

Wish of a Lifetime

Granting Wishes Since 2008

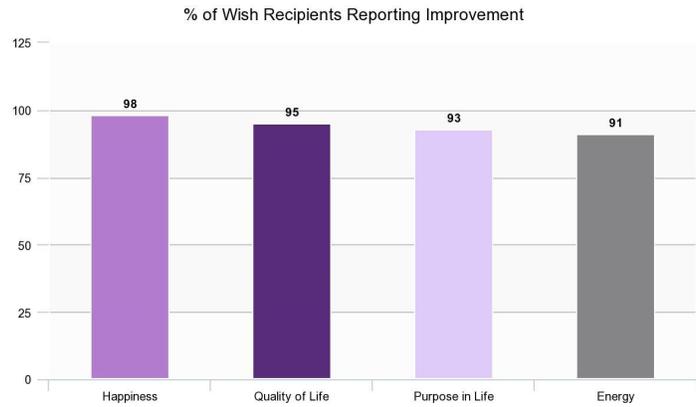


MISSION + VISION

Our mission is to shift the way society views and values our oldest generations by fulfilling seniors' dreams and sharing their stories to inspire those of all ages.

We envision a world in which society embraces aging and the inherent wisdom that accompanies it, where seniors are celebrated for their accomplishments and sacrifices, and where intergenerational connections are part of our daily lives.

We've learned from our Post-Wish Survey is that a wish is much more than a singular experience, it provides lasting mental and physical benefits as well.



Source: Wish of a Lifetime Survey data as of 1/21/20

Ladder story



Foulkeways at Gwynedd

- Oldest Continuing Care Retirement Community in Pennsylvania
- Residential Living, Personal Care, Nursing Facility, Primary Care/Nurse Practitioners, Pharmacy, Rehabilitation, Fitness Center, Medicare Certified Hospice Agency, Home Care
- Universal Dementia Care, no secure Memory Unit, Music and Memory, Opening Minds through Art OMA, SAIDO

Envisioning
the Future



Finding
Meaning
& Purpose



Overview of Student Education

- Beginning in September 2011 Foulkeways began active recruitment of Schools of Nursing for Student Nurses.
- We wanted to provide the best, most creative and evidenced based clinical educational experience for future care givers

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Overview of Student Education

- Once the University faculty experienced Foulkeways continuum of older adult care including Residential Living(Independent Living), Personal Care (Assisted Living), Skilled Nursing Home, Hospice and Primary Care, word spread among the various disciplines and Foulkeways became an interdisciplinary clinical educational site.
- Recruitment of University based Schools of Nursing to broaden our commitment to educating future

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Senior Scholars

- University students provided resident care through our clinical affiliations but one Nursing Home Resident wanted to do more than be cared for.
- Dr. Gus Beck, a Pulmonologist living in our Nursing Home wanted to educate the students about pulmonary anatomy and physiology. Dr. Beck created a curriculum and began teaching.
- Dr. Beck became a favorite professor among the students.

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Senior Scholars

- Bunny Browning, a Registered Nurse (RN) also living in our Nursing Home, enlightened the students on how she survived as a RN in a Japanese prison camp in World War II.
- She told the future nurses how she used her nursing skills to survive in captivity.



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**Community Commitment
Award 2018**
presented to
**Senior Scholars at
Foulkeways at Gwynedd**

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Senior Scholar Impact

- Our clinical education of interdisciplinary students dispels all aging myths.....nursing homes smell bad, people go into a nursing home to die, staff who work in long term care couldn't "make it" in acute care, there is nothing creative about working with old people.
- Students who come to Foulkeways learn how to approach Person Centered care. Our Senior Scholar program steps up their clinical education by creating an environment where students learn from their "clients".
- In other clinical settings the students are expected to provide all the "patient education", at Foulkeways students not only give but the receive. The students learn from our Residents.
- The students are exposed to "knowledge experts" who have lived and experienced health problems.
- The students learn to listen to older adults and learn from listening.
- We have provided over 27,500 hours of student education since we began official recordkeeping in 2011 which assists with our Social Accountability and Nonprofit status.

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Who is Empira?

Empira is a non-profit collaborative quality improvement organization.

Empira *inspires* innovation programs and solutions to improve the aging experience with practical application of evidenced based research and collaboration.

It *challenges* the status quo with commitment to know and do better.

Empira is nationally recognized as a leader who *strengthens* the aging service industry by sharing the empirical results of applied research signature programs.



Saint Therese

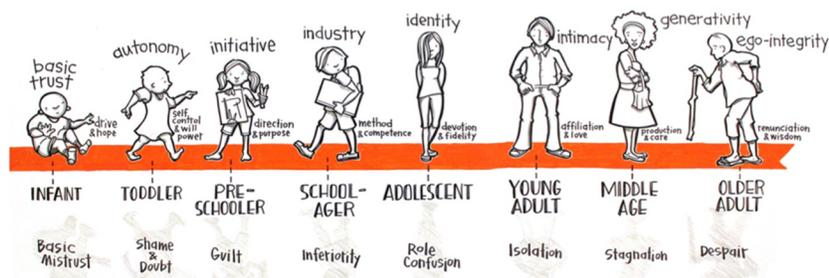


ResoLute

Resident
Empowered
Solutions
on
Living
until
the
End

- ResoLute: capital R and L in the title, emphasizes RESIDENT LIVING.
- Strives to support residents in the
 along with their loved ones
 embrace the with
 purpose and determination through
 unwavering commitment to uphold

Milestones



Work of Aging

This work begins when people start to reflect on their life and confront their own mortality.

The “*Work of Aging*” is used to describe conversations or actions that support one in reaching wisdom recognizing what matters most in living and dying.

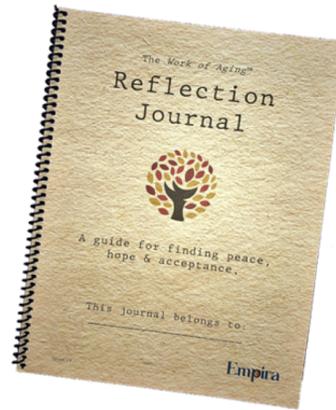
Work of Aging is a verb. It must be actionable.

Aging domains

Life story	What role does your story play in who you are today?
Condition	How does your health affect your quality of life?
Purpose	Why do you wake up in the morning?
Relationships	Do you have relationships you want to honor or reconcile?
Spirituality	Do you feel connected to something bigger than yourself?
End of Life	Have you prepared for the end of your life?
Legacy	What do you want others to think when they hear your name?

Reflection Journal

- How does my life have meaning?
- What matters most to me?
- How do I want to live the rest of my life?
- How long will I live?
- What happens when I die?
- How will I be remembered?
- Will my loved ones be ok when I am gone?



Meet the Wise guys



Finding Meaning & Purpose

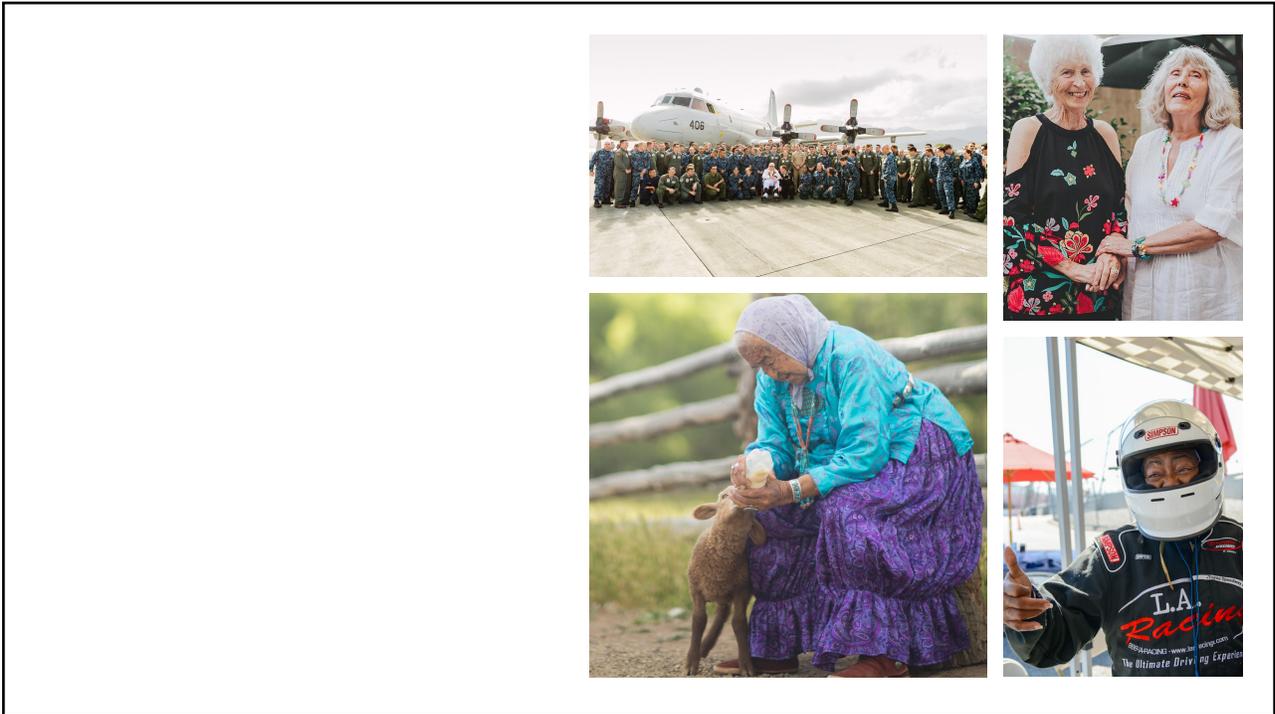


The Wise guys partnered with a group that helps homeless families. The Wise guys paint "welcome home" signs



- Feel less alone and more understood
- Empower each other
- Reduced anxiety
- Increased self esteem
- Unexpected friendships
- A reason to wake up: Sense of Meaning & Purpose





Guidelines for qualification

- ✓ Minimum Age of 65
- ✓ Legal Resident of the United States
- ✓ Unable to fulfill the Wish on your own
- ✓ Capable of experiencing the Wish
- ✓ Not convicted of a felony
- ✓ Able to obtain approval from a doctor, if necessary



