



Master Practices: Intergenerational

Senior Dog Squad

Terraces of San Joaquin Gardens

Our community partnered with the Fresno State University Cheer Squad to create a Senior Dog Squad (SDS) that cheers alongside the university squad. Both male and female residents meet routinely with the university squad to learn new routines and practice at both the community and the university locations. The SDS then performs, in full uniform, on the FSU football field and basketball court during Home Games. Team members are invited and permitted to be a part of the SDS.

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.

Virtual Reality Travel Club

Edgemere

Every month a group of residents meets with a group of students to go on a Google Expedition to another country. The entire group travels to the same country together through individual virtual reality sets. After each trip, the residents work with the students using a Google Chromebook to search the internet for answers to questions about the culture, history, and lifestyle of the country they visited. The group then shares and discusses the trip and their research findings.

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.

Film School Partnership

Peconic Landing

Peconic Landing partner with the Manhattan Film Institute (MFI) to increase intergenerational opportunities. Together the community members and film students created a short film which can be viewed at www.manhattanfilmstitute.com/life-after-death/ The real benefits of this partnership were the blossoming of relationships between multiple generations and the satisfaction of fulfilling resident lifelong dreams of film participation. This partnership was an inspiration to form other partnerships with local theater and school groups.

Resident Taught ESL Classes for Team Members

Beacon Hill

Our community has many team members who speak a language other than English as their primary language. To boost their English skills so they can have for meaningful communication with the residents, we began offering ESL classes. These classes are scheduled to fit the team members needs and are taught by 16 different residents with teaching backgrounds.

Walther Christian Academy Partnership

Beacon Hill

Residents organized a partnership with a local high school. Students in their sociology class visit the community for a lunch and learn twice a year. Each participating resident partners with a few students to give them a community tour, teach them about Masterpiece Living and describe the four SIPS of successful aging. The students educate the resident on their lives including technologies, social media, bullying and changes in their lifetime. Team members are also invited to join this intergenerational experience that creates lasting friendships.

Artist in Residence

Deerfield Retirement Community

In order to facilitate intergenerational relationships and understanding, we invited students from Drake University School of Music to audition for an Artist in Residence position. The artists who have accepted the position over the past three years receive free room and board in exchange for monthly performances and ongoing interaction with residents. This program breaks down barriers between the generations. The relationships between the students and the residents continue to grow and sustain after the students move out. <https://www.cbsnews.com/news/drake-university-student-living-senior-retirement-community/>

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.

Drums Alive Intergenerational Fitness Classes

Peconic Landing

Peconic Landing welcomed 22 first and second graders from Oysterponds Elementary School. Together with members from IL and AL, as well as team members, the group participated in a Drums Alive® fitness class. Drums Alive® is an evidence-based drumming fitness, health, wellness program that provides a “Whole Brain & Whole Body” workout which promotes physical, social, emotional, and cognitive health at all life stages. The set-up of the class worked extremely well. We alternated the students and PL members and team members, it was truly integrated. We have scheduled two more classes for the coming winter months and plan to make this a regular event.