



National Rural Livability Workshop

Creating Intergenerational Communities

Moderator: Jay Haapala, AARP Minnesota

Presentations

Lynn Haglin, Northland Foundation, Minnesota

AGE to Age – Bringing generations together in Northeast Minnesota

Andrea Bozarth, AARP Kansas

The Elements of a Successful Multigenerational Space

Sarah Davis & Teri Maloney-Kelly

Big Project Days: Generations working together to make community stronger

Creating Intergenerational Communities



KIDS PLUS

AGE to age Initiative

Lynn Haglin
Vice President/KIDS PLUS Director
Northland Foundation
Duluth, MN

KIDS PLUS

AGE to age Initiative



Overall Goal ~

AGE to age: bringing generations together actively engages people 55 and older to ensure children and youth, including those at risk, achieve their potential and remain connected to their communities.



Duluth, Minnesota



Snapshot of Northeastern Minnesota

- 7-county region covers 18,000+ sq. miles – about 25% of Minnesota's total land mass
- 1 urban hub of 86,238 people and 67 smaller towns with populations up to 16,000 and 3 Tribal Nations
- Outpacing state and national averages – 36% of population is 55 and older
- 25% of adults 65+ live alone
- Population in nursing homes is less than 4%
- 20% of the population is 18 and younger



18 AGE To Age Communities

1. Aitkin (pop. 2,165)
2. Barnum (pop. 600)
3. Bigfork (pop. ranges from 123 to 447)
4. Bois Forte Band (pop. 657)
5. Chisholm (pop. 4,976)
6. Cloquet (pop. 12,124)
7. East Range Communities (pop. ranges from 30 to 2016)
8. Ely (pop. 3,477)
9. Floodwood (pop. 528)
10. Fond du Lac Band (pop. 3,728)
11. Grand Portage Band (pop. 557)
12. Hibbing (pop. 16,355)
13. International Falls (pop. 6,424)
14. McGregor (pop. 391)
15. Moose Lake (pop. 2,751)
16. North Shore Area (pop. 1,866)
17. Proctor (pop. 3,075)
18. Two Harbors (pop. 3,745)



Our Model

- Identify a local coordinator to serve as a communication link and rally community participation
- Build an action team consisting of older adults, youth, and the generations in between
- Engage Action Team members in a community planning process to identify activities and projects that promote the well-being of people and enhance community
- Conduct Learning Community Meetings with 18 Coordinators

Intergenerational Community Initiatives



Two Harbors, Minnesota

- Named “Best Intergenerational Community” in the country by Generations United in 2017
- Program Examples;
 - ★ Tech and Coffee Program
 - ★ Intergenerational Community Radio Station
 - ★ Chore Service
 - ★ Book Walk
 - ★ Reading Pals
 - ★ Walking Club
 - ★ Trail Beautification
 - ★ Intergenerational Activities as part of Community Events

McGregor, Minnesota

- Rural community of 400 people with a higher percent of older adults and children living in poverty.
- Program Examples:
 - ★ Community Meals
 - ★ Neighbor Goods Store – Weekly Makers Sessions
 - ★ Family Nights & Pop-up in the Park
 - ★ Reading Pals during in-school and out-of-school time
 - ★ Walking Club
 - ★ Community Service Projects
 - ★ Pay It Forward Chore Service
 - ★ Intergenerational Field Trips

Program Enhancements

- Peer Learning Community Meetings and Annual Intergenerational Training Summit
- AGE to age College Interns
- AGE to age Reading Pals



AGE to Age Reading Pals

Purpose: To help children in a variety of community-based settings and schools, become successful readers by connecting them with caring older adult volunteers.

- Northland Foundation launched 3 sites in 2012 and now has 8 sites.
- Reading Pals engages 40 to 50 older adult volunteers with 600 children from Pre-K to Grade 6, annually.
- In the eight sites, older adults provide 3,000+ hours of service during the course of the school year. On average, the older adults provide two to four hours of volunteer service per week.



Impact on Older Adults



- Reduced isolation and strengthened connection to community
- Improved emotional and physical wellbeing
- Renewed sense of purpose
- Increased opportunities for leadership and mentoring
- Engaged in new volunteer opportunities to help children and youth thrive

Impact on Children and Youth

- Increased involvement in volunteer opportunities and healthy activities
- Strengthened relationships with caring older adults who listen compassionately and offer encouragement
- Increased leadership and teamwork skills
- Improved confidence and motivation to do better in school



Impact on Communities

- Created an avenue to bring generations together through intergenerational leadership teams
- Increased social, recreational, and volunteer efforts that build a sense of community
- Improved community infrastructure and facilities (e.g. gathering spaces, park beautification projects, gardens, intergenerational theatre, and writing group)
- Reduced age-segregation



Evaluation Highlights

188 older adults, 105 youth, 20 teachers, 16 program leaders, and 42 college interns responded to evaluations for AGE to age in 2017-2018:

- ✓ 95% of older adults report a renewed sense of purpose and community connections
- ✓ 94% of older adults report decreased feelings of isolation
- ✓ 97% of youth report increased leadership skills and opportunities to volunteer
- ✓ 95% of program leaders note that children and youth participating in AGE to age have increased motivation to do better in school
- ✓ 100% of teachers say students involved in the AGE to age Reading Pals program have increased self-confidence and reading skills
- ✓ 100% of college interns report improved understanding of how older adults can contribute to community

Overall Impact

18 AGE to age sites developed
encompassing 32 communities

9,475 people ages 5 – 96 engaged
annually across the 18 sites

1,000+ new intergenerational
opportunities and activities

13,100 volunteer service hours
per year across 18 sites
valued at nearly \$361,300

Program expansion:
• children's reading program
• community health initiatives
• college interns

\$4 million in funding raised
from state and national partners



Lessons Learned – Secret Ingredients

- Relationship-building and respect are at the core of all efforts and key to successful outcomes.
- Engaging older adults and young people in the planning process results in ownership of the program.
- Providing a range of opportunities that draw upon the talents, skills, and wisdom of older adults are key to success.
- Developing partnerships to weave an intergenerational lens into existing community projects and programs will help sustain intergenerational efforts.
- Creating a welcoming environment for people of all ages with food and fun are important ingredients for a successful program.



THANK YOU!

Questions? More Information?

Lynn Haglin
Northland Foundation
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The background of the slide is a light gray gradient. It is decorated with numerous realistic water droplets of various sizes. Some droplets are large and prominent, while others are small and subtle. They are scattered across the slide, with a higher concentration in the top-left and bottom-right corners, framing the central text.

ELEMENTS OF AN INTERGENERATIONAL SPACE

OUR WORLD VIEW ON PLAY IS CHANGING



BENEFITS OF INTERGENERATIONAL SPACES



PLAY SHOULD BE AVAILABLE TO CHILDREN OF ALL AGES



ELEMENTS FOR INTERGENERATIONAL PLAY

A FOCUS ON INTERACTIVITY BETWEEN PARTICIPANTS OF ALL ABILITY LEVELS

GROUND-LEVEL ACCESSIBILITY THAT INVITES PLAYFUL INTERACTIONS

INTENTIONAL TARGETING OF VARIABLE AGES AND INTERESTS WITH SPECIFIC PLAY ELEMENTS

PLAY CHALLENGES THAT ENCOURAGE THE DEVELOPMENT OF COORDINATION, CONFIDENCE, SOCIAL SKILLS, AND A POSITIVE APPROACH TO OVERCOMING DIFFICULTY

PLAY MATTERS TO ALL AGES



THE GRANDPARENTS PARK; WICHITA, KANSAS



THANK YOU

QUESTIONS? MORE INFORMATION?

ANDREA BOZARTH

AARP KANSAS

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Big Project Days: Generations Working Together to Make Community Stronger

*Sarah Davis, AIP Coordinator, Town of Cumberland Maine
Teri Maloney-Kelly, Coordinator of Big Project Day*

May 11, 2019



PLANNING the BIG PROJECT DAY

- ▶ **Publicity-** Posters, Town online newsletter, Facebook, email, local newspapers
- ▶ **Confirm scope** of each requested project. Visit/Connect with each homeowner to assess number of volunteers needed
- ▶ **Determine tools needed-** rakes, hand tools, truck for hauling,
- ▶ **Assemble** snack bags/waters for volunteers
- ▶ **Create list** of projects with addresses and cell phone numbers for each group



BIG PROJECT DAY

SATURDAY, MAY 11TH

- | | |
|--|--|
| <ul style="list-style-type: none">• Yard work• Painting touch-ups• Minor home repairs• Gardening• Moving Patio Furniture• Outdoor cleanup | <ul style="list-style-type: none">• Preparing for Bulky Item Pickup Week• Installing AC Units• Small Carpentry Jobs• Removal of Storm Windows & Doors |
|--|--|

Sign up to Volunteer by emailing tmaloneykelly@icloud.com

Sign up for Spring Project Help by calling Kyle Ryerson at 207-245-8033 or emailing kyleryerson@gmail.com

FMI, please call AIP Cumberland at 829-2208 Ext. 346

GREELY HIGH SCHOOL STUDENTS NEEDED!



BIG PROJECT DAY

SATURDAY, MAY 11TH (9AM-1PM)

- | | |
|--|--|
| <ul style="list-style-type: none">• Yard work• Painting touch-ups• Minor home repairs• Gardening• Moving Patio Furniture• Outdoor cleanup | <ul style="list-style-type: none">• Preparing for Bulky Item Pickup Week• Installing AC Units• Small Carpentry Jobs• Removal of Storm Windows & Doors |
|--|--|

Sign up to Volunteer by emailing
tmaloneykelly@icloud.com



Volunteer Recruitment

- Satisfaction - helping older residents with spring/fall projects
- Volunteer Assignments- (Special skills may be needed for some projects)
- Working in teams makes it fun
- Students working with adult leaders
- Set time limits for day; i.e. 8:30am - 1pm





The day has arrived!!!

- Meet at central location
- Express appreciation to all volunteers
- Pass out volunteer assignments with addresses and phone numbers of coordinators
- Hand out water/ snack bags









Your community will thank you for
helping its older residents!



Joyce, Judy + Brian —
Words cannot express how
much I appreciate the work
you did in my yard.
Thanks so much.

Marge Steele

Thank you

Questions? More Information?

Sarah Davis

Aging in Place Cumberland

sdavis@cumberlandmaine.com

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Questions



Your Experiences and Ideas