

The background is a light yellow gradient. It is decorated with numerous small, light-colored footprints scattered across the surface. On the right side, there is a faint, light-colored outline map of the state of Colorado. In the bottom right corner, there is a prominent red heart with a black outline.

# Live Oak Institute

## The Joyful Journey

From Institution to Community

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Presented to the Colorado Culture Change Coalition  
January 25, 2008

# *Grandma Lottie & Grandpa Abe*





Live Oak Institute

# *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.



# *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



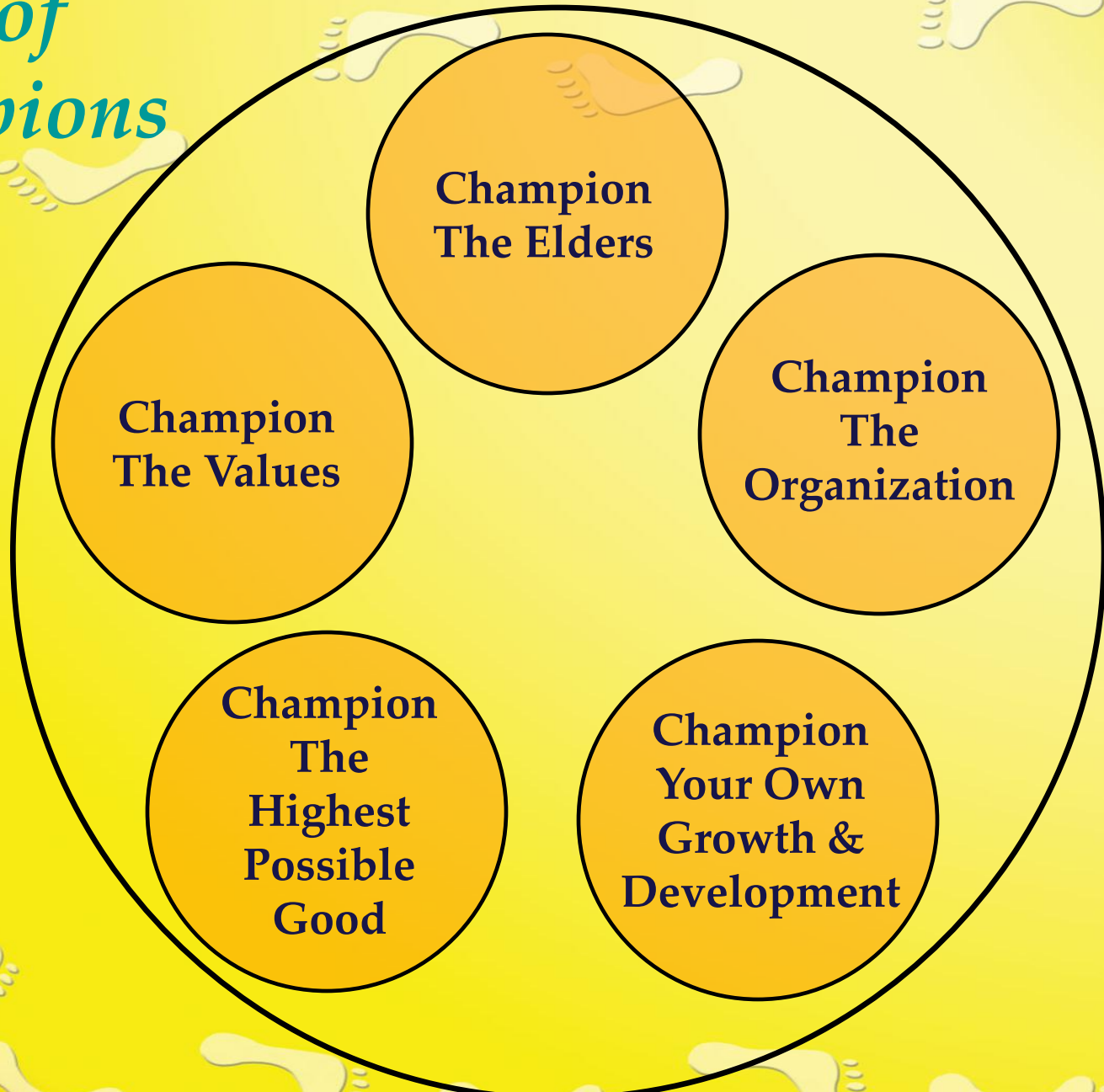
# *Definition of a Champion*

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

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**Thank You for coming!**

**We can be found at:**

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