

The 2009 MetLife Foundation/ Generations United Intergenerational Shared Sites Best Practice Awards

*Showcasing Organizations Successfully
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About Generations United and MetLife Foundation

About GU

Generations United (GU) is the national membership organization focused solely on improving the lives of children, youth, and older people through intergenerational strategies, programs, and public policies. Since 1986, GU has served as a resource for educating policymakers and the public about the economic, social, and personal imperatives of intergenerational cooperation. GU acts as a catalyst for stimulating collaboration between aging, children, and youth organizations, providing a forum to explore areas of common ground while celebrating the richness of each generation.

Beginning in 1999, GU's Board of Directors identified intergenerational shared sites as both an innovative and responsible way of providing services to and programs for older adults, children, and youth. GU launched this initiative in 2001 with an expert symposium and resulting action agenda which set the foundation of our work. Since then, GU has committed to encouraging the growth and development of intergenerational shared sites through training, toolkits and guides, best practice awards, seed grants, networking, and other activities. In 2008, with renewed commitment from the Board of Directors, GU established the National Center on Intergenerational Shared Sites. In an effort to make information on shared sites accessible, all resources are available for free on the GU website www.gu.org.

About MetLife Foundation

MetLife Foundation was established in 1976 by MetLife to carry on its longstanding tradition of corporate contributions and community involvement. In the area of aging, the Foundation funds programs that promote healthy aging and address issues of caregiving, intergenerational activities, mental fitness and volunteerism. To learn more, visit www.metlife.org.

Acknowledgements

Generations United thanks MetLife Foundation for its generous financial support of the awards program but also for their incredible support of this emerging field of practice.

A special thank you to our panel of judges who had the difficult job of reviewing an excellent pool of applications and selecting our finalists.

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Introduction to Intergenerational Shared Sites

Never before has the opportunity to unite the generations under one roof been greater. The increasing need for creative older adult care programs compounded with the demand for quality children and youth services creates an environment ripe for innovative age-integrated care. Additionally, the current fiscal constraints faced by communities across the nation are forcing many to make tough decisions on the construction and rehabilitation of facilities and the delivery of critical services. The use of space by multiple generations makes common sense and can be an important solution in helping community and organizations stretch their scarce resources.

Intergenerational shared sites are programs where older adults and young people receive services at the same site. Both generations interact during regularly scheduled intergenerational activities, as well as through informal encounters. Generations United uses the term “Intergenerational Shared Site” others refer to these types of programs as co-located facilities, intergenerational care, intergenerational day care, or multigenerational centers. While the types of program are varied, examples of intergenerational shared site programs include:

- Adult day care and child care program housed in the same facility
- Senior center located in a public school
- After school teen program held at a senior center
- Child care in a long term care facility
- Head Start program in a nursing home
- Youth recreation program in a senior housing facility

- Community or multigenerational center with programs for both generations
- Multi-use park or outdoor space
- And many more.

Intergenerational shared sites vary in structure, but are generally composed of at least two program components: one that serves older adults and another that serves children and/or youth. Many programs are building capacity by offering multiple services including caregiver resource centers, assistive technologies and rehabilitative services. In addition to separate spaces, many facilities make use of designated “shared spaces” that are accessible and stocked with materials inviting to both age groups. These spaces can accommodate both populations together and create opportunities for spontaneous intergenerational interaction.

In 1998, AARP released the results of their survey of intergenerational shared sites which laid out the range of shared site program possibilities and reported the most common varieties. Of the 281 shared site programs identified in the AARP study, they noted 72 distinct program models (combinations of older adult and children/youth services). To this date, this is the only national survey of shared site programs completed.

Although intergenerational shared sites typically serve participants that are under the age of 12 and over the age of 50, there are also programs that serve middle school, high school and even college-age youth and young adults. Shared sites can serve participants with all levels of physical and mental abilities including older adults with dementia, and children and adults with disabilities. Age and

developmentally appropriate activities with specific goals can be developed accordingly to accommodate the abilities and needs of the participants.

Now, with the current economic crisis, many communities face diminishing local, state, and federal dollars for construction and rehabilitation of facilities. In addition, current trends are for private sources to provide less funding for daily operations, consequently this limits the number of staff persons that can be maintained. The use of common space, shared equipment, cross trained staff, and volunteers makes common sense. Recent research published by GU found that intergenerational sites that shared expenses experienced significant cost savings over those programs that do not integrate expenses. There was great cost savings in the areas of personnel and rent which were by far the largest budget items for these programs.

In addition to cost savings, intergenerational shared sites are ideal for building bridges between the generations and have been shown to have a positive benefits for participants of all ages.

Studies show that sharing activities with younger people promotes positive health gains for older adults such as burning more calories due to exercise, sustaining fewer falls, and a reduction in reliance on canes. Adults with dementia or other cognitive impairments experience more positive affect during interactions with children than they do during non-intergenerational activities and these changes last even after the activity ends.

The availability of the older population to help the young also cannot be over estimated. Young people benefit from

interaction with older adults in shared sites in numerous ways. Those who become involved in programs gain an enhanced perception of the elderly and of the care required at daycare, senior centers and nursing homes. They benefit from interpersonal relationships with persons from a different age group, who can provide guidance, wisdom and support. Many older adults have specific talents to share and can help the young people as mentors, tutors or coaches. Young people can share their skills regarding the use of today's technology such as the internet, digital cameras, and advanced cell phone features. Additionally preschool children involved in intergenerational programs had higher personal/social developmental scores (by 11 months) than preschool children involved in non-intergenerational programs.

Whether children, youth, and older adults are sharing their knowledge and skills or working together on an art project, new relationships develop at intergenerational shared sites. With multiple outcomes of sharing resources (financial, material, and human) and serving young and old, these innovative facilities exemplify why we are stronger together.

Best Practice Criteria

In 2007, Generations United, with the support of MetLife Foundation, began a search for best practices in intergenerational shared site work around the country. Through a new Intergenerational Shared Site Best Practice Award, GU sought to honor those organizations that are demonstrating exemplary practices. The first five award winners and five national finalists were recognized in June 2008. This report presents the award winners and national finalists from the second year of the competition.

Identifying best practices is challenging and not without controversy. Generations United believes it is imperative to being this process, if our goal is to encourage high quality programs. It is only by learning together from what works and what is replicable that intergenerational shared site programs will flourish.

One goal of the project is to share information on what organizations have done to develop their program to help grown the intergenerational hared site field and inspire others to further expand on the best practices presented here. While we believe that the practices highlighted here can be adapted to work in many settings, they may not work at your site, with your participants, or in your community.

The best practices award winners were selected based on areas such as:

Program Structure: Thoughtful development and implementation of a structured, intergenerational program curriculum.

Program Detail: The intergenerational program is designed to build mutually beneficial, ongoing relationships between younger and older participants.

Contact: Contact between generations is frequent and includes both planned and unplanned interactions.

Impact: The program demonstrates a positive impact on participants.

Community Needs: The program meets an identified need in the community.

Interaction: Participants are given the option to participate and offered different levels of intergenerational interaction.

Staffing: Staff members collaborate on program planning, coordinate joint meetings, and are cross-trained on intergenerational issues.

Community Involvement: Other partners in the community are engaged in program activities.

Sustainability: Organizers demonstrate a commitment to program sustainability.

Evaluation: The program is evaluated based on outcomes.

Creativity: The program is unique in terms of building structure, populations served, and services offered.

Replication: This program can be replicated by other organizations.

This criteria was determined based on the collective work of GU and our members. We relied on both published and unpublished research studies and information from practitioners and participants in intergenerational programs.

Members of the review panel were provided with this criteria and the applications to determine the finalists. Selection was based on the organizations' use of the best practice framework in their program and determined entirely on the information presented by the organization in their written application.

BEST PRACTICE AWARD WINNERS

CHILDREN'S FAMILY CENTER, MECHANICSBURG, PA

Children's Family Center (CFC) opened its doors in 1978 on the campus of Messiah Village and has been a national leader in the field of intergenerational care. It is recognized as the first childcare in the United States to share its facility with a senior care community. The mission of CFC states that "Children's Family Center will provide family oriented care for infants and children, while promoting their development physically, spiritually, emotionally, educationally, and socially. The activities are structured to be developmentally appropriate for the seniors and the children. Children's Family Center will also foster intergenerational linkages between children and older persons, for their mutual benefit." The children range in age from six weeks through kindergarten and seven to twelve years attend the school age summer camp program.

There are over sixty formally scheduled activities every month in which the children interact with Messiah Village residents. CFC also has 22 "Grandbears" (senior volunteers from the Messiah Village campus) who collectively spend over 140 hours each month working with the children. Grandbears rock the infants, read to the children, serve as teacher's aides, swim with the Kindergarteners and Summer Campers, chaperone field trips, and serve on the Board of Directors. In addition to the regularly scheduled intergenerational activities and the Grandbear program, special intergenerational events and programs frequently occur. On a monthly basis, a small group of children have lunch with a few of the residents in Messiah Village's beautiful Arboretum. This is a low-cost program that provides an opportunity for more interpersonal interaction in a special and unusual

setting. In the spring, the residents fill plastic eggs and hide them for the children to find. In October, the children march through the hallways and streets for the annual Costume Parade.

Throughout the year, the children personally deliver birthday cards to the residents in Assisted Living and Nursing Care. Holidays are celebrated with special intergenerational events, including a Valentine's Day Tea, Flag Day Parade, Grandparents' Day Open House, Thanksgiving Feast and Winter Holiday Program. Every aspect of the children's day at CFC is filled with intergenerational experiences.

As the children arrive they are greeted by a mural in the entrance way that depicts a senior friend sitting on a bench and reading to the children. In their classrooms there are intergenerational pictures. During circle time the teachers often read books about grandparents or other books that depict senior adults in a

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positive light. Each day the children take walks through the Nursing Care and Assisted Living areas. During these walks, the children and seniors have the opportunity to say hello and interact with one another. When the children go out to play, the playground is located in a courtyard that is surrounded by the residents living and dining areas. This allows the seniors to see the children from the comfort of their room while still giving the opportunity for many shared smiles and greetings. On the play area there are two patio areas where the residents can comfortably sit on a level surface to watch the children play. Even as the children are leaving for the day, many of the residents are taking their evening walks and say goodbye to the children and their families.



The story of Grandbear Oscar Lindcamp illustrates the impact that Children’s Family Center has on its participants. Grandbear Oscar had been a Shriner clown, he and his wife retired at M.V., his wife died, his emotional health declined because he was very depressed. Grandbear Oscar began with CFC as a “Special Friend”, and over the years became a daily fixture at CFC—doing lesson plans, giving flowers to the teachers, making the children laugh with his bag of “magic tricks”. Ultimately, Grandbear Oscar provided a lesson in grief when he passed away at 90 yrs old on July 9, 1999.



INTERGENERATIONAL LEARNING CENTER OF PROVIDENCE MOUNT ST. VINCENT, SEATTLE, WA

Seventeen years ago, the Intergenerational Learning Center (ILC) was opened to meet the needs of residents and the community of West Seattle. The program provides quality child care and the opportunity for children to interact on a daily basis with people of older generations. Established by Providence Mount St. Vincent, whose primary function is caring for elderly or disabled residents.

The ILC operates in the same facility as the resident's programs and living quarters. Each teacher has two to three planned visits each week that take a small group of children, ages six months to five years, to various areas of the building for activities with residents, such as singing, dance, exercise, reading, art, volleyball, and baking. Each visit is 30-45 minutes long and connections are facilitated by ILC staff as well as recreation therapists. There are also annual tea parties, Christmas cookie baking, and weekly sing-a-longs.

Informal interactions occur when residents visit classrooms and read, cuddle kids, and join in play. An art therapist is also available who couples elders with the four year-olds to create art work. Children who have attended the ILC since they were infants often visit the same residents for up to five years. One of the classrooms is on a skilled nursing floor which permits residents easy access to the room and activities within.

There is a music teacher who spends 30 minutes in each of six classrooms every week, teaching elements of music theory as well as having fun with the children. A "club" has been created for all non-napping four and five year olds; while

others are napping, these children work on pre-K skills and take field trips in the community.

Providence Mount St. Vincent provides much needed quality child care in the community. There is collaboration with the community by providing space for classes and workshops; as well as providing training opportunities on a variety of subjects for community members to attend. They also coordinate the disaster preparedness for the neighbors, as well as provide free concerts and other events throughout the year.

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JEWISH COMMUNITY CENTER OF LOUISVILLE, LOUISVILLE, KY

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The Louisville Jewish Community Center has been in existence for over 115 years. During this time they have had members and program participants join the program as children and remain well into adulthood. The Jewish Community Center is Jewish in purpose, community-wide in scope and a center of cultural, educational, recreational and social activities. The Jewish Community Center is committed to: maintain and enrich Jewish identity; enhance personal, social and physical development; develop democratic values and leadership ability; develop participation in, and contribution to, the welfare of the total community.

The JCC Healthy Seniors Program combines year-round programming which provides: daily nutrition services, fitness, recreation, education, social, and cultural activities. The JCC Children's Department also provides year-round programming. All departments of the JCC are housed in one facility with many departments sharing common space. The Senior Adult Department is located directly across the hall from the infant care room, with all of the other children in close proximity. The physical structure of the facility allows for informal interaction between the age groups on a daily basis. The children take daily walks through the building with a stop to visit the senior adults. There are also other forms of informal, regular interaction such as: story reading, snack time and interactive playtime during the day.

One of the newer intergenerational programs is called "Got Shabbat!" The preschool children meet every Friday with the senior adults to sing songs and welcome Shabbat. Shabbat (Sabbath) is a day of rest and spiritual enrichment which is the most important ritual observance in Judaism. The seniors and children meet

once a week to sing songs, hear stories and share the experience. This is an excellent and unique opportunity for the senior adults to interact directly with children to share their rich experiences and knowledge and help promote an appreciation for their cultural heritage, traditions and histories. Although this is an event based in Judaism it is inclusive of all participants. In addition to the planned programs, the preschool classes adopt a "Bubby", or grandma, for their class. The adopted Bubby spends time each week in the class interacting one-on-one with the children. This arrangement is mutually beneficial for all participants, it prevents senior adult isolation as well as keeping them active which leads to improved physical and emotional health. The children have thrived in the relationships with the additional love, support and knowledge that they receive.

One of the yearly programs for older adults and school-age children is the Intergenerational Seder. The Seder is the ritual meal served on the first night of Passover. The seniors and children take part in the rituals prior to the meal. By bringing the age groups together the seniors have an opportunity to share their traditions and religious histories with the future generations and the children get the opportunity to benefit and learn from them.

The JCC partners and collaborates with a multitude of local agencies and organizations, both Jewish and secular. Through these partnerships they are able to share resources, facility and programming with others in the community who may not have had the opportunity otherwise.

ST. ANN CENTER FOR INTERGENERATIONAL CARE, MILWAUKEE, WI

St. Ann Center is a multigenerational shared site that links the generations together. Its primary functions are, to promote healthy attitudes of all phases of life including aging and disabilities, increase awareness to a rich, diverse community and the world at large. St. Ann Center provides adult day health and wellness services for frail adults, including individuals with developmental disabilities, physical disabilities, dementia, and chronic mental illness, early childhood and traditional school age after school and summer programs. The center also provides an overnight respite center for clients to prevent caregiver burnout and a buddy program that works to provide mentoring and training to central city youth. The Center adopts the philosophy that all humans have the basic needs to be loved and respected, to feel needed, and to be involved in meaningful activity to thrive.

St. Ann Center operates two physical buildings - The Harry and Jeanette Weinberg Building and Shepherd House. The Harry and Jeanette Weinberg Building is a 48,000 square foot multigenerational shared site building designed to provide co-located, separate spaces for adult and child programs and also provides a con-joined 5000 square foot park-like atrium that includes play equipment, park benches, tables and chairs for structured and unstructured activity. St. Ann's original site, Shepherd House, provides two secure dementia level based units and one young adult unit for individuals with physical and developmental disabilities where the adult clients from all three units have structured and un-structured daily interactions, the children from the Weinberg building visit twice weekly and the adults visit the children twice weekly at the Weinberg building.

The environment which is created at St. Ann Center is consistently intergenerational and includes structured and unstructured opportunities. The structured experiences involve developing a partnership between a child classroom with an adult unit and scheduling consistent meetings where the children physically visit the adults or the adults physically visit the children in each site respectively once per week. Consistency is imperative and necessary to build the relationships. There are at least three structured intergenerational opportunities daily, including instrument playing and singing, painting, ceramics, bead making, swimming, cooking, and/or eating snacks together, storytelling, visiting and exercise programs. Large events also occur monthly that involve multiple programs take place on a regular

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basis around special occasions. One such event is a monthly birthday luncheon for childcare, adult participants, and staff that have their birthday in that respective month. The addition of staff to the event has helped to foster conversation and relationships at the party. Other seasonal events include a mother's day tea where the girls of the center visit the dementia care program, dress in dress up dresses and celebrate a high tea with the adult women of the center, and a Father's Day celebration where boys get together to putt golf balls, shoot baskets, and play the horse races. Informal opportunities are also available. Some adult clients like to watch the children swimming in our warm water pool and play in the atrium.



The childcare program reaches 114 children ages 6 weeks to 12 years of age. The buddy program reaches approximately 50 central city youth year-round. Approximately 160 adults are reached daily in our adult day care programs and 8 are served through our overnight respite programs.

TINY TIGER INTERGENERATIONAL CENTER, MARSHFIELD, WI

The mission of the Tiny Tiger Intergenerational Center (TTIC) is “to integrate an innovative caring and learning environment that focuses on communication, interaction, and relationship building through all stages of life”. The Tiny Tiger Intergenerational Center brings together children from a Child Care Center (Child Care Centers of Marshfield serving ages 6 weeks – 12 years), students from the Marshfield High School Human Service Academy and adults from an Adult Day Care Center (Companion Day Services (CDS), serving advanced aged, irreversible dementia/ Alzheimer’s, developmentally disabled and physically disabled) interacting regularly under one roof. The primary function of the facility is to provide outstanding care and education to children, students and adults while actively engaging them in key activities in the areas of cognition, physical exercise, spiritual development, recreation, creativity, socialization and intergenerational interactions.

The TTIC opened in March 2007 and was designed by the Tiny Tiger Leadership Team with age specific classrooms for the children, a classroom for the Human Services Academy students and an adult day center for the adults. Each area takes into account age specific design elements that are combined by a shared entrance where informal interactions between generations occur daily. The Tiny Tiger Intergenerational Center is the first intergenerational center in the nation to include a high school educational classroom where students are learning to connect the generations while building relationships with all ages. The TTIC program is distinct because not only does the program involve adults and children but high school students interested in learning about people of all ages. The

mission of the Marshfield Human Services Academy is to create a lasting bond between generations while providing an education to the youth in a quality intergenerational learning environment. There is an Intergenerational Library which holds hundreds of books that are available to be checked out by the classroom teachers and families who attend the Tiny Tiger Intergenerational Center.

The intergenerational visits are scheduled ahead of time and are added to a calendar. There are, however, informal visits to allow for spontaneous interaction. The teachers, children, high school students and staff create a theme with lesson plans to support the activities but flexibility is encouraged regarding how the subject will be presented depending upon the individual needs of the participants. Some of the activities that have been implemented include exercise with large balls, music and singing, crafts such as building bird houses and seasonal projects, journaling the history of senior adults, and food related activities.

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Students report that they have a greater respect for senior adults because they understand that their grand friends have the same feelings as students and desire to have social relationships with children and adults. Parents of high school students report that their children who are learning in the Academy have a greater appreciation for their grandparents and the aging process and have a better understanding of career options. The adult participants benefit from the program as well. The following story on the impact of the program was shared by one participant:

***“I Experienced Cancer...
But Now I Experience Life”***

I experienced cancer which is now in remission but I have some residual physical limitations. I was at a point in my recovery where intense in-home therapies were probably not helping me. I was confined, or so I thought, to a walker/wheelchair and my home. The TTIC has provided me with a stimulating environment that I would not find anywhere else, certainly not in my own home. We laugh, joke, eat snacks and lunch together, or sometimes we just relax. My most inspiring part of the day is the children. The children come in and sing, play catch, I may read them a story, or I just enjoy watching the children mingle with each other. Then a handshake and a “goodbye” (usually on a first name basis) and a “see you later.” I love to go to the baby room and rock the little ones. The kids and the staff will keep you in a great mood. We are so fortunate to have the TTIC in Marshfield. I want to express a big “thank you” to all those who worked so hard to make this place a reality.

- Alayne, CDS Participant



NATIONAL FINALISTS

BEATITUDES AGELINK, PHOENIX, AZ

The mission of Beatitudes Agelink is to provide high quality care and education for young children of any income level in a developmentally appropriate intergenerational setting. It opened its doors in 1997 with an idea of building a child development center next to the Beatitudes Campus, a community serving older adults living independently and in assisted and skilled care nursing facilities. The Agelink Intergenerational Child Development Center was designed specifically to garner learning and interaction, as all of the rooms have giant walls of glass to allow natural light to fill the rooms. Glass walls allow visitors to view the activities taking place. The facility also includes a secured lobby for guests to sign in, infant rooms, classrooms, and a large family and dining area.

The Linking Generations program includes a monthly calendar of daily activities that allow children and campus residents an opportunity to interact through shared activities including reading, art, music, dance, storytelling, gardening, cooking, games, and much more. Some of their key activities include a Creativity Lab, a Day of Discovery, Music and Movement, Fit-N-Fun, Sing-A-Long, Story Hour, among others. With the infants, older adults, known as “Grand-Friends” can be found rocking, feeding, singing, and reading to them.

Over 170 children, 60 students and adults in the community, and 600 Beatitudes Campus residents are served through the Linking Generations Program. The program is a benefit to the community as participants ranging from six weeks up to one hundred and one attend or are served. Volunteer opportunities also exist for those who want to share, teach, and learn. Partnerships with the Church of

the Beatitudes, Maricopa Community Colleges, Arizona State University, and Washington High School are important to the continuation and future expansion of the program. To highlight the impact that Agelink is having on individuals here is a story from a parent of one of the children who attends the program: *“The intergenerational program expands beyond the Agelink walls and Campus. I love how it is impacting my children. I was at the grocery store with Anise and she walked up to [an older adult] in a wheelchair and said, ‘Hi Grand-Friend, what’s your name?’ I was so touched by her genuine interest to interact and connect with someone of a different generation and it is all because of her experiences at Agelink. Thank you for this truly amazing program.”*

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The Friendship Center's mission is to provide a healthy, safe, and Christian environment which offers opportunities to promote the growth of the whole child including opportunities for interaction with retired men and women from neighboring Heath Village through intergenerational programs. The Friendship Center is an intergenerational child care facility located in Long Valley New Jersey, connected to a retirement community whose residents participate in programs and activities with the children. These initiatives are built into the daily, weekly and monthly curriculum.

They have a pen pal program where the students are matched with a resident from Heath Village and they meet monthly for pen pal socials. The majority of activities take place in a multi-purpose room that is accessible by wheel chair, walker or by ramp. The residents who are able to, walk down to the school daily to spend time with the children. They will go to the classrooms to read or work on arts and crafts projects together. One of the residents plays the piano to the

children one hour a week, another resident teaches the children bells for the Graduation program, and another helps the children garden and does various gardening activities with them. The children regularly walk to Heath Village to visit the residents that are not



as mobile. The children make room visits or visit the activities center to play games or work on special activities.

Approximately 58 families are served and approximately 40 senior residents actively participate in the program. Surveys are sent out to residents and families every year so they can provide feedback on their experience in an Intergenerational school program. Time and time again both children and residents express how much they get out of the program and how much joy this has brought to their lives.



GENERATIONS TOGETHER, DEXTER, MI

Intergenerational interaction goes back to 1993 at Generations Together, providing daily care for children age 6 weeks to 12 years and dependent older adults. It is located in a cross section of small town, rural America and the university town of Ann Arbor home of the University of Michigan and University of Michigan Hospital. The close proximity to a larger town such as this allows for both ethnic and economic diversity as well as special needs populations to be included in their rural programs.

Key activities center around something that children and older adults have in common that is all too rare for the rest of us: time. Time to plant seeds in the greenhouse and watch a garden grow. Time to watch birds at the feeder and learn their names. Time to sing "I've Been Workin' on the Railroad- again and again. Shared time and shared interests, this is where the activities begin. Daily intergenerational routine starts by bringing a small group of one to four children together for a more formal activity every morning about 10 am. An intergenerational coordinator, or caregiving staff member, plan a different activity each day. Different age groups host different formal activities on a rotating basis so everyone who wants to will get a turn. The most popular formal activities are cooking and eating, creative projects such as painting bird feeders together as well as music time sing-a-longs and working together in the greenhouse on watering-the-plants day. Organized games such as bowling, balloon or beach ball toss are favorites as well. Most informal activities take place in the afternoon. The most popular informal activity is rocking the babies. Other activities include reading books or doing puzzles together, finger nail painting, and lastly "getting to" go eat

lunch with the grandpa's and grandma's is considered a great privilege among the children. Oh, the manners we learn and the stories we share!

Generations Together is housed in a 12,000 square foot building, entirely barrier free and set in a natural wooded setting and nestled among Dexter Community Schools. The physical and social environment encourages contact between the generations without forcing it. Each age group has its own Program

Director and specifically age trained and cross age trained staff. Four outdoor play areas are designed for developmentally appropriate play for children one with a viewing area and adult size furniture for the older adults. The older adult participants also have their own deck with a view of mature pine trees and the town folk passing by. Shared areas include the "old fashioned Town Square" Lobby, complete with ceiling to floor wall murals of Dexter with Grandma and Grandpa's front porch, a front porch swing, a gazebo for relaxing together while perhaps listening to old time radio or music, wagon rides, live performances or simply a quiet game of dominoes and a snack. There is also a full kitchen for baking and cooking meals and snacks, an indoor greenhouse for planting, digging and growing vegetables and flowers from

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seeds to transplant into the summertime outdoor community intergenerational garden.

The benefits to all the participants in the program are obvious, children who were withdrawn at the beginning begin to blossom as they have the opportunity to interact and obtain a special friend in a grandpa or grandma. There is an increase in smiles and laughter as many a depressed, lonely older adult has the opportunity to interact with a child, many of them expressing countless times that they now have a reason to get out of bed each day.



JABA, CHARLOTTESVILLE, VA

JABA's mission is to promote, establish and preserve sustainable communities for healthy aging that benefit individuals and families of all ages. In 1997, when JABA constructed a new facility to accommodate an adult day care facility, currently called Adult Activity & Health Center (AAHC), they purposefully included a Montessori school in order to carry out intergenerational programming. This partnership has been in existence for 11 years, but has emerged in the last 1 ½ years to be a fully integrated intergenerational program. It is a three-tier intergenerational programming structure, with the mornings more formal and clear-cut. The afternoons allow for informal interactions with lots of options for participants.

The morning session has consistent schedule of activities that includes Arts and Crafts on Monday, Flower Arranging on Tuesday, Reading on Wednesday, Art or Gardening on Thursday and Music on Friday with each session is 45 minutes in length. Every day the kindergarteners have an opportunity to come down, during nap time for the younger children, to participate in the afternoon activities of the day which includes: music, bingo, walking club, balloon-ball, gardening or painting. These impromptu sessions usually last for a half hour. At the end of the day while both children and elders are waiting to go home, opportunities are provided for interaction primarily around active group games and art projects.

Prior to getting together for activities, Montessori staff spent time teaching the children how to greet their elders and the proper use of manners. This training helped to make the transition to interaction more effective. Flower arranging is one of the favorite activities, whether it's a large vase prepared for the

elders with assistance from children or a small child's vase that receives the guidance of an elder. Flowers are donated every week by Whole Foods and enjoyed by all who participate in this creative endeavor.

The reading activity is done by a staff member who reads to the children and other interested elders. Like any reading club, the best part is the discussion that follows in either reminiscence or dreams of what is to be. This is a highlight of our participants and the children. Friday music day is also another day in which all look forward to, the children march in and greet each elder by name and then settle into chairs next to their elder friends. The songs don't change week in and week out, but the experience is new and exciting every time.

The daily attendance at AAHC is 32 older adults with 19 children enrolled in the Montessori school program. School hours were increased this past year as a result of bringing children and older adults together at the end of the day. All holidays and special events are celebrated together with parents and the larger community invited.

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ONEGENERATION, VAN NUYS, CA

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Based in the San Fernando Valley of Los Angeles, ONEgeneration provides neighbors and local communities with a full continuum of care options. Offering direct services for children, seniors and their families, ONEgeneration has a shared site day care setting for children six weeks through five years and frail older adults. It has developed a wide range of enriching activities that serve both populations in a developmentally appropriate manner. In addition to day care services, ONEgeneration offers:

- Homebound Meals Program
- Caregiver Support Group
- Volunteer Grocery Shopping for homebound seniors
- Living Library brings older adults into local classrooms to share life experiences that enhance curriculum
- Teen Mentoring pairs older adults with teens in foster care or in teen parenting programs
- Senior enrichment activities, and
- Five congregate meal sites.

activities are optional for both generations and alternate activities are always available. Staff evaluates every activity to ensure all goals are met and that quality interactions are maintained. The shared setting is connected by a patio. Children and seniors walk the path to the intergenerational activities. The classrooms are spacious and staff adapt environments to make activities successful. A music activity one day serves beautifully the next for making muffins.

ONEgeneration participated in two studies researching the benefits of intergenerational programming.

- Virginia Tech conducted a study on older adults with dementia in the intergenerational program. The older adults in ONEgeneration showed improved affect both during and after the intergenerational activity.
- Penn State researched the benefits to children attending intergenerational programming and the children in ONEgeneration showed higher levels of empathy, no signs of ageism, and a trend towards delayed gratification.



The intergenerational program at ONEgeneration begins with the staff. The adult and child care staff are cross trained in gerontology and child development. With the guidance of an intergenerational coordinator, activities are planned by the staff weekly to meet the needs of the children and the seniors and provide opportunities for interaction. All intergenerational

One story out of ONEgeneration involves 9 month old Sienna who traveled to Ireland to meet her grandparents for the very first time. Sienna had been enrolled in the intergenerational program at ONEgeneration since she was 4 months old. When she first saw her grandmother she reached out her arms to her with a smile. Most 9 month olds are in the throes of stranger-anxiety, not little Sienna who brought tears of joy to both her grandmother and grandfather on this first meeting filled with hugs.

ST. PAUL'S SENIOR HOMES & SERVICES, SAN DIEGO, CA

St. Paul's primary function is an Intergenerational Day Care Program for children ages 2-months to pre-k and older adults with mild to onset dementia. This intergenerational program was the first of its kind in San Diego and has been in existence for over 11 years. There are activity rooms specifically designed to allow meaningful and safe interaction between the generations. Children are able to sit right next to the adults so everyone can participate in the planned activity, yet not have to sit outside the circle or on laps.

Planned interactions take place through reading, arts & crafts and meal-times. These activities are carefully planned to keep everyone engaged. Informal interactions happen throughout the day as children often hold holiday-specific parades (Earth Day, Halloween, etc.) and walk through older adult-only activities allowing them to take part. A daily flag raising/salute also allows informal interactions and fosters a strong sense of patriotism as many of the older adults are veterans.

Hundreds of older adults and thousands of children have participated through the intergenerational day care program over the years. Its successes can be seen daily on the faces of all the participants. When children are dropped off, they can't wait to see their favorite friend, it's a great relief to families who often wonder if day care is the right thing for them. Also, when older adults come for the day and caretakers are able to do the things they need while knowing their loved one is taking part in meaningful activities with like-minded peers, it gives them a great sense of inner-peace.

St. Paul's Senior Homes & Services provides a safe, comfortable and

educational environment for both older adults and children. Organizations such as Veterans Affairs and the Southern Caregiver Resource Center contract with St. Paul's because of the service they are able to provide to seniors and their families.

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ST. VINCENT DE PAUL CENTER/LABOURE HOUSE, CHICAGO, IL

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Laboure House is an intergenerational, congregate living residence for older adults and college students, sponsored by St. Vincent De Paul Center. The mission of Laboure House is to create and foster an interdependent setting for older adults and college students to live together in harmony. Its primary function is to provide safe, secure housing in a setting that encourages socialization and learning across generations. Housed in a former convent, there are sixteen rooms available for seniors. The age range of the seniors is 56 - 87. There are seven rooms for college students, who range in age from 18 - 24. Each resident has a private bedroom, but the remainder of the space is designed for shared activities. These activities include daily meals, watching television and movies, playing board games and card games, and both informal and planned intergenerational events and conversations.

The communal living design and planned activities both foster meaningful interactions between the resident groups. Additionally, each college student is assigned to two seniors, with the expectation that the students help with small chores such as laundry and errands. More importantly, the goal of these partnerships is for the students to socialize with the seniors to develop relationships that span generations. Activities include special holiday dinners, computer classes (students teaching seniors), life review sessions, and outings such as bowling and movies. Shared meals give a daily opportunity for sharing discussions on any topic of interest.

Laboure House works on a small scale. There is room for up to 16 older adults and 7 college students. Surveys and exit interviews are conducted to all residents to learn about their experiences, likes,

dislikes, satisfaction rates, etc. Daily interaction is a benefit to all participants. There is even an international element to the program when exchange students become part of an “extended American family.” Laboure House also meets a wider community need by providing affordable low-cost housing to older adults and college students.

THE SALVATION ARMY, SYRACUSE AREA SERVICES, SYRACUSE, NY

The Salvation Army, Syracuse Area Services has both a child day care and an adult day services program and aims to provide quality care to low-income children and promote their development in a safe and nurturing environment while at the same time providing non-discriminatory, client and family centered services to older adults while maintaining as much independence as possible. The Salvation Army in Syracuse has been part of the community since 1887 and their primary function is to provide a wide range of services including services to homeless youth, adults and families; child welfare services, mental health services; juvenile justice services; services to pregnant and parenting adolescents; and children day care services.

The adult day center occupies the first floor of the facility. It was fully renovated in 2004 and is open and completely accessible. The day care center is on the lower level. Programming in adult day is daily from 8:30AM to 3:00PM. They were also the first in the building to get a Wii play console and while no one knew how to work it at first, the school-age participants had no problem showing them the ropes. Playing games on the Wii has become a regular occurrence with a major tournament over the Christmas break. Two other activities that older adults and children have come to share and do together revolve around music and bingo. Big Band Music was a new concept for the children in the day care program, trumpet and saxophone solos quite impressing them. As a result, Jazz has become a common like. Playing bingo together has also been a new hobby shared, some of the older adults have trouble seeing the numbers or hearing it being called out and the youth are able to do both quite well, making nice and beneficial partnerships. The majority of

older adults who are serviced through the Salvation Army intergenerational program are age 60 and over, most of them residing in the city. The youth are mostly minorities, African-American and Latinos/Hispanic. Over 200 older adults and up to 150 children are served through the program.

The participants of both the adult day and day care centers benefit by being able to interact without having the challenges of accessibility and transportation. Since both centers are within the same facility regular interaction is easy to come by. The relationships and special bonds that youth and older adults form is made easier by having a clear bridge to closing the generational gaps. The centers also bring families closer together. An example of this is a grandmother who is part of the adult day services and her children are part of the school-age program. They are able to see and interact with each other more frequently than it might otherwise be possible.

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2008 MetLife Foundation/Generations United Intergenerational Shared Site Best Practice Awards

Award Winners

The JEWEL Program: A Partnership between Mount Kisco Day Care Center and My Second Home, Mount Kisco, NY

Macklin Intergenerational Institute, Findlay, OH

Neighbors Growing Together: Virginia Tech Intergenerational Program, Blacksburg, VA

New Alternatives, Inc: San Pasqual Academy Neighbors Program, Escondido, CA

United Retirement Center/Avera, Brookings, SD

National Finalists

Grandma's House of Westminster Care, Orlando, FL

Greene County Educational Service Center, Yellow Springs, OH

Hesston Intergenerational Child Development Center, Hesston, KS

St. Ann Center for Intergenerational Care, Milwaukee, WI

Under One Roof, Inc., Norwalk, CT

Generations United Intergenerational Shared Site Resources

Generations United is pleased to offer a variety of resources to help you develop or strengthen your intergenerational shared site program. All of the resources listed below are available for free on-line at www.gu.org. Print copies are available from GU at a small cost.

Generations United—They Way We Live Our Lives DVD (2007)

Generations United developed this 7-minute DVD to share the great potential of multigenerational facilities and communities. We have highlighted a few of the creative solutions that address the growing demand for active, vibrant age diversity. You can also view this video on YouTube at www.youtube.com/GenerationsUnited

Under One Roof: A Guide to Starting and Strengthening Intergenerational Shared Sites (2005)

This how-to guide is for individuals and groups who are involved or interested in the development of intergenerational shared sites. This guide, authored by a national group of experts from various disciplines with practical knowledge on intergenerational shared sites, provides general information on program development, highlights tips from different programs, and identifies relevant resources.

Tried and True: A Guide to Successful Intergenerational Activities at Shared Site Programs (2007)

This guide, developed in collaboration with the Neighbors Growing Together Program at Virginia Tech, provides brief background information on shared sites, recommendations on developing your own intergenerational activities, tips for facilitators, 50 intergenerational activities, and much more.

Intergenerational Shared Sites: Saving Dollars While Making Sense (2008)

This report highlights the findings from the first national analysis of cost-savings in intergenerational shared site programs. This exploratory study conducted by Drs Shannon Jarrott and Aaron Schroeder and Owen Perkins of Virginia Tech found evidence that intergenerational shared site programs that share expenses also save money.

The 2008 Intergenerational Shared Site Best Practice Awards Report (2008)

This document provides profiles on all ten of the recognized organizations from the 2008 best practice awards competition and showcases the excellent work they do to unite the generations under one roof.

Intergenerational Shared Sites: Making the Case (2006)

This brief provides the facts and figures to help individuals and organizations make the case for an intergenerational shared site program in their community. Divided into three sections, the first provides general information on shared sites, the second on the rationale behind shared sites, and the final section on proven results of these types of programs.

Intergenerational Shared Sites: Troubleshooting (2006)

This companion to *Making the Case*, provides assistance on dealing with some of the obstacles that may appear when developing a shared site. This document highlights some of the common challenges facing intergenerational shared sites; recommendations to address these challenges; and when available, suggests resources for further information.

*Reaching Across the Ages: An Action
Agenda to Strengthen Communities
Through Intergenerational Shared Sites
and Shared Resources (2002)*

This action agenda is the culmination of a national symposium held in April 2001 attended by 50 experts from a variety of fields to discuss the future of intergenerational shared site programs; and provides practical and innovative recommendations to promote intergenerational shared sites.

*Fact Sheet: Intergenerational Shared Site
Programs (2005)*

This fact sheet provides a compact overview of shared sites and includes information on just some of the program models.

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