

Penn State **EXTENSION**

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Ideas for Intergenerational Living

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From the Editor

As always, lots going on in the intergenerational field. In this issue of "Ideas for Intergenerational Living," we share some ideas for funding intergenerational programs, and provide the usual information canopy of new resources and gatherings for the intergenerationally minded.

Please stay in touch.

Matt Kaplan, Associate Professor
Intergenerational Programs and Aging
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grow
Intergenerational Bonds

PENNSTATE



an **OUTREACH**
Program of
the **College of
Agricultural
Sciences**



Family members play "From Me to We," a new intergenerational activity piloted at PA Ag Progress Days 2006.

Thoughts on Funding Your Intergenerational Program

Matt Kaplan, Penn State University

If you are developing an intergenerational program, and you can ask only one question, what would it be? From the e-mails and telephone calls I get, my strong guess is that most of you would say: “How do I get (more) funding for my program?” So, here are some recommendations regarding strategy.

1. **Be An Active Information Gatherer and Networker.** A good proposal for funding demonstrates an awareness of the work others in the field are doing. In the intergenerational arena, there are all sorts of ways to learn about, and connect with, those who are doing innovative work. Some resources include: the i-PATH system (Generations United’s new online system—can be accessed at www.gu.org), the Journal of Intergenerational Relationships (published by Haworth Press, includes a “program profiles” feature, which highlights diverse intergenerational programs from countries around the world), and intergenerational conferences (e.g., the biannual conferences of Generations United and the International Consortium of Intergenerational Programmes: <http://conferences.vu.edu.au/icip/information.htm>). Some resources describe a range of funding sources. For example, nearly 200 federal grant opportunities are identified in an online catalogue that can be accessed at: <http://www.whitehouse.gov/government/fbci/GrantCatalog2005.pdf>.
2. **Emphasize outcomes that matter to the targeted funding source:** I have yet to find a foundation that has as its central mission to support intergenerational programs per se. The intergenerational component is most compelling when it is presented as a (more) effective/relevant/innovative strategy to provide child care, promote environmental education, enhance academic achievement for high school-aged youth, or lead to other outcomes that meet community needs.
3. **Emphasize collaboration:** In a world of tight resources, it is understandable that many foundations are moving away from supporting singular, non-sustainable projects. The intergenerational angle can be compelling for funders looking for proposals that emphasize collaboration and resource sharing among local organizations.
4. **Demonstrate broad support for your proposal:** Strong letters of support from diverse partners reflects a collaborative way of working and the ability to tap into local resources and networks.

CONFERENCES

ICIP International Conference

(Connecting Intergenerational Communities Through Creative Exchange Conference), June 26–29, 2006 in Melbourne, Australia. For more information, go to: <http://conferences.vu.edu.au/icip/information.htm>.

Uniting the Generations: Japan Conference to Promote Intergenerational Programs and Practices

August 2-5, 2006. For more information go to: <http://intergenerational.cas.psu.edu/Events.html>.

The Golden Opportunity – Today's Grandparents

Andrea Bressler, CFCS, M.S.
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Spring Is In The Air!

I'm sure you've noticed! The sun is rising earlier in the morning, and it's staying light longer in the evening! Spring has arrived!! Compared to recent years, this past winter was mild; but most folks are still looking forward to spending more time out of doors.

This is a great time of year to explore the outdoors with your grandchild. Your grandchild will enjoy looking with you at the early spring flowers and the buds opening on the trees. So, take some time to talk about this new growth. Listed below are some suggested spring time activities for the two of you:

- Take a tour of your yard. Talk about the different types of plants in your yard. Which trees lose their leaves? Can you see any bird nests left from the previous year? Does your yard contain any mole mounds?
- Talk about the different colors of the plants and grass. Why is the grass brown? Look for different colors in the various blossoms, buds, ground covers, etc.
- Walk around your neighborhood or local community park, and look for more signs of spring. You can extend this time by planning ahead and packing a few sandwiches or snacks. The first picnic of the spring is a great way to celebrate your together time.

Outdoor Play Activities

Take advantage of these windy days, gather your coats, and head outside. Make streamers from crepe paper, or give your grandchildren scarves to hold in the wind. A paper plate kite is easy to make.

Paper Plate Kites

1 paper plate per child

Ribbon (3 pieces, 30 inches long per child)

Optional: one 6-8 foot long piece of ribbon per child

Make three holes, equally spaced, in the bottom of the paper plate. Place each end of the short pieces of ribbon through a hole in the plate. Bring together the six ends of ribbon on the bottom of the plate and tie them in a knot. Children can hold the knot and run to make their kites fly in the wind. On windy days, tie an extra 6-8 foot long piece of ribbon to the knot to fly the kite in the wind.

Make Your Own Bubbles

½ cup hand dish washing detergent
5 cups water

Gently stir dish washing detergent and water. Hand out bubble wands, berry baskets, plastic soda can holders, etc. for bubble blowing fun.

Rainbow in a Jar

Gallon jar

Water

Food color

Fill the jar with water. Add a drop of food coloring to the jar of water. Watch the color spread in the water. Add a second drop of food coloring. See how the color changes and how it moves in the jar.

(Continued on page 4)

(Continued from page 3)

More colors can be added as desired. Empty the jar outside or pour into a watering can to water spring bulbs and shrubbery.

Books for Outdoor Reading

A Tree Is Nice

By Janice May Udry
Illustrated by Marc Simont
Publisher: Harper Trophy

The Rose in My Garden

by Arnold Lobel
Illustrated by Anita Lobel
Publisher: Morrow

Have You Seen Trees?

By Joanne Oppenheim
Illustrated by Jean and Mou-Sien Tseng
Publisher: Scholastic, Inc.

The Carrot Seed

by Ruth Krauss
Illustrated by Crockett Johnson
Publisher: Harper

Planting A Rainbow

By Lois Ehlert
Illustrated by Lois Ehlert
Publisher: Harcourt Brace and Co.

The Teddy Bears' Picnic

by Jimmy Kennedy
Illustrated by Alexandra Day
Publisher: Green Tiger Press



Source: *Kids in the Outdoors, Better Kid Care Training Module, Penn State Cooperative Extension*

Penn State Collegiate 4-H Goes Intergenerational

Barbie Deeter, Penn State Collegiate 4-H

Penn State's Collegiate 4-H has positioned itself as the community service organization on Ag Hill. This group has been quite active planning and implementing service activities throughout the academic year, such as the annual Boxes of Cheer and visits to the Janet Weis Children's Hospital. A new service activity implemented in spring 2006, was a visit to a local nursing home. In order to prepare for the event, the group invited Dr. Kaplan to speak on intergenerational programs, and how these types of programs can be incorporated into the Collegiate 4-H's mission. Prior to the event, the group made Valentines for the 90 residents at Brookline Nursing Home. On the night of the event, five club members went to the nursing home, visited with residents, passed out Valentines, and played Bingo. Participants commented it was a great success, and they would enjoy doing this type of activity again in the near future



Resources on Family Caregiving Highlighted at the American Society on Aging and National Council on Aging Meeting—March 2006

Mary Brintnall-Peterson, Ph.D.
Program Specialist in Aging, University of Wisconsin-Extension

1. **C.A.R.E.-Pro** (Caregiving Awareness through Resources and Education for Professionals). A CD training program for professionals who work with family caregivers. The project was funded by the Administration on Aging in cooperation with the American Society on Aging, the American Nurses Association, the American Occupational Therapy Association, and the National Association of Social Workers. Topics covered: an overview of caregiving, impacts of caregiving on family members, major decision families face in later life, strategies for supporting family caregivers, elder abuse and caregiving, and information relative to caregiving and specific groups. Professionals can receive continuing education units through the American Society on Aging. To order a FREE copy of the CD contact the American Society on Aging, Attn: C.A.R.E.-Pro, 833 Market Street, Suite 511, San Francisco, CA 94103, or call them at 415-974-9600. For more information: www.asaging.org/care-pro.
2. **Caregiving in Rural America**. This is the name of a new report coming out this spring by the National Alliance for Caregiving and Easter Seals, Inc. It will highlight the current state of caregiving in rural America, demographics about rural caregiving, examples of programs to serve rural caregivers, and actions proposed to better meet the needs of rural caregivers. To obtain a copy of the new report, send your contact information to:



Carol Maus, Easter Seals Director of Rural Solutions, 700 Thirteenth Street, NW, Suite 200, Washington, DC 20005-3956, or e-mail cmaus@easterseals.com.

3. **PREPARE**. A train-the-trainer program presented by Mather LifeWays Institute on Aging through a grant funded by the Health Resources and Services Administration. The training is designed for two people from a community to attend, so they can teach others the skills needed to handle bioterrorism threats and other public health emergencies. Topics covered include, disaster surveillance and communication, leadership during disasters, mobilizing community resources, and biological and chemical agents. Trainings will be held at Mather LifeWays in Evanston, Illinois or at Life Services Network of Illinois, both close to Chicago O'Hare International Airport. To learn more about the training, contact Mather LifeWays online at: www.matherlifeways.com/prepare, or e-mail prepare@matherlifeways.com. You can also call them at 847-492-6803 or call toll free at 888-722-6468.
4. **Transportation Solutions for Caregivers**. A program funded by the Administration on Aging and developed by Easter Seals. The tool-kit includes a video, information booklet, and a list of helpful products and resources for family caregivers and volunteer drivers of older adults who need transportation. The materials are focused mainly for drivers who use their own vehicles to provide transportation for loved ones. The only cost for the materials is shipping. To learn more about this resource consult: http://www.easterseals.com/site/PageServer?pagename=ntl_trans_care.

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Resource Highlights

New UK Intergenerational Practice Guide – Intergenerational Programmes – An Introduction and Examples of Practice

This new resource gives an introduction to intergenerational practice and contains a wide range of case studies which have been provided by organizations from across the UK. This useful resource can be downloaded free of charge from the Center for Intergenerational Practice's Web site at: <http://www.centreforip.org.uk/default.aspx?page=764>. Or, go to www.centreforip.org.uk and click on 'News and Events' on the left hand side of the 'Home' page.

Connecting Generations, Strengthening Communities

A Comprehensive Toolkit for Intergenerational Program Planners from Temple University <http://templecil.org/resources/toolkit/index.htm>. It includes:

- A **13-CHAPTER HANDBOOK** on assessing community needs and resources, developing partnerships, planning and sustaining your program. The handbook emphasizes how to work effectively with volunteers, including recruitment, training, and supervision strategies.
- A **CD-Rom** with more than 80 downloadable resources, including planning and evaluation tools, training curricula, and group activities.
- A **15-Minute Video or DVD** highlighting five intergenerational programs that illustrate how bringing young and old together can improve lives and communities.

To order call 215-204-3767. Discounts available for bulk orders (and for orders from Cooperative Extension).

This publication is available in alternative media on request.

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We're on the Web!

<http://intergenerational.cas.psu.edu>

Price List & Order Form:

<http://intergenerational.cas.psu.edu/Docs/CurrOrderForm.pdf>