

SUPPORTING EACH INDIVIDUAL'S SOCIAL NEEDS

“Everything we do has a purpose. That purpose is to help each resident live every day here at his or her highest, most fulfilling level of being.”

Jean Sandberg
Activities Director

“Every Church Home resident is at a different place in life’s journey,” says Activities Director Jean Sandberg. *“Each has a different set of physical and cognitive realities, a different set of interests, and a different spiritual path. To truly support each individual’s social needs, we must create an activities plan based on an understanding of all of those factors – and we have to be aware of every change so we can change our plan accordingly.”*

There are three basic levels of social activities:

1. Comfort Care. *“These are all one-to-one activities,”* says Activities Coordinator Lucinda Hochsprung. *“They help the most frail, least mobile members of our community stay engaged and feel valued. It’s a lot of little things like massaging their hands with lotion, doing their nails, reading their mail to them, writing letters for them – and most importantly, doing a lot of active listening.”*

2. Maintenance. *“These are our weekly participation activities,”* says Lucinda. *“Bridge, bingo, music, balloon volley ball, exercise, seasonal events... All good fun and great ways to build both friendships and community.”*



Here's part of our Church Home Activities Staff, all decked-out for an International Pot Luck Dinner. Left to right are **Virginia Anderson** and **Lucinda Hochsprung** (Activity Coordinators), **Elyse Rau** (Activity Assistant) and Activity Director **Jean Sandberg**. Not pictured are our part-time staffers and our many dedicated volunteers. Some of our volunteers have loved ones living here. Others are neighbors from Iris Park Commons, Cornelia House and Seabury. All are pure magic.

3. Empowerment. *“These are for the residents who want to do more,”* Lucinda concludes. *“There’s our Monday art class, the bell choir, a poetry writing group, volunteer work (at the Church Home and beyond), van trips to a wide range of shopping, cultural and sports destinations (all chosen by the Resident Council), participation in the Resident Council itself... I guess what I’d want people to remember most is that our activities do more than keep people busy. They help keep each resident engaged in life’s journey.”*

