



Ideas for *Intergenerational Living*

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 in
Allegheny County

Mary Ann Federowicz
Director of Therapeutic Recreation
Foxdale Village

Annette Goodling
Penn State Cooperative Extension in
Union County

Nancy Grotevant, Director
Penn State Cooperative Extension in
Pike County

Holly Hedstrom, Director
Penn State Cooperative Extension in
Erie County

Linda Hendricks
Penn State Cooperative Extension in
Columbia County

Margaret Malehorn
Penn State Cooperative Extension in
Cumberland County

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

Cheryl Miller
Penn State Cooperative Extension in
Perry County

Jon Nussbaum, Ph.D.
Professor of Speech Communication
The Pennsylvania State University

Mary Ann Oyler
Penn State Cooperative Extension in
Franklin County

Doris Stahl
Penn State Cooperative Extension in
Philadelphia County

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Newsletter Production
Brenda Holcomb
Staff Assistant

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College of Agricultural Sciences
Cooperative Extension

From the Editor:

Welcome to the third issue of the “Ideas for Intergenerational Living” newsletter. This newsletter is a component of the Penn State Intergenerational Program, which is rooted in Penn State Cooperative Extension. Our objective is to provide direction and resource support for organizations — within Pennsylvania and beyond — interested in learning more about how to plan, implement, and evaluate intergenerational programs.

The first article in this issue presents an “intergenerational response” to the tragic events of September 11th. Donna Butts, Executive Director of Generations United (a national membership organization based in Washington, D.C.), describes several intergenerational approaches for strengthening communities and helping our country heal during this stressful, uncertain time in our history.

The next article introduces the Penn State Early Childhood Education Intergenerational Program. Lydia Hanhardt, Coordinator for the program, describes the rationale and plans for enlisting senior adult volunteers to engage children who attend Penn State University’s childcare programs.

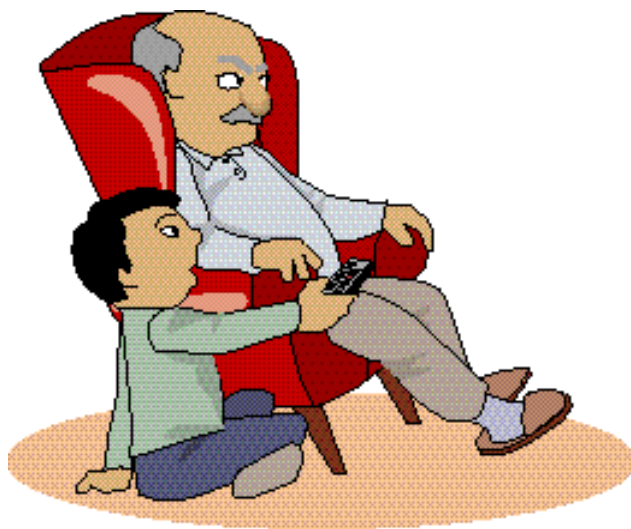
Next is a letter from Josefina G. Carbonell, Assistant Secretary for Aging, noting that the special theme for Older Americans Month (May, 2002) is *America: A Community for All Ages*. In her inspiring words, the Assistant Secretary articulates an intergenerational perspective for enhancing the welfare of older adults.

In the next segment of the newsletter, *Golden Opportunity Grandparenting*, Jand Landis, Family Living Agent, Penn State Cooperative Extension in Dauphin County, shares some ideas for promoting understanding and cooperation in multi-generational households.

Next comes the Announcements section. Information is provided for: a new intergenerational curriculum (*Proverbs*), a new center (the *National Center for Grandparents and other Relatives Raising Children*), an international conference (in England – April 2-4, 2002), a training opportunity (*Generations Together’s 10th International Intergenerational Training Institute, June 19-21, 2002*), and a website of interest (*Penn State Intergenerational Programs and Aging*).

If you have any questions about the content of this newsletter, or would like to submit articles for future issues, please contact me at (814) 863-7871, e-mail: msk15@psu.edu. Thank you.

Matt Kaplan, Associate Professor
Intergenerational Programs & Aging
Penn State



September 11th: The Intergenerational Response

by Donna Butts, Executive Director, Generations United

The tragic events of September 11th took place in New York, Washington, D.C. and Pennsylvania. However, they touched every American whether personally or vicariously. Many reported a need to connect, to reach out in their communities and across the country. Many reached out to older relatives and friends looking for reassurance that comes from experience and age. At Generations United we believe there is an important role that intergenerational approaches can play in helping our country heal while preparing for the future.

1) **Grandparents and Other Relatives:** Many children lost one or both parents in the violence. As our country calls up military reservists to active duty and deploys troops overseas, many will leave children behind. In both cases the first line of support for these children will be grandparents and other relatives. Support groups, information and referral, respite and financial assistance will be needed to help the young and old cope with their changed circumstances.

2) **Time Witness and Dialogue Programs:** Older people have survived world tragedies and difficult times. They are living testimony to the resilience of the human spirit. They have seen America fight, lose and win. Our seniors can provide a calm, reassuring voice for younger people struggling to put events in context or doubting their own futures. Whether in school or community settings, dialogue between the generations can help older generations feel connected and of service while offering stability to children and youth. Programs that involve older people in classrooms and community settings will need to be expanded.

3) **Teaching Tolerance:** Intergenerational approaches can be used to teach understanding and tolerance. Several program models currently exist including one in which young Americans working with older immigrants learn about cultural differences while helping seniors transition to new communities. In another, older volunteers help young new comers with English and social habits while discovering the richness of their diverse backgrounds.

4) **The New Rosie the Riveter:** During World War II when American men were called to fight overseas, women came out of their homes and held positions that held our country and communities together. Today women are more likely to already be working out of the home and serving in the military. The weavers of our social fabric—the continuity in our communities-- will be the old and the young. Older people will be able to contribute putting traditional retirement roles aside to aid businesses, fill positions and use their skills to help ensure a seamless transition in the daily functioning of our communities.

These are just four of the possible roles intergenerational approaches can play in the aftermath of September 11th. If you have other ideas you would like to share, please e-mail Generations United at gu@gu.org or visit our Web site at <http://www.gu.org/prog&o.htm>.



Penn State Program Brings Older Adults and Young Children Together

By Lydia Hanhardt, Program Coordinator
Penn State Early Childhood Education
Intergenerational Program



A new intergenerational program at Penn State is spicing up life at the University's childcare programs. The doors are swinging open for older adults from the State College area who are interested in spending time with children. This initiative, which brings together older adults and young children, is a combined effort of Penn State Cooperative Extension, the Bennett Family Center, the Child Development Laboratory, and the Community Academy for Lifelong Learning (CALL). Start-up funds for the program were provided by the Kellogg Leadership for Institutional Change initiative.

The Bennett Family Center and the Child Development Laboratory are accredited child-care facilities that care for the children of University students, faculty, and staff. Both facilities are eager to have older adults actively involved in the daily lives of young children. Wendy Whitesell, the Director of the Bennett Family Center, commented on the excitement generated by a previous visit of a group of senior adults to the center. "The children immediately responded affectionately to all the older adults who came into the center, reinforcing our thoughts that these children need the love that older generations can offer. We want to make sure that the entire community can play a role in the development of our young children."

As in most parts of the United States, many of these children are distanced from the older generations in their extended family. This program aims to connect children with older adults to insure that they have access to the wealth of life experiences and compassion that older generations have to share. The programs developing at these facilities are designed to teach understanding, compassion, and life skills in a fun and friendly atmosphere.

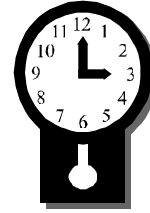
Extensive research in the field of intergenerational programming has demonstrated the potential that these programs offer for children and adult participants. Matt Kaplan, Associate Professor for Intergenerational Program and Aging at Penn State's Department of Agriculture and Extension Education, writes that "it's amazing how much children and older adults have in common. Both generations enjoy drawing, singing, eating, and joking around. So why not bring them together so they can share the many joys of life?" In addition, we know from similar programs implemented in other sites, that such intergenerational interactions have a positive impact on the behavior of children and help provide older adults with a sense of purpose and community involvement.

As part of this new intergenerational early childhood education program, older adult volunteers are asked to volunteer their time and experience anywhere from twice a week (or more) to twice a month. The program is currently looking for any individuals age 55+ who would be interested in working with children from infancy to 6 years of age in either of the two child care sites located on Penn State's University Park campus. Potential activities include (but are not limited to): gardening, art, walks, rocking babies, reading, and crafts. Seniors interested in sharing their knowledge and enthusiasm on these and other topics are encouraged to join the program.

We are working toward developing a professional workshop for early childhood professionals across the state who are interested in establishing similar intergenerational initiatives in their facilities. Our hope is to conduct such a training workshop early in the summer of 2002. In the meantime, if you are interested in learning more about this program, please contact Lydia Hanhardt at the Bennett Family Center at (814) 865-4057.

Time with Grandparents

Created by Jane A. Landis, CFLE, and M.Ed.
Extension Agent, Dauphin County

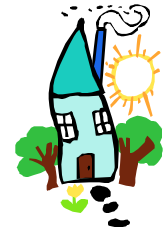


HOUSEHOLDS WITH MORE THAN ONE GENERATION

There are many reasons why different generations live together - some are by choice others are by circumstances. Frequently this is a temporary situation ranging from a few weeks to a couple of years. There are also situations, where failing health and/or limited finances is a part of the decision to move into the home of adult children. Whatever the circumstances the most important factor in making this successful is reaching an understanding about the living arrangements beforehand.

The same holds true of the financial portion of living together. Some household expenses will be reduced since only one household is being maintained. However, other expenses will be increased. Determining who pays for what and how are important discussions before any move is made. Clear guidelines need to be established.

What about family rules? Now that three generations are living together, ground rules will be important. You may find yourself having more rules now than when you were raising your own children. Little items such as laundry, TV, company, curfews, meal times, discipline, decision-making, and privacy are just a few things you will want to talk about. Rules can be changed as the generations blend together. If you are going to share a home with your adult children and grandchildren, you should have a role in important decisions, especially those that affect you directly.



Benefits

- **Companionship**
- **Shared Expenses**
- **Emotional Support**
- **Exchange of Ideas**
- **Staying “Renewed”**

Moving in together can have its benefits, but it also can cause mixed emotions and financial strain! Talking openly and honestly about your concerns is the safest approach.

While it will be great to be around your grandchildren and be an active part of their lives, it can create conflicts. It is important to remember that each adult was living independently before and now each generation will begin to rely on one another.

Constructively solving difficulties that arise when different generations live together will make it easier to share resources, enjoy each other’s companionship and overcome hardships.



Nutrition and Food Corner

When the snow is above your boots and the wind is howling outside, soup is often one of those dishes that puts a warm feeling in your tummy and often a smile on your face. For generations, soup has been a comfort food in almost every culture. Making soup with a grandchild can be fun and rewarding. Here is a simple soup for you to try and of course add your own special touch:

Tortellini Soup

4 cups chicken broth or bouillon
1 box tortellini (In place of tortellini, broken spaghetti, rice, or fine noodles can be used.)
1/2 - 1 cup cooked diced chicken
1/2 cup diced vegetables - onion, celery, carrot, or favorite vegetable
Herbs and spices to taste use parsley, pepper, and/or Italian spices

Bring broth to a boil; add tortellini, cook for 5 minutes. Add chicken and vegetables; cook until vegetables and tortellini are tender, about 5 minutes. Serve hot.

Have grandchildren help with whatever task is age appropriate. Teaching kitchen skills can be a gift from you!

Soup Tips

Use any canned soup and add your favorite left over vegetables for a more nutritious dish.

Sprinkle grated cheese on top of hot soup to increase the nutritive value.

Doing It Together Craft Ideas

Stained Glass Bank

Materials:

- * Brightly colored tissue paper
- * Small container of liquid starch
- * A brush
- * Small sturdy box with slit in top

Have children cut or tear tissue paper into small geometric or free form shapes. Brush the box with liquid starch and cover with tissue paper pieces. The tissue can also be twisted or wadded for different effects. Have fun exploring and overlapping colors. Coat the finished product with a light coating of starch.

Variation: White glue thinned with water can be used in place of the starch. Thin the glue until it is easy to brush.

“Thumb” Prints

Kids have a knack for leaving their fingerprints on everything! Now they can use this incredible skill to crank out notepaper, greeting cards or decorate anything else.

Materials:

- * Inkpad (can use thin acrylic paint)
- * Plain Paper – any type on a paper plate
- * Markers

For practice, on a clean sheet of paper let grandchildren press a thumb on the ink pad or acrylic paint and press on the paper. Add arms, legs, faces and etc. to make a funny character.

For example use the pinky to add ears to a bunny which is the thumb print.



Older Americans Month, May, 2002

America: A Community for All Ages

by Josefina G. Carbonell
Assistant Secretary for Aging

Dear Colleagues:

I am pleased to announce the theme for Older Americans Month 2002: "America: A Community for All Ages." This theme has been selected in recognition of the national community in which we live, and in tribute to the American family, which is the strength of our nation.

Our families are our greatest hope for the future. Families span generations. They offer us comfort, security and sustenance. And older members of our families – grandparents, parents, relatives and even neighbors – provide us with the historical perspective that enables us to move forward and contribute to our nation's greatness and prosperity as so many have done before. It is this multi-generational perspective upon which we must continue to build. We must work to ensure that health and human services reach across generations, where we have young people working as volunteers to assist our elders, and at the same time, we have older adults working with youth. Stronger multi-generational programs result in stronger individuals, who are more connected to their communities. Stronger individuals result in stronger communities, and stronger communities create a stronger nation overall.



Families are the main providers of care for older persons in our country. In fact, we know that 95 percent of the care provided to older persons with disabilities in the community is provided by family members. One of our biggest challenges as a nation is to ensure that in-home and community-based care is available to help all older adults achieve the promise their senior years bring. We must build upon the success that has already been achieved throughout the aging network so that all older Americans can lead engaged and productive lives in their communities.

Over the next several months, you will receive more information about our plans in recognition of Older Americans Month 2002. I am very proud to continue this tradition of honoring older Americans and their caregivers, and of celebrating our families and our communities as the foundation of our society.

"Qian ren zai shu, hou ren cheng liang."

**"One generation plants the trees under whose
shade future generations rest."**

Chinese Proverb (in Mandarin)

Proverbs

*A new curriculum for promoting
understanding across generations and cultures*



Panela velha e' que faz comida boa
(Portuguese)

The old pan is the one that makes good food!!

Booklet: <http://AgExtEd.cas.psu.edu/FCS/mk/Booklet.pdf>
Overheads: <http://AgExtEd.cas.psu.edu/FCS/mk/Overheads.pdf>

AUDIENCE

- Youth, ages 12-19
- Older adults
- Intergenerational audiences

OBJECTIVES

Participants will:

- increase understanding of the process of aging
- increase communication with family members
- develop intergenerational relationships
- raise awareness of cultural differences and similarities

LIFE SKILLS

- Communicating
- Caring for others
- Thinking and reasoning
- Empathizing
- Accepting differences

LENGTH

- About one hour (or longer, depending on length of discussion)

FORMAT

This curriculum requires a facilitator who presents selected proverbs and engages the participants in discussion and activities related to the theme of the proverb. Discussion points are provided for the facilitator. The curriculum can be used to supplement other programs aimed at promoting intergenerational and multicultural understanding.

Developed by:

Matt Kaplan, associate professor and intergenerational programs and aging specialist, Penn State University

Patreese Ingram, assistant professor and diversity specialist, Penn State University

Claudia Mincemoyer, assistant professor and 4-H curriculum specialist, Penn State University



a national coalition dedicated to
intergenerational policy, programs and issues

INTRODUCING...

The National Center for Grandparents and other Relatives Raising Children

Generational United (GU) was recently awarded an Innovative Grant by the Administration on Aging, as part of the National Family Caregiver Support Program (NFCSP). With this grant, GU will support the implementation of the NFCSP by establishing the *National Center on Grandparent and Other Relatives Raising Children*. This Center will build on GU's current work of promoting public policies and programs to support these families by coordinating a national network of experts that provides training and technical assistance to the aging network. GU will complement the work of the Administration on Aging and link experts and programs to the network by working with, among others, the National Association of Area Agencies on Aging, the Brookdale Foundation Group, the National Association of State Units on Aging and AARP.

Projects of the Center will include:

A national network of experts who will provide training and technical assistance to aid the aging network in implementing the NFCSP

KinNET, a national network of support groups for relatives caring for kin in foster care

GU's Relatives As Parents Program (RAPP) Behavioral Health initiative

High-quality publications and technical assistance tools

For more information on GU's National Center on Grandparents and Other Relatives Raising Children or any of its projects, contact GU at 202-638-1263, email to gu@gu.org, or visit their Web site at <http://www.gu.org/projg&o.htm>.

International Conference

Connecting Generations: A Global Perspective

April 2-4, 2002, Keele University, England

The International Consortium for Intergenerational Programs (ICIP) is an international membership organization focused on promoting intergenerational programs, strategies and public policy from a global perspective, and bringing together policy makers, academics and practitioners. ICIP's first international intergenerational conference - *Connecting Generations: A Global Perspective* - will be held 2-4 April 2002 at Keele University, England. The conference will provide an opportunity for discussion and debate on a number of issues related to intergenerational practice such as urban regeneration, social inclusion, health, intergenerational learning, community development and research. A workshop supported by UNESCO's Institute for Education will include presentations from four participants from South America, Africa, Asia and the Middle East, helping to ensure a global perspective.

If anyone would like further information on membership of ICIP or on the international conference, please contact Diane Steiner (see below) and she will send you the relevant materials. Otherwise, feel free to contact Matt Kaplan (msk15@psu.edu) if you have any questions.

Diane Steiner
ICIP
c/o The Beth Johnson Foundation
Parkfield House
64 Princes Road
Hartshill
Stoke-on-Trent
ST4 7JL
United Kingdom
Phone: +44 1782 844 036
E-mail: generations@bjf.org.uk

Generations Together's 10th International Intergenerational Training Institute

June 19, 20, 21, 2002
University of Pittsburgh

\$350 Tuition by April 19, 2002
\$375 Tuition after April 19th.
\$275 — Group rate: (if 4 or more from your organization)

Generations Together invites you to join with staff and other leaders in the intergenerational field to examine the rebuilding of communities through an intergenerational approach. The Institute features three days of intensive interactive training to help participants develop the skills needed for success in the intergenerational field. Regardless of area of specialty, the Institute offers a broad knowledge of the dynamics of intergenerational programs and research.

Who should attend?

- Human service professionals serving children, youth, and/or older adults.
- Educators at the preschool through university levels.
- Health professionals serving intergenerational groups.
- Administrators of retirement systems, adult and child day care centers, mental health and family programs.
- Public policy specialists.
- Individuals interested in initiating or sustaining successful intergenerational programs.

Contact:

Jim McCrea, Executive Director
Generations Together
412/648-7151
jmccrea+@pitt.edu

**For more information on Penn State
Intergenerational programming, please check out
our Web site:**

<http://AgExtEd.cas.psu.edu/FCS/mk/menu.html>

Website of Interest

Penn State Intergenerational Programs and Aging
<http://agexted.cas.psu.edu/FCS/mk/menu.html>

How many times have you tried to find an interesting intergenerational activity or some provocative article about how young people and older adults can contribute to each other's lives? Now you can save your energy simply by checking the website for the Penn State Intergenerational Program, hosted by the Department of Agricultural and Extension Education at Penn State University.

You can find all kinds of information and linkages in this website. For example:

- Resources for grandparents raising grandchildren families in Pennsylvania.
- Intergenerational curricula/activity packages.
- Past issues of the *Ideas for Intergenerational Living* newsletter.
- An *Ideas for Intergenerational Living* article series.
- Resources for intergenerational and aging program presentations.
- Intergenerational and aging links and resources.
- Upcoming events and meetings.
- The latest from the Penn State Intergenerational Program.

The website is updated frequently, so you might want to check it every now and then to see what's new. You will note that the website is designed to provide visitors with easy access to many resources in the intergenerational field.

One request though: If you use any materials published by the Penn State Intergenerational Program, please send a note to msk15@psu.edu indicating how you use the material. Your feedback will help give us a sense of how to improve and add to these resources. Also, if you are conducting intergenerational program work in Pennsylvania, we would like to put you in touch with Cooperative Extension agents in your county with whom you might collaborate.

As they say in Hawaii, surfs up! (Web surfing, that is!)

This publication is available in alternative media on request.

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