ALL TOGETHER NOW WITH INTERGENERATIONAL SUMMER PROGRAMMING

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King County Library System
INTRODUCTIONS...

A little about us... and a little about you...
WENDY PENDER

- Older Adults Program Coordinator, KCLS, WA

- 2021 Association of Bookmobile and Outreach Services (ABOS) Senior Services Super Star Award

- 2016 Top Innovator for Civic and Community Engagement, Urban Libraries Council (ULC)

- Genealogy Certificate from University of Washington

- MLS, University of Pittsburgh
JEN KULIK

- Founder & CEO of SilverKite Community Arts, LLC
- Intergenerational Arts Specialist & Arts Educator
- Fulbright Distinguished Award in Teaching
- Grinnell College Alumni Wall Service Award recipient 2018
- Generations United Intergenerational Innovation Award 2019
SILVERKITE COMMUNITY ARTS, LLC™

- **Intergenerational Arts Programs**: bringing generations together through arts-based programming
- **Intergenerational Theatre Company**: telling life stories through performance
- **Creative Aging: Arts Classes with Older Adults**: all arts disciplines
- **Professional Development & Consulting**: intergenerational and community arts program support, development, resources and assessment
TODAY’S AGENDA

Part 1: All Together Now!

Part 2: Importance of intergenerational relationships

Part 3: Exploring intergenerational structures, programs and some intergenerational activities to tie to SRP

Part 4: Facilitation and planning tips

Part 5: Bringing it home: creating a plan for your SRP
PART 1: CONTEXT

Contextualizing All Together Now through an intergenerational lens
All Together Now! SRP 2023
Libraries evolve along with other aspects of culture
PART 2: INTERGENERATIONAL RELATIONSHIPS

Their importance, how they are changing, and why rebuilding them is important.
WHAT DO WE MEAN BY “INTERGENERATIONAL”

Add your comments to the chat
DEFINING “INTERGENERATIONAL”

- Multi-generational: people of different generations are represented
- Intergenerational: people of different generations are interacting in meaningful ways
- Often works towards uniting “book-end” generations
CONSIDERING THE LIBRARY

Take a moment to look around your (or think about your library) to explore how different generations are mixing:

1. How many generations are in the space?
2. Where are they congregated?
3. Are the generations interacting with each other? How? Why?
4. How might we build more connectivity based on the space, level of interaction, etc.
THE LIBRARY SPACE...

Multigenerational space

Shared spaces where informal intergenerational interactions happen

How can we increase opportunities for intergenerational connections to happen?

How can we foster intergenerational connections?
WHY IG CONNECTIONS?  WHY NOW?

• By 2050 adults over the age of 65 will outnumber children under 15
• 10,000 Americans turn 65 each day with a life expectancy of 85
• Cultural shifts:
  • Mobility
  • Technology
  • Individualized cultural experiences
  • Segmented development & living experiences
  • Documented social disengagement with the community
  • COVID

Sources: Generations United, Connecting Generations, Bowling Alone
An Aging Nation

Projected number of U.S. residents 65 years and older

U.S. residents 65 years and older projected population increases between 2015 and 2060:

- Total—105.2 percent
- Native-born—75.9 percent
- Foreign-born—294.8 percent

Source: 2014 National Population Projections
www.census.gov/population/projections/data/national/2014.html
An Aging Nation
Projected Number of Children and Older Adults

For the First Time in U.S. History Older Adults Are Projected to Outnumber Children by 2035

Projected percentage of population

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<th>Year</th>
<th>Adults 65+</th>
<th>Children under 18</th>
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</thead>
<tbody>
<tr>
<td>2016</td>
<td>15.2%</td>
<td></td>
</tr>
<tr>
<td>2020</td>
<td>19.8%</td>
<td></td>
</tr>
<tr>
<td>2025</td>
<td>22.8%</td>
<td></td>
</tr>
<tr>
<td>2030</td>
<td>23.5%</td>
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Projected number (millions)

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<thead>
<tr>
<th>Year</th>
<th>2016</th>
<th>2020</th>
<th>2035</th>
<th>2040</th>
<th>2050</th>
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</thead>
<tbody>
<tr>
<td>Adults</td>
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<td>73.6</td>
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<tr>
<td>Children</td>
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<td>79.8</td>
<td>79.8</td>
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Note: 2016 data are estimates, not projections.
BENEFITS OF INTERGENERATIONAL PROGRAMMING

- Helps to break down age stereotypes and eliminate fear of old / young
- Create seeds of compassion / empathy
- Decreases loneliness / isolation
- Children feel special / Adults get a second chance
- Transference of wisdom & helping to revision the future
- Helps adults with life review
- Builds skills to bring back to families
- Strengthens communities
Studies show that “in schools where older adults were a regular fixture, children had improved readings scores and fewer behavioral problems their peers at other schools” (Elementary & Secondary Education Act, gu.org)

Older adults who volunteered with children burned 20% more calories per week, had fewer falls, and performed better on a memory test (Study conducted by grandparentsunleashed.com)

97% of adult participants reported feeling happy, interested, loved, younger, and needed (Generations United study, gu.org)
BECAUSE WE’RE

AMERICA’S TRANSFORMATION

THE UNITED STATES IS IN THE MIDST OF A DEMOGRAPHIC TRANSFORMATION.

41 MILLION people in America who are 65 years and older.
74 MILLION children and youth (ages 0-17).
72 MILLION people over the age of 65.
80 MILLION children and youth (ages 0-17). 8% MORE

2030
2050

By 2040, older adults will make up over 40% of the U.S. population.
We are more racially and ethnically diverse.

80 MILLION

By 2040, more than half of the nation will be people of color.

COSTS LESS, NOT MORE

INVESTING IN ALL GENERATIONS MAKES SENSE AND MOBILIZING THE GENERATIONS IS COST EFFECTIVE.

Facilities that serve younger and older people save on some of the most significant program costs (personnel and rent) when they share spaces.
The known benefits of programs that connect the generations could reduce healthcare costs.

80 MILLION

Older adults who volunteer report lower disability, greater well-being, increases in brain activity, and reduced depression.

CAPITALIZING ALL ASSETS

AMERICA’S YOUNGER AND OLDER PEOPLE ARE OUR GREATEST ASSETS YET WE ARE ALLOWING THESE ASSETS TO REST DORMANT.

There are 72 MILLION Baby Boomers.

A volunteer hour is valued at $23 per hour.

So if 10% of boomers gave up 10% of TV time each week to volunteer, it would generate over $900 MILLION DOLLARS IN NEW MARKET CAPITAL & SECTORS YEAR.

72 MILLION

47 HOURS OF TV a week.

MIXING IT UP

WHEN YOU MIX AGES YOU GET BETTER RESULTS. THERE IS MAGIC WHEN YOU MIX, EXPERIENCE, WISDOM AND FRESH PERSPECTIVES.

BRIDGING GENERATIONS IMPROVES LIVES AND COMMUNITIES. WE CAN SOLVE REAL PROBLEMS AND BUILD CONNECTIONS AMONG GENERATIONS AND THEIR COMMUNITIES. THE RESULT IS LIFE GETS BETTER - FOR ALL OF US.
PART 3: INTERGENERATIONAL PROGRAM RESOURCES

Organizational, program, and activity models & resources
SOME IG STRUCTURES to use for SRP

- Summer enrichment
- Discussion groups
- One-off workshops
- Informal interactions in shared spaces
- Drop-in programming
ENRICHMENT PROGRAMS

- Tutoring
- Mentorship
- Class – arts or other kind of enrichment together
STAND ALONE INTERGENERATIONAL WORKSHOPS

Structured workshops to do a project or have an experience together

Can be family oriented or community oriented

Often offered on the weekends / evenings

Some ideas: card making, puppet making, dance, poetry, storytelling, gardening, first aid / disaster prep
DISCUSSION GROUPS

Discussions about life, aging, books

Structured small group or larger group conversations

All have equal say and sharing ideas
INFORMAL INTERACTIONS IN SHARED SPACES

Opportunities to create deeper interactions in shared spaces

Activities that anyone can participate in at any time

Examples: Life story sharing, Wisdom Tree, Mural, Collaborative Drawing, Comments about a book
PROGRAM RESOURCES

Models, handbooks from organizations across the country for additional ideas
GENERATIONS UNITED

National clearinghouse of programs and information on intergenerational program development, research, advocacy

www.gu.org
PENN STATE INTERGENERATIONAL PROGRAM

Research, program development support, trainings
http://aese.psu.edu/extension/intergenerational
AGE EXCHANGE

UK-based intergenerational organization at forefront of reminiscence work
www.age-exchange.org.uk
FINDING AND DEVELOPING PARTNERSHIPS

- Matching is important
  - Look for organization close to your community
  - Like-minded / similar mission and “feel”
  - Age level / energy level
- Ways to find partners:
  - Local chamber / city
  - Google and cold call!
  - Senior living communities / housing authorities / faith communities
  - Personal connections
  - Bookmobile / delivery service connections
  - Community service hours
ADDITIONAL CONSIDERATIONS

- Funding
- Transportation
- Space
- Incentives
- Listening sessions ahead of time
- Community Agreements
- Length / duration of sessions
- Supplies
- Food
DISCUSSION GROUP TIPS

- Break the ice / create a safe space: compliment, small talk
- Be vulnerable first: share something about yourself
- Ask open-ended questions to start a new topic: start with less personal (hobbies)
- Listen, and ask follow up questions about responses
- Have something else available to do to help: coloring, etc
- Conversation not interrogation
SILVERKITE’S SECRET IG SAUCE

Create something your community would like

Take the time to create a safe / courageous space to do the program

Relationships start by finding something in common

Create opportunities for participants to be both teachers and learners as part of the program

After this is established, create opportunities for everyone to do something new – together
SOME ACTIVITY IDEAS

Icebreakers and ideas to get you started
ACTIVITY: FINDING CONNECTION

RAISE YOUR HAND IF YOU...
WHO ARE WE? BETTER TOGETHER!

PUZZLES
CREATING CHARACTERS
CREATING YOUR INTERGENERATIONAL TAKING IT HOME IDEA... (PART 1)

Keep in mind:

1. The program / project / interaction should be mutually beneficial – “nothing for us without us”

2. The program / project should create an opportunity for interaction and engagement between generations

3. The program / project should be feasible in your space with the resources available to you

4. How does it connect to “All Together Now?”
CREATING IG PROGRAM... (PART 2)

Brainstorm ways to accomplish your idea, identifying:

1. Space
2. Participants
3. Marketing?
4. Supplies
5. Facilitation / Logistics
CONTACT US

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