected are commonly linked to loneliness. A person experiencing loneliness could be going through a major life transition.



Loneliness feels like . . .

“The only person I regularly talk to is the person who brings Meals on Wheels.”

“For a long time I felt lonely. Now I don't feel anything.”

“I don't matter to anyone anymore.”



Humans of New York

February 12 · 🌐



"Solitude is necessary to balance things out. But isolation is different. It doesn't feel like a choice. I don't want people to see me. There's this shame for not having much of a life. Everyone else has full lives and families and jobs. So I keep to myself. It's like there's a big hole inside of me. And a lot of air. Some days it can be hard to move. Recently I became really malnourished. One morning I woke up with an intense headache, and ended up having a seizure on the floor of my apartment. I spent the next three months at a hospital in Brooklyn. They let me take my wheelchair anywhere. I could explore new floors and meet new people. If anyone needed water, or books from the library—I'd get it for them. My social worker told me that everyone liked having me there. It was the strongest sense of community I've ever had. I've been depressed since I got home. I want to go back."



👍❤️👍 62K

2.8K Comments 2.3K Shares

... ISOLATION IS DIFFERENT. IT DOESN'T FEEL LIKE A CHOICE. ... IT'S LIKE THERE'S A **BIG HOLE INSIDE OF ME.** AND A LOT OF AIR. SOME DAYS IT CAN BE HARD TO MOVE.

The effects of long periods of social isolation rival tobacco use, obesity, and lack of physical movement.

HEALTH PROFESSIONALS
COMPARE THE
RISKS OF ISOLATION
TO SMOKING **15**
CIGARETTES A DAY

high blood pressure

depression



cognitive
decline

dementia

premature death

—

“FREQUENT FLYERS”
are calling 911 just
to have **someone**
to talk to.



A black and white photograph of a hand reaching out to touch a window pane covered in rain. The hand is positioned on the right side of the frame, with fingers spread. The window has several panes, and the rain is visible as streaks and droplets. The background is dark and out of focus.

How do we help?



Humans of New York

December 30, 2013 · 🌐



"I run a senior support group in the neighborhood."

"What would you say is one thing that seniors need most?"

"Just human connection, really."

"Can you describe a benefit of human connection?"

"Well, we had one elderly lady living alone awhile back, and she got taken in by a scammer who convinced her to give away all her money. If she'd had someone else to talk to, and been more tied into the community, that probably could have been prevented."



👍❤️👎 26K

551 Comments 1K Shares



Like



Comment



Share



“What would you say is one thing seniors need most?”

“Just HUMAN CONNECTION, really.”

—

What could that look like?





What if **connection**
looked like calling
a friend?



ONE HOPE

A Spiritual
Response to
Isolation and
Loneliness



“One Hope”



CONNECTION

NCBAM Hope Line
A warm, friendly voice
A sense of PURPOSE

COMMUNITY

NCBAM will offer
training for churches to
implement the One Hope
ministry in their own
communities.

CHRIST

A spiritual response to
loneliness: the church
plays a key role in the
solution. It incorporates
prayer, evangelism, and
discipleship.

Mission



To offer the **ONE HOPE** of the Father, who is above all, and through all, and in all to those experiencing social isolation and loneliness. **TO CONNECT THE LONELY WITH COMMUNITY, AND ULTIMATELY, WITH CHRIST.**

Vision



A world in which frail older adults are not isolated or lonely; where elders are connected, valued in their communities, and have a relationship with CHRIST.

I HEAR YOU.

YOU MATTER.

**YOU HAVE A
PURPOSE.**



GOD SEES YOU.

GOD LOVES YOU.

**GOD DESIRES A
RELATIONSHIP
WITH YOU.**



“It’s a two-way street:

As your **brain** changes,
YOUR **MIND** CHANGES;

AND AS YOUR **MIND**
changes, your **brain** changes.”

Source: [Dr. Rick Hanson, Neuropsychologist](#)



—

There is **one body** and **one Spirit**, just as you were called in **ONE HOPE** of your calling; one Lord, one faith, one baptism; one God and Father of all, who is above all, and through all, and in you all.

Ephesians 4:4-6



Questions?

Get in touch!

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Grace, Wit & Wonder



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