LifeTalks Program

Jennifer Fletcher, Community Health Integration

Virginia Mason Franciscan Health™
A member of CommonSpirit

Life Review + Social Connections

Converting lived history into present community connection.

- Reduces social isolation and loneliness among older adults.
- Fosters meaningful, sustainable peer relationships.
- Restores identity, purpose, and narrative agency.
- Provides a low-barrier, discussion-based community model.

LifeTalks & Life Review Themes

- Memories
- Work & Vocation
- History in the Making
- Early Life
- Friendships
- Turning Points
- Wisdom & Legacy

LifeTalks Logistics

- 8 week program, 2 hours per week
- 6–12 people per cohort
- Same cohort for all 8 weeks
- Supplies provided by VMFH
- It's FREE!

Virginia Mason Franciscan Health™
A member of CommonSpirit

How to get involved

Become a host site
Invite 6–12 senior adults to participate in LifeTalks at your location.

Become a Guide
Complete training to facilitate your own LifeTalks group.

Spread the word!
Let other communities know about this free program and train the trainer opportunity.

Host Site Responsibilities

- **Recruit & Register:** Promote the program to your community and secure 6–12 committed participants.
- **Provide Participant Data:** Submit a final list of registered participants.
- **Appoint a Liaison:** Assign a primary staff member to serve as the main point of contact for logistics and site-related coordination.
- **Provide Accessible Space:** Secure a quiet, private, and ADA-accessible room that comfortably accommodates up to 13 people with space for mobility aids.
- **Support & Safety:** Ensure an on-site representative is available during sessions.

LifeTalks Program Coordinator Responsibilities

- **Marketing Toolkit:** Ready-to-use flyers and promotional materials
- **Facilitation or Facilitator Support:** A well-trained Guide facilitates each session.
- **Full Material Supply:** All necessary tools and resources for two groups
- **Communicate with Participants:** Send reminders, update on logistics, etc.
- **Evaluation:** Administer and analyze participant feedback to assess impact.

Questions?

Abby Oakhart
LifeTalks Program Coordinator
abby.oakhart@commonspirit.org
517.474.1145

Virginia Mason Franciscan Health™
A member of CommonSpirit