

Social # 4 Three Robins Riverside



Understanding how the Volunteer Program Works

August 14, 2024

Agenda

- Welcome – Serve Food / Coffee
- Construction update – James
- Home Care - Update
- Trudy McAuley– General Manager
- 3 Robins Volunteer Program Presentation
- Next Social – September



Construction Update

- James Stadelman

MDM Construction

<https://www.mdmconstruction.ca/>



Rendering of 2 Story Lobby



Home Care Update

Claudine – Harbor of Health Home Care

- Home Care Office



<https://harborofhealthhomecare.com/>



Trudy's our future General Manager

Understanding 3 Robins Volunteer Program



Volunteering is a powerful way to make a positive impact on the health and well-being of communities. However, not only does it make a difference in the lives of recipients, it also benefits volunteers mentally, socially and even physically.

Residents **receive \$200 off** their monthly rent by participating in the Volunteer Program – It is expected that residents will volunteer 10 hours per month

(note price list has reduced rental prices - \$200 It is expected that all residents will participate in Volunteer program unless noted on lease)

Why 3 Robins is adopting a Volunteer Program?



- Increases resident community participation
- Allows residents to understand how the community works better
- It decreases the costs of supportive services
- It allows more services to be offered
- I personally saw the impact that Volunteer participation had on creating a lunch program in Las Vegas



We try to offer the services of ISL building



- We try to offer the same services without 20 plus staff members
Food / Housekeeping / Transportation / Recreation / 24 Hour Support

With less cost we are approximately 35% less than the above properties for suites the same size....



VOLUNTEER AT THREE ROBINS



Volunteering is a powerful way to make a positive impact on the health and well-being of communities. Not only does it make a difference in the lives of recipients, it also benefits volunteers mentally, socially, and even physically.

We reduce tenants' rent by \$200 if they volunteer 10 hours per month in the building.



Resident Volunteer -Hours -Foothills	# Volunteers	Hours	Hours
137 Residents 95% enrollment	Daily	Daily	Monthly
24 Emergency Call Facilitation	2	2	122
Cleanliness Reivew	1	1	30.5
Disinfecting Elevator / Hand Rails	1	1.5	45.75
Fire Marshall Safety Inspection	1	1	30.5
Library Coordinaton	1	0.25	7.625
Maintenance / Painting/ Light Bulbs	1	1.5	45.75
Marketing Tours	1	2	61
Meal Preperation	2	2	122
Office Administration Support	1	1	30.5
Reception 8am until 5pm	3	3	274.5
Recyle / Trash Conceirge	1	1.5	45.75
Waterings Plants	2	1	61
Wellness Check	3	1	91.5
Wood Shop Coordination	1	0.25	7.625
Total Hours			976

Our Residents Volunteer at their Three Robins Properties approximately 1,000 hours per month



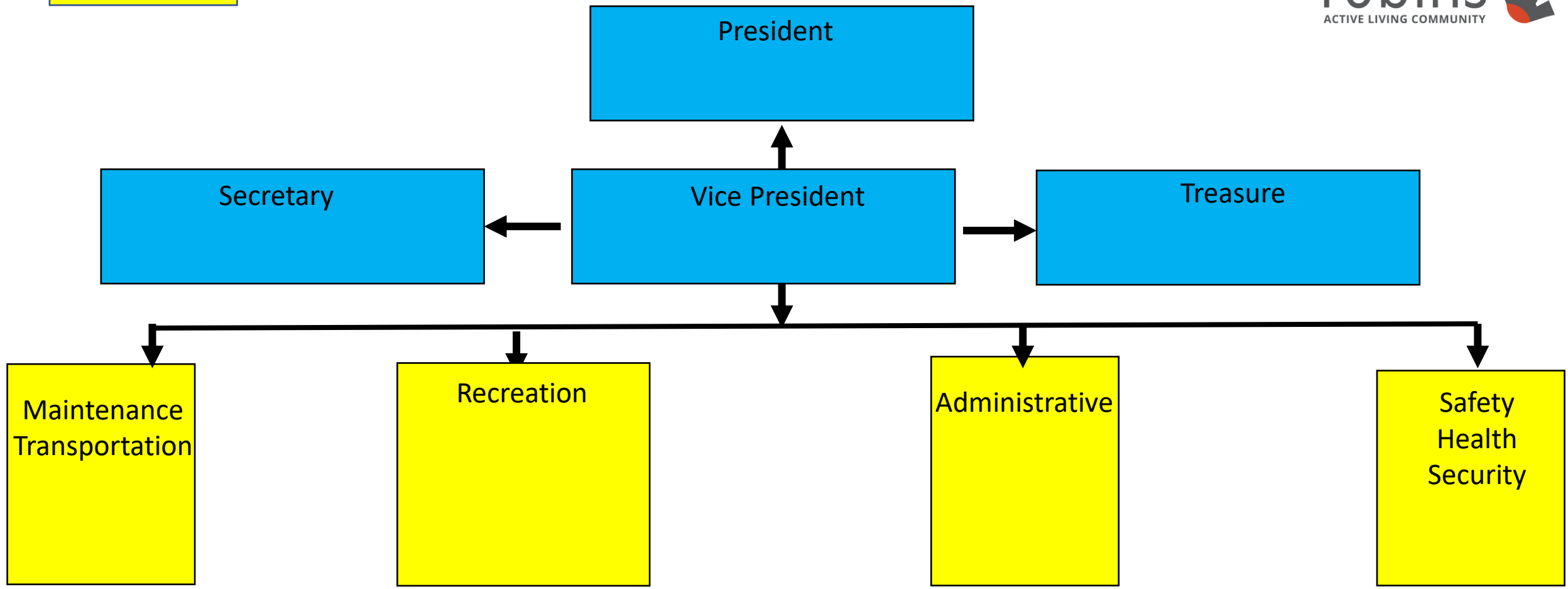
Resident Council Riverside



Executive Council



Council



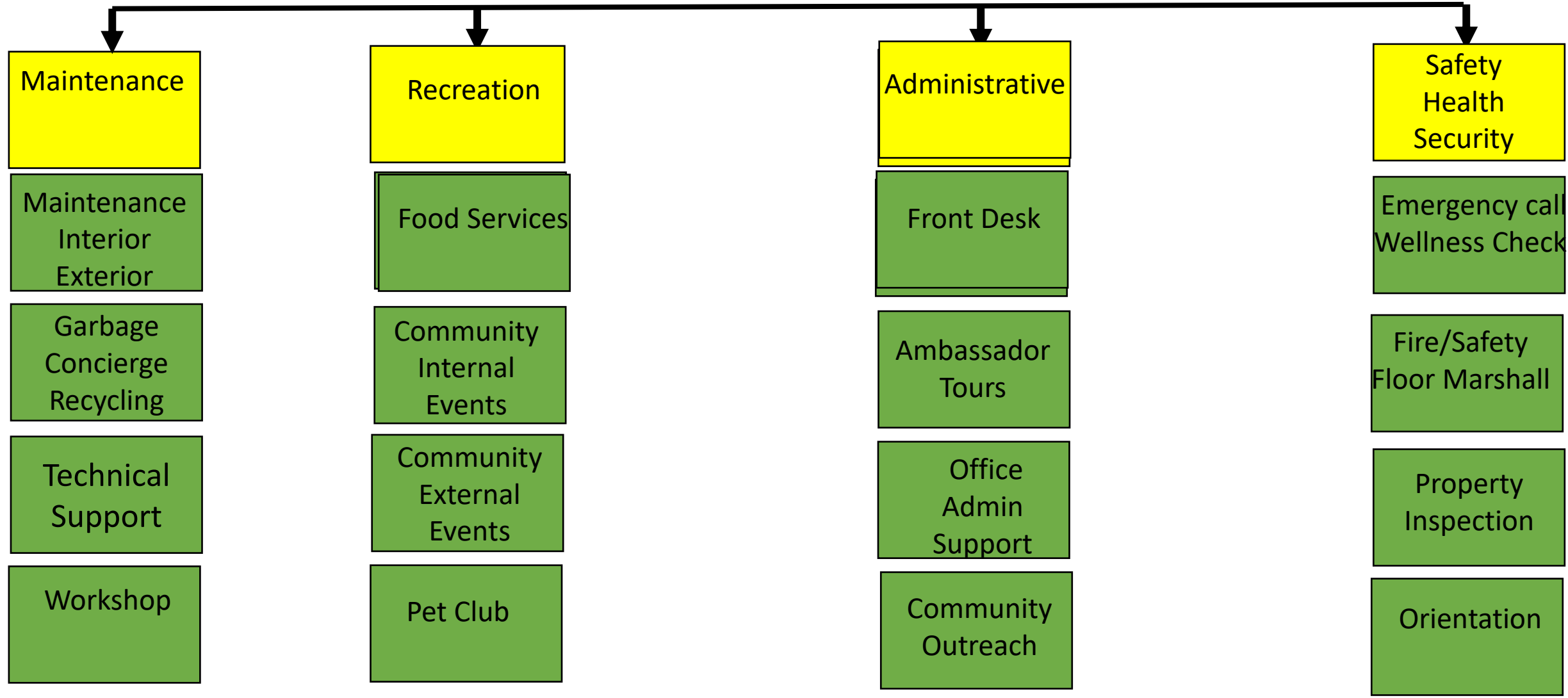
Volunteer Groups (Dec 2023)



Volunteer Group Managers



Volunteer Team Leaders



Effects of Volunteering



- It is good for mental health and can help prevent Alzheimer's. The National Institute on Aging has reported that participating in social leisure activities and meaningful, productive activities such as volunteering may lower the risk of health problems in seniors, including **dementia**, as well as improving longevity. Sep 26, 2014

“Volunteering provides many older adults with a purpose,” said Dr. Erwin Tan, director of Senior Corps, who serves as the expert source for the Salute to Senior Service[®] volunteer recognition program. “That purpose can help sustain a healthier lifestyle that includes increased physical, mental and social activity,” he added.

Below are the top five reasons retired adults should volunteer:

1. Helps bridge generation gap.

By interacting with younger generations, seniors are able to share important life lessons. On the flip side, younger generations are able to teach seniors new ways of looking at life. By building a connection with each other both generations are able to offer the respect and affirmation that humans crave.

2. Volunteering time makes you feel like you have more time.

Giving others your time can make your time feel more affluent. A study done at Wharton College found that people who give their time felt more capable, confident and useful. Since they were able to accomplish one thing, they feel they will easily accomplish tasks in the future. So, even though realistically they have less time, they feel as though they have more time. Similarly, those who donate their money feel like they are wealthier.

3. It's good for mental health.

Volunteering keeps the brain active, which contributes to a person's cognitive health. The National Institute on Aging reported that participating in activities that are meaningful and productive may lower the risk of dementia and other health problems in seniors.

4. Helps prevent senior isolation and depression.

While getting out of the house is important at any age, research found that volunteering can have positive effects on a person's psychological health. In a study done by the Corporation for National and Community Service, researchers found that individuals who engaged in volunteering activities experienced a shorter course of depression than those who did not volunteer. Volunteering provides the senior a sense of purpose and accomplishment.

5. It promotes physical activity.

Physical activity remains an important role in positive health outcomes through the oldest ages. Whether that activity is helping with a local sports team or walking around your neighborhood while volunteering as a companion, maintaining a healthy level of fitness helps fend off diseases as you age.

The Story of Ibasho



[Elders Leading Resilience – YouTube](https://www.youtube.com/watch?v=XTRGPHNbT0g)

<https://www.youtube.com/watch?v=XTRGPHNbT0g>



What is Ibasho

Ibasho recognizes that people fear two things as we age — social isolation and losing respect from others in society. Our goal is to create a shared future in which aging is not something to fear, but to enjoy, as a respected and valued member of communities across the globe.

History of Ibasho



Ibasho was born out of the experience of its founder, Dr. Emi Kiyota, who lived with elders in long term care facilities as part of her graduate research. While the staff in these facilities did their best to provide residents with a safe place to live, the elders still experienced feelings of loneliness, boredom, helplessness, and desperation. No one had planned on ending up in a long-term care facility, and no one wanted to live there.

Unfortunately, aging is not an option; it is a natural part of our lives that nobody can avoid. This brings difficult questions: Would I be comfortable with having my loved one in this situation when the time comes? Would I be able to face these living conditions myself? If not, then what can we do to improve people's later years?

The challenge is not about luxury. Beautiful buildings, furniture, and decorations will not make people happy.

“Elders living in grass huts in Africa with children at their feet are often

3 Robins is working on specific Job Descriptions in the following areas



- Marketing
- Transportation
- Food Services Demonstration Kitchen Supper Program
- Safety and Security – 24-hour response program
- Maintenance
- Housekeeping – Flat Linen Service / Facility cleaning
- Recreation

Marketing starts at the Entry



Volunteer Program and Marketing the building



- Seniors wanting to lease a suite, need to have a tour and get basic information.....

We feel that having residents assist in doing property tours and telling their experience of living at a 3 Robins property is more valuable than having sales representatives selling the property...

- 1: Volunteer to give tours
- 2: Volunteers to show their suites and spend time with prospective residents

Transportation starts –
“When some cares where you are going”



Transportation

“Creates Freedom”



- Volunteers to schedule trips
- Volunteers to drive the vehicles
- Volunteers to fuel, clean and take vehicles for servicing

Demonstration Kitchen





FOOD SERVICE

At Three Robins we offer five strategies to provide meals for our residents.

1. Residents prepare a meal for up to 20 residents or family members in the demonstration kitchen four days per week.
2. We have a community pantry event each Thursday. We purchase food in bulk and then make four meals for each resident that participates to take home and enjoy during the week. The average cost per meal varies from \$4.00 to \$7.00.
3. As a community, each week we choose a restaurant and enjoy a meal at their premises as a group. We receive a 10% discount from the posted prices.
4. Twice a month we have a local chef come to our property and prepare a meal in our demonstration kitchen. Prices vary from \$10.00 to \$17.00 per meal.
5. We coordinate resident pot luck meals. Three residents become a "tria" and they go to each others suites twice a week and enjoy a pot luck meal.



Demonstration Kitchen

“Creates magic”

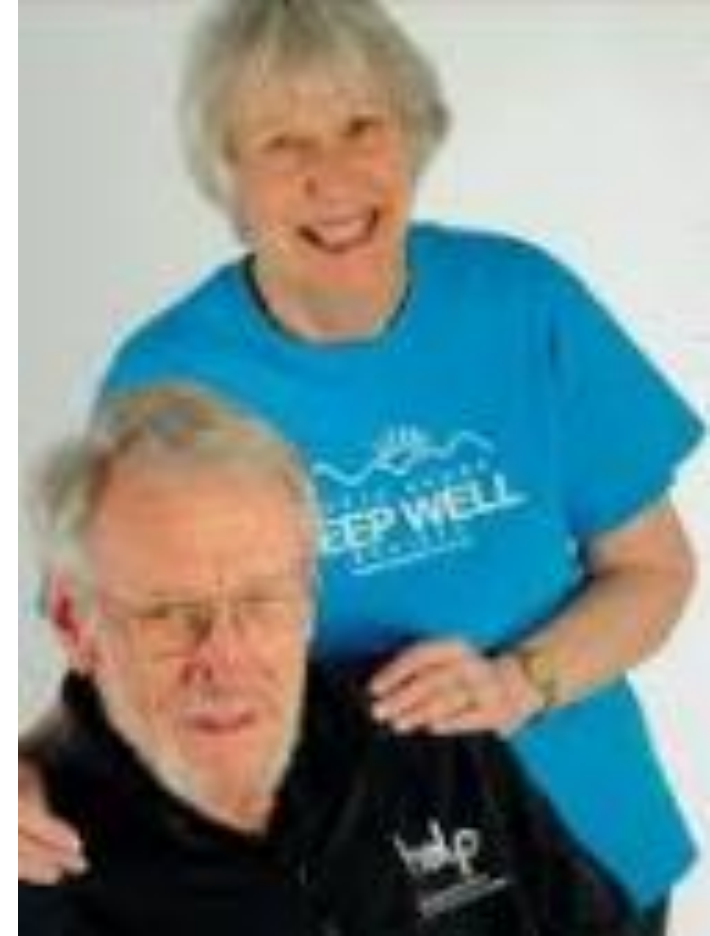


- Volunteers to print recipes and source food
- Volunteers to prepare and serve food
- Volunteers to clean up and re-market left overs

Safety and Security

- We need volunteers to support 24 emergency response

This includes waiting with residents who are waiting for emergency services, family members or management to determine the next course of action to support residents in a time of need



Remote Patient Monitoring 24 Emergency Call

<https://handsfreehealth.com/https://handsfreehealth.com/>



WellBe® Emergency Alert
Smartwatch



WellBe® Virtual Health
Assistant Smart Speaker



Senior Living Communities

Bringing our popular Virtual Health Assistant to your community

Introducing the premier voice-enabled health platform that provides Senior Living Communities the ability to better manage their residents health, via our proprietary platform.

HandsFree Health™ was founded by seasoned healthcare executives with over 150 years of combined healthcare experience. Our platform goes far beyond answering healthcare questions, to providing consumers with completely secure HIPAA compliant features including:

- Curated Health Library
- Preventive Care Reminders
- Custom Notifications
- Compliance Reminders
- Entertainment + News
- Smart Home, Health + Fitness Device Integrations



2x

In the 50 and older population adoption rates of home assistants /smart speakers has doubled since 2017

AARP - 2020 Tech and the 50+ Survey



Housekeeping – Flat Linens Service

- We need volunteers to support residents returning from the Hospital or rehabbing from surgery
- Housekeeping services are available for a fee, or at not cost if a resident is recovering from a surgery or illness, resident volunteers may assist residents with basic housekeeping chores, washing linens and making beds



Recreation & Special Events



- Volunteers are needed to facilitate recreation participation
- Setting up for special events, concerts and family participation events



Managing “Wellbeats” Recreation



Wellbeats Virtual Fitness is the premier on-demand fitness provider that delivers fitness classes, workout plans, and fitness assessments to users anytime, anywhere. Wellbeats proprietary content and technology enable individuals to take control of their health with fitness solutions that fit their lives.



Benefits of volunteering at 3 Robins property



- 1: Reduced Rent
- 2: Increased property services offered at the facility at no charge
- 3: Helps residents to get to know their neighbours while serving each other
- 4: Allows resident to develop new skills and knowledge
- 5: Reduces loneliness and isolation

*Builds Community Culture-
Sense of family*

Thank you for coming to our Social....



3 Robins.....
Alberta's first Seniors property
with a cat trade in policy.....