



Everything on the left is a real Blueprint Gift plan, generated by our system for an invented family, the Bennetts. The orange notes point out what makes it special.

## OCTOBER 2026 MONTHLY WELLNESS PLAN FOR CLAIRE •

### 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 •

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.

#### 1 Made for Claire, every month

Built from her own profile: her health goals, her hobbies, her pace.

#### 2 Rooted in her town

Real places near St. Augustine, matched to what she enjoys.

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[blueprintgift.com](https://blueprintgift.com)

Employers and community organizations: visit [blueprintgift.org](https://blueprintgift.org) to sponsor plans for your people.



Frank Butler County Park at 5860 A1A S provides a quiet shoreline spot for reflection or a short walk between garden tasks. Its open space fits your interest in calm without requiring long travel.

Midnight Moon Books & Boutique at 111 King St carries a wide selection of fiction and nonfiction that works well for your next club pick. The staff often know current titles that spark good discussion.

### 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. This small swap supports steady nutrition that aligns with your heart-health focus.
- Launch from Lighthouse Park Boat Ramp for a 20-minute paddle early one morning. The change of venue keeps the outing fresh while the gentle movement anchors stress management through your existing kayaking habit.
- 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. This quick step builds the social thread already present in your reading life.

### Pet Care Tips •

Biscuit benefits from a short daily walk along a familiar route near Treaty Park to keep his heartworm prevention routine paired with light activity.

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#### Pet care for Biscuit and Pepper

Tips shaped by each pet's type, age and needs.

Pepper gains from fresh water refreshed twice daily and a dental chew after her evening meal to support ongoing dental care without extra steps in your schedule.

## Finds for You

- Book: *The Garden Cure* by Ann Treneman, available at major booksellers or local shops. It connects gardening directly to daily calm practices that match your primary hobby.
- Podcast: Episodes on low-sodium meal ideas from a cooking-focused series on a major podcast app. These tie into simple nutrition adjustments for heart support.
- Recent development: A study on dog ownership and lower mortality risk highlights how time with Biscuit supports overall heart health alongside your own routines. Search “dog ownership mortality risk” on PubMed.
- Recent development: New point-of-care NT-proBNP testing for cats and dogs improves early heart checks during routine visits. Search “Catalyst proBNP test cats dogs” on a veterinary publication.
- Recent development: Gene therapy research for canine cognitive decline offers future options for older dogs. Search “canine dementia gene therapy” on PubMed.

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



## Travel Wellness •

Your November trip to Asheville lines up with cooler mountain air that complements the calm and heart-health habits you already practice at home. Gardening routines translate easily to visiting local nurseries, while book clubs find natural extensions in the city’s many independent shops. The short getaway gives space to carry forward your nutrition focus through seasonal markets without disrupting daily anchors.

## History

Asheville grew from early 19th-century settlement along the French Broad River, with the name tied to Governor Samuel Ashe. The area developed as a mountain hub for trade and later tourism, anchored by the arrival of the railroad and the rise of the Biltmore Estate in the late 1800s. Today it draws visitors for its craft breweries, arts scene, and access to the Blue Ridge Parkway.

## Happenings

- An annual fall pottery festival brings makers to downtown venues in early November. Search “Western North Carolina Pottery Festival” to confirm this season’s dates and details on the Explore Asheville site.
- Winter Lights displays open at the North Carolina Arboretum mid-month. Search “North Carolina Arboretum Winter Lights” to confirm this season’s dates and details on the arboretum site.
- Holiday markets appear at the WNC Farmers Market through the month. Search “WNC Farmers Market holiday events” to confirm this season’s dates and details on the market site.

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### Ready for her Asheville trip

History, seasonal happenings and tips for where she's going.



## Tips for You

- The WNC Farmers Market at 570 Brevard Rd offers fresh produce that fits your nutrition goals while away. Search “WNC Farmers Market Asheville” on the official tourism site.
- Malaprop’s Bookstore at 55 Haywood St carries titles suited for quick club picks during travel. Search “Malaprop’s Bookstore Asheville” on a maps search.
- Wagbar at 320 Merrimon Ave provides a dog-friendly stop if you want a short outing with Biscuit. Search “Wagbar Weaverville NC” on the venue site.

## Inspirational Quote

"Patience and perseverance have a magical effect before which difficulties disappear." — John Quincy Adams

This quote fits you, Claire, because your daily garden checks and steady reading habits already show how small, consistent steps create lasting calm and connection.

## Reminders

### For Your Calendar

- Attend one Garden Club of St. Augustine meeting.
- Add one new vegetable or herb to three dinners.
- Paddle from Lighthouse Park Boat Ramp.
- Message one book club contact.
- Refresh Biscuit and Pepper’s water and chews daily.
- Browse one title at Midnight Moon Books & Boutique.



## 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

### 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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#### Who wrote this month

Family and friends write to Rosa and Daniel. Claire sees who did.



Blueprint Gift's Community Highlights

Hello!



Be sure to enjoy your on-demand Express Requests, they are included at no extra charge. Found a new interest? Run an Express. Added a new proxy? Run an Express. Considering a vacation? Run an Express.

Explore the Finds for You section, search deeper and elevate your awareness. Please share your ideas for new health or hobby interests, we will add them when appropriate. We appreciate all the testimonials, keep them coming!

Your Curated Compass for Family Health, Pet Wellness & Daily Balance: Managing a thriving household means knowing which tools to trust. This month, our curation team has vetted and selected three essential consumer resources to help you streamline your family's routines and elevate your daily wellness:

Smart Pet Care & Telehealth The Resource: Fuzzy Pet Health Why it's in your plan: Fuzzy offers 24/7 digital vet access to answer sudden health questions, helping you avoid stressful, expensive midnight runs to the emergency clinic.

Mindful Parenting & Screen-Free Play The Resource: KiwiCo Enrichment Crates Why it's in your plan: KiwiCo delivers hands-on, physical science and art projects straight to your door.

Senior Safety & Social Engagement The Resource: Papa Pal Companionship Why it's in your plan: While our Print-and-Mail link places a beautiful physical routine directly on your aging parent's

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Something changed mid-month? A fresh plan on request, at no extra cost.

kitchen table, Papa bridges the physical distance. They pair your parent with trusted local companions for grocery trips, tech help, or just a great chat, ensuring the social goals in their blueprint are achieved.

Groundbreaking Advancements and Emerging Technology Worth Exploring: We scout the horizon so you don't have to. Here are the cutting-edge consumer innovations changing how families live and care:

Passive Home Health: Sensi Ambient Analytics The Innovation: Traditional senior safety requires panic buttons or wearable tracking devices, which elders frequently forget to wear or charge. Sensi uses secure, privacy-first audio pods placed in the home. Using advanced AI, it silently listens for distress cues, environmental anomalies, or changes in walking patterns—giving long-distance families absolute peace of mind without a single camera or wearable screen.

Smart Medication Management: Hero Health Dispenser The Innovation: Missed medications are a primary driver of sudden household health crises. The Hero automatic pill dispenser stores, locks, and dispenses a complex multi-med schedule with a single button press. If a parent or loved one misses a dose, it sends an immediate alert to your smartphone.

Many people supporting aging parents from a distance are finding this simple monthly plan helpful for both themselves and their loved ones. Some are even sharing it with their employer to consider deploying as a way to support caregivers on their teams. We're currently running free pilots for employers and community organizations and this Community Highlights section becomes theirs to help drive greater awareness of their full benefits offering. More



information can be found at the [blueprintgift.org](https://blueprintgift.org) website listed below.

Important Links to Consider:

[Refer a Friend](#)

[Refer an Organization](#)

[Share a Testimonial](#)

[Health Interest Suggestion](#)

[Hobby Interest Suggestion](#)

[Suggestions and Feedback](#)

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