



Ideas for Intergenerational Living

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Attention Intergenerational Practitioners!

Intergenerational Listserv



Are you looking for a place where you can:

- Get answers to your intergenerational questions?
- Find out about other intergenerational programs?
- Tell people about your programs and ideas?
- Publicize intergenerational events, legislation, and policy issues.
- Communicate regularly with professionals who share your intergenerational interest?

That place now exists — **INTERGENERATE**, a listserv created and managed by the staff at Generations Together, University of Pittsburgh. INTERGENERATE is the first listserv devoted to people who are interested in exploring the benefits associated with programming that links older adults with children and youth for the mutual benefit of both age groups. Members discuss academic concerns, program design and problem-solving, training, employment, evaluation, and research, and whatever else is on their minds.

It's free, and it's simple to join in the discussion! Just send an e-mail message to: majordomo@list.pitt.edu. The subject doesn't matter, but the text should say: *subscribe intergenerate*. As soon as your membership has been confirmed, you can join the on-line intergenerational community. We can't wait to meet you in cyberspace!

If you have any questions, call Generations Together at (412) 648-7150.

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From the Editor:

This issue of *Ideas for Intergenerational Living* begins with a press release from Generations United providing the good news that the new LEGACY Intergenerational Housing Act was signed into law. This legislation was created to help address the housing needs of the nearly 30% of caregiver renters who live in overcrowded conditions.

Next, is the *Grandparenting—The Golden Opportunity* insert, written by Andrea Bressler, family and consumer sciences educator for Penn State Cooperative Extension in Clearfield County. This is followed by an article from Denise Continenza, extension educator in Lehigh County (PA), who describes an intergenerational panel presentation she set up for an audience of 190 people. Finally, we have an announcement from Generations Together (University of Pittsburgh) on their Intergenerational Training Institute (July 14-16, 2004).

If you have anything you'd like us to post in our next newsletter, please send to msk15@psu.edu.

Thanks.

Matt Kaplan, Associate Professor
Intergenerational Programs & Aging
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New Intergenerational Web Site

To mark Intergenerational Week, United Generations Ontario has opened a new Web site, with many new features - latest news and events about intergenerational programming, and publication of their resources, Quality of Life Across the Generations: An Intergenerational Approach to the Prevention of Elder Abuse.

**Check out the site at:
<http://www.unitedgenerations.ca/>**

LEGACY Housing Bill for Intergenerational Families Celebrated on Hill

For Immediate Release
February 26, 2004
202-289-3979

Contact:
Donna Butts or Jaia Peterson

The more than 2.4 million grandparents and other relatives raising children stand to benefit from the new LEGACY Intergenerational Housing Act. Recently signed into law, LEGACY was created to help address the housing needs of the nearly 30% of caregiver renters who live in overcrowded conditions.



“More and more, grandparents on fixed incomes are taking on the responsibility of raising their grandchildren,” said Congressman Michael Capuano (D-MA), who was the lead sponsor of the bill. “Instead of enjoying their retirement, these courageous grandparents are concerned not only with the rising costs of prescription drugs, but also the cost of diapers, baby formula, and school supplies.” The LEGACY Act is an important step forward to update our national housing policy to recognize these families and help create real opportunities for safe, affordable places for intergenerational families to live.” Representative Capuano’s district boasts the Grandfamilies House, the first housing complex designed specifically for grandparents raising grandchildren.

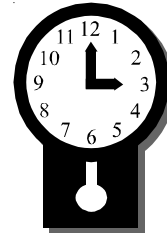
Lawmakers and advocates came together to celebrate and learn about how LEGACY will be implemented. Lead Legacy sponsors were honored with awards for their leadership in laying the foundation for intergenerational housing. In addition to Representative Capuano, Representative Jack Quinn (R-NY) and Senators Debbie Stabenow (D-MI), Mike DeWine (R-OH), Hillary Rodham Clinton (D-NY), and Mary Landrieu (D-LA) were honored.

Three of the provisions from the LEGACY act passed Congress as part of the American Dream Downpayment bill. They will: create national demonstration projects that provide opportunities within HUD’s Section 202 programs to develop housing

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Time with Grandparents

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



Improving the Health of Your Grandchildren



Today's children, your grandchildren, may become the first generation to NOT live as long as their parents. Why so? Physical inactivity and poor diet contribute to risk factors for heart disease, diabetes, obesity, and

cancer. We used to think of these chronic diseases as adult concerns, the price for living a good life. Unfortunately, 27% of children age 5-10 have one or more heart disease risk factors. One in three children born in the year 2000 will develop Type II Diabetes.

Obesity is one of today's greatest health challenges. Obesity rates have doubled in children and tripled in adolescents over the last two decades. One in seven young people are obese, and one in three is overweight.

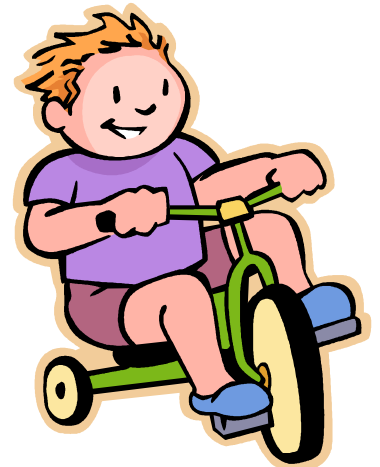
On any given day:

- 45% of children eat no fruit
- 20% eat less than one serving of vegetables
- 2% of children (2 to 19 years) meet the five main recommendations for a healthy diet, according to the Food Guide Pyramid
- 75% of children consume more saturated fat than is recommended in the Dietary Guidelines for Americans
- 31% do not achieve recommended levels of physical activity
- Girls are less likely to engage in vigorous activity
- 38% of high school students report watching three or more hours of TV on a typical school day

The grandparenting years are often viewed as a time to spoil the kids and send them back home. But slowing this overweight epidemic will require effort from family members of all ages.

What can a concerned grandparent do?

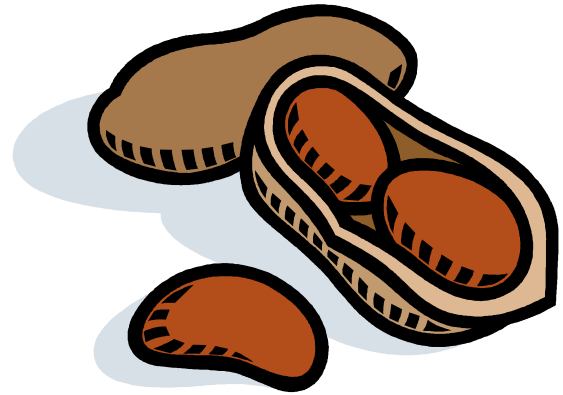
- Share in physical activity with your grandchild. Locate your old bicycle, grab a baseball and glove, share your love of golf or gardening, or take a walk together. Aim for 20 minutes of physical activity during each and every visit with your grandchildren. The activity will benefit both generations.
- Limit the amount of TV viewing during visits with your grandchildren.
- Reward your grandchild with non-food items or time spent together.
- Introduce new fruits, vegetables, and other nutritious snack choices. If you have the patience and enjoy food preparation, invite your grandchild to cook with you. Prepare a low-fat, low-sugar recipe together. Kids will be more interested in tasting foods they helped to prepare. ❖



(Source of data: *Pennsylvania Advocates for Nutrition and Activity*)

Doing It Together

- Look for swimming classes for your grandchildren who need to learn.
- When safe to plant outside, plant your annuals in the yard and get some physical activity while you garden together.
- Make sure to walk a minimum of 30 minutes 3 or more times a week.
- Take a walk at the nearest county or state park and count how many different varieties of flowers you see.
- May 19 is National Bike to Work Day. Put on that bike helmet and ride.
- Pack a picnic lunch for Memorial Day and walk or bike to the closest park. Make sure to set up the yard games for everyone to play during the picnic.
- Challenge your grandchild to a week of walking. Purchase pedometers for both of you, and count your steps each day for a week. Continue using the pedometer throughout the year. Strive for a 20% increase in your step totals, aiming for 10,000 steps a day.
- Make GORP or Walking Salad and take along with water bottles on your physical activity trips.



GORP

(Good 'Ol Raisins and Peanuts)

Place ingredients into zip-lock sandwich bag:

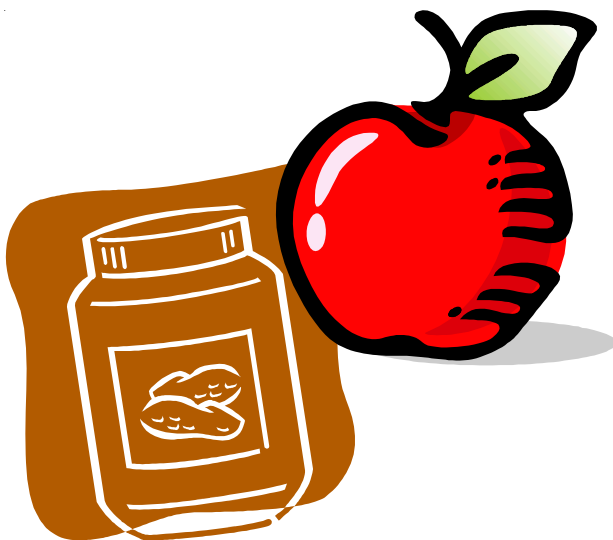
- 1 cup popcorn
- ½ cup ready-to-eat cereal (oat rings, etc.)
- ½ cup presweetened cereal (flavored loops, etc.)
- 1 T. raisins
- 1 T. unsalted peanuts
- 1 T. coated chocolate candies

A quick, easy, and portable snack for walking and other trips. You can add your own favorite ingredients; such as pretzel sticks, small crackers, dried fruits, etc.

WALKING SALAD

- 1 apple
- 2 T. peanut butter
- 5-6 raisins

Cut the top of the apple. Core the apple, leaving the bottom skin over the hole. Stir raisins into peanut butter and stuff into the center of the apple and put the top on. ❖



Young and Old Enjoy Learning About Each Other

By Denise Continenza, Family and Consumer Sciences Educator
in Lehigh County, Penn State Cooperative Extension



On April 14, 2004, I facilitated an intergenerational panel presentation as part of Northampton County's Homemaker's Day event. My program, called "Bridging the Generations," was designed to engage both youth and senior citizens in activities that help people of all ages to question and reject age-related stereotypes that hinder lines of communication and caring between young and old.

We constructed two panels, one was made up of four local high school students, and the other consisted of four older adults who were members of the event planning committee. I asked both groups to respond to a series of provocative questions about age, aging, and intergenerational relations, and then asked for feedback from the audience of approximately 190 participants. Here are some of the questions:

- What is something that you would like people of other generations to know about your generation?
- What would you like a young person/older person to teach you?
- What would you like to teach to a person who is in an opposite age bracket?
- Who is someone you admired (when you were young)/aspire to be like (as a young person today)?
- What does your generation need from the other?

This activity opened the door for young and old to begin to share stories and realize that they have so much to learn from each other.

Next, the group engaged in a "True or False?" game where they found out what research has discovered about both the aging process and youth behaviors. I utilized a series of true-false statements from the "What Are Today's Youth Really Like?" and "What Does Old Really Mean?" Penn State factsheets. I put

these statements on overhead and asked panel members to answer. I then gave correct answers and asked for comments from the audience. Everyone had a lot of fun with this one.

Another activity had to do with stereotypical comments that could be directed at either youth or older people, depending on one's perspective and attitude. Participants concluded that people do not fit into categories simply because of age, but rather need to be seen as individuals.

We finished with panel members telling what they want everyone to know about their particular age group. After much laughter, and as well as serious contemplation, the youth and the seniors came to several realizations. It was noted that all youth are not the same, and all older people are not alike. Everyone is a unique individual who has something to offer. The conclusions were drawn that we need to see people as individuals, not just members of an age bracket. We also need to communicate to understand where each other comes from instead of passing judgment (i.e. "Kids today are spoiled," or "Old people are stingy").



Our youth panel got a huge round of applause when one young man said, "We need you. We are your future doctors and presidents. We need your help to get there." Wow! I left them with the challenge to go home and make time to talk with someone of another generation and really listen to their story.

If you would like more information about this session, or similar ones I've been conducting in Lehigh and Northampton counties (PA), please feel free to send me an e-mail (dhc128@psu.edu) or call (610-391-9840). Thanks.

(Note: The factsheets noted in this article in addition to other intergenerational activity resources are posted on the Penn State Intergenerational Program Web site: <http://intergenerational.cas.psu.edu/Curricula.html>. The "What Does Old Really Mean?" statements were taken from the *Generation Celebration* curriculum, also posted on the Web site.) ❖

(Continued from page 2)

specifically for grandparents and other relatives raising children; provide training for HUD personnel regarding grandparent- and other relative-headed families; and call for a national study of the housing needs of grandparent- and other relative-headed families.

“Many children who are raised by their grandparents, have suffered traumatic experiences throughout their childhood and have been looking forward to the stability and love that their grandparents can provide to them,” said Representative Quinn, an original cosponsor of the legislation, whose district is home to newly developed “granny units” for grandparent-headed families in a housing complex for seniors and families. “Grandparents now have the tools that they need to raise happy and healthy children.”

For more information about housing issues affecting grandparents raising children, contact Generations United at 202-289-3979. Other information about GU and the National Center on Grandparents and Other Relatives Raising Children is available on the GU Web site: <http://www.gu.org>. ❖

Generations Together’s Intergenerational Training Institute July 14 - 16, 2004

**Increase Your Intergenerational
Programming Skills!
Attend the Generations Together
Intergenerational Training Institute
July 14-16, 2004**

Generations Together’s 12th Annual Intergenerational Training Institute will take place from July 14 -16, 2004 at the University of Pittsburgh. This year’s keynote speaker is Dr. Matthew Kaplan, Intergenerational Programs and Aging specialist at Pennsylvania State University. This two-day institute features interactive workshops designed to develop and increase intergenerational program development skills including recruiting, training, and evaluation. “How-to” workshops will be conducted on Service-Learning, Recruiting Youth and Elders, Shared Site Programs, Developing and Analyzing Goals, Using Qualitative and Survey Methods for Evaluation, and Parenting Grandparents. New sessions include Training and Orientation for Staff and Intergenerational Programming 401: Putting it Together. For more information, visit www.gt.pitt.edu or request information at 866-216-1223. ❖

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

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