



Master Practices: Human Capital

Mentoring Program

Terraces of Phoenix

Our mentoring program intentionally pairs willing residents with underserved challenged high school students from a local alternative high school. The students have wide and varying challenges in their lives like homelessness, behavior problems, and learning challenges. We pair them with residents who can take an interest in them and guide them through learning life skills they are not receiving anywhere else. We provide the student's opportunities to participate in outings and events they might not otherwise have a chance to experience. The pairs meet several times each month for the entire school year.

Kindergarten Field Trip

Judson Park

Judson Park was the field trip destination for three underprivileged elementary kindergarten classes. Lifestyles together with a resident committee planned all the events for the interactive resident and kindergartener experience. The residents used their human capital to contribute to the planning and the events on the day of. The groups spend their time rotating through the activities which included chair volleyball, an art project, a scavenger hunt, a sing-along and an interactive Three Little Pigs Reading. The day ended with Pizza, veggies and ice cream for all. The kids gave back by signing and song for the residents. All level of living were included and included.

Volunteer Sunday Service

The Stayton

Our community does not have an onsite spiritual leader. The residents living in Memory Support/Assisted Living and Skilled Nursing were missing their weekly church visits, because if this demand, a group of independent living resident volunteer their time every Sunday to prepare and host a 30-minute service for those residents who want to participate. The service is developed and run completely by the residents for the residents and includes singing and scripture reading.

Youth Mentoring and Life Sharing

The Waterford

One way for older adults to combat isolation is to stay engaged with others, especially children and younger adults. Findings in a recent study involving older adults with close inter-generational connections consistently report much less depression, better physical health, and higher degrees of life satisfaction. They tend to be happier with their present life and more hopeful for the future. To tackle this issue in our community, we partnered with an inner-city youth group to share stories and lives. The residents learn about the youth and vis versa. Each time we get together we focus on a new topic. For example, Black History month, discrimination, bullying and entertainment. The residents tell stories about what those topics were like for them in their youth. The youth have taught the residence dances and performed songs for them.