

Penn State **EXTENSION**

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Ideas for Intergenerational Living

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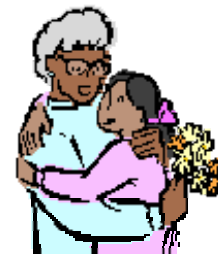
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From the Editor

I am now seven months into my sabbatical year working with the Beth Johnson Foundation in the UK. It's been a great learning and living experience for the family. In the first article, *An American Werewolf in London*, I describe some of the exciting intergenerational practices that I've encountered on this side of the "pond". This issue also includes an article for grandparents (*Golden Opportunity--Today's Grandparents*) and highlights tons of new intergenerational publications, Web sites, films, awards contests, etc.

Cheers,
Matt

Matt Kaplan, Associate Professor
Intergenerational Programs and Aging
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An American Werewolf in London

Matt Kaplan, Penn State University

While it is true that I am an American, and I have been to London a lot this past year, to be honest, I'm not really a werewolf. I'm a professor at Penn State University working with Beth Johnson Foundation and its affiliates during my sabbatical year, and learning about intergenerational programs and practices throughout the UK.



Sorry for not being able to resist calling this *An American Werewolf in London*, one of my all-time movie favorites, even if I am actually living in the Midlands.

And now that I have your attention, I hope that it's not too "cheeky" of me to squeeze in some information about the intergenerational initiatives I've encountered while in the UK.

My report begins, coincidentally, in London, where I witnessed the birth of an exciting new shared site initiative. I attended meetings of the advisory group convened by the Mayor's London Development Agency (LDA) to review proposals for developing a purpose built multigenerational center, aimed at providing a range of shared services and facilities under one roof for older people, children and young Londoners.

The successful bid came from the London Borough of Merton. They will receive £1.5 million in capital funding from the LDA to convert a disused youth center and motorbike track situated next to a local primary and secondary school into a multi-use facility that provides IT facilities and training for young and old, literacy programs, arts and crafts activities, drama sessions, and a variety of sports and games for local residents of all ages. It will also be the hub for an outreach program that will support activities in the community.

According to Mayor of London Ken Livingstone, the center will be a "one stop resource for all ages, old and young, for families and for individuals, with the overall objectives of breaking down barriers between people of different generations, combating ageism and supporting a sense of shared purpose that will benefit all members of the community." In London, where almost 16 percent of the population – nearly 1.2 million people – are aged 60 or over, this is seen

as an important, compelling strategy for working to integrate older adults into the lifeblood of their communities.

I have also been fortunate to see up close the intergenerational innovation that permeates throughout Manchester, a city in the northwest of England with a population of approximately 450,000 residents. Manchester is definitely a must-visit place for those who are curious about what happens when a large city embraces intergenerational ideology. Here are some elements of Manchester's multifaceted intergenerational strategy that was developed in partnership with the Beth Johnson Foundation:

- An overarching vision for the city called: "Looking back, Looking forward". The vision is woven into a government policy document, converted into intergenerational programs and activities by a small but growing steering group of administrators from various city agencies, and promoted by a City Councilor who has the formal title of "intergenerational champion."
- A series of *demonstration projects*, implemented in various settings, and with diverse populations and objectives: Projects focus on the arts, learning about history, environmental preservation and awareness, and public education through radio programming. Results from these and other projects will be used to inform future program development efforts.
- The Manchester *intergenerational e-bulletin*, a quarterly electronic publication that highlights news and updates on intergenerational work both nationally and in Manchester.
- *Training workshops* to help city staff from a range of sectors and disciplines to develop a better understanding of intergenerational practice.
- *City-wide showcase events* to highlight elements of the city's intergenerational plan.
- *Tie-ins with other campaigns* run by the city, such as the Positive Images of Ageing initiative.

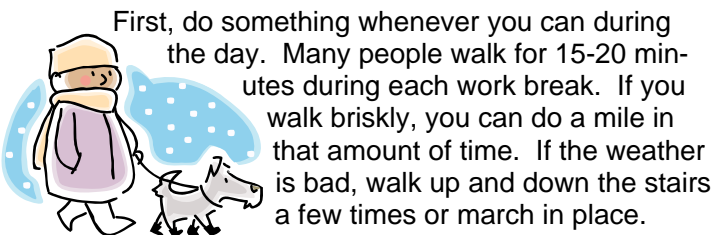
There are many other exciting intergenerational programs in the UK. Here are a few that piqued my interest: an intergenerational computer training project (Sixty Plus, London), an intergenerational healthy aging initiative (Liverpool Intergenerational Active Age Program), intergenerational conversations about local history (British Film Institute's "Screen Dreams" initiative), intergenerational puppetry and other arts initiatives ("Magic Me", London), an intergenerational dance program (Crossover Intergen-

The Golden Opportunity Today's Grandparents

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

Winter Time is Still Exercise Time

Many of us hibernate during the winter months. Even if we are active the rest of the year, those shorter days seem to turn us into couch potatoes. If you want to stay fit, think about how you can safely be active during the cold weather.



You may want to wear a pedometer to count your steps. About 2,000 steps equal one mile. You will be surprised how quickly the steps add up if you get up and move around more. Get up and walk in place while talking on the phone or while watching television.

Research indicates that children who do not engage in regular physical activity are at greater risk of obesity. One hour of moderate physical activity each day is recommended for children and 30 minutes a day for adults. So if you prefer to walk with someone, use a visit from your grandchild as an opportunity to walk together. You will enjoy the walk more and possibly not notice the cold as much, in the company of your grandchildren.

Challenge your grandchild to see who walks the most amount of steps within a certain day or week. Then touch base with each other during the week to check in on your progress. Celebrate by spending time together in some physical activity: walking, bicycling, bowling, sledding, etc.

When you choose to walk outside, dress one layer lighter than you would wear if you were outside without being active. If it is cold, wear gloves or mittens on your hands. Definitely wear a hat because you lose 40% of your body heat through your head and neck. Don't forget to drink water! Even though it is cold, you may still be sweating while you walk.

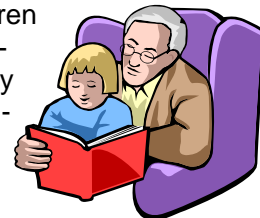
Winter is also when many of us get ill. If you are very sick for several days, ask your doctor when you can resume physical activity.

(Reference: Diabetes Life Lines, University of Georgia, Cooperative Extension, Vol.22, No.1.)

Grandfathers are Special

Today many grandfathers are living to see their grandchildren grow up, and even watching their grandchildren have children of their own.

It's a win-win situation! Grandchildren who have a close relationship with their grandfather are more likely to do well in school, display positive emotional development, have higher self-esteem, and develop and maintain friendships. Grandfathers who report having close relationships with grandchildren describe the significant joy they experience as a result of the love they feel for their grandchildren. Spending time with their grandchildren provides a connection to future generations.



Grandfathers have lots of wisdom and life experiences to share. They have seen many events and changes come and go. Because grandfathers generally do not have disciplinary and parenting responsibilities, grandchildren tend to be more relaxed, more open to sharing, and may ask more thoughtful questions of their grandfathers.

While stories may cause grandchildren to think about personal values, a grandfather's actions are also important. Grandchildren are observers, and they can learn powerful lasting lessons from watching a grandfather go through life with a sense of humor, dignity, and generosity.

Connecting with grandchildren is the first step to achieving a satisfying grandfather-grandchild relationship. Ideas for connecting include:

- Call or e-mail your grandchildren just to say hello.
- Learn more about computers and the Internet together with your grandchildren.
- Get out the photo albums and share stories of your past.
- Visit the library together and do some genealogical research.
- Show respect for your grandchildren's parents. Avoid offering unsolicited advice.
- Spend one-to-one time with a grandchild, teaching him or her a skill you have (woodworking, music, fishing, painting, etc.)
- Attend school, religious and athletic functions which involve your grandchildren.

(Reference: Senior Sense, University of Georgia, Cooperative Extension Service, January 2005.)

Continued from page 2

erational Dance Company, London), and intergenerational forums organized around community planning themes (Swansea Network 50+ in Wales).

One of the most gratifying things I've seen here in the UK is their treatment of a noted intergenerational specialist as a "hero". Susan Langford, Director and founder of Magic Me was chosen by the Prime Minister, Gordon Brown, as one of 33 people from across the UK who are celebrated in his new book 'Britain's Everyday Heroes'.

Back to the *American Werewolf in London* theme: If you saw the movie, I'm sure you'll remember the scene in which the American teenagers visited an eerie, old English pub and one of the regulars said, "Keep to the path an' you'll be okaay." Well, I did visit such a pub, and I too was lost and looking for directions. In my case, fortunately, a gentleman who must have been in his 80's took me under his wing; he not only offered to buy me a pint, but he practically walked me to my destination. Such is life in the real world, where many intergenerational encounters have happy endings.

INTERGENERATIONAL NEWS AND RESOURCE HIGHLIGHTS

Resources on Intergenerational Mentoring

An array of publications and information on mentoring can be found on the Centre for Intergenerational Practice's Web site-themed page for 'mentoring and school-based projects': <http://www.centreforip.org.uk/default.aspx?page=11198>.

UN Convenes Experts Group on Intergenerational Solidarity

The results from the Expert Group Meeting on Intergenerational Solidarity convened by the UN in New York on October 23-25, 2007 are now available online. Go to: http://www.un.org/esa/socdev/unyin/egm_unhq_oct07.htm.

A New Resource for Family Caregivers: eXtension

eXtension is an educational partnership of more than 70 universities to help improve life every day with access to objective, research-based information and educational opportunities. Currently in development, the site has already launched several Communities of Practice including the [Family Caregiving Community of Practice](#) that was launched in February, 2008. On the Family Caregiving Community of Practice Web site, there is access to rural caregiving experts. The Personal Finance Community of Practice also provides valuable information for caregivers and families. Go to: <http://www.extension.org/personal+finance>.

For Those Who Are Not Familiar With the Cooperative Extension System, read on...

The United States Department of Agriculture - Cooperative Extension System—*The Cooperative Extension System, also known as the Extension Service of the United States Department of Agriculture [USDA](#), is the largest non-formal educational program in the world and is implemented across the United States to help people use research-based knowledge to improve their lives. The service is provided by the state's designated [land-grant universities](#). In most states the educational offerings are in the areas of agriculture and food, home and family, the environment, community economic development, and youth and 4-H. The Cooperative State Research, Education, and Extension Service (CSREES) USDA administers funding for [Smith-Lever Act](#) services in cooperation with state and county governments and land-grant universities.*

The Cooperative Extension System is uniquely positioned to reach out to caregivers and their families— to inform and educate them about the myriad issues, challenges, and opportunities related to population aging. Current work in this area focuses on research, education, and outreach to individuals, families, and communities preparing for or experiencing the impact of population aging and associated transitions in the family life course. Most notably, the system provides educational information and resources to address caregiving needs from a multidisciplinary perspective, utilizing expertise in such areas as nutrition, financial security, health, and housing to address family caregiving and related aging issues.

“Encore: Work that Matters in the Second Half of Life” – 2007 Book by Marc Friedman

Encore is more than a book. It is also a trend in which millions of baby boomers are becoming a vital workforce for social change. Go to http://www.encore.org/about_the_book to learn more about the book and the movement for work that matters in the second half of life.

Continued on page 5

New Intergenerational Centre in Scotland

(modified from press release)

Scotland's new Centre for Intergenerational Practice (SCIP) is conducting a series of road shows that involve visits to organizations and communities throughout Scotland in February, March and April, 2008.

The theme of the road shows is *Generations Working Together*. The events feature local groups, schools and others involved in using the talents, skills and experience of different generations to benefit their communities. The road show events are free and provide an opportunity for those interested in intergenerational work to learn more, acquire new materials and network with other interested groups. Delegates are also able to find out about a small grants program developed by SCIP and the Scottish Community Foundation to support projects that demonstrate good practice and innovation in intergenerational activities on Scotland.

The centre has been in development since October 2007. It is working with public, private and voluntary sector organizations, as well as individuals and families, to gather and share best practice, provide information and support, and develop new opportunities for intergenerational working in communities.

Brian McKechnie, director of the centre, said: "The gains to be made by society through intergenerational working and increasing understanding between generations are huge and, in many respects, still untapped. The new centre aims to meet the needs of all of Scotland's generations and the road shows will be an important first stage in sharing experiences and learning from different communities."

For further information about the Centre and the road shows, visit the SCIP Web site: <http://www.scotcip.org.uk/>.

Are There Gender Differences When it Comes to Perspectives on Retirement?

HSBC has partnered with the Oxford Institute on Ageing to release a [2007 international survey on perspectives on retirement](#). The survey focuses on the differences between men and women around the globe.

Second Annual Rachel Carson Sense of Wonder Intergenerational Poetry, Essay, and Photography Contest

The U.S. EPA Aging Initiative, in partnership with Generations United and the Rachel Carson Council Inc., are inviting submissions for its Second Annual Rachel Carson Sense of Wonder Intergenerational Poetry, Essay and Photography Contest. Using the title of one of Carson's books, "The Sense of Wonder," the contest seeks submissions from intergenerational teams "that best express the 'Sense of Wonder' that you feel when observing the sea, the night sky, forests, birds, wildlife, and all that is beautiful to your eyes." The deadline for entries is Monday, June 16, 2008.

A panel of expert judges will select finalists. The winners in each category will then be determined by the public, who will have an opportunity to vote online in July and August for their favorite submission in each category: photography, essay, and poetry. Winners will be announced on the EPA Aging Initiative website in October during Children's Health month.

For more information, click here <http://www.epa.gov/aging/resources/thesenseofwonder/index.htm>.

Lifetime Neighborhoods: ILC Discussion Paper

Organizations such as the International Longevity Centre (ILC)-UK are playing an active role in drawing attention to programs, policies, and environmental design practices that help to meet the challenge of creating "elder-friendly" communities.

The ILC-UK and Communities and Local Government (CLG) have produced a discussion paper that builds on the concept of 'lifetime homes' and inclusive design. It explores how a more age-friendly vision of public spaces and community could boost social engagement, good health and the chances of 'active ageing' for all.

The paper explores the role of the built environment and looks at the role of services, amenities, social cohesion and sense of place.

[Towards Lifetime Neighbourhoods](#): Designing sustainable communities for all. A discussion paper (CLG and ILC-UK, November 2007).

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New Book on Intergenerational Programs

Intergenerational programmes: Towards a society for all ages is now available for download in English. The book, published in 2007 focuses on the intergenerational policies that aspire to make our society a place where people are not discriminated against because they belong to one age group or another. The complete PDF of the book is available [here](#) (click on 'English version available').

Award for Intergenerational Program Evaluation

Generations United is offering the Isabel Brabazon Award for Evaluation Research for the second time in the summer of 2009. The award is worth up to \$5,000 for the winning submission(s) and seeks to encourage existing intergenerational programs to document their impact on participants. Evaluation studies submitted may be published on the Generations United web site and in peer reviewed journals. Criteria for the award are available at <http://www.gu.org> and the due date for submissions is May 30, 2009.

Spring Study Tours in Europe 2008

Multi-city study tours in Germany and Spain will offer participants up-to-date information about recent intergenerational developments in these countries. Tours provide opportunities to meet practitioners involved in the implementation of intergenerational programs. The itinerary in Germany (June 1-7) includes Berlin, Dresden, and Halle. The Spain trip, which has just been moved from May 11 to October 6, will connect travelers to programs in Barcelona, Valencia, Murcia, and Granada. Continuing education credits are available from Penn State University. For more information, check out the Web site: www.travellearnstudy.com or contact Matt Kaplan at msk15@psu.edu.

Film of Interest

From: Human Values in Aging Newsletter – Feb. 1, 2008, AARP Office of Academic Affairs

"Aurora Borealis." An intergenerational portrait which "does not flinch in its portrait of the debilitations of old age." For details see: <http://news.aarp.org/UM/T.asp?A910.52852.4807.11.497682>.

We're on the Web!

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

Price List & Order Form:

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

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