



**Let's create...  
a world where  
no one has to  
go it alone!**

Your Pal Pack from **papa**

# Dear pals,

At Papa, we think health happens in communities. Which means that as our society pulls back, we press in. As differences divide us, we choose to link arms with each other. As social isolation becomes more common than social media, we make phone calls and house visits. And as loneliness threatens the health of children and older adults alike, we choose compassionate, empathetic human-to-human connection.

Right now, we are challenging you and every single American to join us in living one of our company's most important values: be a pal.

It's pretty simple, actually. We are asking everyone to do just one thing to connect with another human being. Make a phone call. Write a note. Invite friends over. Drop by a neighbor's house.

Being a pal may seem like a tiny, inconsequential thing, but it's not. Each little connection takes us one step closer to a world where nobody has to go it alone.

Sincerely,

**papa**

The Papa Team

In this Pal Pack, you'll find ideas, tools and activities to help you be a pal. Read on to find inspiration, printable games, some conversations, and more to help you connect with other humans...today!

# What's inside...

A neighborhood scavenger hunt to do on a walk with a pal

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Conversation starters and ice breakers

.

A chance to share your best advice on tricky situations

.

A word search

.

Links to other fun things to do with a pal,  
like games and jokes

**Plus loads of inspiration and encouragement on how to be a pal!**

**papa**



# We're challenging everyone to be a pal. But we're also looking for a few special people to work as *real* Papa Pals.

If you want to be part of creating healthier communities, then we have a job for you!

Companion caregivers, called Papa Pals, make a difference one human connection at a time, earning money with flexible part-time work. Papa Pals support older adults, children and families with things like companionship, help around the house, errands, pet care, teaching basic technology, and car rides to appointments. It's a non-medical role, so no healthcare experience is required. The best part is you can do meaningful work on your own schedule—you decide when and how often. Doing good never felt better!

Head to [papa.com/pals](https://papa.com/pals) to apply today.



**LET'S BE PALS**

# Loneliness is a pandemic within a pandemic.

The good news: by coming together and reclaiming community, we can turn the tide. It starts with the little things—small actions that will bring us closer together. If we all do one thing that brings us closer together this week and every week, can you imagine the possibilities?

## Loneliness is a public health crisis

Older adults experiencing loneliness have

**45%**  
higher risk  
of mortality <sup>1</sup>

**29%**  
increased risk  
of heart disease <sup>1</sup>

**32%**  
increased risk  
of stroke <sup>1</sup>

**50%**  
increased risk  
of dementia <sup>1</sup>

**18%** of people 50+ suffer from  
depression due to loneliness <sup>2</sup>

## The matter is worsening

**67%** increase in severe loneliness during initial  
Papa screening calls from 2020–2022 <sup>1</sup>

**5%** increase in prevalence of loneliness  
since the pandemic began <sup>3</sup>

# Let's reclaim community as the cure!

1 NIH  
2 UCL  
3 APA

# 30 ways to be a pal

plan a dinner party

visit a family member

drop off flowers at a neighbor's

hold the door for the person behind you

call an old friend

join a class and connect with whoever is next to you

put some chairs in the yard and invite the neighbors

start a game night

deliver a treat to a friend

take a walk in the park and make conversation

smile at a stranger

compliment someone

clean up trash at a park

invite someone for lunch or coffee

give up your seat on the bus or train

make a friend a playlist

drop a few coins into an expired parking meter

text a funny meme to a friend

rediscover a lost hobby with a friend

plan a weekend away with old friends

start a free library in your yard

tag someone in a funny post

start a book club

send a postcard

offer to help a friend with a chore

chat with someone on social media

take in your neighbor's trash cans

pick up trash in your neighborhood

buy coffee for the person behind you in line

volunteer at a nursing home

Hi pals! On the coming pages we have a variety of activities that you can do with friends, neighbors— anyone, really. Print out a page (or print them all!) and get ready to laugh, to talk, and to connect with others.





## ACTIVITY 1

# Neighborhood scavenger hunt

Head out on a walk with your pal and see if you can find all the things on the list. (If you want, snag a photo of each and look at the photos together when you get home.) You can also do these in small groups, and time yourselves!

- something that's your favorite color
- a dog
- something alive
- something more than 100 years old
- a door that's a color other than tan or gray
- a flowering plant
- a friendly neighbor (make sure to say hello!)
- something that makes noise
- a child riding a bike or scooter
- a cat
- something that you consider beautiful
- a street sign with a funny name



## ACTIVITY 2

# Conversation starters

Use these prompts to get the conversation going!

- If you could move anywhere in the world, where would you go?
- What did you want to be when you were a kid?
- What did you end up doing instead and how does it compare?
- What's been your biggest accomplishment so far?
- What are the top three things on your bucket list?
- When are you the most happy?
- If you won the lottery, what would you do first?
- Who do you miss the most from your past?
- What is the best vacation you've ever been on?
- If you could only eat one food for the rest of your life, what would it be?



### ACTIVITY 3

# Advice from your pal

Nothing beats a great piece of advice—especially when it helps you to avoid making a big mistake. Ask your pal to share their best advice on how to handle the topics below. Share it with us at @join\_papa and we may feature your wisdom on our social channels!

- **You're cooking dinner, and the main dish burns. What should you do?**
- **You're double booked! You promised to take your friend to an appointment at the same time you have a meeting at work. What should you do?**
- **It's 10:30 at night and you're 15 miles away from the nearest gas station. Your tank is below empty. What should you do?**
- **You just got an interview for your dream job, but it's an hour commute from your house. What should you do?**
- **Your very intense, very loud, very unhelpful Aunt Jenny just informed you she's coming to stay with you for eight days at Thanksgiving. What should you do?**
- **Your dog has been visiting your neighbor for extra treats and attention. She now is asking if you're willing to consider co-ownership. What should you do?**



## ACTIVITY 4

# Snap a pic!

Grab your pal and see if you can snap a pic doing the following things.

- **Making silly faces**
- **Going out on a walk**
- **Playing a game**
- **Eating a favorite food**
- **Doing an exercise class**
- **Enjoying a cup of coffee together**
- **Cooking something delicious**
- **Playing with a pet**



## ACTIVITY 5

# Word search

Can you find all 10 words/phrases? (Make sure to look for diagonal words too!)

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| W | C | T | W | Z | J | J | Y | S | O | R | B | V | R | E |
| M | C | B | O | E | L | I | P | H | N | A | O | J | I | C |
| W | Y | O | H | F | M | M | U | Q | S | V | A | B | N | A |
| C | Z | Q | M | E | R | M | Y | D | T | J | R | G | D | W |
| O | M | Z | H | P | L | I | S | H | C | Y | D | E | L | E |
| G | Q | B | Z | B | A | L | E | P | T | W | G | G | S | B |
| Y | Y | R | V | K | E | N | O | N | Z | F | A | V | A | E |
| C | Z | W | I | T | R | Y | I | A | D | V | M | X | H | A |
| V | V | W | S | F | R | P | M | O | N | W | E | J | M | P |
| C | K | O | I | I | A | S | J | L | N | L | S | K | K | A |
| O | E | R | T | E | N | A | A | K | H | S | S | S | L | L |
| F | O | A | I | Z | D | Q | Z | R | F | D | H | Z | V | W |
| F | T | Y | C | S | S | B | I | M | K | D | Y | I | B | A |
| E | C | O | N | V | E | R | S | A | T | I | O | N | P | L |
| E | F | P | K | X | H | I | W | Z | I | J | A | N | E | K |

Words: friend - be a pal - companionship - board games - visit - conversation - coffee - walk - errands - hello



# Other resources

If you're like us and love an opportunity to 'be a pal', we have more for you. Download the following (free) games and activities to use with your pals.

Have fun!

## **PALS & PEEPS GAME**

A fun game to play with a friend, a neighbor, or even a dinner party!

## **ICEBREAKER CARDS**

For more conversation starters, download our icebreaker questions.

## **JOKE CARDS**

Start the laughs—or eye-rolls—with 50 of our corniest dad jokes.





LET'S BE PALS



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**papa.com**

[papa.link/pal-week](https://papa.link/pal-week)