

Bishop's Commons at St. Luke: The Intergenerational Heart of Oswego

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Located within the residential area of Oswego is Bishop's Commons at St. Luke. To the average person, Bishop's Commons is the beautiful building on East River Road that you pass on the way to or from Syracuse. With its graceful presence and vast-feeling landscape, Bishop's Commons is more than just something pretty to look at. This site provides opportunity and perspective to the students of SUNY Oswego and continuously supports the community with its excellent services and care to its residents.

Bishop's Commons at St. Luke is an assisted-living facility devoted to "enriched living" that carefully nurtures elderly residents within the Oswego community. The residents of Bishop's Commons are encouraged to make connections and utilize the different services available to them—from game and trivia nights to shopping trips and sunset concerts—some of which are hosted by SUNY Oswego students like Jacob Lupino.

A senior who majors in Wellness Management, Lupino is an intern at Bishop's Commons where he hosts weekly fitness classes for the residents. He feels pride in how his interactions with residents have allowed him to grow and adapt his approach, speaking fondly of the residents who attend his sessions. Learning about their lives and adjusting his program to meet their needs, Lupino sees these relationships as the heart of what he does. He wants to continue to improve the lives of the people that live here as they have been compassionate and kind to him during his internship.

Although there is a focus on the residents that live there, Bishop's Commons also sponsors events for all members of the community. They recently had an easter egg hunt that was open to the general public. Lupino was particularly impressed by this as he notes that "this is something they don't have to do, but they do it anyway because they care about the community. It's amazing to me and it makes me proud to work here."

Bishop's Commons does its part by taking care of a typically underrepresented population in most communities, while also directly giving back to the community through fundraisers and events. Elderly people are the heart and history of the community. Bishop's Commons honors this by harmonizing people in all stages of life and spreading kindness all throughout Oswego.