



“My favorite part of being a Resident Services Coordinator is helping seniors connect with one another and build supportive friendships. When a senior goes from being completely isolated in every way to being one of my most social and supportive residents, it’s very rewarding!”

– AMY CUTCHINS, RESIDENT SERVICES COORDINATOR, MIRACLE TERRACE



About Our Senior Enrichment Programs

- **Year-round onsite services** for seniors age 55+ at seven Jamboree properties
- **100 hours each week** of planned activities that support physical, social, emotional, and cognitive well-being
- **Distribute 30,000+ pounds of food** each month to food-insecure seniors
- **Resident and community volunteers** give an average of 40 hours each week to bring educational and social activities to our properties



MORE INFO jamboreehousing.com/approach AND jamboreehousing.com/seniorservices



See REACH in Action

Learn more. Take a tour. Give back.

Join our growing network of business, community service and funding partners – from restaurants, food banks, and faith groups to local colleges and a spectrum of health and wellness providers.

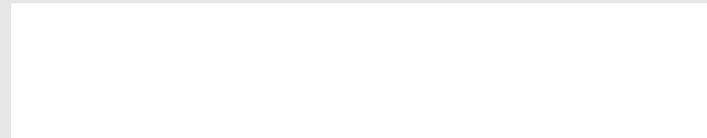
Partners:

Your collaboration makes a difference.

Help expand programs for seniors with the active, creative, physical health, and mental wellness activities that seniors need more of – computer learning and fraud prevention, physical health, mental wellness, social engagement, and more.

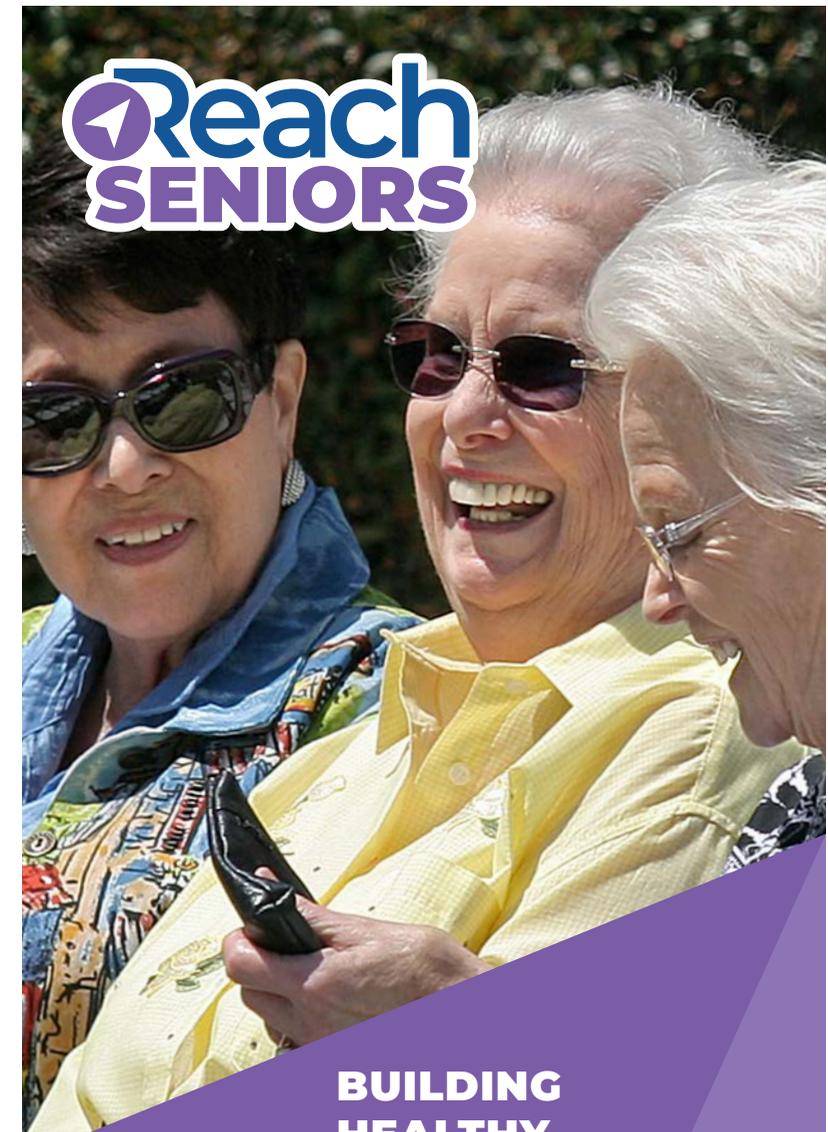
Contact

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Founded in 1990, Jamboree is an award-winning, nonprofit housing development company that develops, acquires, renovates and manages permanently affordable rental and ownership housing throughout California for working families, seniors and people with special needs.

Our Community Impact Group provides resident services that foster learning, health and wellness, and community building for kids, families, seniors, and those with special needs at 35 Jamboree communities with designated staff at each location.



Reach
SENIORS

**BUILDING
 HEALTHY
 CONNECTIONS
 FOR LIFE**

Enrichment Programs
 for Seniors





What is REACH?

Jamboree is committed to quality of life for our seniors across California, so our housing includes quality services customized to enrich their lives. This approach to our resident services is called REACH. For Jamboree seniors, our programs and services help them thrive as they age in place, building confidence for an engaged and meaningful life.

Why REACH Works

Focused on solutions

In California, thousands of seniors live in financially precarious housing situations. Often living alone and on fixed incomes, rising costs of living put many seniors at greater risk of homelessness and poor health, without access to proper nutrition and healthcare. Many face a downward spiral as isolation leads to fear, anxiety, and loneliness.

Focused on success

Programs and services that foster personal growth and creativity and encourage an active lifestyle are essential to healthy aging. Current research shows that, particularly for seniors, a key factor in overall wellness is maintaining connection through social interaction with others.* Socially-focused programs provide a sense of belonging and boost overall quality of life. Along with a range of activities that support cognitive health such as memory and reasoning abilities, seniors can thrive as they actively age in place.

REACH creates a supportive environment where seniors can remain active, engaged, and continue to flourish at their full potential.



REACH Values

REACH helps seniors to activate their full potential by focusing on five key values to live vibrant, healthy, and connected lives.

“I had trouble enrolling in the CalFresh food stamp program and wasn’t able to sign up on my own. Thanks to Jamboree, I was able to attend an enrollment event here at my own community. They helped me through each step of the process, and made it so much easier.”

– MARGARET, AGE 65

| | R | E | A | C | H |
|----------------------------|--|--|---|--|--|
| | Relationships in a connected community | Essential services to increase independence | Active learning to promote health and wellness | Core skills to discover creative solutions to challenges | Help for each other and the greater community |
| Jamboree Value | Open communication | Quality | Creativity, innovation | Integrity, accountability, respect | More than shelter |
| Highlight in Action | Seniors regularly get together for coffee chats, game and movie nights, holiday events, and birthday parties that affirm a sense of belonging and boost overall quality of life. | Seniors have ongoing access to transportation for shopping and cultural outings, nutritious food via weekly food distribution programs, and assistance with benefits enrollment. | Seniors participate in nutritional cooking classes and weekly mobility classes (tai chi, chair exercises, water aerobics) at our fitness centers. | Community partners offer educational workshops on disease management, identity theft prevention, tax and financial matters, computer skills, and more. | Seniors direct and participate in resident leadership groups, and help with local and civic volunteer opportunities. |
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REACH Results

In measuring impact, here’s what seniors say about Jamboree’s programming**:

“It can be hard to meet new people. But sitting at home alone can be depressing. Jamboree is at every event, helping us network to meet our neighbors and make friends.”

– ANNA, AGE 78

90%

I maintain

- Good emotional health
- Good relationships
- A healthy diet
- Trust with those around me

93%

I feel good about the number of friends I have

72%

Educational programs help improve my physical health

66%

Educational programs help improve my emotional health

88%

I rarely feel lonely throughout the week

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* National Institute on Aging: <https://www.nia.nih.gov/about/aging-strategic-directions-research/goal-behavioral-psychological-factors>
 ** For the 2019-2020 services year, Jamboree distributed more than 925 surveys at the seven senior communities with onsite services in our portfolio. The surveys were developed and analyzed by UC Irvine School of Social Ecology. A total of 274 seniors completed the survey.