



A QUICK 'N EASY GUIDE TO STARTING A CHAPTER

You're on your way to becoming a part of DreamCatchers. We're excited to meet you.

This guide is meant to introduce you to DreamCatchers, explain what is involved in starting a chapter, and provide you next steps for getting a chapter started in your community.



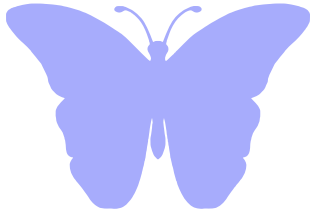
WWW.DREAMCATCHERSFOUNDATION.ORG

OUR MISSION

DreamCatchers creates powerful connections for younger and older generations by empowering students and their local communities to fulfill the end-of-life dreams of hospice patients.

OUR VISION

A world where age segregation is a thing of the past, barriers in connection across age groups are eliminated, and stigmas around aging and dying are wiped out.



The butterfly is often seen as a symbol for hospice care

WHAT IS HOSPICE & PALLIATIVE CARE?

Hospice care

is designed to provide supportive care to people in the final phase of a terminal illness, and it places the focus on comfort and quality of life, rather than cure. The goal is to enable patients to be comfortable and free of pain, so that they live each day as fully as possible. People on hospice care are typically diagnosed with less than 6 months to live.

Palliative care

is another type of specialized medical care for people living with a terminal or serious illness. It focuses on providing relief from the symptoms and stress of the illness to improve quality of life for both the patient and the family, but does not necessarily mean stopping treatment of the disease.

Both types of care focus on maintaining dignity and comfort for individuals with serious illnesses. DreamCatchers provides patients on hospice or palliative care something to look forward to and get excited about in a time when many are left alone.



MORE THAN A NAME

What is a dreamcatcher?

Native Americans have long known that the night air is filled with both good and bad dreams. In order to respect and honor Spider Woman, the people of the Ojibwe Nation weaved Dreamcatchers to hang above the beds of their sleeping children. The dreamcatcher filters out the bad dreams and allows only good thoughts to enter into our minds when we are asleep. A small hole in the center of the dreamcatcher is where the good dreams come through. With the first rays of sunlight, the bad dreams will perish.

Our hope

Founder Caitlin Crommett is part Native American with her ancestry tracing back to the Penobscot tribe in Maine. She hopes to honor the elders of our communities with the gift of the dreamcatchers and by granting their dreams just as the people of the Ojibwe Nation have honored Spider Woman by weaving the dreamcatchers.

DreamCatchers hopes to educate the communities involved by teaching about the origin of the Dreamcatcher, how we can honor our elders, and how you can get involved.

**Information courtesy of the IndiGenius
chapter at ASU West**

WHY START A CHAPTER AT YOUR HIGH SCHOOL OR COLLEGE?



Many people faced with the end of their lives are alone and ignored. Our society tends to view aging negatively, and elderly & terminally-ill people as “unproductive” members of society. By connecting with those in hospice or palliative care, you are giving people at the end of their lives a newfound sense of joy and appreciation at a time when many are ignored or misunderstood.

You’re changing the way our world thinks and runs, and you’re giving back to the people who have often done so much for us and our communities. And... you’re having a lot of fun doing it- by making someone’s end-of-life Dream come true!

By connecting with these hospice “Dreamers” in your communities, you’re breaking barriers that exist between generations, between old and young. You’re building bridges and bringing communities closer together, while learning more about a segment of our population we tend to ignore. You’re truly making a change. And that’s a powerful thing.



And on top of it all, you're growing as a person and as a leader. You're learning from people that have a different perspective on life, and you're learning how to lead other students to success. Dream schools and career opportunities may follow!

WHAT DO CHAPTERS DO?

Dream Fulfillment

This is the core of DreamCatchers. Once your chapter is partnered with a local hospice/palliative care agency, you'll get to start making Dreams come true! For example, you might receive a Request for a 105-year-old woman who Dreams of going up in a hot air balloon. You'll have to make all necessary arrangements to make this Dream happen! The best part is being there on Dream day, getting to know your Dreamer, and experiencing this amazing Dream with them!



Intergenerational Activities

When you're not working on Dreams, use your time to get to know the older members of your communities. Ask your hospice/palliative care partner for a referral to a local senior center, assisted living, or nursing home. Get in touch with their activities director and plan a time for your club to go in and spend time with residents! You can do crafts, put on a dancing event, or even play games/Bingo with the seniors.



Fundraising, Leadership and Community Awareness

To grant Dreams and put on activities, you'll need to raise money in your communities. A great way to do this is to spread the word amongst local businesses and community members, advocating for the DreamCatchers mission and greater intergenerational connection. Your chapter is responsible for raising enough money to fulfill all Dreams you receive. Do this knowing how much of a difference you're making with every dollar. You'll also learn how to be a strong leader, how to run a business by tracking your expenses and budgeting, and much more to prepare you for adulthood!





DREAMING OF STARTING A CHAPTER?

Decide you're ready for this!

1 Make sure you've read through this guide to better understand what is involved in running a DreamCatchers chapter and the process associated with it. This will also help you in recruiting your first members for your Interest Group.

Schedule a Call

4 Set up a call with a DreamCatchers team member to show you're ready to move forward and take the steps necessary to get your club up and running! This will allow us to "meet" you and discuss next steps to starting your Interest Group. The link to set up a call will be emailed to you after completing step 3. Check your spam folder if not!

Review the Steps

2 The following document outlines the 3 stages of becoming an official DreamCatchers chapter. Be sure you understand these stages before embarking on your DreamCatchers journey.

Take the Survey

5 We require each prospective student leader to take our new chapter pre-survey. It should only take you 3-4 minutes to complete.

Fill out the Interest Form

3 Head to www.dreamcatchersfoundation.org/join and fill out the form to let us know about your interest in starting a chapter. That way, we can learn a bit more about you and your goals before moving forward!

Follow Us on Social Media

6 We post news for our chapters on our social media platforms. Be sure you're following all of them so you don't miss something important. Send us photos of your chapter meetings & Dreams throughout the year for a repost!



Get Ready to Start!

7 At this stage, you'll begin recruiting for your chapter and work on making it an official club at your school (if applicable)- which usually involves some paperwork and finding an advisor. Choose a strong advisor (either within or outside of your school) so they can provide the local backup and support that you need! Review the checklist for Interest Groups. Once you've completed all necessary steps, you're eligible to move on to the next stage: Provisional Chapter!

STEPS TO BECOMING AN OFFICIAL CHAPTER

STEP 1: INTEREST GROUP

The first step in founding a Chapter is to assemble a group of students interested in DreamCatchers- an initial recruitment drive. Essentially, this is a crucial step for you and the club identifying the "Why" you are all doing this before you start planning out the "How". It's important that everyone understands the mission and vision of DreamCatchers, and what's involved in being a member of the chapter. During this time, we suggest holding a few meetings to lay the groundwork for how your chapter will operate, elect officers, and determine your goals for the year. Once your club has been established and the outlined goals have been met, you can check back in with DreamCatchers National to schedule a call to move forward,

STEP 2: PROVISIONAL CHAPTER

At this stage, your DreamCatchers chapter is provisional, a chapter-in- training. You will begin fundraising for future Dreams, hold regular meetings, and have an initial meeting with your designated hospice contact (who will soon become your partner). This is the stage where your chapter will have the experience of planning and successfully fulfilling your first Dream, which will be the primary means by which we will determine if you are ready to become an official chapter. Once you have completed this first Dream, your leadership will have a meeting with DreamCatchers National to talk through successes, challenges, and determine if you're ready to become an official chapter.

STEP 3: OFFICIAL CHAPTER

Congratulations! To reach this stage, your leadership team and DreamCatchers National will determine that you show leadership promise and sustainability as a lasting chapter of DreamCatchers. An Official Chapter designation letter will be sent to you and signed by your chapter leadership. You must follow the expectations, guidelines and training outlined by National each year to maintain official chapter status and will have an opportunity each June to have an end of year feedback session and celebration with National.

You are now an official part of DreamCatchers...
we can't wait to see the amazing things you do!

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CHECKLISTS FOR EACH STAGE

INTEREST GROUP

- ☐ Recruit at least 2 new members to be a part of your chapter (other than yourself)
- ☐ Determine leadership roles: president, vice president, treasurer are the 3 most important
- ☐ Hold at least 2 chapter meetings to discuss your chapter, goals for the year, and watch the required hospice training video
- ☐ Complete call with DreamCatchers National to move on to next stage

PROVISIONAL CHAPTER

- ☐ Hold at least 1 fundraiser for your chapter
- ☐ Meet with designated hospice contact
- ☐ Submit names of chapter members to National
- ☐ Fulfill first Dream
- ☐ Complete call with DreamCatchers National to move on to next stage

OFFICIAL CHAPTER

- ☐ Submit name of next chapter leaders to National
- ☐ Sign and return Chapter Designation Letter to National
- ☐ Regularly review chapter goals & expectations with your leadership team
- ☐ Order Club in a Box Kit from DreamCatchers National
- ☐ You're ready to continue fulfilling Dreams as an Official chapter!