



## Empower people living with or at risk of HIV and/or other chronic conditions to live healthier lives

**Overview:** Lifelong is a Seattle based organization founded in the 1980s during the HIV epidemic. While others refused to support those with HIV, Lifelong and its team of volunteers fought against this great injustice when no one else would. Today, Lifelong supports not only those affected by HIV, but anyone with a chronic condition, such as diabetes, cardiovascular disease, cancers, multiple sclerosis, and more. From case managers, who identify what basic needs aren't being met, to kitchen cooks who carefully craft medically-tailored meals for each person, to a delivery system which drops client's meals off at their doorstep, Lifelong strives to be as comprehensive of an organization as possible. The aim is to bridge the gap between life in the hospital and life back at home, so people can get back on track as soon as possible. Lifelong believes in their "food as medicine" philosophy, and their amazing staff in conjunction with over 160 weekly volunteer help to deliver over 1000 medically tailored meals/week to clients in the greater Seattle metro area.

**Day-to-day:** Daily service will start in the morning and end at around 4 PM. The group will split time between preparing meals for the organization's Chicken Soup Brigade program in the kitchen, as well as helping to process bulk food donations in the warehouse. On Friday, the group will get a chance to work at the meal "pick up center" where they will have an opportunity to interact with clients.

**The Nitty-Gritty Details:** Participants will stay in an Airbnb and will be provided with bedding. With the exception of 1-2 meals during the week, lunch and dinner are not provided by the housing or service sites, but the group will be given a small grocery budget to purchase food and make meals throughout the week. Participants should expect to spend additional funds on some meals.



## SPECIFICATIONS

**Location:** Seattle, WA

**Price:** \$900

**Trip Price includes:**

- Transportation
- Housing
- Tools/supplies needed for service

**Transportation:** Participants will travel by plane to the destination. A van will be used throughout the week for local transportation.

**Housing:** Off-site housing (Airbnb)

**Meals:** 1 or 2 meals provided during the week

**Social Justice Issue:**



**Physicality Level:** Low

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