

**Values:** Opportunity to share, brainstorm and connect both elderly and youth

**Benefits for Children:** Children increase reading, communication, interactional skills, and awareness increased

**Benefits For Adults:** More productive, fewer falls, reduce social isolation, and depression

## **NEEDS**

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- How to connect with seniors who are isolated
- Education of knowledge and skills
- Connecting shared goals
- Great awareness “Bridge the gap”
- Addressing loneliness “loneliest generation ever “
- Breaking down stereotypes
- Family caregiving isolation
- Where is the hub? How do we connect?

## **Goals**

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- Re establishing purpose
- Educating
- Awareness
- Connect
- Integration

## **Current Programs**

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- Soul’ed Out “Witnessing institute class “ every Saturday in August
- Youth fitness group that seniors and adults participate in
- Coffee Social
- SPCA elderly and youth reading programs, greeters, etc
- Church in PG, seniors assist with children reading in Seaside “San Pablo”
- York School – educated seniors on scams & awareness for elderly and students – they have a tech team of teens too

## **Brainstorm**

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- CSUMB service-learning students needing to connect with elderly programs
- Soul’d Out integrating Saturday program to mix elderly and children
- Youth outreach ALS/SNF
- Having agencies adopt these programs on a macro scale
- Childcare in SNF/ALF
- Community Gardens
- Time out Respite

- Cooking and home economics classes
- Schools
  - International school will host classes
  - Carmelo School – Cultural competencies (grandparents teach and speak on a subject)
  - History classes and shared knowledge passed down
  - Implementing programs to educate the youth and teaching compassion
- Arts programs – Kids and elderly
- Beach clean ups

### **Next Steps**

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- Stay connected email
- FB page – posts and shares
- Meeting face to face

\*\*\* Read the book being mortal \*\*\*

