

1

00:00:10,000 --> 00:00:12,250

Welcome, everybody, to the Ogden
Way podcast.

2

00:00:12,250 --> 00:00:14,125

I'm Ogden city mayor Ben Nadolski.

3

00:00:14,125 --> 00:00:15,750

And we are in the studio

4

00:00:15,750 --> 00:00:19,125

talking about Ogden stories
by telling the stories of Ogden's people.

5

00:00:20,041 --> 00:00:24,041

Now Heidi Wade works
for the Weber Human Services.

6

00:00:24,375 --> 00:00:28,875

But you are the director of the Senior

Senior Companions program.

7

00:00:29,500 --> 00:00:32,500

And this is a program
that I wouldn't have known about

8

00:00:32,958 --> 00:00:35,000

unless you had invited me
to one of your events.

9

00:00:35,000 --> 00:00:36,250

Right? Yes.

10

00:00:36,250 --> 00:00:38,583

And this is one of the things that I love
most about this job.

11

00:00:38,583 --> 00:00:40,125

And when I told you the event is that

12

00:00:40,125 --> 00:00:43,333

we get to see different parts of Arden
than we know exist.

13

00:00:44,083 --> 00:00:46,916

And I got to learn
a lot more about your program,

14

00:00:46,916 --> 00:00:49,750

but I got to know a lot more
about the people

15

00:00:49,750 --> 00:00:51,500

that participate in the program,
especially.

16

00:00:51,500 --> 00:00:52,916

Right. Right. Yes.

17

00:00:52,916 --> 00:00:55,208

So it was such a

it was such a treat for me.

18

00:00:55,208 --> 00:00:56,958

And I wanted to share that scenery
with everybody else.

19

00:00:56,958 --> 00:00:59,333

Can you tell us about your program?

Oh, yes. Thank you so much.

20

00:00:59,333 --> 00:01:01,333

And thank you so much
for coming to our recognition event.

21

00:01:01,333 --> 00:01:04,666

Of course, our people were just ecstatic
to have you there.

22

00:01:04,958 --> 00:01:08,416

Our program is unique in the sense

23

00:01:08,416 --> 00:01:11,416

that it is a seniors

serving seniors program.

24

00:01:11,791 --> 00:01:17,500

So, we reach out to socially isolated

seniors in the area

25

00:01:17,958 --> 00:01:22,000

and pair them up with one of our seniors

that has been kind of trained,

26

00:01:22,458 --> 00:01:25,458

in various areas to go out and visit

them,

27

00:01:26,125 --> 00:01:29,708

take them to the store,

maybe take them to the doctor.

28

00:01:30,458 --> 00:01:33,125

And really overall,

29

00:01:33,125 --> 00:01:36,875

help them reengage in the community
and participate in life with the quality.

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00:01:36,875 --> 00:01:39,875

Again,

give them, some purpose to their day.

31

00:01:40,000 --> 00:01:42,791

And then, of course, in turn,

it helps our seniors

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00:01:42,791 --> 00:01:45,833

feel like they're doing a service
to our community as well.

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00:01:45,833 --> 00:01:48,083

So it's mutually beneficial.

34

00:01:48,083 --> 00:01:48,375

Yeah.

35

00:01:48,375 --> 00:01:51,750

When you said gives purpose to their day,
it really goes both ways, right?

36

00:01:51,791 --> 00:01:52,958

It absolutely does.

37

00:01:52,958 --> 00:01:57,041

I think that that's one of the things
that nobody really talks about once

38

00:01:57,041 --> 00:02:02,958

seniors reach retirement and they're just
their days are completely free.

39

00:02:03,625 --> 00:02:06,291

If they don't fill it
with other activities or,

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00:02:06,291 --> 00:02:10,791

or things of that nature,
they just feel useless.

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00:02:11,208 --> 00:02:15,708

And everybody wants to feel important
and helpful and needed.

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00:02:16,458 --> 00:02:20,666

And so once we get them on our program

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00:02:20,666 --> 00:02:25,000

and get them out, helping other
seniors to feel that they're,

44

00:02:26,083 --> 00:02:27,500

you know, that they

45

00:02:27,500 --> 00:02:30,125

are, what would the word be?

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00:02:30,125 --> 00:02:34,875

They're desirable person to engage with
and they can get out of their house.

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00:02:35,625 --> 00:02:38,708

It really the impact is immeasurable.

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00:02:39,041 --> 00:02:40,875

It is so wonderful to see.

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00:02:40,875 --> 00:02:43,458

Well, you said everybody wants to feel
like they're an important person, right?

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00:02:43,458 --> 00:02:43,875

Right.

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00:02:43,875 --> 00:02:45,791

And I think what you're getting at is
everybody wants to know

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00:02:45,791 --> 00:02:48,458

that they're fulfilling
meaning in life. Right?

53

00:02:48,458 --> 00:02:49,625

Absolutely.

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00:02:49,625 --> 00:02:52,791

And it's whether you're finding meaning
for yourself or finding meaningful or for

55

00:02:52,833 --> 00:02:54,166

with others. Right. Right.

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00:02:54,166 --> 00:02:57,166

And that's that's why

for the seven pillars of the Ogden Way,

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00:02:57,916 --> 00:02:59,375

they're the seven pillars
of human success.

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00:02:59,375 --> 00:03:02,750

And if you think about each of
the pillars, we feel that you have to have

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00:03:03,458 --> 00:03:06,458

all of them sort of covered
if you want to thrive in life.

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00:03:06,708 --> 00:03:07,333

Absolutely.

61

00:03:07,333 --> 00:03:08,750

And one that people often forget about,

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00:03:08,750 --> 00:03:12,041

especially in city service is meaningful
social connections.

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00:03:12,583 --> 00:03:13,666

Absolutely right.

64

00:03:13,666 --> 00:03:14,750

I think that that's a lesson

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00:03:14,750 --> 00:03:18,125

we all probably learned from Covid, right,
is how important it was

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00:03:18,125 --> 00:03:21,750

to have interaction, social interaction
with other people, other human beings.

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00:03:22,458 --> 00:03:26,625

And I see so many people
when they come into my office

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00:03:26,625 --> 00:03:29,625

or my coordinator's office and say
they want to be a part of this program,

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00:03:30,041 --> 00:03:33,166

a phrase that I hear pretty frequently is

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00:03:33,166 --> 00:03:36,166

I feel like I've outlived my usefulness.

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00:03:36,375 --> 00:03:40,125

And so we're just like, well, let's help
you get it back, then

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00:03:40,291 --> 00:03:43,666

let's let's, you know, put a little bit
of structure, a little bit of,

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00:03:44,291 --> 00:03:47,750

you know, umph into your day
and give you an opportunity

74

00:03:47,750 --> 00:03:50,041

to make somebody else feel that way, too.

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00:03:50,041 --> 00:03:54,291

You know, having spent just our lunch hour
with all of the senior companions

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00:03:54,291 --> 00:03:57,291

that were there, I can't imagine
any of them feeling that way.

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00:03:57,291 --> 00:03:58,458

There's so much energy.

78

00:03:58,458 --> 00:04:01,208

There's so much life in that room. Right?

79

00:04:01,208 --> 00:04:02,083

Absolutely right.

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00:04:02,083 --> 00:04:02,583

And I think it's

81

00:04:02,583 --> 00:04:05,625

because they feel fulfilled

with these connections, with each other

82

00:04:06,166 --> 00:04:09,416

and with their who they're serving

as companions for, right?

83

00:04:09,666 --> 00:04:11,083

Absolutely, absolutely.

84

00:04:11,083 --> 00:04:15,708

And because we're we're

federally funded, our, our,

85

00:04:16,750 --> 00:04:17,916

our target seniors

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00:04:17,916 --> 00:04:22,583

to serve on our program,

our low income seniors within within 200%

87

00:04:22,583 --> 00:04:26,041

of the the median poverty, line.

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00:04:27,083 --> 00:04:29,083

And so it gives them

a small hourly stipend.

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00:04:29,083 --> 00:04:33,416

So it gives them a little bit

of reimbursement for their time,

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00:04:33,416 --> 00:04:35,416

a little

something that goes in their pocket

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00:04:35,416 --> 00:04:39,500

that won't affect their housing or Social Security or any of the other resources

92

00:04:39,500 --> 00:04:42,500

that they may be receiving statewide, countywide.

93

00:04:44,250 --> 00:04:46,875

So because of that, we have to have measurable data.

94

00:04:46,875 --> 00:04:49,000

So we do reach out to the clients.

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00:04:49,000 --> 00:04:53,750

We get the clients, referred to us, by various areas in the community,

96

00:04:53,750 --> 00:04:57,250

and then we go out and do a face to face
assessment with them and kind of see what,

97

00:04:57,500 --> 00:04:58,875

what it is we can provide for them.

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00:04:58,875 --> 00:05:02,041

And then, at the end of our fiscal year,

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00:05:02,041 --> 00:05:05,958

we reach out to them and see
how the program has impacted their life.

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00:05:05,958 --> 00:05:08,291

And that's the kind of data
that we measure is

101

00:05:08,291 --> 00:05:10,041

are they feeling more engaged

in the community?

102

00:05:10,041 --> 00:05:12,125

Are they feeling less isolated?

103

00:05:12,125 --> 00:05:14,166

Do they feel like

their life has a purpose?

104

00:05:14,166 --> 00:05:17,166

All of these kind of markers

that we have to measure,

105

00:05:17,375 --> 00:05:20,916

that really show us

what they're out there doing.

106

00:05:21,375 --> 00:05:22,875

And it's amazing to see

107

00:05:22,875 --> 00:05:25,875

they always write something like,
thank God for senior companions.

108

00:05:26,750 --> 00:05:28,916

Some of them, we've noticed an increase

109

00:05:28,916 --> 00:05:32,958

in our senior population
of suicide, suicidal ideation. And,

110

00:05:34,000 --> 00:05:36,833

we got a letter from one of our clients
stating, you know,

111

00:05:36,833 --> 00:05:40,541

I just really didn't see the meaning
or the point of anything.

112

00:05:41,000 --> 00:05:43,000

And then my senior companion came along

113

00:05:43,000 --> 00:05:46,000

and got me out of the house
for the first time in three years.

114

00:05:46,125 --> 00:05:49,000

We went to Javiers
and had some Mexican food,

115

00:05:49,000 --> 00:05:51,291

and it brought me back to life.

116

00:05:51,291 --> 00:05:53,208

So these are the

117

00:05:53,208 --> 00:05:57,583

these are the impact stories
that keep us going, from year to year.

118

00:05:57,583 --> 00:05:59,625

And that is probably part of the energy

119

00:05:59,625 --> 00:06:03,166

and the rapport that you saw
with our seniors at the luncheon.

120

00:06:03,583 --> 00:06:04,333

Well, okay.

121

00:06:04,333 --> 00:06:08,625

So I talked to one of the companions,
obviously, and first of all, hearing

122

00:06:08,625 --> 00:06:10,750

some of the stories
was absolutely heartbreaking

123

00:06:10,750 --> 00:06:14,416

because they told me that there's
a lot of people in our city that are just

124

00:06:14,625 --> 00:06:16,875

they stay at home,
they're unable to leave. Right?

125

00:06:16,875 --> 00:06:18,250

And they don't see anybody

126

00:06:19,458 --> 00:06:22,250

for weeks on end, if not months.

127

00:06:22,250 --> 00:06:25,125

And so the companion program, this isn't

128

00:06:25,125 --> 00:06:28,125

the only connection to the outside life
in some of the most dire circumstances.

129

00:06:28,250 --> 00:06:29,458

Absolutely.

130

00:06:29,458 --> 00:06:34,250

But but in the more routine, the what
what struck me was that it's more

131

00:06:34,291 --> 00:06:37,666

custom for, the companions to develop

132

00:06:38,208 --> 00:06:40,916

and kind of lifelong friendships
with the people they serve.

133

00:06:40,916 --> 00:06:43,916

And they
it becomes more than just a job. And,

134

00:06:45,166 --> 00:06:46,875

you know, an assignment.

135

00:06:46,875 --> 00:06:50,166

It was definitely a personal, connection.

136

00:06:50,291 --> 00:06:51,000

Absolutely.

137

00:06:51,000 --> 00:06:54,500

And and it sounded to me like they go way
above and beyond what the

138

00:06:54,791 --> 00:06:56,083

the program delivers.

139

00:06:56,083 --> 00:06:58,541

They do. Right,
because that matters to them.

140

00:06:58,541 --> 00:07:01,458

Those people,
and they matter to each other. Absolutely.

141

00:07:01,458 --> 00:07:02,625

Yes, that's absolutely correct.

142

00:07:02,625 --> 00:07:07,166

And there's no, time limit or,
you know, for them

143

00:07:07,333 --> 00:07:09,375

the duration that the clients
can be on our program,

144

00:07:09,375 --> 00:07:12,250

they can literally be on it
for the rest of their lives.

145

00:07:12,250 --> 00:07:15,583

And so really, they do build friendships

146

00:07:15,833 --> 00:07:19,875

with their their companions long
term, though, because this is a person.

147

00:07:20,041 --> 00:07:23,041

And really, when you think about it,
once you get to a certain age,

148

00:07:23,166 --> 00:07:26,875

your opportunities to meet new people
and meet new friends diminish.

149

00:07:27,333 --> 00:07:32,583

And so when we're introducing somebody
brand new to their life at 60, 78

150

00:07:32,625 --> 00:07:37,041

years old, they get the opportunity
to share all of their life experiences.

151

00:07:37,041 --> 00:07:41,541

Again, it's new to this person,
and they do create.

152

00:07:41,583 --> 00:07:42,833

It does create a bond.

153

00:07:42,833 --> 00:07:47,500

It creates a great bond, and they become
a member of the family to these clients.

154

00:07:47,958 --> 00:07:50,958

And it is it is amazing, amazing to see,

155

00:07:51,208 --> 00:07:54,208

especially when you think about
how we meet people these days.

156

00:07:54,416 --> 00:07:54,750

Right?

157

00:07:55,750 --> 00:07:56,750

I mean, I'm way

158

00:07:56,750 --> 00:07:59,750

past, if I had to enter the dating world
again, I don't know.

159

00:08:00,041 --> 00:08:01,000

That would be horrible.

160

00:08:01,000 --> 00:08:02,291

It sounds like a nightmare, right?

161

00:08:02,291 --> 00:08:04,250

I would be terrible at it.

162

00:08:04,250 --> 00:08:06,583

But with so much interaction

163

00:08:06,583 --> 00:08:09,666

being social media

and online anymore, right?

164

00:08:09,875 --> 00:08:13,041

It requires now that you have to be out
and about in order to meet each other,

165

00:08:13,041 --> 00:08:13,625

meet new people,

166

00:08:13,625 --> 00:08:15,166

and build new friendships.

And some of these people

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00:08:15,166 --> 00:08:17,625

just can't get out

and about like they used to, right?

168

00:08:17,625 --> 00:08:19,000

So they really don't have a choice
with you.

169

00:08:19,000 --> 00:08:22,875

If this program brings it to them, it's

the only way they're going to find that

170

00:08:23,041 --> 00:08:24,041

human connection.

171

00:08:24,041 --> 00:08:26,333

That's right. Right. That's right.

172

00:08:26,333 --> 00:08:30,541

And they can also

we kind of try to match them up.

173

00:08:30,958 --> 00:08:34,583

Based on, similar interests.

174

00:08:34,833 --> 00:08:38,291

I mean, beyond like we of course,

like them to be close in distance.

175

00:08:38,666 --> 00:08:43,333

But people that maybe
would like to get back into scrapbooking

176

00:08:43,333 --> 00:08:47,958

or people that want to get out and,
you know, see a show or, you know, maybe

177

00:08:47,958 --> 00:08:51,500

go to a play at the Terrace Playhouse,
like all of these things.

178

00:08:51,958 --> 00:08:56,000

That they they thought
that that door closed to them,

179

00:08:56,666 --> 00:08:59,958

you know, to
even be able to go see a movie,

180

00:08:59,958 --> 00:09:04,041

we get an independent grant

through the Ralph Nye Foundation,

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00:09:04,041 --> 00:09:08,458

that awards us, some funds

for music and memory program,

182

00:09:08,458 --> 00:09:11,458

and then also just

to reengage in the arts.

183

00:09:12,333 --> 00:09:17,625

And so they can, they can request tickets

to, like, the Egyptian,

184

00:09:18,041 --> 00:09:23,458

to see shows there and also the movies

when the Elvis movie came out.

185

00:09:23,500 --> 00:09:24,708

Oh my word.

186

00:09:24,708 --> 00:09:29,083

They I mean, we could not get
those tickets fast enough for them, but,

187

00:09:29,625 --> 00:09:33,500

you know, things that are a luxury to us
going to a movie,

188

00:09:33,500 --> 00:09:37,541

going to Javier's, going and hanging out
with your friend and having coffee.

189

00:09:38,041 --> 00:09:40,125

They haven't
had those luxuries in so long.

190

00:09:40,125 --> 00:09:44,958

They completely eliminated even
the prospect of them ever happening again.

191

00:09:45,333 --> 00:09:46,916

So we can give that back to them.

192

00:09:46,916 --> 00:09:49,375

It just brings them so much joy
that it is humbling.

193

00:09:49,375 --> 00:09:53,458

It's humbling to me to see these things
that I take for granted everyday

194

00:09:53,458 --> 00:09:54,791

that I can still do.

195

00:09:54,791 --> 00:09:58,125

These people haven't
been able to do in a long time, so it is.

196

00:09:58,500 --> 00:10:02,125

There's so much joy
in gifting those experiences back to them.

197

00:10:02,541 --> 00:10:04,000

Yeah, do.

198

00:10:04,000 --> 00:10:07,041

Another thing that really struck
me was how one

199

00:10:07,041 --> 00:10:11,625

how many, companions are but two
how long they've been doing it right.

200

00:10:12,041 --> 00:10:15,541

How many years
are some of these companions?

201

00:10:15,791 --> 00:10:20,833

So, I think probably
the average is from like 5 to 16 years.

202

00:10:21,125 --> 00:10:24,125

Wow. Yeah, that's and that's the range.

203

00:10:24,541 --> 00:10:27,791

And you know, we of course
have have new ones that have just come on.

204

00:10:27,791 --> 00:10:32,083

But yeah, we've got they,
they love the way that it makes them feel.

205

00:10:32,083 --> 00:10:34,958

So as long as they're physically able
to do it, they're going to do it.

206

00:10:34,958 --> 00:10:36,833

And you know when they have that.

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00:10:36,833 --> 00:10:38,708

We've had a couple
that have had to go on medical

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00:10:38,708 --> 00:10:42,041

leave this year and it just
they're just like, I love this so much.

209

00:10:42,041 --> 00:10:47,125

I hope that I can come back and
do it again, because really that's that.

210

00:10:47,125 --> 00:10:51,916

And you know, death are the only reasons
that people usually go off of our program.

211

00:10:52,333 --> 00:10:57,041

So yeah, they, they love to do.

212

00:10:57,125 --> 00:10:59,708

Do you remember the number of hours
offhand?

213

00:10:59,708 --> 00:11:00,625

Oh, yeah.

214

00:11:00,625 --> 00:11:03,625

Astronomical. 23,000. Yeah.

215

00:11:03,708 --> 00:11:05,125

From the last year.

216

00:11:05,125 --> 00:11:08,875

What about there was one volunteer
that was like 80,000 lifetime hours is.

217

00:11:09,000 --> 00:11:10,250

I get that right from memory.

218

00:11:10,250 --> 00:11:12,708

No, I think she had, like, 36,000 life.

219

00:11:12,708 --> 00:11:13,916

30 hours. Yeah. Okay.

220

00:11:13,916 --> 00:11:16,458

It was just a huge number of hours.

221

00:11:16,458 --> 00:11:17,750

I'm like.

222

00:11:17,750 --> 00:11:20,416

And she's been doing it for years

and years and years

223

00:11:20,416 --> 00:11:23,458

and it just it speaks to the,

224

00:11:24,750 --> 00:11:26,333

the the commitment within the program.

225

00:11:26,333 --> 00:11:27,416

Oh definitely.

226

00:11:27,416 --> 00:11:30,583

And it just an observation on my part

227

00:11:31,333 --> 00:11:35,750

is the energy from

the companions was so good

228

00:11:36,333 --> 00:11:40,166

that it reminds me

that when you have these meaningful

229

00:11:40,166 --> 00:11:43,333

social connections with each other, it's

more than just a social connection.

230

00:11:43,333 --> 00:11:44,458

It's more than just hello.

231

00:11:44,458 --> 00:11:45,375

How how are you?

232

00:11:45,375 --> 00:11:49,000

It actually lengthens and improves
your health and your well-being.

233

00:11:49,000 --> 00:11:50,083

Right.

234

00:11:50,083 --> 00:11:52,458

And to me, the

235

00:11:52,458 --> 00:11:55,458

what I felt in that room
from all those volunteers,

236

00:11:55,625 --> 00:11:58,625

was, was the reflection of that.

237

00:11:58,750 --> 00:12:00,166

Absolutely. Yeah.

238

00:12:00,166 --> 00:12:00,458

Yeah.

239

00:12:00,458 --> 00:12:03,500

That's I am so glad that you said that
because with my with

240

00:12:03,500 --> 00:12:07,250

my position as director,
a lot of what I do is the behind

241

00:12:07,250 --> 00:12:10,875

the scenes thing, the financials,
making sure that we're,

242

00:12:11,416 --> 00:12:12,708

you know, I'm working with fiscal.

243

00:12:12,708 --> 00:12:15,750

I'm working with our portfolio manager
to kind of do all of those things

244

00:12:15,750 --> 00:12:19,125

that are behind the scenes
that are require less interaction

245

00:12:19,333 --> 00:12:20,541

with the volunteers.

246

00:12:20,541 --> 00:12:23,750

So when I get to see them
and we get them together, we have these

247

00:12:23,750 --> 00:12:27,000

ongoing trainings that they participate in
as well as our recognition event.

248

00:12:27,583 --> 00:12:32,791

I feed off that energy

and then use it for whatever things, tasks

249

00:12:32,791 --> 00:12:37,125

that are coming up that are a little less
fun and and whatever.

250

00:12:37,125 --> 00:12:41,625

I use that energy from them
because they are so willing

251

00:12:41,625 --> 00:12:45,333

every time I pull one of them in and I
say, hey, listen, I've got this client,

252

00:12:45,666 --> 00:12:48,250

I know that your schedule's pretty full,
but she's so sweet

253

00:12:48,250 --> 00:12:49,666

and she just wants somebody
to talk to you.

254

00:12:49,666 --> 00:12:55,125

I just met this lady, about two weeks ago
in, in the terrace.

255

00:12:55,125 --> 00:12:59,000

And again, you know, because of my job
duties, I don't get to do the face

256

00:12:59,000 --> 00:13:00,125

to face assessment very often.

257

00:13:00,125 --> 00:13:02,000

That usually is what my coordinator does.

258

00:13:02,000 --> 00:13:05,833

But I got to sit and meet with her,
and she was sharp as a tack.

259

00:13:05,833 --> 00:13:08,750

And she knew all this history of Ogden
because she's lived here forever.

260

00:13:08,750 --> 00:13:13,000

So we talked about
when Ogden High was built and excuse me,

261

00:13:13,000 --> 00:13:15,166

during the war in the barracks,

262

00:13:15,166 --> 00:13:18,166

because she lived close to the barracks
that are up there in the terrace,

263

00:13:18,250 --> 00:13:22,458

and she just wanted somebody to come
and chat with her for two hours. And

264

00:13:23,416 --> 00:13:25,375

their willingness to say, oh, yeah,
you know,

265

00:13:25,375 --> 00:13:28,458

I know my schedule is full, but I can

I can get her in two hours a week.

266

00:13:28,458 --> 00:13:29,625

I would love to meet her.

267

00:13:29,625 --> 00:13:33,375

They are always willing to take on

whatever I present to them.

268

00:13:33,916 --> 00:13:36,541

And it just it makes me so happy

269

00:13:36,541 --> 00:13:39,541

that they're getting so much

out of the program

270

00:13:39,916 --> 00:13:43,833

that they're wanting to give it back, and
they're always willing to give it back.

271

00:13:44,000 --> 00:13:45,375

Yeah, it's it's less work.

272

00:13:45,375 --> 00:13:48,333

It's more life's work.

Absolutely. Right. Absolutely.

273

00:13:48,333 --> 00:13:52,666

And I love how it pairs income
restricted people who are, you know,

274

00:13:52,666 --> 00:13:56,500

below, median income, with an opportunity

275

00:13:56,500 --> 00:13:59,500

through the grants and so on.

276

00:14:00,083 --> 00:14:04,375

To, just to really deliver
the service for sure. Yes.

277

00:14:04,666 --> 00:14:08,125

Do you ever find that when you're there
or when your companions are there

278

00:14:08,666 --> 00:14:09,375

that they find,

279

00:14:11,291 --> 00:14:11,625

they find

280

00:14:11,625 --> 00:14:14,625

that there's a need for a service
that someone else provides

281

00:14:15,458 --> 00:14:19,166

that what I'm saying is, is
is there ever an opportunity for your

282

00:14:20,208 --> 00:14:22,125

companions

to be connectors to other services?

283

00:14:22,125 --> 00:14:23,083

Oh, absolutely.

284

00:14:23,083 --> 00:14:25,875

That is such a great question. Yes.

285

00:14:25,875 --> 00:14:28,416

Part of our education that we do,

286

00:14:28,416 --> 00:14:32,708

with our companions

is what services are available

287

00:14:32,708 --> 00:14:36,583

for their clients and how, you know,

we can connect them with services,

288

00:14:36,708 --> 00:14:39,708

with other services, whether it be
within our own aging department

289

00:14:39,750 --> 00:14:41,583

or within the county or the city.

290

00:14:41,583 --> 00:14:42,333

Yes.

291

00:14:42,333 --> 00:14:45,083

That is part of what we do.

292

00:14:45,083 --> 00:14:50,166

And they are very knowledgeable in fact,
I just had one of them

293

00:14:50,166 --> 00:14:53,791

text me today and say,

oh, this this person, is a caregiver

294

00:14:53,791 --> 00:14:57,541

and needs help with these and these and

these services that I contact so-and-so.

295

00:14:57,541 --> 00:14:59,541

Right? I'm like, yeah, good job.

There you go.

296

00:14:59,541 --> 00:15:03,833

They, you know,

and then when they can be, a help

297

00:15:03,833 --> 00:15:07,291

in connecting seniors with other services,

it's very empowering to them.

298

00:15:07,625 --> 00:15:10,583

Like, oh, I know,

I know what we can do to help.

299

00:15:10,583 --> 00:15:13,333

And they're really

they're really good at that too.

300

00:15:13,333 --> 00:15:16,916

So that is a bigger challenge

than people would give it credit for.

301

00:15:17,208 --> 00:15:17,750

For sure.

302

00:15:17,750 --> 00:15:22,458

It is just knowing what services are
and where to take advantage of them,

303

00:15:22,458 --> 00:15:23,750

how to take advantage of them.

304

00:15:23,750 --> 00:15:24,500

That's right. Right.

305

00:15:24,500 --> 00:15:26,666

Well, just like you were saying earlier
about our program,

306

00:15:26,666 --> 00:15:28,708

when you were like, I didn't
I had no idea this existed.

307

00:15:28,708 --> 00:15:30,000

We weren't into that all the time.

308

00:15:30,000 --> 00:15:34,083

And I felt like we were doing nothing
but going out and talking

309

00:15:34,083 --> 00:15:37,666

and putting magnets on our companions
cars and,

310

00:15:37,958 --> 00:15:40,125

you know, being in the paper
and being in the malls, I feel like

311

00:15:40,125 --> 00:15:44,250

we're just saturating the community
with our information in our name.

312

00:15:44,958 --> 00:15:47,583

But really, no, there's always people

313

00:15:47,583 --> 00:15:50,750

that are kind of in the recesses of things
that don't know about us.

314

00:15:51,041 --> 00:15:53,166

Well,
it speaks to the diversity of our city.

315

00:15:53,166 --> 00:15:54,083

Really? Oh, for sure.

316

00:15:54,083 --> 00:15:55,875

In our in the broader community
outside of Ogden,

317

00:15:55,875 --> 00:15:57,666

where the greater Ogden community,
if you will.

318

00:15:57,666 --> 00:16:00,500

Yeah, there's a lot of Ogden out there.

319

00:16:00,500 --> 00:16:02,041

And that's the beauty of Ogden is

320

00:16:04,000 --> 00:16:04,916

if you

321

00:16:04,916 --> 00:16:07,916

put yourself in new places
and new positions, you're going to

322

00:16:08,083 --> 00:16:09,708

you're going to see new things
and meet new people.

323

00:16:09,708 --> 00:16:10,250

Absolutely.

324

00:16:10,250 --> 00:16:13,250

There wasn't a single person
at that luncheon that I knew, oh,

325

00:16:14,333 --> 00:16:16,708

I don't, and usually I go places
I know somebody.

326

00:16:16,708 --> 00:16:18,875

Yeah, right. Not that day.

327

00:16:18,875 --> 00:16:22,166

And so it spoke to me
of, of a deeper engagement

328

00:16:22,166 --> 00:16:25,250

that I need to be doing which,
which is why we came part in part.

329

00:16:25,250 --> 00:16:26,791

Right, right. Of course.

330

00:16:26,791 --> 00:16:31,750

But it also speaks to the, the breadth
and depth of Ogden and my view,

331

00:16:32,208 --> 00:16:36,125

of course, there is such a diverse

332

00:16:36,333 --> 00:16:39,541

population and community
just right outside our, our doors.

333

00:16:39,541 --> 00:16:43,500

And, and that's
kind of the wonder about that too, is

334

00:16:43,750 --> 00:16:47,083

you would never think that, oh,
we've got an 80 year old senior companion

335

00:16:47,083 --> 00:16:50,083

that's going to visit on this client,
and they're being exposed

336

00:16:50,083 --> 00:16:55,041

to an entirely different way of life
or a culture or a religion.

337

00:16:55,375 --> 00:16:56,958

And that happens a lot, too.

338

00:16:56,958 --> 00:17:02,458

You know, what we share
and what we, what makes us different

339

00:17:03,041 --> 00:17:06,708

can also be an experience
for us to learn and, and bond like,

340

00:17:06,708 --> 00:17:08,416

oh, this person is teaching me.

341

00:17:08,416 --> 00:17:13,416

We have, one of our companions is
her client does genealogy,

342

00:17:13,791 --> 00:17:17,583

and she's doing the genealogy for
the companion and the companions, like,

343

00:17:18,291 --> 00:17:19,750

I never knew these people. Wow.

344

00:17:19,750 --> 00:17:24,791

And just so you're right,

it is so diverse here.

345

00:17:24,791 --> 00:17:25,416

And it is.

346

00:17:25,416 --> 00:17:28,416

There are so many opportunities

for us to learn and grow,

347

00:17:28,583 --> 00:17:29,833

through the people that we meet.

348

00:17:29,833 --> 00:17:31,750

It's amazing. Well, it goes for staff too.

349

00:17:31,750 --> 00:17:35,166

I also notice that, by the way,
your staff was very happy.

350

00:17:35,541 --> 00:17:36,583

Oh yeah. And kind.

351

00:17:36,583 --> 00:17:37,750

And the support staff,

352

00:17:37,750 --> 00:17:40,166

whether in the program
or in ancillary programs,

353

00:17:40,166 --> 00:17:42,250

we talked a lot about a lot of programs
a day. Right.

354

00:17:42,250 --> 00:17:45,500

We did, but everybody seemed joyful.

355

00:17:45,833 --> 00:17:46,375

Oh, yes.

356

00:17:46,375 --> 00:17:50,000

Just I just I just felt our sincere
connection to the work that they do.

357

00:17:51,708 --> 00:17:52,416

That is giving them

358

00:17:52,416 --> 00:17:55,958

a, a sincerity in their impact
and their purpose in life.

359

00:17:56,208 --> 00:17:56,875

For sure.

360

00:17:56,875 --> 00:17:58,041

For sure. Yes.

361

00:17:58,041 --> 00:18:02,875

And we kind of try to

when we do get people that are interested

362

00:18:02,875 --> 00:18:07,041

in our programs, particularly

the AmeriCorps seniors programs,

363

00:18:07,041 --> 00:18:12,250

there's three branches,

which I was just bombarding you with.

364

00:18:12,458 --> 00:18:15,000

I mean, it was just like,

oh, I've got your ear.

365

00:18:15,000 --> 00:18:17,208

Let me fill it with everything I know.

366

00:18:17,208 --> 00:18:18,958

Even though you're only here for an hour.

367

00:18:18,958 --> 00:18:21,583

But yes, it was the retired

368

00:18:21,583 --> 00:18:24,625

senior volunteer program

and the Foster Grandparent program.

369

00:18:24,625 --> 00:18:28,125

And when they come in

and they're interested in giving back,

370

00:18:28,541 --> 00:18:32,708

we can cater their interest or background

or fields of study that they had

371

00:18:32,708 --> 00:18:36,500

when they were younger to the area

that they would be able to serve

372

00:18:36,750 --> 00:18:39,708

and would provide

the most enjoyable experience for them.

373

00:18:39,708 --> 00:18:42,708

Do you ever come upon somebody

that just has such an amazing story

374

00:18:42,708 --> 00:18:45,666

to tell, that you feel like

it needs to be captured and

375

00:18:47,375 --> 00:18:47,541

monumented?

376

00:18:47,541 --> 00:18:50,541

Yes, actually all the time and

377

00:18:51,666 --> 00:18:56,125

then we had, Joe McQueen,

he was a companion on our program.

378

00:18:56,125 --> 00:18:58,541

He's kind of a an Ogden legend.

379

00:18:58,541 --> 00:19:00,625

Everybody knows Joe McQueen.

380

00:19:00,625 --> 00:19:03,625

And he was a companion on our program
for a lot, for a lot of years.

381

00:19:03,625 --> 00:19:06,166

And then he became a client.

382

00:19:06,166 --> 00:19:09,708

And so we in turn, were able to serve this

383

00:19:09,708 --> 00:19:13,375

pillar of our community,

in a way that, you know,

384

00:19:13,541 --> 00:19:16,541

kind of pay forward

what he had provided for our program.

385

00:19:17,041 --> 00:19:20,708

And I think that our seniors

386

00:19:20,958 --> 00:19:23,958

kind of go under the radar

a little bit, a lot.

387

00:19:23,958 --> 00:19:24,916

Yeah.

388

00:19:24,916 --> 00:19:28,250

And they have done amazing,

amazing things in their life.

389

00:19:28,250 --> 00:19:31,708

But to them, they were just living life
and they were just,

390

00:19:32,666 --> 00:19:35,208

you know,
it seemed so inconsequential to them.

391

00:19:35,208 --> 00:19:39,541

And then they'll just mention it just
capriciously one day and you're going,

392

00:19:40,541 --> 00:19:42,666

wow, no, wait.

393

00:19:42,666 --> 00:19:44,750

Can we
talk about that for a second? Right.

394

00:19:44,750 --> 00:19:49,125

Can we talk about, your experience with

prisoners of war that came and worked,

395

00:19:49,666 --> 00:19:53,833

you know, and can we talk about the impact
that that had on you, too?

396

00:19:53,833 --> 00:19:57,125

Then serve people

397

00:19:57,166 --> 00:20:00,875

of a certain nationality,
you know, that your

398

00:20:00,916 --> 00:20:04,666

your healing a hurt that you feel
we caused during this war.

399

00:20:04,666 --> 00:20:08,541

So I want to make sure I'm serving
a certain ethnicity or I want to pay back

400

00:20:08,958 --> 00:20:11,625

compassion and love to this person.

401

00:20:11,625 --> 00:20:13,166

I mean,

402

00:20:13,166 --> 00:20:17,458

I, I feel honestly like I could sit
any one of them down

403

00:20:17,833 --> 00:20:22,333

and they would have a story
that is worth freezing in time.

404

00:20:23,041 --> 00:20:25,708

But I think we all should have that story.

405

00:20:25,708 --> 00:20:28,708

Absolutely. Yeah, I think we do.

406

00:20:28,791 --> 00:20:31,125

But I ask that question

because we run into that occasionally

407

00:20:31,125 --> 00:20:34,125

to where there's somebody

that's so significant

408

00:20:34,125 --> 00:20:35,833

that has such an

important story to tell. It,

409

00:20:37,166 --> 00:20:37,625

I don't know.

410

00:20:37,625 --> 00:20:39,916

We take him for granted for sure. Right.

411

00:20:39,916 --> 00:20:41,458

We take each other for granted.

412

00:20:41,458 --> 00:20:44,041

A lot is part of the human condition,
I guess.

413

00:20:44,041 --> 00:20:45,125

Absolutely.

414

00:20:45,125 --> 00:20:48,125

But it's we have had,

415

00:20:49,625 --> 00:20:52,625

I've got a a lieutenant
here in the police department,

416

00:20:52,666 --> 00:20:56,958

who documents life stories
like that on his podcast.

417

00:20:56,958 --> 00:20:59,458

And sometimes we've connected him
with some of the people,

418

00:20:59,458 --> 00:21:03,791

the stories we've found, especially
around the veterans in past wars.

419

00:21:03,791 --> 00:21:06,208

They have so much to share,
so much to him.

420

00:21:06,208 --> 00:21:09,208

It's like it's really important
that we are

421

00:21:09,375 --> 00:21:12,041

mindful that, of course, of course it is.

422

00:21:12,041 --> 00:21:15,458

Yeah, I have said absolutely like 36
times.

423

00:21:15,458 --> 00:21:16,458

I'm just now realizing that.

424

00:21:16,458 --> 00:21:20,041

So every just every minute

I must be hitting the mark on some way.

425

00:21:20,083 --> 00:21:20,291

Yeah.

426

00:21:20,291 --> 00:21:23,500

I mean, I am just agreeing with
you just nailing it right.

427

00:21:24,625 --> 00:21:25,041

We'll just

428

00:21:25,041 --> 00:21:28,041

we'll just mark it up to that

total nailing it.

429

00:21:28,416 --> 00:21:32,958

But yeah, we encountered in fact,
a lady that I was talking to,

430

00:21:33,666 --> 00:21:37,875

was telling me about
when her dad came back from World War Two

431

00:21:38,416 --> 00:21:41,958

and was put on a government program

432

00:21:41,958 --> 00:21:45,791

where they helped them
get into housing and all of these things.

433

00:21:45,791 --> 00:21:48,791

And he was this tremendous

434

00:21:49,000 --> 00:21:52,000

war veteran,

435

00:21:52,125 --> 00:21:54,750

and he just came back from a war

436

00:21:54,750 --> 00:21:57,791

where he had won a an award.

437

00:21:57,791 --> 00:22:01,083

I don't know if necessarily

it was a Purple Heart, but he was a

438

00:22:01,083 --> 00:22:04,291

decorated war hero,

and he just came back and

439

00:22:04,875 --> 00:22:07,416

went back to business,

went back to normal life

440

00:22:07,416 --> 00:22:12,041

and just got a job and provided
for his family and just lived a relatively

441

00:22:12,833 --> 00:22:18,500

what, nice,
non incidental life after that.

442

00:22:18,791 --> 00:22:20,541

But he had done
all these tremendous things.

443

00:22:20,541 --> 00:22:22,541

And so I think you're absolutely right.

444

00:22:22,541 --> 00:22:26,000

And that we overlook those kinds of people
all the time that have done

445

00:22:26,750 --> 00:22:30,208

incredibly significant things
in their life, but are just

446

00:22:31,250 --> 00:22:32,958

going on with,

447

00:22:32,958 --> 00:22:35,625

you know, with life is as normal.

448

00:22:35,625 --> 00:22:39,333

You know, there's there's a reason
we call them Greatest generation.

449

00:22:40,125 --> 00:22:42,916

And part of
that is the humility of it all,

450

00:22:42,916 --> 00:22:46,458

the this, the fact that these sell- serve
so selflessly.

451

00:22:47,291 --> 00:22:51,708

But then ask for nothing in return,
including know not even any recognition.

452

00:22:52,666 --> 00:22:55,500

And there's so much beauty in that.

453

00:22:55,500 --> 00:22:57,500

And at the same time,

454

00:22:57,500 --> 00:22:59,625

it would be really beautiful to document
that.

455

00:22:59,625 --> 00:23:00,708

Right? Right, right.

456

00:23:00,708 --> 00:23:03,458

And so in my experience,
they don't want the credit.

457

00:23:03,458 --> 00:23:06,458

They're not eager to share because
they don't want to gloat or whatever.

458

00:23:06,958 --> 00:23:08,416

But it's really important.

459

00:23:08,416 --> 00:23:09,708

It is important.

460

00:23:09,708 --> 00:23:10,875

It is important to capture that.

461

00:23:10,875 --> 00:23:14,291

And it is important to acknowledge that.

462

00:23:14,916 --> 00:23:18,500

I think that that's, you know,
you talk about the generations

463

00:23:18,500 --> 00:23:20,000

and you talk about

the greatest generation,

464

00:23:20,000 --> 00:23:24,041

and everybody has their their

generational category that they fall into.

465

00:23:24,333 --> 00:23:28,875

And I feel as though

we're getting down to these generations

466

00:23:28,875 --> 00:23:33,250

that want recognition

for doing even the smallest of things.

467

00:23:35,375 --> 00:23:38,208

I know, you know, and so

468

00:23:38,208 --> 00:23:42,375

there's something that we all could learn,
I think, from, hey,

469

00:23:42,916 --> 00:23:45,875

there's this person that used to walked
by at the grocery store

470

00:23:45,875 --> 00:23:50,750

that has done tremendous things
and says nothing.

471

00:23:51,041 --> 00:23:52,708

So maybe we could learn
a little bit of you.

472

00:23:52,708 --> 00:23:55,208

I think we can all stand to use
a little bit of humility.

473

00:23:55,208 --> 00:23:58,333

You know, I love where you're headed, and
I love watching you tap dance around it,

474

00:24:00,125 --> 00:24:03,125

trying to be so diplomatic about it
like it's okay,

475

00:24:03,791 --> 00:24:08,416

just, you know, you just say, well, even
just like sometimes with, with my kids and

476

00:24:08,916 --> 00:24:14,291

and wanting, you know, my, my oldest
is going to be graduating from high school

477

00:24:14,291 --> 00:24:18,666

and they make this humongous deal
out of graduating high school.

478

00:24:18,666 --> 00:24:21,541

And you're just going, this is literally

the easiest part of life.

479

00:24:21,541 --> 00:24:23,500

So I know good job.

480

00:24:25,333 --> 00:24:26,291

It's only downhill.

481

00:24:26,291 --> 00:24:27,333

No, just kidding.

482

00:24:27,333 --> 00:24:28,083

But it's just

483

00:24:28,083 --> 00:24:29,125

yeah, things are just

484

00:24:29,125 --> 00:24:33,083

going to get more difficult

and there's going to be much bigger hills

485

00:24:33,083 --> 00:24:34,541

that you're going

to have to conquer in your life.

486

00:24:34,541 --> 00:24:37,666

But yeah, well, there are, you know,

487

00:24:38,833 --> 00:24:41,541

I was raised by parents that didn't make

a big deal out of birthdays at all.

488

00:24:41,541 --> 00:24:43,625

Like, at all.

489

00:24:43,625 --> 00:24:46,625

So drives my wife crazy to this day.

490

00:24:46,708 --> 00:24:49,000

But,

491

00:24:49,000 --> 00:24:50,875

I wonder if there's a partner out there

492

00:24:50,875 --> 00:24:53,958

that is a formal partner

493

00:24:53,958 --> 00:24:56,958

that does this specifically

that we should be more engaged with

494

00:24:57,791 --> 00:25:00,791

to where when we find these stories,

we capture them.

495

00:25:00,791 --> 00:25:02,750

There has to be,

496

00:25:02,750 --> 00:25:04,750

you know,

the timing of our conversation right now.

497

00:25:04,750 --> 00:25:08,625

We were planning on this coming up,
but I just yesterday gave it

498

00:25:08,625 --> 00:25:13,833

just a few remarks,
at an event to kick off the pioneer days.

499

00:25:14,416 --> 00:25:17,416

Oh, right. And it was a convocation. And

500

00:25:18,583 --> 00:25:21,333

the theme is The pioneers.

501

00:25:21,333 --> 00:25:24,583

And we take for granted
the fact that we had pioneers

502

00:25:24,583 --> 00:25:25,625

that came here and settled in.

503

00:25:25,625 --> 00:25:29,416

How much faith, how much family
and how much community, right.

504

00:25:29,625 --> 00:25:34,000

Oh, and reliance on one another
and reliance on ourselves to get here.

505

00:25:34,000 --> 00:25:37,000

And that how much that carries
through in our culture today.

506

00:25:37,125 --> 00:25:37,375

Right.

507

00:25:37,375 --> 00:25:40,250

It's like built within us now,
of course. Right.

508

00:25:40,250 --> 00:25:43,625

And the same is said for this,
for the greatest generation,

509

00:25:44,250 --> 00:25:47,250

these stories,
we stand on their shoulders.

510

00:25:47,583 --> 00:25:53,083

And the reason that we had that event was
so that we could stop taking for granted.

511

00:25:53,083 --> 00:25:57,625

The reason we have pioneers days
is to celebrate it and remember right.

512

00:25:58,250 --> 00:26:03,250

And to honor it
because we owe it to our pioneers.

513

00:26:03,791 --> 00:26:05,958

We do to be our best, right?

514

00:26:05,958 --> 00:26:08,833

Instead of just taking all of this
that we have for granted right?

515

00:26:10,000 --> 00:26:13,000

And as a reminder
that we're all pioneers in our own ways.

516

00:26:13,125 --> 00:26:15,166

We are right. Right.

517

00:26:15,166 --> 00:26:18,166

And what do we do with this responsibility
that we inherited

518

00:26:18,833 --> 00:26:20,791

and how will future generations

look back on us?

519

00:26:20,791 --> 00:26:24,708

Well in even acknowledging that
we have a responsibility we did inherit

520

00:26:24,708 --> 00:26:29,708

a responsibility that we that we have
instead of I mean, I set up a family.

521

00:26:29,750 --> 00:26:31,541

I could never be a pioneer.

522

00:26:31,541 --> 00:26:33,625

Like I would just like,
lay down and give up.

523

00:26:33,625 --> 00:26:36,583

I would never be able to go through
what they went through to come here

524

00:26:36,583 --> 00:26:39,583

and bring me and get their family here
and make a home here and

525

00:26:39,750 --> 00:26:41,375

all of those things.

526

00:26:41,375 --> 00:26:44,833

But I can acknowledge
that I have a responsibility

527

00:26:44,833 --> 00:26:46,750

in keeping those stories alive.

528

00:26:46,750 --> 00:26:50,125

I can acknowledge that I have
a responsibility in teaching my children,

529

00:26:50,458 --> 00:26:54,291

that we do stand on the shoulders

of the people that came before us.

530

00:26:55,083 --> 00:26:58,875

I think that sometimes
traditions and stories and things are lost

531

00:26:58,875 --> 00:27:03,541

throughout the generations, and I think
we all have that responsibility,

532

00:27:03,541 --> 00:27:09,166

and it is a great time for us all
to take a second to really ask ourselves,

533

00:27:09,375 --> 00:27:13,291

what are we doing to keep those stories

534

00:27:13,291 --> 00:27:17,041

going and to honor
those that paved the way for us?

535

00:27:17,208 --> 00:27:18,583

Right? Right.

536

00:27:18,583 --> 00:27:22,125

And part of what we're doing
is what you're doing, your help.

537

00:27:22,125 --> 00:27:24,666

So you're keeping a program going. That

538

00:27:25,666 --> 00:27:27,041

brings the people

539

00:27:27,041 --> 00:27:30,416

to the people that live these lives
and have these kinds of stories.

540

00:27:30,416 --> 00:27:31,958

Right, right.

541

00:27:31,958 --> 00:27:32,291

To do it.

542

00:27:32,291 --> 00:27:36,166

54% of the pioneers

were under the age of 18.

543

00:27:36,541 --> 00:27:38,000

Yeah.

544

00:27:38,000 --> 00:27:39,583

No, I did not. Yeah.

545

00:27:39,583 --> 00:27:43,083

And so the speaker, the the main speaker,

546

00:27:44,666 --> 00:27:46,083

Brad Wilcox asked

547

00:27:46,083 --> 00:27:49,083

if you're under the age of 18,
stand up and is about 54% of the crowd.

548

00:27:50,291 --> 00:27:53,250

And it was amazing to look out
in the crowd to see the young faces,

549

00:27:53,250 --> 00:27:56,250

including my two daughters, 14 and 15,

550

00:27:56,416 --> 00:27:59,208

and what they would have gone through
and how hard that would have been.

551

00:27:59,208 --> 00:27:59,875

Right.

552

00:27:59,875 --> 00:28:02,791

I'm going to take this information
right home today.

553

00:28:02,791 --> 00:28:05,791

Are you going to take it
straight home to my kids?

554

00:28:06,583 --> 00:28:08,375

Just what you thought
we'd be talking about, right?

555

00:28:08,375 --> 00:28:12,583

Well, I mean, yeah, but honestly,
it goes to show the significance

556

00:28:12,583 --> 00:28:16,125

of the interactions your companions
are having, though, for sure it does it.

557

00:28:16,750 --> 00:28:17,958

For sure it does.

558

00:28:17,958 --> 00:28:21,916

And having a brand like having this person
to share their experience

559

00:28:21,916 --> 00:28:26,208

with them, it's
going to be new and having somebody

560

00:28:27,000 --> 00:28:29,958

that will take that
as fresh information and not oh

561

00:28:31,000 --> 00:28:32,125

mom's telling this story

562

00:28:32,125 --> 00:28:35,125

again, or oh, I've heard this story
a million times or

563

00:28:35,916 --> 00:28:38,291

I think that

that we could definitely incorporate that.

564

00:28:38,291 --> 00:28:40,333

We do have,

565

00:28:40,333 --> 00:28:43,000

you know, as our clients

kind of near the end of their age,

566

00:28:43,000 --> 00:28:46,000

they or at the end of their life,

they want to

567

00:28:46,416 --> 00:28:49,916

write letters to their children

or they want to write their life story.

568

00:28:49,958 --> 00:28:50,333

Yeah.

569

00:28:50,333 --> 00:28:54,291

And I think that this would be just like
you said when bringing up Pioneer Day.

570

00:28:54,291 --> 00:28:57,583

This would be a good opportunity
for me to talk to all of my companions

571

00:28:57,583 --> 00:29:00,583

about getting the life stories
of their clients.

572

00:29:00,791 --> 00:29:02,500

Maybe there are some
that haven't shared that,

573

00:29:02,500 --> 00:29:06,291

or maybe there's experiences
that haven't been shared or I mean,

574

00:29:06,625 --> 00:29:09,541

I think that would be a good opportunity
to bring those up so that we could

575

00:29:10,666 --> 00:29:13,125

acknowledge

them, right, and carry them forward.

576

00:29:13,125 --> 00:29:15,666

Well, maybe I'll take this chance to

577

00:29:15,666 --> 00:29:18,125

to see who out there is

578

00:29:18,125 --> 00:29:21,000

well-positioned to help us document
these things

579

00:29:21,000 --> 00:29:23,833

in a more like, in a more formal

580

00:29:23,833 --> 00:29:26,500

way, in a more structured way that is.

581

00:29:26,500 --> 00:29:29,500

So it takes resources to do it in a
in scale, right?

582

00:29:29,500 --> 00:29:32,958

There has to be somebody that collects
this kind of,

583

00:29:34,583 --> 00:29:35,750

this kind of information.

584

00:29:35,750 --> 00:29:39,208

Well, there's like I remember
NPR did like the stories.

585

00:29:40,500 --> 00:29:43,125

I'm not naming it the right thing, but

586

00:29:43,125 --> 00:29:46,000

it's out there

and, and we've done some of it

587

00:29:46,000 --> 00:29:50,916

through a grant that we, that we had

where we could reach out to the,

588

00:29:50,958 --> 00:29:54,041

to pass participants in various parts

of our history who could tell the stories.

589

00:29:54,375 --> 00:29:55,041

Right.

590

00:29:55,041 --> 00:29:58,208

And Shane does it more as a hobby

because he sees the significance

591

00:29:58,208 --> 00:30:00,625

and importance of it,
and he finds fulfillment for that. But

592

00:30:01,666 --> 00:30:02,791

anyway, we're down a rabbit hole.

593

00:30:02,791 --> 00:30:05,041

Yes, we absolutely go down a rabbit hole.

594

00:30:05,041 --> 00:30:06,250

And it was great.

595

00:30:06,250 --> 00:30:09,291

But these are the kinds of conversations

I had around the table too.

596

00:30:09,583 --> 00:30:11,000

Right. This is not uncommon.

597

00:30:11,000 --> 00:30:12,125

No. Right.

598

00:30:12,125 --> 00:30:13,125

No, it's not uncommon.

599

00:30:13,125 --> 00:30:16,791

And even I think even in our own,
our own families,

600

00:30:17,125 --> 00:30:20,750

my mom's a member of the DUP,
the daughters of Utah Pioneers and

601

00:30:21,333 --> 00:30:22,750

she knows all of the stories.

602

00:30:22,750 --> 00:30:24,500

And I'm kind of like one of those people

603

00:30:24,500 --> 00:30:27,916

that I'm talking about where I'm like,
oh yeah, tell me the story about how,

604

00:30:28,458 --> 00:30:31,875

you know, our our ancestor
made a stick out of your doll.

605

00:30:31,875 --> 00:30:33,500

Out of a stick again.

You know what I mean?

606

00:30:33,500 --> 00:30:37,750

But but that story to somebody
else would be, oh my word, please.

607

00:30:37,750 --> 00:30:38,833

Like, tell me more.

608

00:30:38,833 --> 00:30:42,125

So I think that we all have access
to a treasure

609

00:30:42,125 --> 00:30:46,041

trove of stories that we we need.

610

00:30:46,208 --> 00:30:46,541

Right?

611

00:30:46,541 --> 00:30:48,250

How long have you been director
for this program?

612

00:30:48,250 --> 00:30:50,291

Five years. Five years? Yes.

613

00:30:50,291 --> 00:30:52,541

Other. Is there a story or an example?

614

00:30:52,541 --> 00:30:54,916

Is like your favorite
that you want to share?

615

00:30:54,916 --> 00:30:56,000

Oh my gosh, yes.

616

00:30:56,000 --> 00:30:57,166

Or experiences.

617

00:30:57,166 --> 00:30:59,375

Let me just let me just think about it.

618

00:30:59,375 --> 00:31:01,125

Try to get it down to one okay. Yes.

619

00:31:01,125 --> 00:31:03,125

Try to it try to get it down to one.

620

00:31:03,125 --> 00:31:04,000

Okay.

621

00:31:04,000 --> 00:31:04,750

Yes.

622

00:31:04,750 --> 00:31:07,208

There was this gentleman that

623

00:31:08,833 --> 00:31:09,833

I met with,

624

00:31:09,833 --> 00:31:12,833

and he was just a gruff

625

00:31:13,458 --> 00:31:17,958

kind of, maybe borderline in on cynical

626

00:31:18,500 --> 00:31:21,250

when we met him

and brought him onto the program.

627

00:31:21,250 --> 00:31:24,375

And I, my coordinator
and I were just talking

628

00:31:24,375 --> 00:31:27,791

about who we could assign him to
because he was he was kind of a tough one.

629

00:31:28,291 --> 00:31:31,625

But I did find another gentleman

630

00:31:31,875 --> 00:31:37,291

that, could go and visit him,
and I got a call from this.

631

00:31:37,625 --> 00:31:42,291

This client, it was maybe a month, month
and a half later,

632

00:31:43,125 --> 00:31:47,166

and he sounded like
a completely different person.

633

00:31:47,750 --> 00:31:49,375

Just.

634

00:31:49,375 --> 00:31:51,541

And at first, I didn't recognize him,
and I couldn't

635

00:31:51,541 --> 00:31:54,541

quite place his name with.

636

00:31:54,708 --> 00:31:57,416

I just couldn't quite identify him
because he was so different.

637

00:31:57,416 --> 00:32:00,833

And he was telling me that his companion

638

00:32:00,833 --> 00:32:04,125

took him on a walk

just along the the river walk.

639

00:32:04,708 --> 00:32:07,458

And, they sat and

640

00:32:07,458 --> 00:32:10,625

and chatted and he said, I didn't

641

00:32:10,625 --> 00:32:13,625

even know that, that that place is just
a couple of miles from where I live.

642

00:32:13,625 --> 00:32:15,375

And I didn't even know it was there.

643

00:32:15,375 --> 00:32:18,375

And he said,

I got to sit out in the sun and

644

00:32:18,500 --> 00:32:21,375

and talk about things
that I hadn't talked about in a long time,

645

00:32:21,375 --> 00:32:25,166

like when I was in high school and
and when I joined the service and

646

00:32:26,208 --> 00:32:29,083

I, I just feel so good.

647

00:32:29,083 --> 00:32:31,875

I haven't felt like that in so long.

648

00:32:31,875 --> 00:32:34,875

I haven't even felt the sun
on my face in so long.

649

00:32:35,166 --> 00:32:40,125

And it just gave me pause
because this was the same person

650

00:32:41,083 --> 00:32:43,875

in his apartment with the shades drawn,

651

00:32:43,875 --> 00:32:47,000

and it was dark and it was it.

652

00:32:47,208 --> 00:32:51,458

There wasn't a great feeling there,

and you didn't get a great energy

653

00:32:51,458 --> 00:32:55,166

from him, and all of the sudden

he was just

654

00:32:56,083 --> 00:32:59,250

chipper and chatty and so excited

655

00:32:59,250 --> 00:33:05,041

to share this simple experience

that he had that had transformed him.

656

00:33:05,041 --> 00:33:08,041

And his entire outlook. Simple.

657

00:33:08,625 --> 00:33:11,208

Yeah. It wasn't

658

00:33:11,208 --> 00:33:12,500

anything that cost any money.

659

00:33:12,500 --> 00:33:13,791

It wasn't anything huge.

660

00:33:13,791 --> 00:33:16,791

It was literally taking him to

661

00:33:17,750 --> 00:33:21,708

a walking path two miles from his house
and letting him sit in the sun.

662

00:33:22,333 --> 00:33:22,833

How simple.

663

00:33:23,916 --> 00:33:26,916

How simple, but how significant to

664

00:33:27,208 --> 00:33:30,000

hey, it's so simple and stupid,
but at the same time it's so significant.

665

00:33:30,000 --> 00:33:33,000

It's really it's serious. It's profound.

666

00:33:33,500 --> 00:33:35,166

I remember I was in New York City
one time.

667

00:33:35,166 --> 00:33:36,416

It was just overcast.

668

00:33:36,416 --> 00:33:41,208

I was like in the winter, cold,
gray and just kind of gloomy.

669

00:33:41,875 --> 00:33:44,166

And New York City is an amazing city.

670

00:33:44,166 --> 00:33:46,250

No matter the time of year,
there's always stuff to do.

671

00:33:46,250 --> 00:33:48,500

But when you spend enough time there,
especially from here,

672

00:33:48,500 --> 00:33:51,583

where I'm used to mountains
and sunshine and skies, right?

673

00:33:52,541 --> 00:33:55,375

I didn't realize how much I was struggling
until the moment I broke

674

00:33:55,375 --> 00:33:58,375

out of the buildings
to go see the Statue of Liberty, and

675

00:33:58,541 --> 00:34:01,750

the sun was out, and I got out
out of the shadows of the buildings.

676

00:34:02,333 --> 00:34:05,333

I'll never forget how that sunlight
made me feel in that moment.

677

00:34:05,875 --> 00:34:08,500

It reinvigorated me, like, immediately.

678

00:34:08,500 --> 00:34:09,708

And there's a science to that, right?

679

00:34:09,708 --> 00:34:12,250

It's the sun exposure and the environment.

680

00:34:12,250 --> 00:34:14,000

Whatever comes with it.

681

00:34:14,000 --> 00:34:17,666

But can you imagine going months on end

682

00:34:18,750 --> 00:34:21,750

without it? No.

683

00:34:21,833 --> 00:34:24,500

And just your home becoming

684

00:34:24,500 --> 00:34:27,375

confining to you?

685

00:34:27,375 --> 00:34:28,875

Yeah. Like that's the Mac.

686

00:34:28,875 --> 00:34:31,416

That's the boundaries of your world.

Right?

687

00:34:31,416 --> 00:34:32,958

Well, you're you're doing a good job.

688

00:34:32,958 --> 00:34:34,625

You're doing a great thing. Thank you.

689

00:34:34,625 --> 00:34:37,750

You're you're expanding the boundaries
of the of the world for a lot of people.

690

00:34:38,458 --> 00:34:41,375

And,

I have to think, and maybe you've done

691

00:34:41,375 --> 00:34:44,375

informal analysis,

but if you were to compare

692

00:34:44,916 --> 00:34:47,083

life expectancy

or quality of life measures

693

00:34:47,083 --> 00:34:49,541

for those that are in the program versus

those that are not,

694

00:34:49,541 --> 00:34:52,458

of course, I have to think you'd see

a significant difference.

695

00:34:52,458 --> 00:34:53,250

Absolutely.

696

00:34:53,250 --> 00:34:56,791

Even, and just studying the effects

697

00:34:56,791 --> 00:35:00,875

of socialization

and getting outside and being active

698

00:35:00,875 --> 00:35:05,791

on reducing chronic conditions,

chronic pain, depression,

699

00:35:06,541 --> 00:35:09,541

I mean, it is it's amazing

to see those statistics.

700

00:35:09,750 --> 00:35:14,916

And also just a side note, Utah,

like in the course of,

701

00:35:14,916 --> 00:35:19,625

our nation, we're the third largest

as far as an aging population goes.

702

00:35:19,958 --> 00:35:20,875

We're aging.

703

00:35:20,875 --> 00:35:24,125

Our aging population is growing
the third fastest in our entire nation.

704

00:35:24,125 --> 00:35:28,708

So we will eventually have
I can't quite remember which year it is.

705

00:35:29,250 --> 00:35:31,541

I just barely had it on my head.

706

00:35:31,541 --> 00:35:33,833

But it is.

There will be a time in the next.

707

00:35:33,833 --> 00:35:37,666

I think it's by 2030, where the seniors

708

00:35:37,666 --> 00:35:41,041

will outnumber the, people under 18.

709

00:35:41,416 --> 00:35:42,375

Wow. So

710

00:35:43,333 --> 00:35:44,125

it's it's

711

00:35:44,125 --> 00:35:47,333

important to focus on our senior
population.

712

00:35:47,500 --> 00:35:52,541

So is and I appreciate you
coming to visit with us today.

713

00:35:52,541 --> 00:35:53,416

Thank you for having me.

714

00:35:53,416 --> 00:35:57,041

I think this is such a great example
of the importance of the seventh pillar

715

00:35:57,708 --> 00:36:00,208

and meaningful social interactions, right?

716

00:36:00,208 --> 00:36:00,750

You guys?

717

00:36:00,750 --> 00:36:03,458

Thank you. It cannot be understated.

718

00:36:03,458 --> 00:36:07,041

So we talked a little bit
about how to get involved in the program.

719

00:36:07,041 --> 00:36:10,000

Can you share more about

if anybody who's watching?

720

00:36:10,000 --> 00:36:10,791

Oh, you're thinking

721

00:36:10,791 --> 00:36:13,791

this might be a good thing for me
or for somebody that you know

722

00:36:14,041 --> 00:36:14,750

to participate in it?

723

00:36:14,750 --> 00:36:16,875

Can you give us more information
on how to get connected? Yes.

724

00:36:16,875 --> 00:36:17,333

Of course.

725

00:36:17,333 --> 00:36:24,416

You can just, go to weberhs.net
and click on the volunteer services there

726

00:36:24,416 --> 00:36:27,416

and it will show you
the different AmeriCorps seniors programs.

727

00:36:27,583 --> 00:36:30,041

Or you can contact me directly.

728

00:36:30,041 --> 00:36:33,500

And we would
I would just love to to chat with you.

729

00:36:33,500 --> 00:36:35,500

If you're interested
in being a part of our program.

730

00:36:35,500 --> 00:36:35,833

Okay.

731

00:36:35,833 --> 00:36:38,875

We'll put your contact info
on the bottom of the wonderful.

732

00:36:39,041 --> 00:36:40,750

We're somewhere like right here.

733

00:36:40,750 --> 00:36:42,125

Like. Yeah, right. Like this.

734

00:36:42,125 --> 00:36:42,625

Yeah, yeah.

735

00:36:42,625 --> 00:36:45,041

Not here or here so much,
but like we're here.

736

00:36:45,041 --> 00:36:46,041

Yeah. Okay. Tommy boy.

737

00:36:49,125 --> 00:36:52,083

Only people of a certain
age would ever get that reference, right?

738

00:36:52,083 --> 00:36:54,791

I think that's the only pop culture
reference I've ever gotten, actually.

739

00:36:54,791 --> 00:36:57,791

So it goes to show you how mature I am.

740

00:36:57,958 --> 00:36:59,958

And we do. Right?

741

00:36:59,958 --> 00:37:03,500

Well, we like to kind of wrap up our shows
with the call to action.

742

00:37:03,708 --> 00:37:04,000

Okay.

743

00:37:04,000 --> 00:37:07,125

And I'm really hopeful

there's people out there that

744

00:37:07,875 --> 00:37:10,875

feel a connection to this calling.

745

00:37:11,291 --> 00:37:11,916

Certainly.

746

00:37:11,916 --> 00:37:15,083

And so I think that's a really good call

to action for for today's episode.

747

00:37:15,625 --> 00:37:19,541

If this is something that resonates

with you, if you find yourself

748

00:37:19,750 --> 00:37:22,708

longing for more connection,

749

00:37:22,708 --> 00:37:25,250

whether you know somebody that needs
that connection and wants to participate

750

00:37:25,250 --> 00:37:28,416

in the program, whether as a client
or as a companion, right?

751

00:37:28,541 --> 00:37:30,583

Right. Either or. Yeah, right.

752

00:37:30,583 --> 00:37:33,583

Get in touch with the information here.

753

00:37:33,833 --> 00:37:35,625

Not so much here or here,

754

00:37:36,791 --> 00:37:39,791

but right here.

755

00:37:40,416 --> 00:37:41,958

Get in touch with the program.

756

00:37:41,958 --> 00:37:43,833

Become become a companion

757

00:37:43,833 --> 00:37:47,583

or become a client and build a bond
and build a bridge. Yes.

758

00:37:47,583 --> 00:37:48,750

With our fellow man. Right.

759

00:37:48,750 --> 00:37:50,833

You would love to have you. Just. Awesome.

760

00:37:50,833 --> 00:37:52,375

Thank you so much for being here.

761

00:37:52,375 --> 00:37:55,375

That is another episode of the Ogden Way
podcast.

762

00:37:55,458 --> 00:37:59,375

Again, we we tell the stories of Ogden
by telling the story of Ogden's people.

763

00:37:59,625 --> 00:38:03,375

And today we're thankful to have you
and thank you for being one of our people.

764

00:38:03,375 --> 00:38:05,083

Thank you for making our city better.

765

00:38:05,083 --> 00:38:08,416

And thank you for being everything
that is the Ogden way.

766

00:38:08,958 --> 00:38:09,250

Thank you.