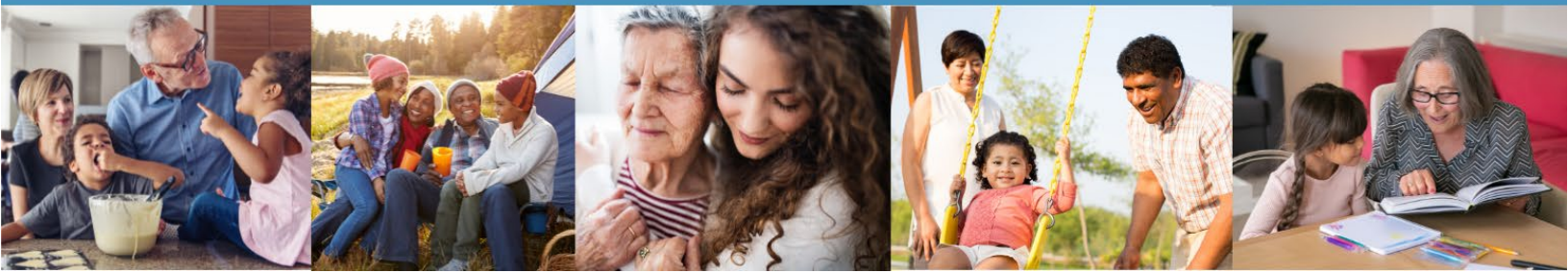




# GRANDPARENTS DAY **TAKE ACTION GUIDE**



# Table of Contents

|   |    |
|---|----|
| This Grandparents Day - Do Something Grand! ..... | 2  |
| #DoSomethingGrand Activities for All Ages.....    | 3  |
| Be A Grand Volunteer.....                         | 5  |
| Build Grand Connections.....                      | 7  |
| Make A Grand Change.....                          | 9  |
| Support Grandfamilies .....                       | 11 |
| Create Grand Legacies.....                        | 12 |
| Resources for Intergenerational Activities.....   | 15 |

**About Grandparents Day:** Grandparents Day is celebrated in the United States annually in September on the first Sunday after Labor Day. In honor of Grandparents Day, Generations United encourages everyone to #DoSomethingGrand to celebrate the intergenerational connections in their lives and honor grandparents, grandfriends, and older relatives for their contributions to their families, neighborhoods, and communities. For more information, visit [www.GrandparentsDay.org](http://www.GrandparentsDay.org).

**About Generations United:** For over three decades, Generations United has been the catalyst for policies and practices stimulating cooperation and collaboration among generations, evoking the vibrancy, energy and sheer productivity that result when people of all ages come together. We believe that we can only be successful in the face of our complex future if generational diversity is regarded as a national asset and fully leveraged. [www.gu.org](http://www.gu.org)

**About "Far From Alone":** "Far From Alone" is a public health awareness campaign that raises awareness on loneliness and its health impacts and provides resources to help people feel more socially connected. "Far From Alone" brings together partners committed to improving the mental health and wellness of others by increasing social connectedness. In collaboration with a collective of partners, "Far From Alone" promotes resources that increase social connectedness and reduce feelings of loneliness. [www.farfromalone.com](http://www.farfromalone.com)

**About Humana:** Humana Inc. is committed to helping our millions of medical and specialty members achieve their best health. Our successful history in care delivery and health plan administration is helping us create a new kind of integrated care with the power to improve health and well-being and lower costs. Our efforts are leading to a better quality of life for people with Medicare, families, individuals, military service personnel, and communities at large.

To accomplish that, we support physicians and other health care professionals as they work to deliver the right care in the right place for their patients, our members. Our range of clinical capabilities, resources and tools - such as in-home care, behavioral health, pharmacy services, data analytics and wellness solutions - combine to produce a simplified experience that makes health care easier to navigate and more effective. More information regarding Humana is available to investors via the Investor Relations page of the company's web site at [www.humana.com](http://www.humana.com), including copies of:

- Annual reports to stockholders
- Securities and Exchange Commission filings
- Most recent investor conference presentations
- Quarterly earnings news releases and conference calls
- Calendar of events
- Corporate Governance information

The 2022 update of the Grandparents Day Take Action Guide was supported by "Far From Alone" and Humana.

Photo Credits: All photos used in this publication are licensed stock photos.

©2022, Generations United ([www.gu.org](http://www.gu.org)). Reprinting permissible provided Generations United is credited and no profits are made.



# This Grandparents Day - Do Something Grand!

Grandparents Day is a time to Do Something Grand! It is call to action for people of all ages to join together to honor and celebrate intergenerational connections in their lives.

**Grandparents and Older Adults:** We invite you to commit to do something grand and share your wisdom, perspectives and key civic values with and on behalf of young people.

**Children, Youth, and Younger Adults:** We invite you to commit to do something grand and connect and serve with your grandparents or older adults in your community.

**Grandfamilies:** You provide a safe and loving home to your grandchildren or other relatives in your care. We think you are doing something grand for children every day of the year. As part of our celebration of Grandparents Day, Generations United recognizes, honors, and thanks grandfamilies.

**Intergenerational Programs:** You are doing something grand every time you bring younger and older people together. We're asking you to plan and coordinate grand intergenerational projects.

In honor of Grandparents Day, Generations United encourages everyone to #DoSomethingGrand to celebrate the intergenerational connections in their lives and honor grandparents, grandfriends, and older relatives for their contributions to their families, neighborhoods, and communities.

Generations United is encouraging younger and older people across the country to not only Do Something Grand on the Sunday after Labor Day in September, but all year long.

## About the Take Action Guide

This action guide includes a number of ways for you—individually or as part of a group—to make a lasting impact in your community today and for the next generation. Decide which activities appeal to you then tailor them to best suit your family or community. Whether you're reading to children in your community, helping an older relative or neighbor use technology, or calling your Members of Congress to urge stronger supports for grandparents raising grandchildren, your actions will help spur our country to Do Something Grand! Look for these images next to activities targeting specific generations.



**ALL  
GENERATIONS**



**YOUTH**



**OLDER  
ADULTS**

## Tell Us How You Did Something Grand

Grandparents Day is a time to celebrate the contributions of grandparents to our nation. It's also a time for us to celebrate the intergenerational connections in our lives. If you or someone you know Did Something Grand we want to hear about it!

- Share your photos with us on Facebook by tagging [@generationsunited](#) or Instagram [@gensunited](#)
- Share quotes or photos via Twitter using the hashtag #DoSomethingGrand and by tagging [@GensUnited](#)
- [Email Generations United](#) and share how you did something grand!

# #DoSomethingGrand Activities for All Ages

#DoSomethingGrand is a social interactive campaign that gives loved ones the opportunity to honor the impact of intergenerational connections and older adults in their lives and families. We invite you to submit videos or photos to share across social media using the hashtag #DoSomethingGrand.

## Celebratory Dance Video



Create a celebratory dance video with your family and friends in honor of Grandparents Day to [Earth, Wind and Fire's "September"](#) or your

favorite song! Use the scripts below, create your video, and share it on your social media platforms. Remember to tag Generations United and #DoSomethingGrand! [Click here](#) to see an example.

### Option 1: If you are dancing with at least one other person for the video.

- Caption (to be displayed as text on video): "When you do a dance move and your grandparent/grandfriend adds their own "Grandparents Day" spin to it."
- Action from Person 1: The child/family member does a dance.
- Action from Person 2: Grandparent/grandfriend does the same dance; adding in their own flavor.
- Action from Person 1 & 2: Both parties laugh, hug, smile, etc., with each other and celebrate their bond together. End of video.
- Caption (to be displayed as text on video): "Happy Grandparents Day!"

### Option 2: If you are dancing alone for the video.

- Caption (to be displayed as text on video): "Today, I'm dancing for (INSERT NAME OF YOUR LOVED ONE)."
- Action: Just dance!
- Caption (to be displayed as text on video): "Happy Grandparents Day!"

## 10 Grand Activities



Commit to doing one of the 10 grand activities listed below with your grandparents, grandfriends, grandchildren, or other loved ones.

Remember to take a photo of the activity to share on social media, tag Generations United, and use the hashtag #DoSomethingGrand.

- Read a book with your grandfriends, grandparents, or grandfamily caregiver.
- Take a walk together through your neighborhood or favorite park.

- Share family stories of your favorite memories together, your family's history, or look through a family photo album together.
- Go for an outing as a family (dinner at a restaurant, to the movies, skating rink, hiking, amusement park, etc.).
- Cook a meal together using your favorite family recipe.
- Do an arts and crafts activity.
- Have a virtual coffee or lunch date.
- Participate in an in-person or virtual family game night.
- Volunteer together in remembrance of 9/11 or attend a 9/11 memorial service event.
- Gather in person as a family and share kind words to honor those grandparents, grandfriends or older caregivers who are no longer here. Afterward, plant a tree or flower seed at a park, family garden, or special location to amplify their remembrance.

## Expressions of Love and Appreciation



Show your love for your grandparents, grandfriends, or grandchildren by posting special notes and photos. Fill in the blanks

in the statements below and share on social media, tag Generations United, and use the hashtag #DoSomethingGrand.

- "For Grandparents Day, I celebrate ... because ..."
- "My favorite way to connect with my loved ones is..."
- "My favorite memory of my grandmother/grandfather/grandfriend is ..."
- "My grandmother/grandfather/grandfriend inspires me by ..."

Even those who are not on social media can participate in this too! From your own home, you can:

- Write handwritten notes to your grandparents, grandfriends, or grandchild. Include in the envelope your favorite photos together.
- Call or video chat with your grandchild, grandfriends, or other loved ones and convey the love and appreciation you have for them.
- Bake healthy treats and deliver them to your grandchildren, grandfriends, or loved ones. Or pop in for a visit and bake them together!

## Do Something Grand on Facebook

“Follow” Generations United on Facebook to stay connected to our Grandparents Day activities and find out how others across the country #DoSomethingGrand!

1. During the first week in September, change your Facebook profile picture to one with your grandchildren or your grandparents. In your status update, encourage your friends to change their photos too. Here are a few sample messages you could use:
  - “In honor of Grandparents Day, I changed my profile photo. Join me and change your photo to one that celebrates grandparents for the day. Happy Grandparents Day to all the incredible grandparents out there!”
  - “Grandparents are our role models, our biggest fans, and some of our oldest friends. The Sunday following Labor Day is Grandparents Day. As grandparents share wisdom, perspectives, and key civic values with us, let us take this day to appreciate and celebrate our original mentors.
2. In your status update, let people know why you are committed to #DoSomethingGrand that day. Share your status with Generations United and we may feature it!

## Do Something Grand on Twitter

We launch #GrandparentsDay activities via Generations United’s Twitter @GensUnited and #DoSomethingGrand. Stay tuned, tweet and re-tweet!

1. Follow us on Twitter for the latest on Grandparents Day information and activities.
2. On the Sunday following Labor Day use the hashtags #DoSomethingGrand and #GrandparentsDay to share what you did for Grandparents Day.
3. You can also re-tweet us to be a part of the Grandparents Day trending topic. Here are some sample tweets to get you started:

- What are your plans for #GrandparentsDay? Get some inspiration at [grandparentsday.org](http://grandparentsday.org)
  - It’s #GrandparentsDay! I’m reaching out to somebody grand in my life, my [grandchild or grandparent]. #DoSomethingGrand
  - Commit to #DoSomethingGrand for #GrandparentsDay. Explore some awesome ideas in @GensUnited Take Action Guide <http://bit.ly/P4TVvq>
  - I’m changing my profile photo in honor of #GrandparentsDay. Take a look! #DoSomethingGrand
4. Remember to ask your Members of Congress on Twitter what they’re doing for Grandparents Day. Use the hashtag #DoSomethingGrand. [Find your representative’s twitter accounts.](#)
  5. Share your story. Tell us, in 280 characters or less, how you stand up for children, youth, and older adults. Make sure to use the #DoSomethingGrand hashtag, and we might re-tweet it!

## Spread the Word in Your Community

- Call on others to #DoSomethingGrand by writing a letter to the editor of your local paper, calling in on a local talk radio program or asking your local media personalities to give a shout out about Grandparents Day during their shows that day.
- Organize an intergenerational dialogue in your neighborhood to discuss how, together, you may be able to add value to your community.
- Encourage book clubs to read books that highlight the important role grandparents play in keeping children safe, such as Michael Morris’ *Slow Way Home*. Request that bookstores feature books from the intergenerational book list found later in this guide.
- Suggest that local civic clubs feature a speaker who can talk about local issues and supports for grandfamilies or about opportunities available in the community for older adults to volunteer with children and youth.
- Invite local coffee shops and restaurants to offer specials or a discount for intergenerational pairs or groups so they can enjoy a conversation together.

# Be A Grand Volunteer

There are many [benefits to volunteering and intergenerational connections](#). Older volunteers in intergenerational programs report a stronger sense of community, decrease in social isolation, improvements in quality of life, greater life satisfaction, and a stronger sense of purpose, self-worth, self-esteem and empowerment. Teenagers gain significant cognitive, emotional, social, and physical benefits because of their involvement in intergenerational programs. Together, older adults and youth can make a difference by volunteering together and having fun at the same time!

## Volunteer Together



There are many ways to find volunteer opportunities in your community that you can do with a younger or older person. [Volunteer Match](#) is one way to find local volunteer opportunities. Here are just a few ideas:

**A Community Kitchen.** Community kitchens provide vital resources in your community and offer a great opportunity for grandparents and grandchildren to volunteer together. Start a fundraiser, conduct a food drive, or offer to distribute food to those in need in your community. An intergenerational team can deliver meals to homebound seniors twice as fast while having twice as much fun.

**Care Facilities.** Intergenerational relationships are beneficial for all involved. Volunteer in community facilities that serve children and adults, such as child care centers, afterschool programs, schools, senior centers, nursing homes, assisted living communities, or adult day care centers. Intergenerational shared site facilities serve more than one age group under the same roof and can help communities save dollars. If your community only has single-age facilities, help to transform them into multigenerational sites.

**A Local Park.** Pick up litter, clear out paths, and remove weeds, all while being surrounded by the great outdoors! Check with your local parks department to find out what options exist or what opportunities could be created by an intergenerational team.

**An Animal Shelter.** Enjoy a wagging tail, a purr, and a smile together. Like people, animals want our love and attention. Often, they just want to play. Together you can volunteer to help walk dogs, feed cats or simply play with some lonely critters. Check with your local animal shelters to find out what types of volunteer opportunities are available.

## Throw a Grandfamilies Baby Shower



Help caregivers provide for their little ones by organizing a baby shower for grandparents raising grandchildren or other caregivers. A baby shower provides much-needed items like diapers and formula, alleviating financial stress for caregivers all the while uniting generations and having fun! Ideas to get started with the planning, include:

- Collaborate with a support program for grandparents raising grandchildren. Ask if they will accept donations. Check out our [State Fact sheets](#) to find a program near you.
- Develop and share with friends and family a wish list of needed items.
- Plan an office party or happy hour and ask people to bring along a gift for a grandparent raising grandchild.
- Create a "drop site" for baby shower items at your local school, intergenerational center, or place of worship.
- Choose a time and place to present the gifts to caregivers and celebrate their special role.

## Initiate a Backpack Drive/Collection Drive



**School/Learning Supplies:** This Fall school is back in session! Along with classes and homework comes the need for school supplies. Invite your friends and neighbors to donate backpacks, pencils, notebooks, and other school supplies for children. And adults need to stay sharp too! Youth can start up a drive for older adults in their community, with donations of puzzles, crosswords, and books. Coordinate donations with your school board, neighborhood school, senior center, or Area Agency on Aging - make sure to ask specifically what types of donations are needed.

**BackPack Program:** Access to nutritious food can be a struggle for millions of American families. According to the USDA food insecurity among children affected about 2.9 million households, which included about 6.1 million children, or about 8.4 percent of all U.S. children in 2020. The National School Lunch Program provides many children with healthy food to get them through the week. But what happens to these children over the weekend? Sadly, many go hungry. That's why Feeding America started the [BackPack Program](#). The program encourages local communities to collect nutritious, easy-to-prepare foods that volunteers can place in children's backpacks on Friday afternoons. Students take the backpacks home with enough food for the weekend. Want to get involved? Visit Feeding America to find out more about the program. Or [locate your local Food Bank](#) to see if such a program already exists in your community—and find out how you can help.

## Create Your Own Volunteer Opportunity



Showcase how even the youngest and oldest people in your community can make a big difference. Choose a cause or community issue you're passionate about - animals, environment, bullying and violence, homelessness, hunger, or poverty - and discuss how you can help.

- Create an action plan
- Assemble a team of youth, adults, friends, and community leaders
- Create a timeline
- Collect necessary resources
- Put the plan in action and
- Make a difference.

For a step-by-step guide, use [Youth Service America's Resources: Kids in Action Guide](#) (ages 5-12) and [Youth Changing the World Toolkit](#) (ages 13+).





# Build Grand Connections

Over the past few years, the impact of social isolation and loneliness has touched all generations. Being socially engaged can improve a person's quality of life and lead to better physical, mental and emotional health, avoiding the negative impacts of social isolation and loneliness. Building Grand Connections can strengthen the web of support that is so integral to individuals, families and communities. People who are socially engaged can share their knowledge, talent, skills, experience and wisdom, having a positive and powerful impact on their communities. And bringing people of different ages together is a fantastic way to build those connections and encourage all ages to learn, play, and grow.

## Read with Children



Making books an integral part of our children's lives helps them reach their maximum potential. You can also help by listening to children practice their reading. Even if you're miles apart, grandparents and grandchildren can reach across the distances and find ways to spend time together. Create an intergenerational book club with friends and families of different ages. Record yourself reading a favorite book to share with a grandchild or read together over the phone or use video chat. Remember you can access e-books and audio books through your local library.

Check out these booklists featuring positive aging and intergenerational messages:

- [Growing Up and Growing Older: Books for Young Readers©](#)
- [Picture Books- Positive Aging](#) for Ages 3-6 and 6-9
- [A is for Aging, B is for Books...a blog about positive images of aging in children's literature](#)
- [Intergenerational Themed Booklist](#)
- [Middle Grade Books with Intergenerational Friendships](#)
- [Middle-Grade Books About Grandparents](#)



## Your Time is the Best Gift You Can Give Your Grandparent



It's the start of the school year. Pretty soon, your schedule is going to get busy with homework, afterschool activities, your job, and hanging out with your friends. Why not take at least a half hour on or around Grandparents Day to get to know one of your grandparents or another older adult in your family better? Here are a few questions to help make your conversation a little more meaningful. (See the *Grand Legacies* section of this guide for ideas on capturing and preserving family stories.)

- Was there any event or news story when you were growing up that helped to shape how you think about the world?
- What was the first presidential election in which you voted? Would you have made the same choice today?
- What was the greatest challenge you faced when you were young? What do you think my friends and I could learn from your example?
- Have you ever volunteered for a cause or community event that really mattered to you? How did the experience change you?
- How do you think younger people could make stronger connections with people your age in our communities?

**FAR** from **ALONE**

Find loneliness resources as well as help with financial assistance, food, medical care, and more at [farfromalone.com](http://farfromalone.com)



## Cook Together



A surprising 67% of grandparents see their grandchildren most often when their family goes out to eat. If that's the case with your family, why not bring a meal closer to home? After all, nothing brings people together like home-cooked comfort food. You and your grandchildren can pick your favorite recipes and get to work in the kitchen making a meal together. While beating eggs and boiling water, you can also cook up a closer relationship. Once the meal is ready, you can share good food and good conversation with the rest of your family and friends. If you're a long-distance grandparent, consider developing a family recipe book with favorite or special recipes from many different family members. Once everyone has a copy, plan for each of you to cook the recipes on the same nights and compare notes.



## Record an Audio/Video Message



With today's technology, you and your grandchildren can still share a special day or event, even if you're miles apart. Take the first step by sending each grandchild a message in which you share a favorite memory about that child, or request that your grandchild shares his or her favorite memory about you. Use a mobile phone to record messages. Request that children send you an update on what's happening in each of their lives. Ask if they have video clips of recent events, such as a dance recital, a sporting event, a birthday party, or trip to a park.

## Go Through Old Boxes and Photo Albums



The souvenirs and mementos we hold on to only have significance because they have a story to tell. So, share those stories with your grandfriend, whether they are stored in a photo album or in an old box. Put significance to what others may have thought to be junk. Explain why you have held on to these keepsakes and compare the intergenerational similarities or differences. Have your grandfriend help you digitize photos, souvenirs, and other mementos!

## Help an Older Adult Use Technology



While more and more people are online, access to technology is still a significant barrier for many people of all ages. This includes connecting to the internet, having the appropriate electronic device, and knowing how to use it. Have you recently upgraded one of your devices? Why not see if family members, friends, or neighbors could use it – and help them set it up! Just make sure to wipe the memory first! The [Carnegie Library of Pittsburgh](#) offers helpful tips for helping someone learn technology.

# Make A Grand Change

In a thriving community, residents of all ages take an active role. Through civic engagement, such as voting and volunteering, people develop and use knowledge, skills, and voice to cultivate positive change. A civically engaged population show that people not only care about their community and nation but are also motivated to participate. Here are some ways to make a grand change in your community.

## Write a Letter



Writing a personal letter is a great way to communicate with your elected officials about an issue that is important to you. Decision makers need to hear your thoughts, and they appreciate that you've taken the time to prepare a well-thought-out message. [Visit the Community Tool Box](#) for tips on how to write a letter to your local, state and federal elected officials? Find you members of Congress at [Congress.gov](https://www.congress.gov).

## Share Your Opinion



One way to advocate for issues that are important to you is to pick up your pen - or to pull out your keyboard - and write a letter to the editor or an opinion editorial (also known as an op-ed) expressing your support for an issue. For tips, [visit The Op-Ed Project](#).

## Help a Young Adult Register to Vote



Pass on strong civic values to the next generation by encouraging at least one young person to register to vote. An election year is a great time to talk with teens about the importance of making their voices heard. [Visit Vote411](#) to register to vote and check your registration status.

## Help an Older Adult Vote



Consider transporting an older family member or neighbor to their polling place. If it feels safe to do so, organize a carpool to the polls on your next election day. It's an easy way to get your loved ones to vote, plus you can your civic engagement afterwards.

If you can't help with transportation, help your loved ones make an election plan. It has been shown that people with a plan are more likely to vote! Ask them how they are planning on voting, what time they'll stop by the polls, whether they'll walk, take a bus, or go by car. You can learn more at [Vote411](#).

## Volunteer or Work at the Polls



Election officials across the country need people to work at the polls. While the minimum age is often 18, many states have stipulations that allow high school students under 18 to work or volunteer at the poll. Visit the [U.S. Election Assistance Commission](#) to check if you are eligible to become poll worker, and if so, contact your local election office for more information.

## Support Voting Rights



Create a timeline detailing significant events in the voting rights movements. Personalize the timeline by indicating the years that you voted, with highlights from major elections. Talk with each other about the importance of making your voices heard. Learn more about the history of voting rights in the United States from [History.com](https://www.history.com). Listen with a younger or older friend of family members to oral histories on voting rights from the [Library of Congress Civil Rights History Project Collection](#) and then discuss. [Learning for Justice](#) has a series of lesson plans on voting rights and voter suppression with resources and discussion guides that can be used in intergenerational dialogues.

Consider using these conversation starters as a basis for talking about voting rights:

- Do you remember the first time you voted?
- Do you remember your parents or grandparents talking about voting?
- Do you know who was the first woman to vote in your family? Based on the voting rights timeline, who do you think it might be?
- Did you ever hear stories of voter suppression from family members? What did they experience?
- Do you vote in all elections or just the presidential election?
- Why is it important to vote in local elections?
- Do you remember when 18-year olds got the right to vote? How old were you when you first voted?

## Take a Tour of Your Town



Learn more about your hometown, as well as your grandparent or grandchild. Visit the buildings where local decisions are made (i.e. Mayor's office, city council, state capital, etc.). Talk about the political process and the ways young people can get involved. Attend a meeting or session together to see the process in action.

## Involve Your Faith Community



Ask your religious leader to mention Grandparents Day during services that occur during the first week of September or to plan a special intergenerational service during this time. Also, see if your congregation will encourage older adults to get involved or organize an intergenerational group to conduct service projects (like helping older adults access and use technology, visiting older adults, hosting a backpack drive for school supplies for children, or start a carpooling program to help older adults attend services).





# Support Grandfamilies

Grandfamilies or kinship families are families in which children reside with and are being raised by grandparents, other extended family members, and adults with whom they have a close family-like relationship such as godparents and close family friends. About 7.8 million children across the country live in households headed by grandparents or other relatives. About 2.5 million grandparents report they are responsible for their grandchildren's needs. In about a third of these homes neither of the children's parents are in the home. Despite facing many barriers, research shows that the children in grandfamilies thrive. Caregivers also experience benefits like an increased sense of purpose in life.

## Create a Kin-Pal Program



Children being raised in grandfamilies can benefit from knowing other children in the same family structure. A great way to connect them is through a pen-pal kinship support program. This allows children to develop pen-pal relationships with kinship kids in another area. Encourage your support group leader to contact the facilitator of another kinship support group and ask if they'd be willing to participate. Collect the names and email or snail mail addresses of all children who want to take part in the program. Then have the children swap their information with each other. A Kin-Pal Program offers several benefits: it helps young people improve their writing skills and connects them with other children who are being raised in grandfamilies.

## Learn About Grand Successes



As part of Grandparents Day, Generations United highlighted just some of the many successful people raised by their grandparents in a publication called *Grand Successes: Stories of lives well-raised*. It profiles individuals ranging from a business leader, an NFL player, a recent college graduate, to the President of the United States. During Grandparents Day, we encourage you to [download the publication](#), read, and talk about it together as a grandfamily or share it with a friend.

## Honor Grandfamilies



Grandparents Day is a great opportunity to organize activities paying tribute to grandfamilies in your community. Official proclamations from your Governor, Mayor, County Executive, or other official are wonderful ways to honor grandfamilies. You can also pay tribute through awareness raising events and awards.

## Know the Facts



[Sign up](#) to receive alerts from Generations United about grandfamilies' policies, resources, and news and use your knowledge to raise awareness of grandfamilies, their needs and strengths. Download and share Generations United's [annual report on the State of Grandfamilies in America](#) for the most current information on grandfamilies.

# Create Grand Legacies

Teach your grandchildren the importance of making a difference in the world, for the present and the future. You can invest in your grandchildren and other youth by sharing your values, talking about family history, and providing financial assistance and supporting their education.

## Protect Our Environment for Future Generations

The impact we have on the environment today is shaping how the world will look for future generations. By making changes in our daily lives, we can ensure a more stable climate for the future.



As an older adult, take the opportunity to teach your grandchildren about their carbon footprint and what changes you've made to protect the environment for their future. Here are a few ways older adults can lead by example:

- Talk with your grandchildren about how the environment of your local community has changed over time, and how that's affected your interaction with it (how industry has changed, new development, etc.)
- Use your community's recycling program or start one with your grandchildren
- Purchase reusable shopping bags
- Have an energy audit of your home
- Walk, bike, or use public transportation with your grandchild or other young person instead of taking the car



If you are a young person, share your knowledge on eco-friendly living and teach your grandparents and other older adults how to continue living "green." You can also help older adults in updating their own residences to be more environmentally friendly. Ways to do this can include:

- Install energy efficient light bulbs in an older adult's home
- Perform home projects to improve energy efficiency (after a home energy audit)
- Help older adults switch to all natural or organic cleaning and gardening products

## Invest in Your Grandchildren's Financial Security



Starting with Grandparents Day, think about how you can help your grandchildren with their financial education. Check out MetLife Mature

Market Institute and Generations United's [Grandparents Investing in Grandchildren: Actions Speak Louder Than Words Tip Sheet](#) to learn how to foster early saving habits, encourage smart saving, and make grand investments.

## Share Your Unique Story



A generation gap in experience can sometimes make it difficult for older adults and youth to see what they have in common. Communication is the first step in bridging the divide and the age-old tradition of passing down stories and family experience is a great way to help young people get connected to the history that precedes them.



**Oral History.** Coordinate a family project where young family members interview grandparents and older relatives. Sharing stories through oral history is fun, but preparation is needed to make sure it is successful. Take time to prepare. Youth should take notes during and after the interview and determine how they want to share the stories with the family. They could write down the stories they learned, draw pictures, make collages, or compose poems, songs or skits on their conversations with older adults. Make sure to share the final product with the adults and, if possible, the whole family. [Check out Tips for a Great Conversation from StoryCorps](#)

**Family Tree.** Bring children and older relatives together to document family history and ties. Talk about the need to continue learning about and documenting the family's legacy. Explore how family members' lives have changed from generation to generation. Compare current living conditions with those of your ancestors. How do today's opportunities and challenges differ from the past? [Parents.com has a number of helpful tips on making family trees with kids.](#)

**Preserve History for the Future.** You know you love showing off pictures of your grandchildren. They, in turn, enjoy looking through vintage photos of you and other family members. Invite your children and grandchildren to look at favorite pictures and share memories. Or send pictures by mail or Internet. To conjure up even more memories, consider making a family time capsule. Together, you can decide what to place in your time capsule, such as favorite photos, tickets from a memorable show, newspaper clippings, and a list of popular songs from current day. Then, you can look forward to opening it in the future to see how your lives have changed. Not all time capsules have to be buried! [Check out this post from the Library of Congress for ideas.](#)

## Protect the Health of Your Family and Friends



**Vaccination Celebration.** Make getting your flu and seasonal shots a fun outing from family members of all ages. Such an outing could be a great end-of-summer activity, followed by a picnic or ice cream. [Learn more from the Valuing Vaccinations Across Generations Discussion Guide.](#)

**#BandageofHonor.** Take a photo of the bandage on your arm after you get a vaccination to share with your family and friends. Also share your photo on social media if age appropriate. Remember children younger than 13 years should not be using social media, and teens need support and guidance in using social media safely and appropriately. Make sure to use the hashtag #BandageOfHonor.

## Intergenerational Community Dialogues and Discussions



Intergenerational dialogues bring together diverse groups of people to discuss community issues and take action to affect community change. These activities can help promote mutual understanding across generations to increase social cohesion, understanding and cooperation. Intergenerational dialogues have demonstrated positive results in the USA and other countries.

They are particularly effective in bridging cultural divides as well as age divides. Create an opportunity for members of different generations to come together and discuss issues important to them and their community. These events can range in size and scale from small groups of 10-12 participants to large groups of over 100 people. They can be one-time gatherings or on-going groups.

The following resources can help you convene intergenerational dialogues and discussions:

- [Discussion and Deliberation Activity from Intergenerational Activities Sourcebook](#)
- [Futures Festival: An Intergenerational Approach to Community Participation](#)
- [Intergenerational Discussion Groups of DOROT](#)
- [TCL Intergenerational Dialogue Toolkit](#)



## Intergenerational Travel



Explore the United States or the world with your grandchildren. You can visit historical spots in your state or check out [Road Scholar](#) for their many intergenerational offerings. You can also plan a virtual trip. Visit websites, check out books from the library, and watch movies together to learn about the country of your choosing. Culminate the trip by preparing and trying different regional foods by making crafts.

## Plant a Tree



Place the legacy of your grand relationship into the life of something that will be around for a long time - a tree, by planting one together. Learn how with [this step-by-step guide](#) from the Arbor Day Foundation.



## Resources for Intergenerational Activities

Sharing Our Space: A Toolkit for Developing and Enhancing Intergenerational Shared Sites. [This online toolkit](#) includes effective practices, challenges, tips, examples, and concrete tools that will help you in your planning and implementing intergenerational programs.

Connecting Generations in Senior Housing: A Program Implementation Toolkit. [This toolkit](#) is designed to help senior housing organizations plan and implement high-quality intergenerational programs but it is adaptable to many settings.

Grandparents Day Planning & Activity Guide. [Visit the Legacy Project](#) for detailed information on Grandparents Day activities for families or schools.

Tried and True: A Guide to Successful Intergenerational Activities at Shared Site Programs. [This guide](#) shares tried and true activities and tips developed at Virginia Tech's Neighbors Growing Together program.

Intergenerational Activities Sourcebook. [This publication](#) from Penn State includes a wide range of intergenerational activities that can be used in a variety of settings and for a variety of purposes.

Intergenerational Learning Activities. [Check out some fun and educational learning activities](#) from Generations United for grandparents and older adult volunteers that can engage students of a variety of ages.

Creating An Age-Advantaged Community: A Toolkit for Building Intergenerational Community That Recognize, Engage, and Support All Ages. [This publication](#) provides a series of tool and tips for building and strengthening intergenerational community efforts.

Because We're Stronger Together: Intergenerational Programs Engaging Youth in Service to Older Adults. [This publication](#) provides tips on building intergenerational programs with youth and includes program examples.

Young and Old Serving Together: Meeting Community Needs Through Intergenerational Partnerships. [This guidebook](#) by Generations United provides comprehensive information on starting intergenerational service projects.







**generations  
united**  
Because we're stronger together®

**FAR** from **ALONE**

**Humana**®