



Ideas for *Intergenerational Living*

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From the Editor:

In this issue of *Ideas for Intergenerational Living*, you might note a few changes. First, we're trying a shorter format (6 pages instead of 8). Also, Andrea Bressler, Family and Consumer Sciences Educator for Penn State Cooperative Extension in Clearfield County, takes over from Jane Landis (Dauphin County) as author of the *Grandparenting—The Golden Opportunity* section. (Thank you Jane for your years of inspiration for the grandparent community!!)

The most recent news from the Penn State Intergenerational Program is a new resource called the *Intergenerational Activities Sourcebook*. The Sourcebook includes 53 activities which could be incorporated into various programs and adapted according to the interests of participants. Whatever area you work in — be it nutrition, financial literacy, 4-H/youth development, family skill-building, early childhood education, community development, or horticulture — there should be something in it for you. The publication is posted on-line at: <http://intergenerational.cas.psu.edu/Docs/Sourcebook%20.pdf>. Hard copies can be ordered for \$10 each. An order form for this and other Penn State intergenerational resources can be found at: <http://intergenerational.cas.psu.edu/Docs/OrderAll.pdf>.

As always, we are very interested in sharing any information about exciting intergenerational work near and far. If you have anything you'd like us to post in our newsletter, please send to msk15@psu.edu. Thanks.☺

Matt Kaplan, Associate Professor
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Introducing SAGE (Senior Adults for Greater Education)

by Beryl Katz, Director



Senior Adults for Greater Education, SAGE™, was founded five years ago in the Council Rock school community in Bucks County, PA. The mission of this non-profit organization is to integrate anyone living in the community who is 55 and over, into the school's community. The organization is based on the fundamental belief that seniors have much to offer in the way of experience, knowledge, and expertise.



SAGE™ holds monthly intergenerational activities and offers numerous opportunities for volunteering in classroom settings. Currently, there are over 700

members of SAGE™ placed throughout the district's 15 schools. Once an individual joins the organization, they receive a GOLD card. This card offers them free entrance to all school home-based activities, encouraging seniors to come out and see the great work that is being done in our schools. A newsletter is published on a monthly basis to keep members informed. Furthermore, we have a link on the school's Web site (www.crsd.org — go to the link that says "for our community"), a hotline (215-957-4058), an e-mail account (sageofcr@aol.com), and a television show on our cable access channel.

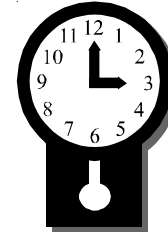


In 2003, we held our annual Thanksgiving Feast, fielded an Intergenerational Choir, and conducted computer education classes

(Continued on page 5)

Time with Grandparents

Created by: Andrea Bressler, CFCS, M.S.
Extension Educator, Clearfield County



Disappearing Childhood

We live in such a fast-paced, hurried-up world; kids hardly have time to be kids today. Parents change jobs, kids change schools, and families move between states. Time is of the essence. Being on time and meeting a deadline matters more and more. Fax machines deliver when overnight delivery is not fast enough.



We wait impatiently when a Web site takes several seconds to open.

Your grandchildren have become the unintended victims of constantly being hurried. Many of today's parents find it easier to tie a child's shoelaces than to wait while she ties them herself. It's often easier to tidy up a child's room than to make the necessary efforts to see that she keeps it clean herself.

Such hurried parents rush through everyday tasks and produce a harried child who gets the message that faster is better. Some children may feel helpless because they are unable to keep up. The pressure to grow up is stronger than ever before.

Children have always been in a hurry to grow up. There is a real difference between wanting to grow up, which is a normal, healthy part of childhood, and having grown-up concerns forced upon a child.

Rushing through childhood has consequences. Children's games are disappearing and being replaced by organized sports that are becoming more and more competitive at a younger age. Parents feel guilty purchasing toys without an educational message; play for play's sake seems to be gone. Time to daydream and wonder is replaced with a full schedule of structured activities.



Children are not little adults and should not be hurried through childhood. The activities and experiences of childhood prepare a child for adulthood. Children need direction and support to develop into secure individuals. Children need to feel they belong and to develop a respect for limits. This enables children to cope with the problems they'll face in life.



As you spend time with your grandchildren, and talk with your children, encourage them to slow the pace. Learn to savor and enjoy the children in your family.

(Source: *Stress and Your Child, Helping Kids Cope with the Strains and Pressures of Life*, Bettie B. Youngs, Ph.D., Ed.D.)

Doing It Together

Observing Birds

Hang a bird feeder close to a window where your grandchild can observe the birds coming to feed. Go to your local library and get a book on the types of birds which are in your area. Help your grandchild look through old magazines for pictures of some of the birds feeding at your window. Make up a sheet of paper so that you can list the different types of birds which come to feed. Start a new list each week to see if the same types of birds feed regularly.



String-Along Meals

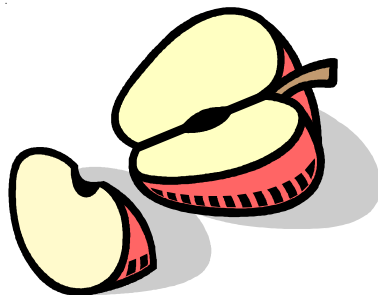
A very simple way to provide a meal for the birds is to put food on a string. The birds will reward you with a circus act, swinging like acrobats as they try to eat the food.

Unshelled Peanuts

Using a piece of string about 16 inches long, thread one end through a large embroidery needle. Tie several knots in the opposite end. Then thread a dozen peanuts onto the string by sticking the needle through the center of each shell. Tie to a fence post, tree branch, or clothes line.

Apples

Thread one end of the string. Tie a short piece of wood onto the opposite end. Cut one slice from the side of the apple. Placing the apple on a cutting board, pull the string through.



Bone

Tie a bone that still has some meat on it to a tree limb high enough so dogs and cats can't reach it.

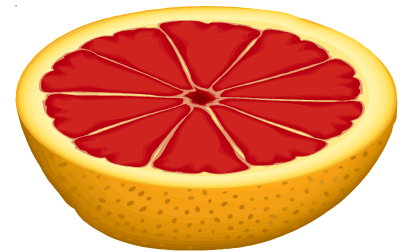
Grapefruit Shell Birdfeeder

What you will need:

- bacon fat
- birdseed
- thin wire or strong string
- grapefruit

Cut grapefruit in half and enjoy the fruit sections. Cut three pieces of wire or string about 8 inches long for each half.

Poke three equally spaced holes in the side of the grapefruit to put the wire through. Melt bacon fat, mix in birdseed, pour into grapefruit shells, and let harden. Then attach a wire to the branch of the tree for a birdfeeder.



Things I want to do with my grandchild this winter:

(Source: Family Time, Winter, Ages 7 – 8. James Van Horn, Ph.D., Penn State Cooperative Extension)

(Continued from page 2)

to help seniors get up to speed on the Internet. Another highlight was a community service project in which seniors and students worked together after school to stuff brown paper bags with goodies for students less fortunate living in a homeless shelter. In an hour and a half of working together, over 600 bags were created! Here are some photos that convey the excitement and bonding that took place during this project.



I would love to hear what others are doing with their intergenerational programs, and would like to do what I can to share information with others. Please feel free to contact me at berylcooks@aol.com.☞

Images from the SAGE community service project. Photos by Beryl Katz, 2003.

Generation Celebration at Wayne Highlands Middle School (Honesdale, PA)

by Ellen Jennings, Teacher

For five years now, Barbara Brown and I, both Family and Consumer Sciences Teachers at the Wayne Highlands Middle School, have been conducting the *Generation Celebration* program developed by Penn State Cooperative Extension in 1994 (and revised in 2002). This past year, we wrote grant proposals and received funding to expand our program to include intergenerational meals, games, and activities focused on learning local history. We work with Joyce Malicky, 4-H/ Youth Development educator for Penn State Cooperative Extension at Wayne County.

Here's how our program works. Seventh and eighth grade students at Wayne Highlands Middle School invite local older adults for various types of visits to their classes. To prepare for this *Generation Celebration*, the Family and Consumer Sciences students prepare harvest breads and fresh fruits to create a bountiful buffet table. During the *Generation Celebration*, students are able to talk with older generations about life styles of the past. Many stories are told, and one of the favorite parts of this project for the middle school students is listening to stories of the families of the past. Students respond to the stories with comments such as: "I can't wait to talk to my grandmother some more. I didn't know about some of the stories she told us when she visited."

We have had some great seniors. For instance, take Ed Rose, Prothonotary of Wayne County, who shared with our students a collection of ration books from World War II. Middle school students were able to look at the ration books and found they enjoyed hearing stories of the "Greatest Generation." Recently, Cindy Hall, from the Wayne County Area Agency on Aging, put us in touch with an elderly gentleman who is a retired history professor and the local county historian. We feel we have struck gold, and look forward to working with him to stimulate rich historical discussions with the youth.

If you want to hear more about our Generation Celebration program experiences, by all means, please be in touch. My e-mail address is: jenninge@ns.neiu.k12.pa.us.☞



Announcements

The International Consortium for Intergenerational Programmes (ICIP) will

hold its second biennial conference on June 3-5, 2004 at the University of Victoria, Victoria, British Columbia, Canada.

Themes:

- *Viewing Participants as Resources for One Another, Communities and Societies: Intergenerational Solidarity Toward a Better World*
- *Research, Practice, Policy: Interrelated Dimensions of a Developing Field*
- *Intergenerational Programmes, Poverty and HIV/AIDS*
- *The Impact of Economic Policies on Intergenerational Relationships Around the World*

For more information about the conference, visit <http://web.uvic.ca/cyc/icip/>.

Resources

Grandparents Raising Grandchildren: Legal and Policy Challenges

Grandparents Raising Grandchildren: Legal and Policy Challenges is a three-session, video-based program consisting of a videotape and a CD ROM, which contains background information for the facilitator, detailed plans for the educational sessions, handouts, and additional materials. The program is designed for presentation to grandparents who are raising grandchildren, relatives who are raising kin, the professionals and paraprofessionals who work with them, and interested community members.

This program has been adapted from the videoconference, *Grandparents Raising Grandchildren: Legal and Policy Issues*, produced by University of Wisconsin-Extension and Purdue Extension, which was broadcast nationally in 2001. Where necessary, the information has been updated. Sponsors of the videoconference were AARP, the Brookdale Foundation, the Child Welfare League of America, Generations United, and the National Association of State Units on Aging. Dena Targ, recently retired from Purdue Extension, Mary Brintnall-Peterson, University of Wisconsin-Extension, and Mary Haselow-Dulin, Madison, Wisconsin, developed the program.

The program sells for \$35, which includes all shipping and handling charges. Purdue Extension produced, and is distributing, this educational material.

If you would like to see an overview of the program and/or an order form, access the following Web site: <http://www.cfs.purdue.edu/extension/grandparents/>.

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Kinship Care Resources Kit for Community and Faith-based Organizations: Helping Grandparents and Other Relatives Raising Children

This kit, available from the Children's Defense Fund, is designed to help community and faith-based organizations:

- Understand what kinship care is.
- Learn how to offer services and support to kinship care families.
- Discover what kinship care resources are available to families.
- Find national and state kinship care organizations and resources.

To order, contact CDF's Child Welfare and Mental Health Division at childwelfare@childrensdefense.org or (202) 662-3568. Quantities are limited. Shipping and handling charges will be billed for multiple copies.

Look for the Kinship Care Toolkit online at www.childrensdefense.org.

Penn State Intergenerational Program Resources for Sale

The following intergenerational items are for sale:

- Intergenerational Activities Sourcebook
- Developing an Intergenerational Program in Your Early Childhood Care and Education Center
- Grandparents Raising Grandchildren, *Doubly Stressed, Triply Blessed*

Go to: <http://intergenerational.cas.psu.edu/Docs/OrderAll.pdf> for more information and to download the order form.

**For more information on the Penn State Intergenerational Program, visit our Web site:
<http://intergenerational.cas.psu.edu>**

This publication is available in alternative media on request.

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