



Golden Roller Skates Fact Sheet

Excitement * Engagement * Purpose

MISSION STATEMENT

Elevate the senior living experience by creating a positive mental health environment, build meaningful relationships, and preserve dignity to promote the concept of discover & thrive.

MAKING A DIFFERENCE

Headquartered in Chandler, Arizona, Golden Roller Skates serves the state of Arizona, through its programs of helping seniors tell their stories, fulfill their bucket list adventures and meet their everyday needs.

WHY STORIES & ADVENTURES MATTER

Research shows senior adults who socialize, and spend time doing activities **improve their quality of life** and **develop positive mental health**.

BEGINNINGS OF GOLDEN ROLLER SKATES

In 2021, one of our co-founders had a meeting with a business mentor. The mentor got really excited hearing about this nonprofit. The co-founder said to the mentor, "You have such a go-go attitude, that you must put on roller skates in the morning, instead of tennis shoes. I would like to stand on a stage someday, presenting you with a pair of golden roller skates that captures your go-go attitude." And with that, the mentor said, "That's the name of your new nonprofit."

The idea of roller skates captures the very essence of senior adults that want more out of life, have stories to tell, and want to fulfill their bucket list adventures. And so, the story began.

FUNDING SOURCES

Golden Roller Skates is a 501(c)(3) tax-exempt organization that relies on the generous contributions of **individuals, corporate sponsorships, gifts** and **grants** that allow senior adults to tell their stories and fulfill their bucket list adventures. In-kind donations of goods and services such as frequent flier miles and hotel loyalty points also help finance our mission.

VOLUNTEERING

Volunteers generously give their time and energy to meet the Golden Roller Skates mission. Volunteers serve across Arizona in a variety of capacities office administrative support, special event planning and scheduling, social media marketing, fundraising and much more.

THE PROCESS

Senior adults are self-nominated, sponsored, or referred by someone else to Golden Roller Skates.

OUR PROGRAMS

We have three programs:

- (1) Discover & Thrive - fulfilling bucket list adventures. (Excitement)
- (2) A Golden Life Lived - capturing seniors stories & preserving their memoirs. (Engagement)
- (3) Golden Rollers - supporting everyday needs. (Purpose)

Discover & Thrive (Excitement)

The Discover & Thrive program provides peace of mind, dignity, and promotes a positive mental health for senior adults. Through excitement, engagement, and purpose, we provide valuable and memorable bucket list adventures to senior adults who want to make connections, uplift their spirit, enjoy life and promote their overall well-being.

Improving the mental health of senior adults, will encourage compassion within our communities, companionship, and enjoyment for everyone involved. Solving loneliness, anxiety and depression is key to living a long and healthy life, according to medical experts.

According to the American Psychological Association, one in four adults 65 years and older experiences a mental health problem like depression or anxiety. (ABC15, 2022). Lack of income, education or skills should not hinder senior adults from having their bucket list adventures fulfilled.

A Golden Life Lived (Engagement)

Research has shown that A Golden Life Lived program could benefit the mental health of senior adults through engagement, mental stimulation, companionship, respect, dignity, and historic preservation of their personal legacies while memories still exist.

A video and audio records senior adults' voices, inflections, emotions, and provides them satisfaction of completing the project. The video also records their expressions, pride, feeling of stardom and dignity. A Legacy Binder provides a published account of their stories. The Golden life Lived program is designed to engage the mind, provide companionship, and record life's events.

Golden Rollers (Purpose)

The Golden Rollers program meets the everyday needs of senior adults by providing dignity and purpose.

This program will be further developed in 2024.

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