



**thrill of a lifetime** defines an ultimate, life-enriching experience. From the most grandiose to the deeply personal, thrills generate anticipation, excitement, satisfaction and memories. And, best of all, thrills are ageless – as meaningful to young children as they are to 80, 90, even 100-year-olds. Thrill of a Lifetime By Eskaton promotes this all-inclusive spirit by coordinating individual and group thrills for Eskaton community living residents and home-based support participants.

## goals

1. Demonstrate that older adults are vital individuals who live in the present and value the future.
2. Provide thrills for older adults and help make their joy contagious.
3. Provide an opportunity for local organizations, businesses and other prospective sponsors and volunteers to support a unique public-interest initiative.

## implementation

Eskaton encourages its community residents and program participants to share with staff their “thrill of a lifetime” – no matter how big or small, wild or silly. Eskaton’s commitment, then, is to make happen as many of these thrills as possible. Thrills can range from the extreme, such as skydiving, helicopter rides and swimming with dolphins; to the sublime, such as a visit with great grandkids, a computer to stay in touch with family, and backstage passes to a ballgame or concert. Each prospective thrill is evaluated and prioritized based on criteria including the individual’s health and safety; the practicality and feasibility of implementation; the cost and prospect of securing sponsors and volunteers; and the potential to inspire others. A balance of individual and group or “shared” thrills is a factor as well.

## sponsors and volunteers

Everyone involved in fulfilling a “thrill of a lifetime” becomes inspired. The enjoyment and satisfaction is contagious. For this reason, and to maximize and expand thrilling opportunities, Thrill of a Lifetime By Eskaton invites organizations, businesses and individuals to participate as sponsors and volunteers. Time, donated products and services, and financial support all contribute to the success of the initiative. Pilots, performers, philanthropists, boat owners, caterers, limo drivers, clubs and fun-loving individuals – we welcome your involvement.

To sponsor, volunteer, support or recommend a participant for Thrill of a Lifetime By Eskaton, contact: Suzanne Strassburg at 916-334-0810 or [suzanne.strassburg@eskaton.org](mailto:suzanne.strassburg@eskaton.org).