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

NORTHLAND FOUNDATION

KIDS PLUS
AGE to age Initiative

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

- Community Service & Beautification
- Culture & Tradition Activities
- Recreation & Community Gatherings
- Youth Enrichment & Education
- Health & Wellness
- Technology Learning

Linking Older Adults with Young People to Improve Community Vitality
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
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
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

1,000+ new intergenerational opportunities and activities

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

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

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

$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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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
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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

- Yard work
- Painting touch-ups
- Minor home repairs
- Gardening
- Moving Patio Furniture
- Outdoor cleanup
- 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)

- Yard work
- Painting touch-ups
- Minor home repairs
- Gardening
- Moving Patio Furniture
- Outdoor cleanup

- 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, Joly & Brad — Words cannot express how much I appreciate the work you did in my yard. Thanks so much.

Margie Steele
Thank you

Questions? More Information?

Sarah Davis
Aging in Place Cumberland
sdavis@cumberlandmaine.com
Creating Intergenerational Communities

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Questions

Your Experiences and Ideas