

This is a real Blueprint Gift plan for an invented employee of an example sponsor, Windrow Nursery Co. The orange notes show what a sponsorship delivers to employees and their families.

OCTOBER 2026 MONTHLY WELLNESS PLAN FOR GABRIELA

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.

1 Her own plan, under your name

Built from Gaby's own goals and hobbies, branded as Windrow's gift.

2 Rooted in her town

Real places near Apopka, matched to what she enjoys.

Sponsor your people
blueprintgift.org

Individuals and families: start a free trial at blueprintgift.com.

Woof Gang Bakery & Grooming Apopka stocks cat-specific enrichment items that pair well with daily routines for Canela.

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 to keep the group thread alive.
- 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.

Pet Care Tips

Introduce a simple puzzle feeder during mealtime to spark Canela's natural hunting instincts and mental engagement.

Schedule a quick grooming visit at Woof Gang Bakery & Grooming Apopka to keep her coat healthy while turning the outing into a small shared errand.

Rotate in a new toy like a crinkle ball for independent play that fits into quiet moments at home.

Finds for You

- Book: *The Art and Science of Connection* by Kasley Killam. This was picked for you because it explores everyday ways to strengthen ties through choir and family activities.

3 Her whole household

Care tips for Canela, the family cat, alongside her own plan.

- Podcast: Mel Robbins episode with Dr. Dacher Keltner on finding purpose. This was picked for you because it connects small daily choices like coaching or cooking to a larger sense of meaning.
- Blog article: "11 Indoor Games That Will Keep Your Cat Mentally Stimulated and Happy" from Feline Fam. This was picked for you because it offers practical ideas that match Canela's need for enrichment.
- Recent development: Community choir programs show measurable drops in stress hormones after group sessions. Search "community choir mental health benefits" on PubMed.
- Recent development: Puzzle feeders slow eating and reduce boredom in indoor cats according to recent veterinary guidance. Search "cat puzzle feeder enrichment" on AVMA.
- Recent development: Short, supported cooking sessions help maintain spine comfort during meal prep. Search "back pain cooking adaptations" on Mayo Clinic.
- Recent development: Watching youth soccer builds social bonds for parents without active coaching demands. Search "parent involvement youth soccer benefits" on a university extension service.
- Recent development: Singing in groups increases oxytocin levels linked to connection. Search "group singing oxytocin" on PubMed.
- Recent development: Purpose reflection through small acts like family meals supports daily motivation. Search "purpose meaning daily reflection" on Harvard Health.

Follow the trail on whatever catches your eye, drop what you like in your calendar, and you are GOOD TO GO!

Inspirational Quote

"Smile, breathe, and go slowly." — Thich Nhat Hanh

This quote fits you because your cooking and choir time already show the value of moving at your own pace.

Reminders

For Your Calendar

- Shop at Market On 5th for fresh ingredients.
- Attend a game at Central Florida SC.
- Try a puzzle feeder with Canela.
- Send a note to one choir member.
- Prep one back-friendly recipe.
- Note one meaningful reason behind your cooking.

Closing

You show up consistently for the people in your life, and that quiet care feeds your own sense of balance. The way you weave cooking, soccer, and choir into daily life reflects a steady strength that sustains you.

And don't forget to pass Ernesto's plan along — forward it by email, or print it and pop it in the mail as a warm personal touch.

Ernesto

Letters Group •

- Sofia · Granddaughter — *Wrote this month*
- Diego · Grandson — *Wrote this month*
- Teresa · Sister — *Wrote this month*

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Her family writes, too

Gaby sees who wrote to her father this month.

Windrow Nursery Co.'s Community Highlights

From the Windrow Nursery Co. 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 yours:

- 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.

5 Your voice, every month

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

6 Benefits, remembered

The benefits you already pay for, restated where employees actually read.

7 Caregiving, supported

How to bring a parent into the plan, in Windrow's words.

8 Bilingual, as you wrote it

The same message in Spanish, for a bilingual crew.

Windrow Nursery Co. ofrece Blueprint Gift a todo el personal de tiempo completo, sin costo para usted. Su plan llega cada mes, escrito para usted, en el idioma que usted elija.

Esto ya es suyo:

- Seguro médico y dental — la empresa cubre la mayor parte de la prima
- Días pagados — vacaciones, días festivos y días de enfermedad
- Ayuda con trámites — alguien que habla español le acompaña con formularios y citas
- Clases de inglés — aquí en el vivero, después del turno, sin costo
- Agua, sombra y descansos — durante todo el turno, todos los días
- Botas y equipo de trabajo — reembolso cada año

Para quienes cuidan a alguien. Muchos de ustedes cuidan a un padre, a una madre o a un familiar — aquí cerca, en otro estado o en otro país. Puede agregar a esa persona a su perfil. Esa persona recibe su propio plan mensual, en su propio idioma. La familia puede escribirle una carta corta cada mes, y la carta llega dentro de su plan, traducida. Los domingos usted recibe un breve recordatorio de lo que viene para esa persona. Y si un vecino o cuidador necesita ayudar, puede enviarse por correo una hoja de cuidado con todo en un solo lugar — también para sus hijos y sus mascotas.

Recursos / Resources:

[Eldercare Locator — services near your relative / servicios cerca de su familiar](#)

[Family Caregiver Alliance — caregiver guidance, also in Spanish / guía para cuidadores, en español](#)

Office / Oficina: 7:00–16:00, or personal@windrownursery.example

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Help is a door away

Office hours and contact, on every employee's plan.

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