

LINC Cares

Fall 2019

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Issue 4



The Practice of Healthy Longevity

In Whittier, our staff at SEASONS at The Hoover do a fantastic job keeping up with new research to help our senior residents. For those who aren't familiar, The Blue Zones Project began as a research project exploring five areas of the world with the highest concentration of healthy seniors aged 100+ years. Amazingly, these five communities share nine primary characteristics and so in true LINC Cares fashion, we decided to bring the "Power Nine Principles" to our residents.

Born from The Blue Zones Project's findings, the Blue Zones Club has become a seven-week program to foster healthy longevity. Residents incorporate practices

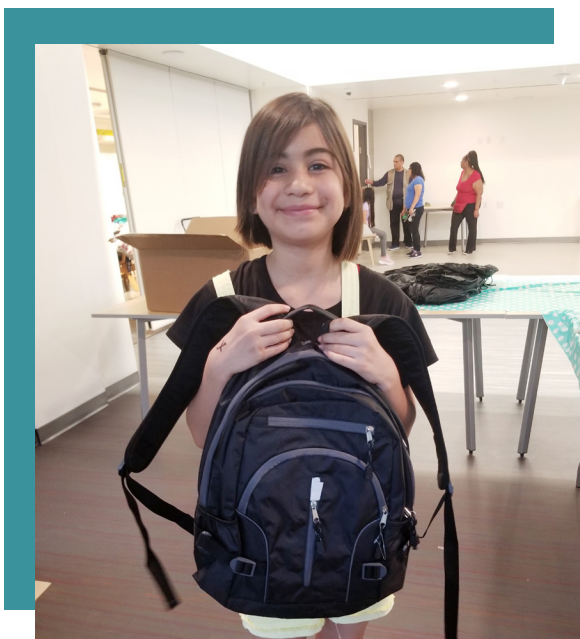
such as natural movement, healthy eating, a plant-based diet, and strategies for social well-being and stress management. From walking with neighbors and friends to a local historic museum, to learning relaxation techniques through guided meditation, each Blue Zones Club class is a fun and easy way to connect residents.

Although the journey to healthy living takes time, resident Belinda has already lost four pounds in just one month of practicing strategies she learned in the club, especially mindful eating and drinking more water. Cheers to living a long and healthy life with LINC Cares!

Back to School for L.A. Students

A new school year can be stressful for many reasons, but LINC Cares did not want a lack of school supplies to be one of them. Mosaic Gardens at Westlake in Los Angeles helped prepare our young students by hosting a Back to School event with the help of resident volunteers, onsite case managers, School on Wheels, St. Anne's, and Central City Neighborhood Partners.

More than 65 residents attended the Back to School event, making it a huge success! Children were able to select backpacks, new clothes, and plenty of school supplies sponsored by our community partners. The families also learned about community resources offered by organizations in attendance. A little community collaboration went a long way in helping our kids confidently step forward into the new school year.





98%

of students maintained or advanced their reading level by completing Summer Club

To Learn a New Language, Practice, Practice, Practice.

Now residents at Mosaic Gardens at Holly Courts in West Sacramento can do just that at the English Language Café. This newly launched ESL conversational group supports residents who need a welcoming space to practice their English skills. Resident Fatima had already been attending English classes, but needed a space to practice her speaking skills, and now she has the support of volunteers like LilliAnn to reach her goal of becoming fluent. With the English Language Café, she is acquiring English language skills and strives to be able to help her children on their homework and connect with others in her community.

Staff Spotlight: Meet Olin!



LINC Cares and residents at Arbor Village in San Diego have been most fortunate to have Olin join the team as a Resident Services Coordinator (RSC). Caring and ready to take on challenges, Olin values the opportunity to serve the community and comes with a background in the nonprofit sector.

He inherited ongoing programs while also revamping others for the new school year. When asked which program was his favorite so far, he quickly replied that the Summer Club was a lot of fun for himself and the children. He promoted different themes for each day and oversaw the take-home crafts which parents also enjoyed. Olin is now overseeing the after-school program which provides the Arbor Village children with a healthy learning environment. Olin enjoys taking on new roles and challenges as the RSC and stated that LINC staff and residents have made his experience overwhelmingly positive. He has been making great impacts on the residents and we are excited to see what other ideas and programs he has in store for them.



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**WELLS
FARGO**



Volunteer Spotlight

"Always going above and beyond"

Giving Back at The Palace

Mitchell Lorenzo Lemos is a self-starter, a man of his word, and has been an amazing volunteer at The Palace in Long Beach. Having grown up in similar circumstances as the residents of The Palace, and knowing the impact a basket of food can have on someone struggling, he welcomed the food bank as a way to give back to his neighborhood. Since Mitchell began volunteering in January 2019 he has been a huge help to LINC Cares staff with the biweekly food bank distribution, coming in on Fridays to help sort, count, and prepare the food items for the residents and Long Beach neighbors' food baskets. He always helps clean the workspace without any prompting and ends by helping distribute the baskets out in the community. For always going above and beyond, thank you for all your hard work with LINC Cares, Mitchell.

Making Positive Change

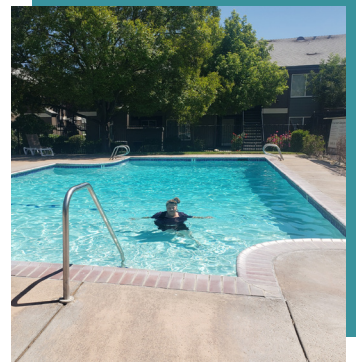
Meet Barbara. She is a stellar Mosaic Gardens at Taylor Terrace resident in Sacramento who is involved in various LINC Cares programs, including supportive services, and enjoys participating in the community events LINC Cares offers. Today we are congratulating Barbara on the impressive strides she's made toward making her life both healthier and happier. Last fall she was going through a difficult time and decided to make various positive changes to help her get through it. Before starting on this journey, she reached out to her Resident Services Coordinator, Diana, and they worked together to develop a list of steps she needed to get started. Her top three goals were to join a church, walk without using her scooter, and start working.

Barbara and Diana met every week to check her progress and further develop strategies

to reach her goals. She started participating in community events, met fellow residents who later became good friends, found a hobby, and began feeling happier with more social support. She found a church that she loves and has even been walking without her scooter! And she has started swimming again as well - yet another reason to celebrate. Although health issues prevent her from working at the moment, she is focusing on getting better so she can resume working next year. Barbara's healthy word of wisdom are "Never give up, stay strong for yourself." What a healthy dose of inspiration. Great job, Barbara!



Resident Spotlight

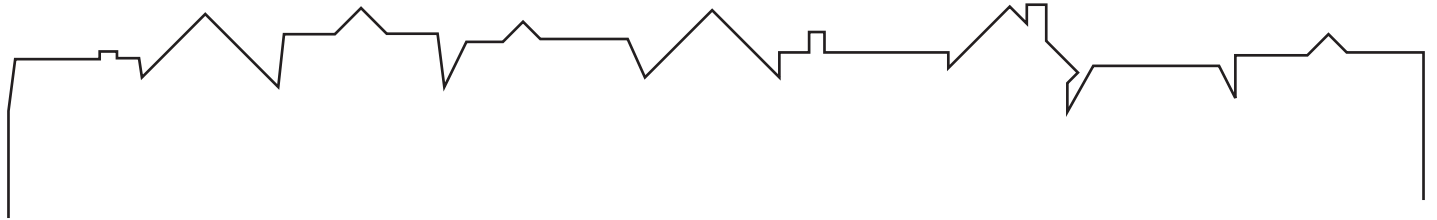




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www.linchoosing.org/linccares

LINC Cares is the
Resident Services program of
LINC Housing



Seniors at SEASONS at La Palma stay active with chair exercise.

“Opening
Doors to a
Brighter Future”



Mission

LINC Cares provides dynamic services to enhance the lives of families, seniors, and people with special needs who live in our communities.

Volunteer

Looking to serve the community?
Contact Asia Bogan to explore individual or group volunteer opportunities!
abogan@linchoosing.org

Donate

Your one-time donation or recurring gift allows LINC Cares to continue life-changing programs.

www.linchoosing.org/donate