

Penn State **EXTENSION**

AGRICULTURE | COMMUNITY & FAMILY | ENVIRONMENT

Ideas for Intergenerational Living

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From the Editor

There are patterns to everything in life. The stock market goes up and down. Leaves grow and then fall from trees... and in new areas of inquiry and practice, there are times of rapid innovation followed by efforts to refine and sustain that innovation. It seems that in the intergenerational studies field, we are now in a period of global innovation. This is evident from the many new and exciting initiatives highlighted at this year's Generations United and Centre for Intergenerational Practice (UK) conferences, as well as from the new resources coming out of Canada, Australia, and the U.S. that are described in this newsletter. Yes, these are exciting times for all intergenerational advocates and practitioners.

Matt Kaplan, Associate Professor
Intergenerational Programs and Aging
Department of Agricultural and
Extension Education

The *Penn State Intergenerational Program*, rooted in Penn State Cooperative Extension, provides leadership and resource support for organizations interested in developing intergenerational programs and activities that enrich people's lives and help address vital social and community issues. The Web site— <http://intergenerational.cas.psu.edu>—provides information on intergenerational research, new program models, curricular resources and fact sheets, conferences, and trends in the intergenerational field. Ordering information on all publications for sale can be found at: <http://intergenerational.cas.psu.edu/Docs/CurrOrderForm.pdf>. ❖

grow
Intergenerational Bonds

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What's Happening in Canada? A New Intergenerational Tool Kit

Susan Wright, Intergenerational Projects Coordinator
Lifestyle Information Network (LIN), Canada
Phone: 416-426-7004
swright@lin.ca

In late 2004, United Generations Ontario (UGO) received funding for a multi-year project to develop best practice criteria for intergenerational programming and produce a tool kit, as well as facilitate workshops throughout the province of Ontario. This initiative came about to meet an expressed demand for tools and resources that community-based programmers can use to develop safe, high quality intergenerational experiences. The initiative was called "Building Towards Best Practices in Intergenerational Programming."

The result of this project was the creation of a practical, Canadian resource called: "Connecting Generations – Best Practices in Intergenerational Programming."

The tool kit is available online by visiting the UGO Web site at: www.unitedgenerations.ca. This is a living tool kit, one in which UGO encourages IG programmers to continue contributing their ideas and resources to be added to the appendices of the tool kit.

United Generations Ontario (UGO) exists for the purpose of building a shared knowledge base of IG practices, supported by our stakeholders. For more information about UGO and the tool kit, visit online www.unitedgenerations.ca.

For another exciting initiative coming out of Canada, see the Prime Mentors of Canada Web site at: <http://www.primementors.ca/index.html>. Prime Mentors of Canada aims to bring the knowledge and wisdom of seniors into the school milieu. Young protégés from grades six to eight work with their mentors on projects of the children's choosing. ❖



UPCOMING EVENTS AND DEADLINES

Internet Broadcast on Caregiver Services

This broadcast is designed to improve awareness of the programs and services the Department of Health and Human Services (DHHS) offers to support caregivers across the lifespan. Takes place September 19, 2007 from 1:00 p.m.—3:30 p.m. Eastern. Register [here](#). E-mail questions to: caregivers@cms.hhs.gov.

Building Healthy Communities for Active Aging: Applications due October 19, 2007

Reprinted from EPA's *Ageing Initiatives* Newsletter

The principal goal of the Building Healthy Communities for Active Aging Award program is to raise awareness across the nation about healthy synergies that can be achieved by communities combining Smart Growth and Active Aging concepts. Awards will be presented to communities that demonstrate the best and most inclusive overall approach to implementing smart growth and active aging at the neighborhood, tribe, municipality, county, and/or regional levels. Two types of awards will be made—the Commitment Award and the Achievement Award. The Commitment Award recognizes communities that have developed and begun to initiate a specific plan to implement smart growth and active aging principles. The Achievement Award will be given for overall excellence in building healthy communities for active aging.

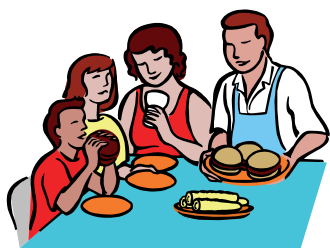
Applicants must be public-sector entities in the United States and coordinate with their local Area Agency on Aging. Public-sector entities include all levels of elected governments, from city councils to state legislatures and their subdivisions such as planning departments and other executive branch divisions. Winners will be announced at the 7th Annual New Partners for Smart Growth: Building Safe, Healthy and Livable Communities Conference in Washington, D.C., February 2008. Applications are due October 19, 2007. For more information, go to: <http://epa.gov/aging/bhc/about.htm>. ❖

The Golden Opportunity Today's Grandparents

Andrea Bressler, M.S., CFCS
Extension Educator, Clearfield County

Family Day—A Day to Eat Dinner With Your Children and Grandchildren

Family Day, September 24, 2007, is a national movement to remind parents (and grandparents) that what their kids really want at the dinner table is them! Family Day encourages parents to frequently eat dinner with their kids and be involved in their children's lives. The conversations that go hand-in-hand with dinner help parents learn more about their kids' lives and help them to better understand the challenges their kids face.



Research from the National Center on Addiction and Substance Abuse (CASA) found that the more often children eat dinner with their families, the less likely they are to

smoke, drink or use drugs. The 2006 report found that compared to kids who have fewer than three family dinners per week, children and teens who have 5 – 7 family dinners per week are:

- ◇ At 70% lower risk for substance abuse
- ◇ Half as likely to try cigarettes or marijuana
- ◇ One third less likely to try alcohol
- ◇ Half as likely to get drunk monthly

We always knew that children who eat family meals have more nutritious diets. Now there are additional reasons to enjoy meals with your family. When the grandkids come over, take the opportunity to enjoy a meal together. This could be food that you prepare, or it could be food that you order in. Either way, begin the tradition of conversation with a meal by turning off the television. You're likely to learn a little more about your grandchildren and what is happening in their lives.

Reference: National Center on Addiction and Substance Abuse at Columbia University, www.casafamilyday.org ❖

A New Vaccine to Prevent Cancer

Each child is born with a full immune system composed of cells, glands, organs, and fluid that are located throughout the body to fight invading bacteria and viruses. The immune system recognizes germs that enter the body as "foreign" invaders, or *antigens*, and produces protein substances called *antibodies* to fight them. Many antibodies disappear once they have destroyed the invading antigens, but the cells involved in antibody production remain and become "memory cells." Memory cells remember the original antigens and then defend against them when the antigens attempt to re-infect a person, even after many decades. This protection is called *immunity*.

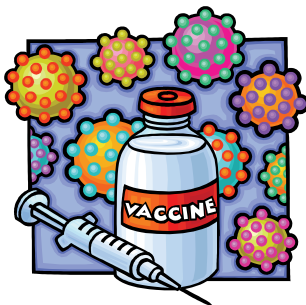
Vaccines contain the same antigens or parts of antigens that cause diseases, but the antigens in vaccines are either killed or greatly weakened. When they are injected into fatty tissue or muscle, vaccine antigens are not strong enough to produce the symptoms and signs of the disease, but are strong enough for the immune system to produce antibodies against them. Thus, through vaccination, our children develop immunity without suffering from the actual diseases that vaccines prevent.

In June 2006, a federal advisory committee to the Centers for Disease Control and Prevention (CDC) recommended a new vaccine to prevent human papillomavirus (HPV). The HPV vaccine is recommended for all girls between 11 and 12 years of age and is designed to prevent most cases of cervical cancer. Genital HPV is the most common sexually transmitted infection in the United States and around the world. More than half of sexually active people will be infected with genital HPV at some time in their lives. Twenty million American are currently infected with genital HPV and another 6 million become infected every year. Half of those newly infected with genital HPV are between 15 and 24 years of age.

What makes a person more likely to get genital HPV? If you have sex at an early age, multiple

Continued from page 3

sex partners, or a sex partner who has had multiple partners, you are at high risk. Although condoms are recommended as a way of decreasing sexually transmitted infections; condoms do not offer complete protection, as areas not covered by the condom can be exposed to the virus.



The good news is cervical cancer is highly preventable with regular Pap tests and follow-up. Gardasil, the approved HPV vaccine, protects against most cervical cancers. There are two ways to prevent cervical cancer: (1) females ages 9

to 26 years old should obtain the HPV vaccine, AND (2) women should get regular Pap tests. The HPV vaccine is recommended for all girls between 11 and 12 years of age. The vaccine can be given to girls as young as 9 years of age. It is also recommended for all teenage and adult women between 13 and 26 years of age if they did not get the vaccine when they were younger.

So if you have a granddaughter between the ages of 9 and 26 years, and believe she will ever become sexually active, discuss the Gardasil vaccine with her and her parent. Gardasil, administered as three injections, protects against four HPV types, which together cause 70% of cervical cancers and 90% of genital warts. Be clear on this issue, you are not encouraging your granddaughter to become sexually active. You realize that at some time she most likely will become sexually active and this vaccine reduces her chances of developing cervical cancer by 70%.

If you have a grandson, stay tuned. Even though boys don't get cervical cancer, the disease is transmitted through sexual contact. The important thing to know is that boys and men can have genital HPV with no symptoms and pass it on to their partners. Studies are being done to find out if the vaccine works to prevent HPV infection and disease in males. When more information is available, this vaccine may be licensed and recommended for boys and men as well.

Reference: Centers for Disease Control and Prevention, www.cdc.gov/std/hpv. ❖

PROGRAM AND RESOURCE HIGHLIGHTS

Blueprint Helps America's Communities Prepare for an Aging Population

From press release issued by the National Association of Area Agencies on Aging (n4a)

A Blueprint for Action: Developing Livable Communities for All Ages, MetLife guide based on a study by the National Association of Area Agencies on Aging and Patterns for Livable Communities developed with n4a and Partners for Livable Communities.

How prepared are America's communities to handle the needs of the burgeoning aging population? With the rapid rise in the number of aging Baby Boomers - by 2030 one in every five Americans will be over the age of 65 - localities are now challenged to provide accessible transportation, appropriate affordable housing options and other supportive services for their aging citizens. "A *Blueprint for Action: Developing a Livable Community for All Age*," provides cities and counties with detailed strategies, practical tools and proven solutions they can use to prepare for the large Baby Boomer population. Funded by MetLife Foundation and produced in collaboration with the National Association of Area Agencies on Aging (n4a) and Partners for Livable Communities, the Blueprint is being made available to localities across the country.

The Blueprint recommends that local leaders should advance "aging in place" priorities by adding a perspective on aging to all plans, programs, and policies that exist or are under development. "Many people want to age in place," said Sibyl Jacobson, president, MetLife Foundation. "The Blueprint provides a resource for communities as they plan to meet the needs of an unprecedented older population. The goal is to create livable communities for all ages, young and old alike." The Blueprint encourages communities to assemble teams of public and private leaders to assess a community's aging readiness and then take focused action. Through a six-step strategy, it helps public policymakers develop goals, pull resources together, and find ways to promote success as a means to further improvement. It also includes "leading innovations" in communities throughout the country and helpful resources to secure additional information.

The document is available online: <http://www.n4a.org/pdf/07-116-n4a-blueprint4actionwcovers.pdf>. ❖

NEW INTERGENERATIONAL RESOURCES FROM PENN STATE

The following is a list of some new publications (hard copy and online) from the Penn State Intergenerational Program:

FRIDGE—Food, Family and Fellowship

FRIDGE (Food-Related Intergenerational Discussion Group Experiences) is designed to help youth (10–15 yrs.) and their parents and grandparents communicate and work together more effectively to achieve their healthy eating goals. FRIDGE programs take 16-20 hours to run, and are generally conducted with members of 4-8 families. However, parts of the curriculum can be incorporated into other nutrition education or family strengthening programs and modified for different program delivery formats.

The 23 activities of the curriculum fit into 3 sections:

- ◇ Section 1: Enhancing family communication about food
- ◇ Section 2: Learning together about food and nutrition.
- ◇ Section 3: Working as a team to improve family eating practices

Each section includes warm-up and take out activities to encourage follow-up at home.

Cost of curriculum (136 pages) = \$20.00. For more information, including how to order, go to: <http://intergenerational.cas.psu.edu/Docs/FRIDGEPostcard.pdf>. ❖

From Me to We—A Game of Intergenerational Discovery

This is a simple game designed to help family members of different generations discover activities they can do together. Can also be used as a tool by 4-H/ youth organization leaders who have their clubs involved in visiting nursing homes or engaged in other types of service projects with older adults. Provides a fun and easy way to begin interacting with someone from a different generation. (Published online: <http://intergenerational.cas.psu.edu/Docs/FromMeWe.pdf>). ❖

Intergenerational Unity Forums—An Intergenerational Approach for Addressing Community Issues

Hosting an *Intergenerational Unity Forum* is one strategy for developing intergenerational programs that meet community needs. The approach involves conducting an intensive half-day meeting with a diverse group of local stakeholders, including, representatives of youth organizations, elderly groups, ethnic groups, civic organizations, schools, social service agencies, business groups, and local government officials. This is a 14-page action guide for forum facilitators. (Published online: <http://intergenerational.cas.psu.edu/Docs/UnityForums.pdf>). ❖

Sing Down

This is an activity for a large intergenerational group (with 10-100 participants), ideal for settings such as a family camp or a kinship care retreat. Participants share the songs they know, learn new songs, and gain some insight into the generation-specific trends that have influenced each other's lives. It is organized as a competition insofar as all participants are broken into 4 mixed-age teams and challenged to come up with as many song segments as they can for various categories such as "songs that mention a color" and "songs that refer to a season." To add to the excitement and to emphasize that this is an exercise in teamwork, the activity facilitator (M.C.) can give teams "spirit" points (for how loud they sing) and "unity" points (for how they sing together as a group). (Published online: <http://intergenerational.cas.psu.edu/Docs/SingDown.doc>). ❖

Developing Intergenerational Programs with a Cultural Component—Program Planning Worksheet

Older adults have traditionally played a crucial role in passing on cherished cultural traditions and heritage to younger generations. However, recent social and demographic changes are making it more difficult for older adults to fulfill this vital cultural continuity function. This "program planning worksheet" is a tool for planning intergenerational programs that embrace the goal of cultural revitalization; older adults are enlisted to share their cultural knowledge about food, festivals, folklore, music, dance, and environmental protection practices. (Published online: <http://intergenerational.cas.psu.edu/Docs/SeniorsCultureWorksheetCLB.pdf>). ❖

Penn State Intergenerational Initiatives Advisory Group

Matthew Kaplan, Ph.D., Editor
State Extension Specialist
Intergenerational Programs & Aging
The Pennsylvania State University

Nancy Crago, Ph.D.
Penn State Cooperative Extension
Allegheny County

Mary Ann Curren
Director of Therapeutic Recreation
Foxdale Village

Janice Hassen, Director
Penn State Cooperative Extension
Lawrence County

Allan Bassler
Penn State Cooperative Extension
Cambria County

Nancy Grotevant, Director
Penn State Cooperative Extension
Pike County

Linda Hendricks
Penn State Cooperative Extension
Columbia County

Andrea Bressler, CFCS, M.S.
Penn State Cooperative Extension
Clearfield County

Jawaid Haider, Ph.D.
Professor of Architecture
The Pennsylvania State University

Wendy Middlemiss, Ph.D.
Associate Professor
Health and Human Development
The Pennsylvania State University

Cheryl Miller
Penn State Cooperative Extension
Perry County

Jon Mussbaum, Ph.D.
Professor of Comm. Arts & Sciences
The Pennsylvania State University

Mary Jo Kraft
Penn State Cooperative Extension
York County

MORE PROGRAM AND RESOURCE HIGHLIGHTS

Community Building Through Intergenerational Exchange

This is a 177-page publication from Australia: REPORT TO THE NATIONAL YOUTH AFFAIRS RESEARCH SCHEME (NYARS). The document is available online: http://www.facs.gov.au/internet/facsinternet.nsf/aboutfacs/programs/youth-community_building.htm.

For more information on NYARS, go to: <http://www.facs.gov.au/internet/facsinternet.nsf/aboutfacs/programs/youth-nyars.htm>. ❖

Intergenerational Research Group Listserve

The purpose of this listserve is to provide a forum for discussion about issues related to "doing" as well as "consuming" (applying) research on intergenerational programs/practices, policies, and relationships. We hope that the dialogue and materials posted on the listserve will be a source of information, support, and encouragement for all who are interested (students and professionals alike) in pursuing research in the intergenerational studies arena. To subscribe to this list, send an e-mail request to: intergenerational-research@googlegroups.com. Listserve administrators are:

Aaron Weintraub
Virginia Polytechnic Institute &
State University

Shannon E. Jarrott, Ph.D.
Virginia Polytechnic Institute &
State University

Matthew Kaplan
Penn State University

London Age

A quarterly publication produced by Age Concern London. The Spring 2007 issue looked at how innovative intergenerational work is helping to break down age barriers. It included an article by Alan Hatton-Yeo (Beth Johnson Foundation), entitled, "Developing Intergenerational Understanding." To view a copy of the Spring issue go to the Web site: <http://www.aclondon.org.uk/index.cfm?id=1911>. ❖

Book: Reminiscence Theatre: Making Theatre from Memories

By Pam Schweitzer
Published by Jessica Kingsley Publishers

Paperback, ISBN: 9781843104308, 314 pp, 2006, £19.99, \$34.95

Reminiscence theatre is about seeing and realizing the dramatic potential in real life stories. It takes verbatim memories as the basis for theatre scripts, using the experiences of older people as a source of artistic productions and therapeutic creativity. This book is a comprehensive guide to the nature, practice and therapeutic effects of reminiscence theatre. Drawing on examples from a range of real-life case studies, Pam Schweitzer provides practical advice on the process of taking an oral history, creating from it a written script and developing that into a dramatic production, on whatever scale. For more information about the book, go to: <http://www.jkp.com/catalogue/book.php/isbn/1-84310-430-X>. ❖

We're on the Web!

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

Price List & Order Form:

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This publication is available in alternative media on request.

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