

To Volunteer

Contact Director of Activities
Naola Johnson at (916) 435-8800
naolajohnson@mbk.com

Interest Levels of the Residents

Independent Living residents

- Residents do not receive “care” from our community, so either do things on their own or have family assistance
- Residents are determined to “do it themselves” (a need to STAY independent)
- Would love to “teach” or mentor a youth with their knowledge
- Interest level can be sustained for a little more than an hour if there is an interest

Assisted Living residents

- Most struggle with “needing” help
- Will try NOT to ask for help (a generation that does not complain)
- Large population struggle with macular degeneration (vision)
- Large population struggle with a little memory loss
- Large population struggle with arthritis in their joints (dexterity)
- Interest level can sustain about an hour for most
- Good percentage served our country and can remember their service, and love to share

Memory Impaired residents

- Residents may recognize your face (either a “good” feeling or a “void”)
- Residents may not be able to speak in sentences or even words
 - Look for body language
 - May be able to respond with a yes or no or a smile
- Residents enjoy music and normally remember words to older, familiar songs before they remember anything else
- Residents live “in the moment”. Try to make it joyful.
- Minimal stimulus is normally good
- Attention span is about 20 minutes

Casa de Santa Fe

MBK Senior Living

3201 Santa Fe Way · Rocklin, CA · 95765