

EverBloom at Alderwood

CENTRAL POINT, OREGON



EverBloom at Alderwood CONTINUOUS LEARNING ACROSS ALL AGES



BLUE PRINT FOR SUCCESS INTRODUCTION, PLAN, TIMELINE, CURRICULUM & RESOURCES



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"It has been my observation that both the young and the elderly often grapple with similar yearnings such as; feelings of worthlessness, a lack of purpose, value, or connection. Through mutual support and shared experiences, they can instigate a mental reset, paving the way towards hopefulness and joy. By reframing their internal perspectives, individuals can embark on a transformative journey which helps others and themselves."

- Charles Bloom, Owner Alderwood Assisted Living





THE QUANDARY

In the face of shared challenges transcending generations, the quandary of adolescence and elderhood converge on common ground, encompassing concerns like fear of the future, low self-esteem, and depression. Seeking to address these universal issues, we introduce EverBloom at Alderwood a community-based program committed to intergenerational knowledge sharing across all ages. Utilizing an educational framework, our initiative aims to mentor, teach, and inspire school students and seniors in assisted living, by emphasizing the profound similarities that bind them. Through a committed connection, students from local schools will be paired with seniors from Alderwood Assisted Living, where they will be guided in sharing experiences and cultivating empathetic understanding.

Identical Challenges. Divergent Ages.

Similar Mental Health Challenges for Gen Z, Baby Boomers, & Silent Generations



- Fear of the Future
- Low Self Esteem
- Depression
- Lack of Purpose
- Marginalized
- Loss of Control
- Isolation
- Boredom
- Misunderstood



THE SOLUTION: We Are Always Better Together!

In recognizing the shared challenges and untapped potential for mutual support between generations, we propose a transformative initiative - a three-step 'win-win' program designed to foster meaningful connections and address mental health struggles faced by both teens and seniors in our communities. Through careful vetting, collaborative commitments, and project-based engagement, this program aims to bridge the generational gap, promoting understanding, empathy, and shared growth. Here is an overview of the benefits of the EverBloom program:

1. **Establish a Meticulous Selection Process:** Develop a comprehensive vetting process to carefully match school students with seasoned individuals who share similar backgrounds and interests. Students will be coached to understand the challenges of elders and how they are more similar than different. Younger students will focus on building respectful relationships with elders through memorable interactions.
2. **Collaborative Commitment:** Students from middle and high school will be paired with an elder in a year-long commitment, focusing on structured meet-ups centered around a specific shared task. Educators will work directly with Alderwood team to identify projects to advance students existing curriculum such as; gardening, photography, writing, technology, or video creation, will be tailored to strengthen their personal connection and include a final documentation of their time spent together. Students will have a bi-monthly visitation program encouraging communication and interactions, developed collaboratively between teachers and dedicated staff from EverBloom at Alderwood that encourages intergenerational connectedness.
3. **Project-Based Mutual Engagement:** Students (Grades 5 -12) will earn academic acknowledgement for actively participating in the project. These projects aim to address specific mental health challenges prevalent in both demographics. We will conduct pre- and post-project surveys to measure outcomes, with oversight provided by EverBloom at Alderwood and designated school representatives. While the students will be encouraged to create a notebook of specifically designed projects, from each visit, symbolizing the benefits of intergenerational relationships to share with their families at end of the school year.



A. INTRODUCTION

EVERBLOOM at Alderwood ASSISTED LIVING |

Making the Old Stronger, the Young Brighter, and Both Happier!

- Teens and Seniors Social Experiment, Old School

- EverBloom at Alderwood is a program that brings youth and elders together for a variety of activities that give a sense of purpose, value, and contribution to both populations.
- Youth and elders are assigned the same “buddies” for the year to encourage the development of lasting and meaningful relationships.
- The program will promote the rethinking of traditional elder care, education, and community to improve and enrich the lives of seniors and youth.
- Students are provided mentoring and education before interacting with their elder buddies so they can better empathize with the elder population and reduce any fears they may have about the experience.
- Students and elders will learn from each other as they develop core relationships, provide companionship, and feel true empathy and compassion for the other.
- This authentic learning environment teaches students social skills, how to respond to face-to-face interactions, set aside judgments, and learn how to be focused in the moment.
- Many students will “shine” in this genuine connection setting, surprising themselves, their peers and teachers.
- While the elders share their life experiences and knowledge, and teens share their dreams and hopes, the elders develop friendships and the students realize their value throughout the process.

“Simple friendships across generations make a big difference in improving minds and strengths of the old, and the confidence and value of the young.”

-Teens and Seniors Social Experiment, Oxford Academy Blackbird Leys





A. INTRODUCTION

EVERBLOOM AT



OUR INSPIRATION

THE TEENS AND SENIORS SOCIAL EXPERIMENT FULL EPISODE PART I—OXFORD ACADEMY

https://www.youtube.com/watch?v=TjYZ25_tnF0&t=144s

Here is a link to the social experiment held at Oxford Academy pairing intergenerational teens and senior citizens. This is a foundational reference video to the cutting-edge program starting in Southern Oregon Spring 2024. This video shares the pairing of 12 teenagers with 12 senior citizens resulting in partnerships benefiting both groups.

With youngsters facing relentless pressure to succeed and rising mental health disorders, coupled with the senior citizens feeling isolated and forgotten by society a simple friendship can help both marginalized generations feel valued and gain self-esteem.

ALIVE INSIDE

Alive Inside is a joyous cinematic exploration of music's capability to reawaken our souls and uncover the deepest parts of humanity. Filmmaker Michael Rossato-Bennett chronicles the astonishing experiences of individuals around the country whose minds have been revitalized and awakened by the simple act of listening to the music of their youth. (1 hour 17 minutes)

- [Alive Inside on Vimeo](#)
- **Alive Inside 2024 with Trailer for Youth/Senior (4:22)**
<https://vimeo.com/830000384>

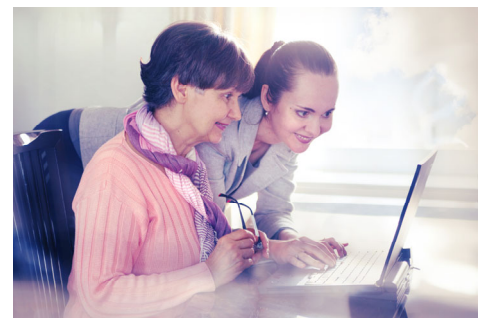


Tony Fisher
Healdsburg, CA

Tony Fisher of Healdsburg, California, a lifelong senior care professional, advocate, and childhood friend of Charles Bloom, had the dream to develop a program that united students and seniors in a mutually beneficial educational setting. Together, Bloom and Fisher have passionately supported change in senior living options throughout their three decades of professional work in this sector. Throughout their lifelong relationship, the seeds of this vision were born. Fisher's path includes working with Alive Inside's filmmaker, Michael Rossato-Bennett, on a national campaign for Comm-

University, while Bloom's commitment is to EverBloom at Alderwood, a non-profit educational program in Oregon.

Bloom and Fisher are committed to amplifying these passion projects in local communities and across our nation.





A. INTRODUCTION



WHY ALDERWOOD?

Alderwood Assisted Living, situated in the heart of Central Point, Oregon, offers our residents convenient access to various amenities within our town, including shops, restaurants, parks, medical facilities, library resources, and more.

At Alderwood Assisted Living, we provide comprehensive services encompassing dining for all meals, a diverse range of activities, housekeeping, laundry assistance, medication management, transportation coordination, and caregiver support for daily living activities.

What distinguishes Alderwood is the people. The staff's dedication to service extends beyond employment—it's a commitment to a sense of extended family. Being privately owned and operated sets Alderwood apart from larger corporations. The sole focus is delivering exceptional, compassionate, and tailored care to the residents. They invest time in understanding each resident and their families, delving into their interests, passions, and the legacy they've built. While the corporate name remains Alderwood Assisted Living, inside the company refers to themselves as Alderwood Living—a place to live and flourish.

The shift in culture commenced in 2021 when Charles Bloom assumed ownership of Alderwood, realizing his lifelong dream of owning a senior care facility. He envisioned creatively cultivating a team dedicated solely to the residents' well-being and joyful living. Charles draws from three decades of senior care experience, which solidified his passion and personal drive to develop a place like no other. Upon acquiring Alderwood, his mission to establish an exceptional senior care facility began. Three years later, his mission persists. The progress witnessed in the facility is tangible. The personal growth of employees, and within the residents' lives and hearts is profound.

Alderwood Assisted Living stands as a distinct type of senior living facility, where residents and families experience the realization of Charles' dream—a model assisted living facility fostering a compassionate, inclusive environment, where individuals of all ages, backgrounds, and life stages thrive together, becoming their best selves.





A. INTRODUCTION



Alderwood Resident Highlight

Meet George Zentgraf - 98 years young, WWII veteran, and Alderwood resident is often referred to as 'WISE' by those who know him well. The Alderwood team learned about Dream Flights, a non-profit organization dedicated to honoring US veterans. Alderwood learned that the Dream Flights team was in Portland and took the opportunity to reach out to them and share George's story. After hearing about George they made the decision to alter their course home and make a stop in Medford, to meet and honor this special man.

August 11, 2023 Dream Flights arrived at Million Air Medford. George, his family, friends, local dignitaries, and Alderwood's dedicated staff met in the lobby to share the surprise with George and to unfold the once in a lifetime experience.

The experience left George overwhelmed with emotion. His participation even garnered attention from local news outlets, and George left a lasting mark by signing the wing, ensuring his memory would be perpetually memorialized.



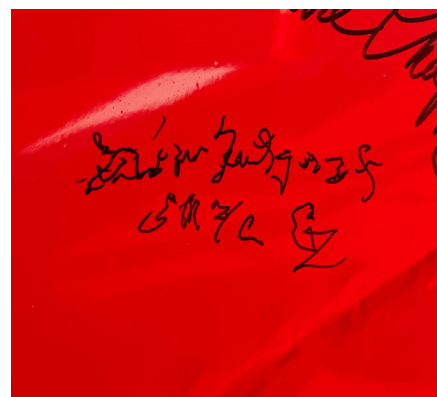
A very happy George Zentgraf shaking hands with his pilot post flight.



George receiving pre-flight instructions from the pilot.



Pictured from L: Charles Bloom (Owner, Alderwood Assisted Living), George Zentgraf (Honored WW2 Veteran) and Dave Dotterer (Jackson County Commissioner).



To honor George, he was requested to sign the wing of the bi-plane after his flight.

His signature will remain in memorandum many years in the future.



THE ALDERWOOD COMMUNITY

1st Annual Community Quilt Show Saturday, October 14, 2023

Alderwood Assisted Living hosted its inaugural community event, 'Quiltopia,' and Open House on Saturday, October 14th, 2023, welcoming visitors from 10 AM to 3 PM to celebrate the realm of quilts. This casual gathering, dedicated to quilt enthusiasts and creators in Southern Oregon, encouraged the community to explore the artistry, history, and personal narratives intricately woven into each legacy piece.

Quiltopia offered a unique opportunity to admire over 200 meticulously hand-sewn quilts, graciously presented by Alderwood's talented residents and their families. Moreover, the event proudly showcased a special exhibit of quilted masterpieces brought exclusively for this occasion by renowned quilt expert and author, Julie Silber, who traveled from the San Francisco Bay area. Her presence enriched the event with compelling narratives, design insights, and captivating stories reflecting the vibrant history of quilting. The inaugural Quiltopia event drew hundreds of attendees, leaving them eager for the upcoming 2024 edition.

Enhancing this delightful occasion was a scrumptious lunch menu and beverages thoughtfully crafted by Alderwood staff.

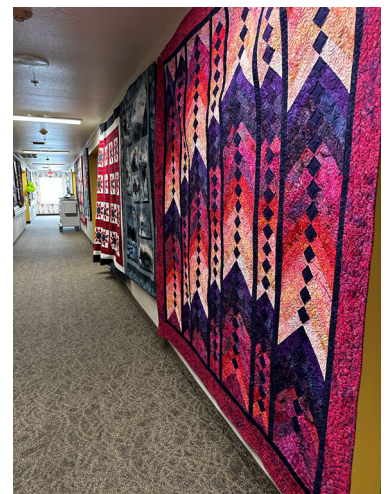
Alderwood Assisted Living's residents and devoted staff were thrilled to share this heartwarming event with the Southern Oregon community. With a profound passion for seniors Alderwood aimed to foster a sense of community where residents, staff, and guests alike could revel in the rich history of quilts across America."



Alderwood Administrator, Leora, standing by vintage photo of her parents from the 60's in the Alderwood lobby.



Tony Fisher, visionary behind the 1st Annual Quiltopia Community Event



Hundreds of quilts displayed hanging in the hallways of Alderwood for viewing during event.

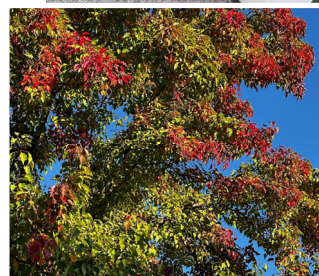


A. INTRODUCTION



THANKSGIVING AT ALDERWOOD

The Thanksgiving Feast's Culinary Team



Thanksgiving at Alderwood Assisted Living is once again incredible event focusing on the residents. Prepared by the staff and culinary team this delightful day brings a tremendous amount of gratefulness for the residents at Alderwood and the staff that serves them every day. Thanksgiving 2023 held many memories which will be treasured into 2024.



A. INTRODUCTION



CHRISTMAS FOR ALDERWOOD RESIDENTS



At Christmas each resident is gifted with something very special to them. During the year our staff spends time with the residents learning about their lives. During this time there are windows of opportunity to focus on their hobbies, and life interests. Then at Christmas their gifts are customized according to their personal inter-

SILVER PLATTER DINNER | April 18, 2024

A very special dinner, prepared by Alderwood staff for the residents and their loved ones, to celebrate each one. The entire meal, which included black linens, fresh flowers, and silver platters featured appetizers, salad, main dish, and dessert. A heartfelt event filled with love, promise, and appreciation.





B. “THE PLAN”

EVERBLOOM AT



THE PLAN

Overview

In this inaugural initiative for Southern Oregon, EverBloom at Alderwood will initially partner with local schools:

- LOGOS Charter School (9-12))
- Grace Cascade Christian Schools (9 -12)
- H. P. Jewett Elementary School (K-5)

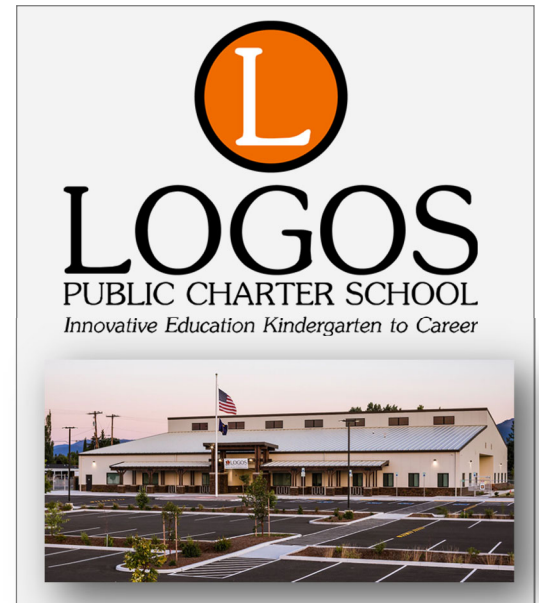
All three of these private and public schools share aligned visions with the mission of EverBloom at Alderwood’s program.

All institutions possess the flexibility and creativity required to seamlessly integrate such a distinctive program. The presentation of the EverBloom at Alderwood program is scheduled to begin in September 2024, with the goal of initiating the first meet-ups in October.

Routine visits are planned to begin the week of October 7th until the end of the school year. High school students will be offered additional summer credits to students continuing their engagements throughout the summer and into the subsequent year. It's crucial to emphasize that the primary objective is to establish **enduring relationships** that benefit both the student and the resident, leveraging the potential of this unique programming.

Upon confirming the start date, the orientation process will commence.

The following nine steps delineate the tasks to be completed before the scheduled launch in the week of October 7th, 2024.





EVERBLOOM AT **Alderwood** ASSISTED LIVING |

The Student/Resident Benefit



EverBloom at Alderwood in Southern Oregon aims to establish a distinctive, enduring, and fruitful initiative that brings together high school students (referred to as the YOUNG) and residents from Alderwood Assisted Living (recognized as the WISE). This innovative program seeks to foster enriching relationships, benefiting individuals from different stages of life by instilling empathy, compassion, and understanding. These qualities not only enhance their lives but also contribute to a transformative impact on their individual identities. This pioneering program, the first of its kind in Southern Oregon, will commence by pairing individuals - students from three local schools and residents from

Alderwood - as 'buddies.' These pairs will convene routinely, and their progress will be monitored through established procedures overseen by a representative from Alderwood and a teacher from each respective school. One of the program's perks includes students earning school credits for the time spent with their 'wise-buddy' from Alderwood. Both participants stand to gain from the profound essence of human connection - building a deep relationship with another individual.

Southern Oregon Outreach Benefit



Teachers and senior communities express great interest in participating in EverBloom at Alderwood once they grasp its inherent value. Creativity is essential in brainstorming ways to augment students' classroom learning through participation. Considering teachers' restricted time with students, it's crucial for them to comprehend the advantages of integrating EverBloom at Alderwood into their curriculum. This understanding will be imparted through in-person presentations by an Alderwood representative, as well as through a comprehensive leave-behind document—similar to the one being reviewed here.

This document encompasses the program's history, the proposed plan, its timeline, curriculum details, and the resources essential for executing the plan effectively.

Engagement with the senior community and the school involves reaching out to residents' and students' families, communicating the essence of EverBloom at Alderwood, and the involvement expected from all parties. This proactive step not only generates heightened enthusiasm and anticipation for the initiative but also opens avenues for increased success. Often, family members willingly volunteer to assist or participate if they are aware of the scheduled visits between the youth and elders.



EVERBLOOM AT Alderwood ASSISTED LIVING |

The Plan (continued)



STEP 1: Presentation

Representatives from EverBloom at Alderwood will meet and present the concept to staff at the selected schools. The presentation will cover the program's history, expectations, proposed outcomes, and discussion of timelines to establish opportunities for success.

STEP 2: Orientation

The orientation is more than explaining the program and students' roles. It offers a chance for students to delve into the lives of the seniors they'll be visiting. Students will engage in a 'pre-survey,' focusing on their experiences with the 'WISE' generation, outlining why this program interests them and their expectations. This survey forms the foundation for tracking outcomes, with a follow-up 'post-survey' administered at the program's conclusion.



STEP 3: Demonstration

While some students may have experience with elders, others won't. A hands-on simulation effectively demonstrates the daily limitations many seniors face and how our abilities change with age. Tasks involving simulated impairments such as restricted vision with taped goggles, altered balance with beans in shoes, reduced dexterity with taped fingers, and auditory confusion with headphones can offer insight. Tasks like setting a table, folding laundry, buttoning a sweater, writing a list, or sorting small items can be assigned.



STEP 4: Scheduling Visits

Visits will align with teachers' and classes' availability, requiring planning weeks in advance to accommodate class schedules and transportation needs. Necessary visit details include date, arrival time, expected student count, and visit duration. Create calendar for teacher to keep track of students and their visitation days.



STEP 5: Assigning "Buddies"

The program's success lies in pairing youth and elders as 'buddies' throughout the year, which fosters lasting relationships. Initial pairings can be randomized and adjusted later if needed. Flexibility is key, considering possible student absences or resident unavailability. More than one student can be paired with a resident if desired.



BETTER TOGETHER



The Plan (continued)

STEP 6: Planning Activities

This step offers creative freedom. Teachers and the Alderwood team representatives will collaborate on activities to be offered during visits. The focus is on fostering connections rather than recreating classroom settings. Activities should facilitate conversation, and connection and may need to encourage interaction, especially if students are reserved or easily distracted. Choosing activities that provide time for students and residents to talk with each other and share in that connection.

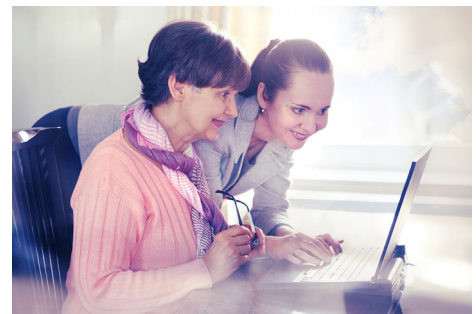
Successful activities have included:

- Shared interests (e.g., horses, dogs, flowers, art, or sports)
- Interactive board games with prompts
- Creating bird feeders
- Gardening projects
- Interviewing residents about personal history/sharing photographs
- Musical activities
- Knitting or quilting sessions
- Art projects
- Reading together
- Pet visits
- Watching sports games
- Any combination of the above

These activities promote engagement and meaningful interaction between students and residents.

STEP 7: Confirm Visits

Alderwood staff and teachers should confirm visit plans at least a week in advance. It's important that everyone is aware of the date, time, number of students, planned activity, mode of arrival, and any necessary materials for the activity. Use this opportunity to remind teachers about having returning students write letters to their respective residents.





BETTER TOGETHER



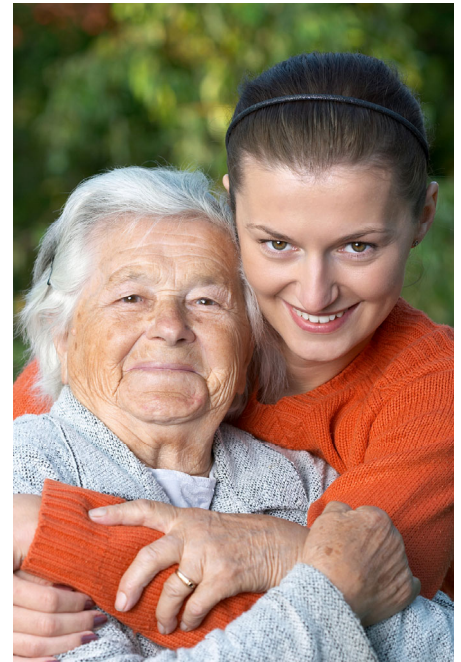
The Plan (continued)

STEP 8: Student Letters

Encouraging students to write letters to their assigned residents proves immensely valuable. Composing these letters not only helps students with writing practice but also prompts reflection on their experiences. Residents appreciate receiving letters accompanied by pictures, aiding in recalling the students who visited. As the program expands, residents may interact with students from multiple classes. A concise letter can remind them of the visiting student and previous conversations. The letters don't require extensive content; students may choose to describe recent events or express their anticipation for the upcoming visit. Personalization matters—addressing the resident by name and ideally including a photograph of the student is beneficial.

STEP 9: Inform Residents and Give Them Letters

A day's notice typically suffices for residents to prepare. Create a standardized flyer announcing the visiting student, the event's location within the facility, date, and time. This flyer, along with the student letters in an envelope, should be taped to residents' doors before they return from dinner, ensuring they receive it in due time. This proactive measure ensures residents are well-informed and prepared for the upcoming visit.





June 2024

- Finalize EverBloom at Alderwood Program

July 2024

- Create final list of beta Schools to include Jewitt Elementary School in Central Point, Grace/Cascade Christian Schools, LOGO'S Charter School, Butte Falls Schools (Phil Long)

August 2024

- Submit information to appropriate parties
- Set dates for interviews

September 2024

- All materials to schools
- Present to students

October 2024

- Program begins October 7th



D. CURRICULUM IDEAS

- **Meet with Alderwood and school representative to review project.**
- **Watch “Alive Inside”** Amazon Prime
- **Watch “Teens and Seniors Social Experiment”** Oxford Academy Blackbird Leys, YouTube | https://www.youtube.com/watch?v=TjYZ25_tnF0&t=144s
- **Create a weekly accomplish guide for students to track what they learned from each visit.**
- **Determine Buddy Project - Suggested list of activities to be included in the project curriculum:**
 - Interview each other about favorite music, memories, family traditions, movies, and other topics encouraging conversations.
 - Horticulture (planting seeds; flower arrangements for tables at the senior facility)
 - Music (using ‘Alive Inside’ headsets to generate playlists for seniors favorite songs and then listening to the music with them)
 - Social/Emotional Learning (practicing manners and social skills with elders and teens)
 - English: Reading and Writing (young students can practice their reading with elders; students can write the life stories of the elders)
 - History (students can ask what it was like for the elders when they were young: who was president, what were their concerns at a similar age, what helped them get through difficult situations etc.)
 - English as a Second Language (practicing English in conversations with elders)
 - Careers in Healthcare (Assisted living offers a unique career ladder opportunity for people from differing backgrounds)
 - Art, Film, Media, Photography (documents their relationship and share with others)
 - Journal Writing: After each visit students can follow up at school by writing reflections about their experience and/or other prompts provided by the senior community or the teacher: how was their visit, what did they learn, what went well, what they would change, how did it make them feel, what would they like to do on their next visit, what is empathy, etc.)