



## FOR IMMEDIATE RELEASE

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### **St. Paul's Plaza Partners with Local School for Intergenerational Program**

*\*\*Chula Vista's Kids Depot preschoolers regularly visit with seniors  
for interactive activities as part of their curriculum\*\**

SAN DIEGO, CALIF. (March XX, 2019) – St. Paul's Plaza has teamed up with Kids Depot, a local preschool, for its intergenerational programming. The activities – arts & crafts, exercise, sing-a-longs, and reading – between the seniors and children have benefits for both.

“From a cognitive perspective, we also see benefits,” said Cheryl Wilson, President & CEO of St. Paul's Senior Services. “We'll hear anecdotes about a senior who hasn't spoken in years and is now smiling and talking, of seniors sleeping through the night. The parents of children in the program have reported back that their children socialize with adults more easily than their peers do.”

“No matter what level of memory loss, when our seniors hear the giggles and chatter of young children, their faces light up and the joy in that moment is very apparent,” adds Janet Blair, Fitness and Activities Coordinator at St. Paul's Plaza. “The Reflections residents (seniors who reside in St. Paul's Memory Care) are so happy to see the young ones and even our most advanced dementia residents smile and express joy when they see or hear the kids...it's an energetic thing!”

St. Paul's Plaza formed a partnership with the local preschool when the senior living community opened three years ago. Some of the intergenerational activities have included A Mad Hatter's Tea Party, Share the Love Picnic (last year) for Valentine's Day, which was organized by High Tech High students, holiday performances, cookie decorating events, reading with seniors, music therapy, crafts and more.

The reality of the modern world means that many families no longer live in the multigenerational settings in which many of our seniors grew up. Adult children may move far away from their parents in order to pursue a relationship, an education, or job opportunities. And seniors may want to retire to a more temperate climate or possibly a retirement community, such as St. Paul's.

Part of the life enrichment program at The Plaza is to bring young people to the community to brighten the days of the residents. The Plaza works in partnership with high schools in community service programs and has partnerships with project based learning schools who prepare curriculum topics that enhance learning for students and add value to the senior's lives.

“‘Bringing Families Together’ is one of The Plaza's goals,” said Blair. “Creating available spaces and opportunities for families to gather is one of the design features we have here. We have a private dining room and family rooms on three floors, featuring kitchens and dining tables on one side and games, TVs and lounge chairs on the other. The Piazza is an outdoor BBQ area with adjoining grass area and playground – a unique playground that is designed for both adults and children; and two terrace areas with adjoining solariums to create an indoor outdoor party for all ages.”

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#### BACKGROUND ON ST. PAUL'S SENIOR SERVICES

St. Paul's Senior Services is a mission-driven San Diego non-profit and full-service senior care provider, offering Independent Living, Assisted Living, and Skilled Nursing, a Child Care and Senior Day Care Program, and a Program of All-inclusive Care for the Elderly (PACE). Since opening its doors in 1960, St. Paul's serves as an innovator in the San Diego community with a reputation for exceptional care. For more information on St. Paul's Senior Services, please visit [www.StPaulsSeniors.org](http://www.StPaulsSeniors.org) or call 1(619) 239-6900.

#### BACKGROUND ON KIDS DEPOT

The philosophy of Kids Depot is to provide a developmentally appropriate program for young children that fosters the whole child concept, respects each child as an individual and stimulates a child's natural interest in, and enjoyment of, learning. We believe that given the opportunity, all children have natural abilities to thrive and grow; we applaud our parents for giving them that opportunity by bringing them to our schools. For more information on Kids Depot, please visit [www.kids-depot.com](http://www.kids-depot.com).