

The background is a bright yellow-to-orange gradient. It is decorated with numerous white footprints scattered across the surface. On the right side, there is a faint, light-colored outline map of the state of Colorado. A solid red heart is positioned in the lower right quadrant of the slide.

Live Oak Institute

The Joyful Journey

From Institution to Community

Presented to the Colorado Culture Change Coalition
January 25, 2008

Grandma Lottie & Grandpa Abe





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When Your Heart Is Good

An Amanda's Chant

Oh, when your heart, when your heart, when
your heart is good.

Oh, when your heart, when your heart, when
your heart is good.

Oh, when your heart, when your heart, when
your heart is good.

You're all right! You're All right!



Live Oak's

Definition of Culture

When we speak of culture, we mean the principles, values, practices and traditions that protect the human spirit and enables it to thrive within an organization. It is a binding force that holds a people or an organization together and gives meaning to life.



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Culture Drives Function

**When your organization's heart is
good you're all right!**



Ten Components of Spirit Building

1. Be Joyful and Loving
2. Develop Community
3. Live Our Values
4. Practice Self Awareness
5. Cultivate Higher
Consciousness
6. Nurture Relationships
7. Hold a Larger Vision
8. Develop Rituals and Traditions
9. Empower One Another
10. Champion the Common
Good



Definition of a Champion

A champion is a community developer, working to bring people together to create harmony and consensus among all community members. A champion supports the elders as they develop a voice and make the big and small decisions that impact their lives. A champion works and lives by the community's values. A champion strives to keep the spirit whole in every encounter. A champion is constantly learning, growing and developing as a whole person. A champion stands for the good of the organization.



Circle of Champions



Structure of Community Meeting

- ❖ Welcoming
- ❖ Exercises
- ❖ Opening Song
- ❖ News of Your Home Community
- ❖ News of the World
- ❖ Discussion of the Day
- ❖ Closing Song



Our Rights Go Marching On

By the Live Oak Poets' Workshop

Chorus

Glory, Glory Hallelujah.

Glory, Glory Hallelujah.

Glory, Glory Hallelujah.

Our rights go marching on.

We have the right to worship and to pray just as we please,
We have the right to raise our own flags way up in the breeze,
We have the right to watch the clouds and sit under the trees,
Our rights go marching on.

Chorus

We have the right to greet our friends and the right to entertain,
We can recommend new changes and it's our right to complain,
We're entitled to our privacy and a room that has our name,
Our rights go marching on.

Chorus

Our bodies are our own from our heads down to our toes,
When we ask about our meds, don't you treat us like your foes.
We are a group of elders who have the right to know,
Our rights go marching on.

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The Live Oak

Definition of an Elder

An Elder is a person who is still growing, still a learner, still with potential and whose life continues to have within it promise for and connection to the future. An Elder is still in pursuit of happiness, joy and pleasure, and her or his birthright to these remains intact. Moreover, an elder is a person who deserves respect and honor and whose work it is to synthesize wisdom from long life experience and formulate this into a legacy for future generations.

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Cultivating Our Personal Qualities

Reflection

Reflect on the Personal Qualities Graphic. Now think about the personal qualities that you can bring to your work as a Champion.

Which of these qualities represent your strongest attributes?

Which of your qualities will require more focused practice in order for you to grow and become more effective on the path of the Champion?



Cultivating Our Personal Qualities

Discussion with Learning Buddy

Share your reflections on the Personal Qualities.

How can you more effectively apply the qualities in which you are already strong?

What specifically can you do to strengthen yourself in the areas in which you need work?



Champions' Meetings

Renewal grows exponentially when champions meet together regularly for the following purposes:

- 1. Promote Change**
- 2. Realize our values**
- 3. Solve problems and plan projects**
- 4. Grow the spirit**
- 5. Initiate new champions**



The Champion's Pledge

I commit to being a champion of our culture and will consistently work to build bridges between people and create harmony and consensus within our community.

I will serve the elders as they express their voices and make the big and small decisions that define their lives.

I will seek to work and live by our community's values.

I will strive to enable the human spirit to thrive in every encounter.

As a champion, I will take my own learning, growth and development seriously in all of the dimensions of my life.

I will stand for the good of the organization, supporting its prosperity as we make our values real and work to transform the culture of aging.



Live Oak Institute

The Joyful Journey

Thank You for coming!

We can be found at:

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