

## The Vineyards Residence

# NEWSLETTER



*UBCO students Paul and Mike (foreground of photo l-r) enjoying a game of cards with some of the male residents at The Vineyards.*

## In-house Students Add Joy to Resident Life

Two of The Vineyards' newest residents are causing quite a stir. Paul Anderson and Michael Marshall-Batz are third-year physics students at the University of British Columbia, Okanagan campus, and they are the first students selected to take part in an innovative intergenerational program built right into the structure of The Vineyards.

Paul and Michael have moved into two of the four spacious 'dorm suites' in the lower level of the residence, and they are delighted with how it is working out. In exchange for ten volunteer hours per week, they pay a significantly below-market rent, have free internet and parking, and when they are visiting and volunteering with residents, they join them for meals and snacks.

"The presence of the students is a win-win," says General Manager Todd Mallen. "The volunteer hours they spend, engaging in conversational visits, social activities, and helping with new technologies, decreases loneliness and isolation amongst residents. Residents enjoy hearing about classes, relationships and what is happening in the students' personal lives. As seniors age, it's important to remain active – mind and body – and the students are proving to be a great way to support the residents this way."

Paul and Michael have been buddies since sixth grade when they both lived in Regina. Now in their mid-twenties, they are each pursuing a second career. Paul has trained and worked as a chef since he was in high school, and is just about done his Red Seal Chef designation.

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**THE VINEYARDS**  
*Residence*

726 Valley Road, Kelowna  
(236) 361-3833  
[VineyardsResidence.ca](http://VineyardsResidence.ca)

**Life's Better Here**



Michael is a certified welder working in metal fabrication. They both ended up in the Physics program at the University of Regina, where they completed two years of study before transferring to UBCO this year. For Michael, "This is the first semester where I don't have to work full time and tackle school."

They are both funny, easy going, and dedicated to their new role at The Vineyards. Paul is the one who heard about The Vineyards program. "It was just dumb luck," he says. "I heard about the student living thing but couldn't find any information. So I just emailed Jenelle Hynes (Community Relations Manager) asking her where I could find more info on it. And that took off from there."

"The first thing Mike and I said when we arrived was how happy and nice everyone seemed to be here. It was quite a shock if you're not used to that," Paul says. "Like, everyone seemed in a good mood and people smile at you."

And several weeks in, that hasn't changed. "Everyone's still really happy to see us," Mike adds, "Shockingly so!"

"This kind of came at a perfect time," says Michael. "My grandmother had dementia and because she was in Ontario I didn't get a chance to visit her before she passed. And then immediately after, we got the okay on this place, so it's kind of a perfect that I get to give back."

"We normally do a morning and afternoon event for residents on the days we're here," says Michael. "Maybe we'll take them upstairs where there's a Tovertafel projector/table that is sensitive to touch. So we'll gather up to eight people around and we'll play little games on there or we'll put on a movie. We also round up some of the men to have guy time; you know, hearing their life stories, talking about jobs."

Paul is keen to dust off his cello to play for the residents, and maybe start up a cooking club. "We're also going to be doing some actual work shifts here," adds Paul. "There's nothing set in stone just yet. But we're already booked for shifts in the kitchen, so yeah, we're also employed here."

"It's been a huge lifestyle change for us because we're coming from trade work and working ridiculous hours to go into school and then doing volunteer hours here," Paul says, "So it's a big transition, but they've made it very easy on us."

***"We're actually kind of spoiled."***

## **COME FOR A VISIT**

Schedule your personal visit to The Vineyards soon. We think you'll be delighted at our take on senior living. Reach out to Jenelle Hynes, Community Relations Manager at

**(236) 361-3833** or email her at **[info@VineyardsResidence.ca](mailto:info@VineyardsResidence.ca)**

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