

YOUTH CORNER

Good Samaritan: Sustainable Home for Seniors

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My mom's professor, Dr. Ingman, lives in the Good Samaritan Senior community. Recently Dr. Ingman was always talking to my mom about sustainable senior community, I had no idea what that was and one day we got to visit him.

There is a total of 500 - 600 people in Good Sam, that includes the people who live in the nursing home, assisted living, and independent living. In the community, there is one large apartment building for assisted living, and independent living. Inside, there is a dining room, activity rooms, conference room, library, a small store, and a hair salon. Another building is for nursing home residents. There is a total of 60 independent houses surrounding the community. Some of the buildings are old and there are small holes on the side of the buildings because of woodpeckers, but some are new too, which is good.

Dr. Ingman and his sustainable committee have started a lot of projects to make the community energy saving, better for the environment, and make the community long-lasting. For example, right now, they have been trying to make the ground look better and make the community look healthier. To do this, they need to plant more plants. Because the residents want to do this, they planned that anyone in the community can adopt a plot of land to plant whatever they like and be responsible for that plot of land. As a

result, the community will need a lot of fertilizer. The committee encourages the residents to bring kitchen waste like leftovers and green waste to a small hut.



When residents plant, they could go to the hut whenever they like and get some fertilizer for their plants. For one special garden, they got a plant expert to build a butterfly garden, and the garden is supposed to attract butterflies. In the spring when Monarch butterflies fly from Mexico to Canada, the garden would be interesting and pretty.

The residents also wanted more benches, so they can rest in the community. Some of the residents bought benches and some people helped set up benches too. The benches had to be long-lasting, so they don't fall apart after a long time.



Another example is that Dr. Ingman has been making solar panels for some lights and other objects that run on electricity so the community would always have electricity. I was told that years ago, the staff of the community painted the flat roofs white, the color white can reflect off heat, so they don't have to turn on the AC as frequently and thus save energy.

These projects are very sustainable and save energy. The residents will also like them, so they are more likely to stay. The residents can benefit a lot from these projects, for example exercising, socializing, and getting fresh air. The community will get benefits too, for example attracting more elders to live in their senior community. If the community keeps on and can maintain these helpful projects then it will be sustainable, and the community will last for a very long time.

