

Meet the Bennetts

One subscription keeps a whole family cared for, and in step, every month. Here is what that looks like for Claire, the people she looks after, and everyone who loves them.



Maya's drawing for her Abuela, sent with a letter

Claire

THE MEMBER

St. Augustine, FL. Gardening, kayaking and her book club. Wants calmer days and better sleep.

Rosa

CLAIRE'S MOTHER

Palm Coast, FL. Roses, cooking, church choir. Reads her plan in Spanish.

Daniel

CLAIRE'S BROTHER

Jacksonville, FL. Fishing and grilling, back on his feet after knee surgery.

Maya and Leo

CLAIRE'S CHILDREN

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

Biscuit and Pepper

THE PETS

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

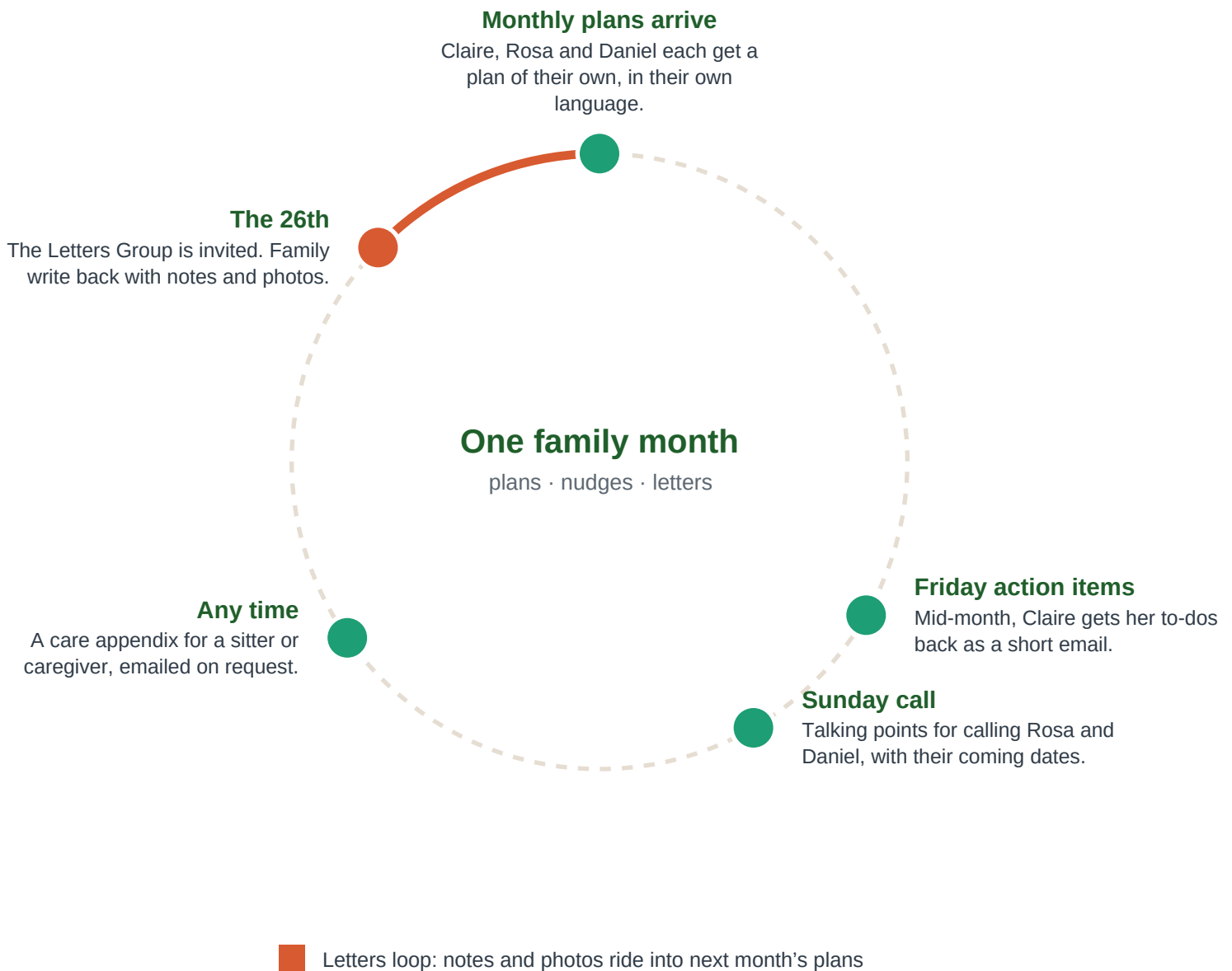
The Letters Group

FAMILY AND FRIENDS

Maya, Lucía, Mike and others, writing to Rosa and Daniel every month.

A month with Blueprint Gift

Every touchpoint lands on a predictable day, so care becomes a habit rather than another thing to remember. The letters loop closes the circle into next month.



Claire's plan is built from her own profile: her goals, her hobbies, her town. It ends with a quick look at who wrote to her family this month.

Blueprint Gift Wellness Plan

Prepared for Claire — St. Augustine, FL.

Care Bloom

OCTOBER 2026 MONTHLY WELLNESS PLAN FOR CLAIRE

1

Introduction

Claire, your steady rhythm of tending plants and paddling local waters already builds a quiet strength that carries into every part of the month. This plan turns those habits into fresh anchors while adding simple supports for calm and balanced eating. It waits for you to return to it whenever the days shift.

Hobby Integration

Gardening brings you outdoors each morning. Checking one bed at a time lets you notice small changes in soil and growth without rushing. That focused time eases daily tension and supports steady routines that help with blood pressure balance.

Recreational kayaking gives you time on the water away from screens. A short launch from a new ramp this month keeps the movement gentle and ties directly to heart-health goals through consistent activity you already enjoy.

Book clubs add connection through shared stories. Picking one new title from a local shop and discussing it with the group turns reading into a social reset that reinforces calm after busy weeks.

Local Spotlight

2

Garden Club of St. Augustine at 3440 Old Moultrie Road offers monthly meetings open to the public. The sessions cover Florida-friendly plants and conservation topics that match your primary hobby and give a ready community for fresh ideas.

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Blueprint Gift Wellness Plan

Prepared for Claire — St. Augustine, FL.

Care Bloom

Closing

You show up for the people and places that matter to you with quiet consistency. That same attention you bring to Biscuit, Pepper, and your garden beds feeds the steadiness you carry into each month. The care you extend outward becomes part of what keeps your own balance intact.

And don't forget to pass along the plans for Rosa and Daniel — forward each by email, or print them and pop them in the mail as a warm personal touch.

Rosa

3

Letters Group

- Maya · Granddaughter — *Wrote this month*
- Lucía · Sister — *Wrote this month*
- Daniel · Son — *Wrote this month*

Daniel

Letters Group

- Rosa · Mother — *Wrote this month*
- Mike · Friend — *Wrote this month*

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- 1

Made for her, every month

Practical steps built around what she already loves.
- 3

Who wrote this month

Claire sees which family and friends wrote to Rosa and Daniel.

- 2

Rooted in her town

Real places near St. Augustine, matched to her hobbies.
- 4

Pets and travel too

Tips for Biscuit and Pepper, and for her Asheville trip.

Rosa's plan, in Spanish

Rosa reads her whole plan in Spanish, while Claire's stays in English. Letters from her family arrive inside it, translated, with the writer's own words beneath.

Blueprint Gift Wellness Plan
Prepared for Rosa — Palm Coast, FL

PLAN MENSUAL DE OCTUBRE 2026 PARA ROSA **1**

Introducción

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

Rosa, es un gusto volver a compartir este plan contigo este mes. El otoño en Palm Coast trae días más frescos que invitan a pasar tiempo al aire libre con las manos en la tierra. Tus rutinas de jardinería, cocina y canto ya te dan una base sólida para cuidar el equilibrio y la calma diaria. Este plan es tuyo para revisarlo cuando quieras durante las próximas semanas.

Integración de pasatiempos

La jardinería te ayuda a mantener el equilibrio y la fuerza con movimientos suaves y controlados. Visita Hammock Gardens Nursery & Florist en 5208 N Ocean Shore Blvd para elegir plantas que no requieran agacharte mucho. Dedica quince minutos por la mañana a podar o regar en una postura cómoda; eso ancla tu día y reduce el riesgo de tropiezos al mantenerte activa de forma gradual.

La cocina con recetas nuevas apoya la salud del corazón al elegir ingredientes frescos y bajos en sal. Busca productos en Flagler Beach Farmers Market en South 2nd Street & S Central Ave y prepara un plato simple con hierbas locales. Cocina una comida nueva una tarde a la semana; el proceso te mantiene enfocado y te da satisfacción al ver cómo cada elección suma a tu bienestar.

El canto en grupo estimula la memoria y la conexión social de forma natural. Reúne a amigos o únete a una sesión en Flagler County Senior Services Department en 1000 Belle Terre Blvd. Practica una

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Blueprint Gift Wellness Plan
Prepared for Rosa — Palm Coast, FL

Cartas para Rosa **2**

De Maya · Nieta

Hola Abuela,

Te extraño, y estoy tan emocionada de que vengas a vernos para el Día de Acción de Gracias. He estado haciendo muchos dibujos últimamente, y este lo hice para ti.

Nos vemos pronto, con cariño, Maya

En palabras de Maya: **3**

Hi Grandma,

I miss you, and I'm so excited you're coming to see us for Thanksgiving! I've been doing a lot of drawing lately, and this one I made for you!

See you soon, love, Maya

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- 1 In her own language**
Every section, heading and date, written for Rosa.

- 3 Translated, with the original**
Maya wrote in English; Rosa reads it in Spanish.

- 2 Letters from her family**
Notes, photos and even a granddaughter's drawing.

- 4 Her care dates, ahead**
Appointments, refills and calls for two months, in Spanish.

Daniel gets a plan of his own for his recovery. This month it brought a letter from his mother, written in Spanish and translated into English for him.

Blueprint Gift Wellness Plan

Prepared for Daniel — Jacksonville, FL

Care Bloom

Letters for Daniel

1

From Rosa · Mother

My dear Danny:

I am very proud of you. Do your exercises even if it hurts a little bit, and don't forget the ice. I'm going to prepare rice with chicken for you when you come. I love you very much, miijo.

Mom

In Rosa's words:

Mi querido Danny:

Estoy muy orgullosa de ti. Haz tus ejercicios aunque te duela un poquito, y no te olvides del hielo. Te voy a preparar arroz con pollo cuando vengas. Te quiero mucho, miijo.

Mamá



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1

A letter from Mom

Rosa wrote in Spanish. Daniel reads it in English, with her words beneath.

Blueprint Gift Wellness Plan

Prepared for Daniel — Jacksonville, FL

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My Calendar

2

October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12 9am Physical therapy	13	14 9am Physical therapy	15	16	17
18	19 9am Physical therapy	20	21 9am Physical therapy	22 2pm Post-op knee follow-up	23	24
25	26 9am Physical therapy	27	28 9am Physical therapy	29	30	31

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2

Physical therapy, planned

His care dates are here. The private bill reminder stays off his copy.

What arrives mid-month

From: Blueprint Gift To: Claire

Friday: your Action Plan

Hello Claire,

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

- Visit Garden Club of St. Augustine once this month for the general meeting and bring one question about local soil conditions.
- Choose one vegetable or herb to add to your next grocery list and prepare it simply with dinner three evenings this week.
- Launch from Lighthouse Park Boat Ramp for a 20-minute paddle early one morning.
- Read the first chapter of your next club book in the evening and note one line that stands out.
- Message one club member about a shared title before the next gathering.

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

[Update Profile](#)

1 Friday: the to-dos come back

Claire's Action Plan returns to the top of her inbox mid-month, so the plan keeps working.

2 One tap to update

Anything changed? Her next plan builds on it.

From: Blueprint Gift To: Claire

Sunday: before you call Rosa and Daniel

Hello Claire,

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

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

Reminders for Rosa

- Visit Hammock Gardens Nursery & Florist for a new plant.
- Practice a choir song on St. Joe Walkway.
- Check a garden bed at dusk.

Reminders for Daniel

- Visit B & M Bait and Tackle for fresh supplies before your next outing.
- End one pool session with five minutes of easy movement.

Coming up for Rosa in the next 30 days

- Sun 11 Oct · 11am · Video call with Claire
- Tue 13 Oct · 10:30am · Cardiology checkup
- Tue 20 Oct · All day · Pharmacy refill

Coming up for Daniel in the next 30 days

- Thu 22 Oct · 2pm · Post-op knee follow-up
- Sun 1 Nov · All day · Car insurance due

[Update Profile](#)

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

3 Sunday: talking points for each call

Rosa's and Daniel's reminders, ready before Claire picks up the phone.

4 The next 30 days of care dates

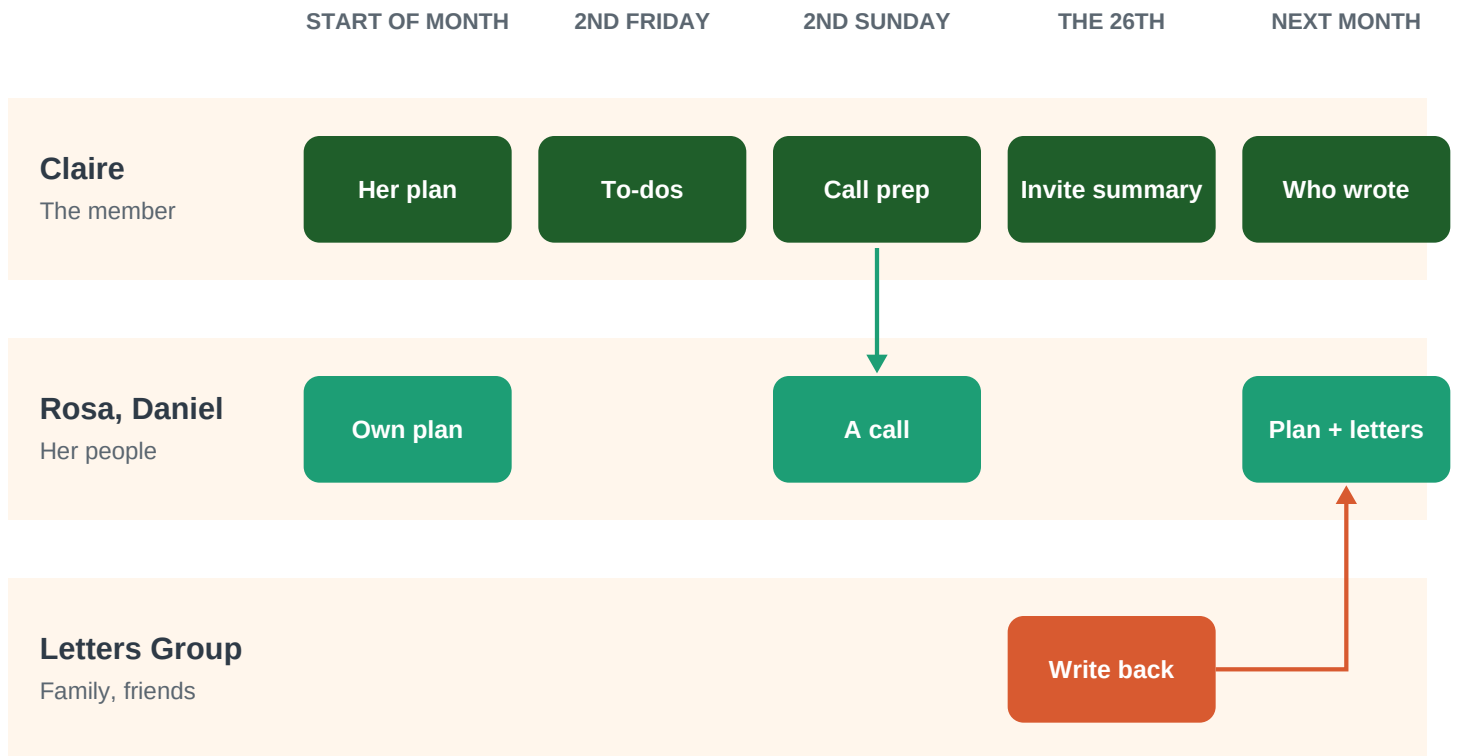
Appointments, refills and visits, from each person's Care Calendar.

5 Private stays private

Claire sees Daniel's bill reminder here. It never appears on Daniel's own copy.

Everyone in step

One subscription, three plans and a circle of family, all moving together through the same month.



The Sunday call. Claire gets talking points with each person's reminders and coming dates, so the call is easy.

The letters loop. Family are invited on the 26th; whatever they write arrives inside next month's plans.

Also in every subscription

Care appendices, on request

Everything a stand-in sitter or caregiver needs for a parent, a child or a pet, emailed fresh whenever Claire asks.

Friday action items

A short mid-month email that brings Claire's to-dos back to the top of her inbox.

The Sunday call

Talking points for checking in with the people she looks after, with their coming dates.

Express plans, any time

Something changed mid-month? A new interest, a new person, a trip? A fresh plan on request, at no extra cost.

In 18 languages

Each person can read their plan in their own language, and family letters are translated for them.

Private by design

Care details travel only when asked for, and private items, like Claire's bills, stay off a parent's copy.

YOUR FAMILY, IN STEP

Give your family a Blueprint Gift

A plan for you, plans for the people you look after, and letters from everyone who loves them, every month.

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