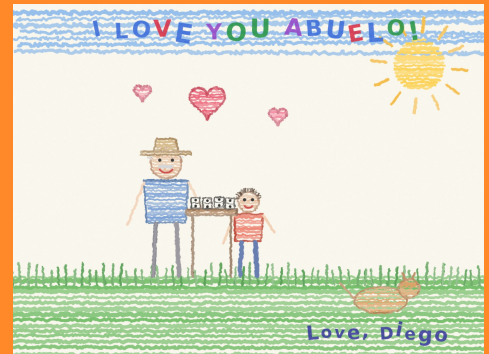


Meet Gaby

How one sponsorship reaches an employee, and the family she cares for, every month. Gaby works for Windrow Nursery Co., our example sponsor.



Diego's drawing for his Abuelo, sent with a letter

Gaby

THE EMPLOYEE

Greenhouse supervisor, Apopka, FL. Back comfort, better sleep, calmer days. Cooking, soccer, choir.

Ernesto

HER FATHER

San Antonio, TX. Reads his plan in Spanish. Blood-sugar care, dominoes and his garden.

Sofía and Diego

HER CHILDREN

Allergies, routines and pickup details, ready for any babysitter.

Canela

THE FAMILY CAT

Feeding, vet and quirks, ready for any pet sitter.

The Letters Group

FAMILY WHO WRITE

His grandchildren and his sister send notes and pictures every month.

Windrow Nursery Co.

THE SPONSOR

Its benefits and its own message, in every plan, in English and Spanish.

What your sponsorship delivers

Your voice, every month

Every plan ends with your Community Highlights: your benefits, your message, your contact details, in your own words.

In their own language

Each employee, and each person they care for, reads their plan in their own language. Your message can be bilingual.

Caregiving, beyond work

Employees add a parent or relative. That person gets a plan of their own, and the employee gets reminders before each call.

Families stay close

Grandchildren, siblings and friends write each month. Their letters arrive inside the plan, translated.

A plan that keeps working

Friday action items and a Sunday call email keep the plan in front of employees between deliveries.

Private by design

Care details for children, pets and parents travel only when the employee asks for a care sheet.

How it works for you

- 1 You invite your people** with a seat link from your own admin console.
- 2 Each employee completes a short profile** in their language, and can add the family they care for.
- 3 Plans arrive on your delivery day** every month, with your message at the end.

Gaby's plan, with your message

Gaby's plan is built from her own goals and hobbies, under Windrow's name. It closes with Windrow's Community Highlights, in English and Spanish.

Blueprint Gift Wellness Plan
Prepared for Gabriela — Apopka, FL

WINDROW
NURSERY CO.

OCTOBER 2026 MONTHLY WELLNESS PLAN FOR GABRIEL

Introduction
 Gabriela, it is good to be back with you this month. Your cooking already turns meal prep into a practical way to protect your back while creating something shared. This plan keeps that rhythm going with small, doable steps tied to what you enjoy.

Hobby Integration
 Cooking and new recipes let you explore back-friendly techniques that reduce bending and standing time. Shop for ingredients at Market On 5th, then prep in short seated or supported sessions so the process stays comfortable and satisfying.

Soccer supports family time and your secondary focus on cheering the kids. Choose a different angle this month by attending a game at Central Florida SC to watch without the pressure of coaching drills.

Community choir or sing-alongs builds connection through shared voice. Link it to a fresh benefit by preparing one simple harmony part at home before the next group gathering, turning practice into quiet focus time.

Local Spotlight
 Market On 5th offers fresh local produce that fits your cooking hobby and supports easy, back-friendly meal ideas.

Kelly Park provides open space for a relaxed family outing that can include light movement without structured play.

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Blueprint Gift Wellness Plan
Prepared for Gabriela — Apopka, FL

WINDROW
NURSERY CO.

Windrow Nursery Co.'s Community Highlights

From the Windrow Nurse's office

Windrow Nursery Co. provides Blueprint Gift to every full-time employee, at no cost to you. Your plan arrives each month, written for you, in the language you choose.

This is already:

- Medical and dental — the company covers most of the premium
- Paid time off — vacation, holidays and sick days
- Help with paperwork — someone who speaks Spanish sits with you for forms and appointments
- English classes — here at the nursery, after shift, at no cost
- Water, shade and rest breaks — throughout every shift, every day
- Boots and work gear — reimbursed each year

For those of you caring for someone. Many of you look after a parent or a relative — nearby, in another state, or in another country. You can add that person to your profile. They receive their own monthly plan, in their own language. Family can write them a short letter each month, and it arrives inside their plan, translated. On Sundays you get a short reminder of what is coming up for them. And if a neighbor or caregiver needs to step in, you can email yourself a care sheet with everything in one place — for your children and pets, too.

De parte de la oficina de Windrow Nursery Co.

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1 Her own plan, under your name

Practical steps built around her life, branded as your gift.

3 Benefits, remembered

The benefits you already provide, restated where employees read.

2 Your voice, every month

Windrow's message, in its own words, closes every plan.

4 Caregiving, supported

How to bring a parent into the plan, in your words, in both languages.

Her father's plan, in Spanish

Ernesto lives in San Antonio. He gets a plan of his own, in Spanish, with letters from his grandchildren and his sister, and his care dates.

Blueprint Gift Wellness Plan
Prepared for Ernesto — San Antonio, TX

WINDROW
NURSERY CO.

OCTUBRE 2026 PLAN MENSUAL DE BIENESTAR PARA ERNESTO

Introducción

Este plan de bienestar fue preparado con cariño para ti por Gabriela, que quiso compartir un poco de cuidado y atención contigo este mes.

Hola Ernesto. Es un placer volver a compartir este plan contigo este mes. Tus hábitos diarios de juego y observación al aire libre ya crean una base sólida para el equilibrio y la energía constante. Este mes nos enfocamos en cómo esas rutinas se conectan con el cuidado de tu azúcar en sangre y la prevención de caídas de forma práctica.

Integración de pasatiempos

Tus dominós y damas ofrecen un momento de concentración mental que ayuda a mantener la mente activa mientras compartes risas con otros. Prueba una sesión corta después de tomar tu medicación para anclar la rutina.

Tu jardinería general te da tiempo al aire libre que apoya el movimiento suave y la conexión con la naturaleza. Elige una tarea ligera como regar las plantas por la mañana para combinarla con tu interés en energía estable.

Observar los comederos de aves y la vida silvestre en el patio te invita a pausas tranquilas que reducen el estrés. Dedica unos minutos diarios a sentarte cerca de la ventana para disfrutar de ese momento sin esfuerzo.

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Blueprint Gift Wellness Plan
Prepared for Ernesto — San Antonio, TX

WINDROW
NURSERY CO.

Cartas para Ernest

De Sofía - Nieta

¡Hola Abuelo!

¡Ganamos nuestro partido el sábado 3-1 y anoté el segundo gol! El entrenador dice que estoy volviéndome más rápida. Mamá tomó esta foto del campo antes del partido. Ojalá hubieras podido estar allí. ¿Puedes venir a un partido cuando visites en noviembre?

Te quiero,

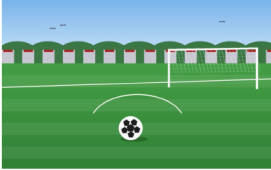
Sofía

En palabras de Sofía

Hi Abuelo!

We won our game on Saturday 3-1 and I scored the second goal! Coach says I'm getting faster. Mom took this picture of the field before the game. I wish you could have been there. Can you come to a game when you visit in November?

Love you,
Sofía



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1

In his own language

Every section, heading and date, written for Ernesto.

3

Translated, with the original

Sofía wrote in English; her grandfather reads it in Spanish.

2

Letters from family

Notes and pictures from his grandchildren, inside his plan.

4

His care dates, ahead

Dominoes, doctor visits and refills, two months ahead.

What arrives mid-month

From: Blueprint Gift To: Gabriela

Friday: your Action Plan

Hello Gabriela,

Here is the Action Plan from your latest Blueprint Gift plan. A good moment to see what's done and choose the next step.

Your Action Plan

- Pick up seasonal ingredients at Market On 5th for a new recipe that keeps prep short and comfortable.
- Send one quick message to a choir member about an upcoming sing-along.
- Watch the kids play at Central Florida SC and note one moment that made you smile.
- Write down one reason your cooking matters to the people around you this week.
- Offer Canela a puzzle feeder during your evening routine for added engagement.

Anything changed this month? Update your profile and your next plan will build on it.

[Update Profile](#)

1 Friday: her to-dos come back

Mid-month, Gaby's Action Plan returns to the top of her inbox.

2 One tap to update

Life changed? Her next plan builds on it.

From: Blueprint Gift To: Gabriela

Sunday: before you call your dad

Hello Gabriela,

It's Sunday, often a good day to reach out to the people you care for.

Today's reminder is about Ernesto. Here are the reminders from their latest plan, worth a quick look before you call.

Reminders for Ernesto

- Play dominoes or checkers at the Bob Ross Senior Center this week.
- Birdwatch at Government Canyon State Natural Area twice.
- Review your medication routine every morning.

Coming up for Ernesto in the next 30 days

- Sun 11 Oct · 4pm · Video call with Gaby and kids
- Tue 13 Oct · 9am · Dominoes at senior center
- Wed 21 Oct · 10:30am · Endocrinologist checkup
- Sat 24 Oct · All day · Pharmacy refill

[Update Profile](#)

Shortened for this sample: the real email lists every reminder and date.

3 Sunday: ready for the call

Her father's reminders, in English for Gaby, before she calls San Antonio.

4 His next 30 days

Doctor visits, refills and his dominoes days, from his Care Calendar.

5 Care that travels

The everyday support your caregiving employees carry, made lighter.

PEACE OF MIND

Care sheets, whenever she asks

When a neighbor, babysitter or pet sitter needs to step in, Gaby taps one button and a current care sheet arrives in her inbox. Nothing is sent unless she asks.

Blueprint Gift Wellness Plan

Prepared for Gaby - Apopka, FL

WINDROW

WINDROW

Proxy Care Appendix

Everything you need for the person you look after, kept in one place. Their latest plan reminders are included automatically for your awareness. Add the things you would hate to be hunting for later — who can check in on them, the pharmacy, the daily routine, what they enjoy, important appointments and contact details. Kept here, it stops living only in your head, and if someone else ever has to step in, they are not starting from nothing. Tap "Email me this appendix" on Manage Proxies whenever you need a fresh copy.

Ernesto

Ernesto's Contact Details

Phone: (210) 555-0131

Address: 512 Mistletoe Ave, San Antonio, TX

Ernesto's Key Contacts

Name	Role / Relationship	Phone	Description / Notes
Dr. Luis Garza	Primary care doctor	(210) 555-0147	—
Mrs. Alvarado	Neighbor, has a spare key	(210) 555-0123	—
San Fernando parish office	Church	(210) 555-0165	—

Reminders Section from Ernesto's latest wellness plan

- Play dominoes or checkers at the Bob Ross Senior Center this week.
- Visit Milberger's Landscaping And Nursery for gardening ideas.
- Birdwatch at Government Canyon State Natural Area twice.
- Prepare a meal with fresh vegetables and lean proteins.

Blueprint Gift Wellness Plan

Prepared for Gaby - Apopka, FL

WINDROW

WINDROW

Child Care Appendix

Everything a stand-in babysitter would need. Keep these details up to date in your profile, and tap "Email me this appendix" there whenever you need a fresh copy.

Sofia (Tween)

Allergies: None known

Medications: Inhaler for exercise-induced asthma, in her soccer bag

Conditions: Mild asthma

Pediatrician: Dr. Ana Reyes, Wekiva Pediatrics

Phone: (407) 555-0164

Address: 480 W Main St, Apopka, FL

Emergency Hospital: AdventHealth Apopka

Phone: (407) 555-0190

Address: 2100 Ocoee Apopka Rd, Apopka, FL

Emergency Contact: Marco Flores

Phone: (407) 555-0172

Role / Relationship: Father

School: Apopka Middle School

Phone: (407) 555-0133

Authorized for Pickup: Gabriela Flores, Marco Flores

Routine: Homework before screens; lights out 9:30

Activities: Soccer Monday, Wednesday and Saturday

Notes: Loves photography - she may ask to borrow your phone.

Diego (School age)

Allergies: Peanuts - EpiPen Jr in his backpack

Medications: EpiPen Jr, only if needed

Blueprint Gift Wellness Plan

Prepared for Gaby - Apopka, FL

WINDROW

WINDROW

Pet Care Appendix

Everything a stand-in sitter would need. Keep these details up to date in your profile, and tap "Email me this appendix" there whenever you need a fresh copy.

Canela (Cat)

Veterinarian: Dr. Nina Patel, Apopka Animal Hospital

Phone: (407) 555-0181

Address: 1260 E Semoran Blvd, Apopka, FL

Emergency Hospital: Central Florida Pet Emergency

Phone: (407) 555-0199

Address: 2 Park Ave, Apopka, FL

Feeding: Half a can of wet food morning and evening; dry food always out

Exercise: Laser-pointer play after dinner

Medications: None

Notes: Hides under the bed during thunderstorms - leave her be, she comes out

For her father

Contacts, reminders and his calendar, for whoever checks in.

For her children

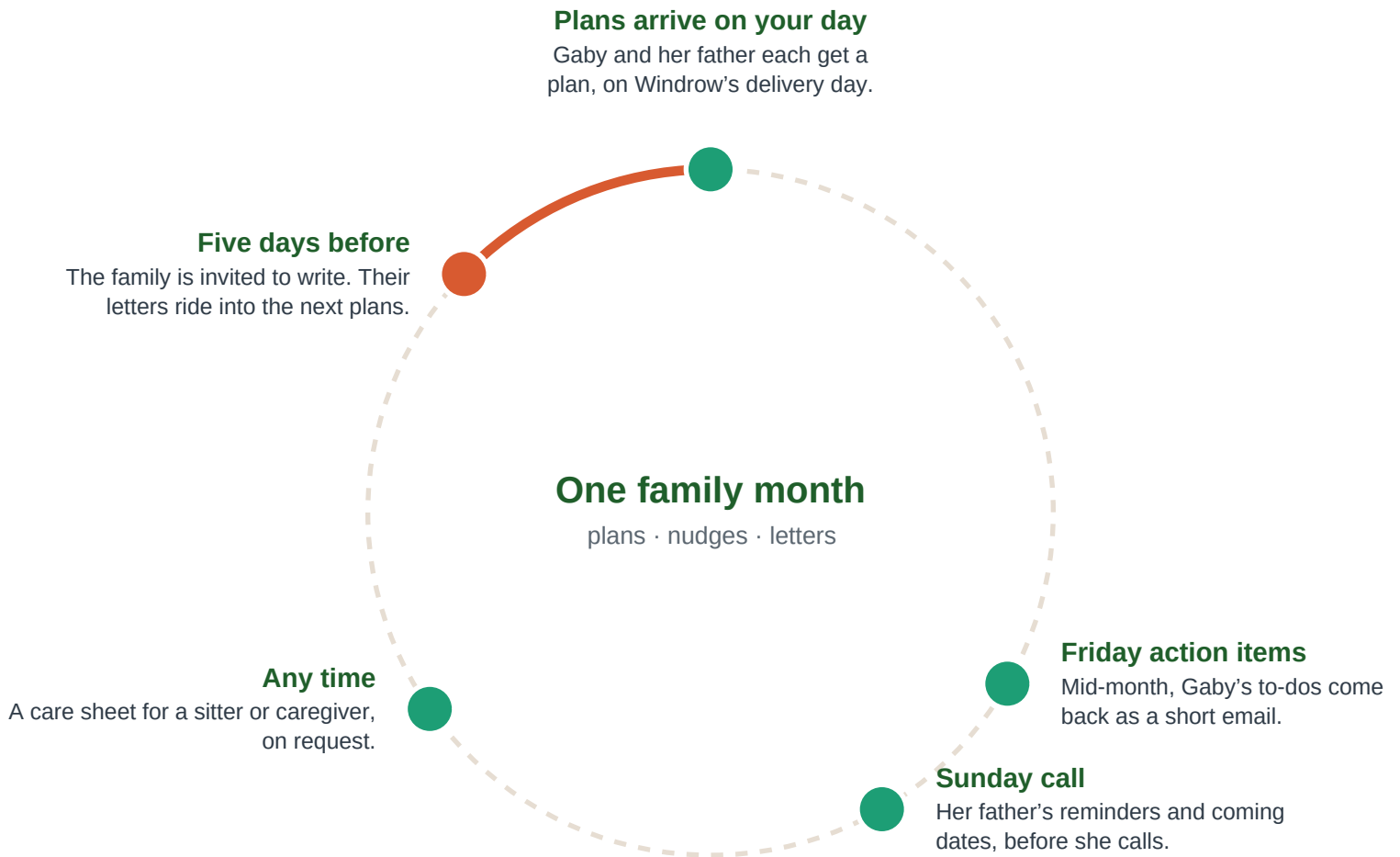
Allergies, medicines, school and pickup, for any babysitter.

For the family cat

Vet, feeding and quirks, for any pet sitter.

A month with Blueprint Gift

Plans arrive on your organization's delivery day. Everything else follows a steady rhythm around it, so care becomes a habit.



FOR EMPLOYERS AND COMMUNITY ORGANIZATIONS

Sponsor Blueprint Gift for your people

Your benefits and your message, in every plan, in your people's languages, reaching the families they care for.

Learn about sponsorship
blueprintgift.org

Individuals and families

Start a free trial at blueprintgift.com.