

Courage to Caregivers Presents:

# Illumination!



Illumination! is a selection of intimate gatherings in 2021. Help us gather as a Courage to Caregivers community to honor the Summer through Winter Solstice by bringing to light our mission and raising funds for our empowering work.

As an Illumination! host — an “Illuminator” — YOU decide the theme, time and format for your event, with a shared goal of raising funds from your guests or attendees to benefit Courage to Caregivers. Use one of our many suggested event ideas, or come up with something uniquely yours!

Don’t be afraid to share the light! You don’t have to tackle this alone. If you want to pair up and host an event with another person, please do. Combine your areas of expertise and plan a fun night! Co-Hosting an event can help split up the work, reach a larger circle of people, and help generate even more creative ideas!

This year, Illumination! will be year-round! We invite you to choose the time of year that works best for you to hold your event.

The most successful events are the ones that include an activity people may find functional in their lives, like cooking or soap-making. **Know who to ask.** Lari Jacobson, our top fundraising Illuminator last year, found that sending invitations to specific people with an interest was the most effective. She says, “Make a list of people you think would be interested in donating, like close friends or people who feel close to our mission. Make sure to ask people who you know!” Finally, the most important thing to remember is that this is supposed to be fun! Choose something that is easy and doesn’t add extra pressure. Choose an activity that is simple and is something you would like to do, like hiking, a park clean up, or a scrapbooking event.

### **Courage to Caregivers will:**

- o Provide a suggested timeline of what and when tasks can be accomplished before your event
- o Be happy to send your e-vites via Evite
- o Share thank you notes for you to send after your event
- o Draft script of welcoming remarks that you can adapt for your use

### **As a host you will:**

- o Commit to hosting an event sometime between the Summer and Winter Solstices
- o Select your theme and date
- o Determine whether you want to limit guests to your circle of friends or open the event up to others (private or public)
- o Agree to cover the cost of putting on the event, including purchasing the materials if you are “making” an item
- o Suggest a minimum donation for attendees of \$25

## Event Ideas

All events can be modified to fit the Illuminator's vision  
\* Denotes ideas that lend themselves well to moving virtually if necessary.

### **Family-Friendly**

- Breakfast - Brunch - Lunch - Dinner Party
- Family Karaoke
- Family game night\*
- Cookie or gingerbread house decorating\*
- Pinch pottery (vases, plates, bowls) \*
- Silent disco
- PJs, popcorn, and a production\*
- Craft party:\*
  - String Art
  - Create Notecards
  - Lantern Making

### **Teen**

- Book club discussion\*
- At-home spa (*DIY even*)\*
- Craft party:\*
  - Knit blankets or scarves
  - Art journal (similar to scrapbooking)
  - Succulent garden

### **Corporate**

- Breathing Meditation Relaxation Break with a Courage to Caregivers Breathing Meditation Facilitator

### **Adult**

- Food:\*
  - How to make a charcuterie board
- Crafts:\*
  - Make a holiday floral centerpiece or winter wreath
  - Make a candle or luminary
  - Sip and Paint - Starry Night
- Cocktail mixology (or wine tasting, can partner with local restaurant or winery)\*
- Cocktail reception with guest speaker (focus on wellness or mental health)

### **Collegiate**

- Focus on wellness: guided meditation and/or yoga\*
- Collegiate parents - consider finals stress reduction CARE package party\*
- Baking:\*
  - Homemade desserts
  - Healthy study break or holiday treats
  - Make a "recipe in a jar" gift – soup, cookie, pancake, mix, bread, etc.

## **Virtual Alternatives**

Make sure to check state and local guidelines and plan events that you and your guests feel comfortable with. Many of the events listed above can pivot to a virtual format. Here are some additional options.

- Use Houseparty, Facebook Rooms, Zoom, Google Hangouts/GoogleMeet
- Online games - Pictionary, euchre tournament
- Crafts in a box - participants can pre-order and they can be mailed or picked up from a safe location
- Share recipes in advance - ask participants to gather ingredients

We recognize virtual events might not be the same as in-person gatherings ... yet, we know that **coming together in community** — no matter how it takes place — is more important than ever.