

# Grandparents Day Take Action Guide



**generations  
united**<sup>®</sup>

Because we're stronger together<sup>®</sup>



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## About Generations United

For 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 Grandparents Day

Grandparents Day is celebrated in the United States annually in September on the first Sunday after Labor Day and is rooted in the innovative work of two committed and passionate pioneers: Jacob Reingold and Marian McQuade.

During the 1961 White House Conference on Aging, Jacob Reingold of the Hebrew Home at Riverdale was inspired by a speech concerning the “new image of the aged,” he focused on recognizing the role of millions of older Americans who are grandparents. That same year, on September 16, 1961, the first day specifically honoring grandparents was held at the Hebrew Home. By 1963, it became an official holiday in the borough of the Bronx, and on January 27, 1987 the Congressional Record affirmed Jacob Reingold’s pioneering efforts to gain recognition for grandparents as well as a national day to celebrate them.

In 1970, Marian McQuade began a campaign to establish a special day of recognition for grandparents. Through her efforts, she reached out to the civic, business, faith, and political leaders and began a statewide campaign for Grandparents Day. In 1973, Governor Arch Moore proclaimed the first Grandparents Day in West Virginia.

Their work culminated in 1978, when the United States Congress passed legislation proclaiming the first Sunday after Labor Day as National Grandparents Day. A presidential proclamation was signed by President Jimmy Carter and thus began the observation of this special holiday.

Generations United is urging grandparents and older adults to share their wisdom, perspectives and key civic values with young people on Grandparents Day. We’re calling on older adults to join with today’s youth in reaching out to decision makers and beginning one of the most important dialogues in our history: discussing how, as a country, we can address the many challenges facing future generations—from literacy to health and wellness to financial stability. Celebrate Grandparents Day by committing to **DO SOMETHING GRAND!**

For more information on Grandparents Day, visit [www.GrandparentsDay.org](http://www.GrandparentsDay.org).

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## This Grandparents Day – Do Something Grand!

Grandparents Day is a time to Do Something Grand! It is a call to action for grandparents and people of all ages to join together and advocate on behalf of America’s future: our children and youth.

**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 activism projects.

Together, older and younger people can reach out to decision makers and begin one of the most important dialogues in our history: discussing how, as a country, we can address the many challenges facing future generations—from literacy to health and wellness to financial stability. What better way to celebrate the contributions of grandparents to our nation than joining together and reaching for greater heights for our future!

To help make Grandparents Day a success, 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 coordinating local backpack drives to prevent hunger 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.



**YOUTH**



**ALL GENERATIONS**



**OLDER ADULTS**



## Grandparents Day: Spread the Word

### Three Ways to Do Something Grand on Facebook



1. “Like” Generations United on Facebook to stay connected to our Grandparents Day activities and find out how others across the country are Doing Something Grand!
2. 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.
3. In your status update, let people know why you are “Doing Something Grand” that day. “Share” your status with Generations United and we may feature it!

### Five Ways to Do Something Grand on Twitter



We will 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. If you’re on the go, simply 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 from Grand Things To Do 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 Facebook 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. To find your representative’s twitter accounts visit <https://twitter.com/cspan/lists/u-s-representatives/members?lang=en> you’re your senators’ at <https://twitter.com/gov/lists/us-senate/members?lang=en>
5. Share your story. Tell us, in 140 characters or less, how you stand up for children and youth. Make sure to use the #DoSomethingGrand hashtag, and we might re-tweet it!



### Five Additional Ways to Spread the Word in Your Community



1. Call on others to Do Something Grand 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.
2. Organize an intergenerational dialogue in your neighborhood to discuss how, together, you may be able to add value to your community.
3. 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.
4. 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.

5. Invite local coffee shops and restaurants to offer specials or a discount for intergenerational pairs or groups so they can enjoy a conversation together.

### 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 join together and reach for greater heights for our future. If you or someone you know Did Something Grand we want to hear about it!

- Share your photos on Facebook: <http://www.facebook.com/generationsunited>
- Share quotes or photos via Twitter: #DoSomethingGrand @GensUnited
- Email Generations United at [gu@gu.org](mailto:gu@gu.org) and share how you did something grand!





## Civically Grand

### 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. Want tips on how to write a letter to your local, state and federal elected officials? Visit the Work Group for Community Health and Development at the University of Kansas at <http://ctb.ku.edu/en/table-of-contents/advocacy/direct-action/letters-to-elected-officials/main>

### 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 at [http://www.theopedproject.org/index.php?option=com\\_content&view=article&id=67&Itemid=79](http://www.theopedproject.org/index.php?option=com_content&view=article&id=67&Itemid=79)

### 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 <https://turbovote.org> to register to vote. Before registering to vote, create a timeline detailing significant events in the voting rights movements to help show how far we've come in the last 100 years. Personalize the timeline by indicating the years that you voted, with highlights from major elections. Talk with teens about the importance of making their voices heard. Consider these discussion points suggested by older adult volunteers and high school students from Chanute, Kansas:

- Women and their history of voting: I remember my mother talking about when she was first allowed to vote...
- Why people choose a certain party: When President Roosevelt was elected my parents found out...
- Each vote makes a difference! Some of the closest Presidential elections have been between...
- Susan B Anthony and her suffrage activism was not enough to get women the right to vote before she died. Her efforts included...
- The voting age requirement was not always at 18. I remember when...

### 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.

### Involve Your Faith-Based Community



Ask your religious leader to mention Grandparents Day during faith-based 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 visiting homebound older adults, hosting a backpack drive for school supplies for children, or start a carpooling program to help older adults attend services).



## Grand Volunteers

### Volunteer Together



Contributing to civic life is a responsibility of people of all ages. A survey of older adults who plan to work in retirement revealed that more than three-quarters were interested in doing so in ways that helped people in need (Civic Ventures). Youth volunteering is growing, with 8.5 million young people serving their communities (Bureau of Labor Statistics). Together, older adults and youth can make a difference by volunteering and having fun at the same time! Consider volunteering together at:

**A Community Kitchen.** Community kitchens provide vital resources in your community and offer a great opportunity for grandparents and grandchildren to volunteer together. Start up 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 multi-generational 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 Baby Shower



Help caregivers provide for their little ones by organizing a baby shower for young mothers or grandparents raising grandchildren. 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 or contact a charity that serves mothers. Ask if they will accept donations.
- 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 newborn in need or 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 August and September 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 Sudoku 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. Today, more than 18 million children qualify for free or reduced price meals through the National School Lunch Program, which provides them 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 (<http://feedingamerica.org/foodbank-results.aspx>) 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 *Kids in Action Guide* at [www.ysa.org/resources](http://www.ysa.org/resources).





## Build Connections

### Read with Children



Making books an integral part of our children's lives helps them reach their maximum potential. Here are some great children's books about service, volunteerism, and United States history that you can read. 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. You might read together over the phone or use video chat.

#### Ages 3-5

- **All the Way to America: The Story of a Big Italian Family and a Little Shovel** by Dan Yaccarino
- **Child of the Civil Rights Movement** by Paula Young Shelton
- **Don't Forget, God Bless Our Troops** by Jill Biden
- **Free to Be You and Me (Thirty-fifth Anniversary Edition)** by Marlo Thomas and Friends
- **Grace for President** by Kelly DiPucchio and LeUyen Pham
- **John, Paul, George & Ben** by Lane Smith
- **We the Kids: The Preamble to the Constitution of the United States** by David Catrow

#### Ages 6 and Up

- **A is for Abigail: An Almanac of Amazing American Women** by Lynne Cheney
- **Cesar: Si, Se Puede! / Yes, We Can!** by Carmen T. Bernier-Grand
- **House Mouse, Senate Mouse** by Peter W. Barnes and Cheryl Shaw Barnes
- **Marshall, The Court Mouse: A Tail of the Supreme Court** by Peter W. Barnes and Cheryl Shaw Barnes
- **Red Bird Sings** by Gina Capaldi and Q.L. Pearce
- **We Live Here Too: Kids Talk about Good Citizenship** by Nancy Loewen

### Young Adults

- **Fablehaven**, by Brandon Mull
- **A Long Way from Chicago**, by Richard Peck
- **Love, Aubrey**, by Suzanne LaFleur

For intergenerational book lists, visit Generations United's website at <http://www.gu.org/RESOURCES/Research.aspx>

### 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?



### **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**

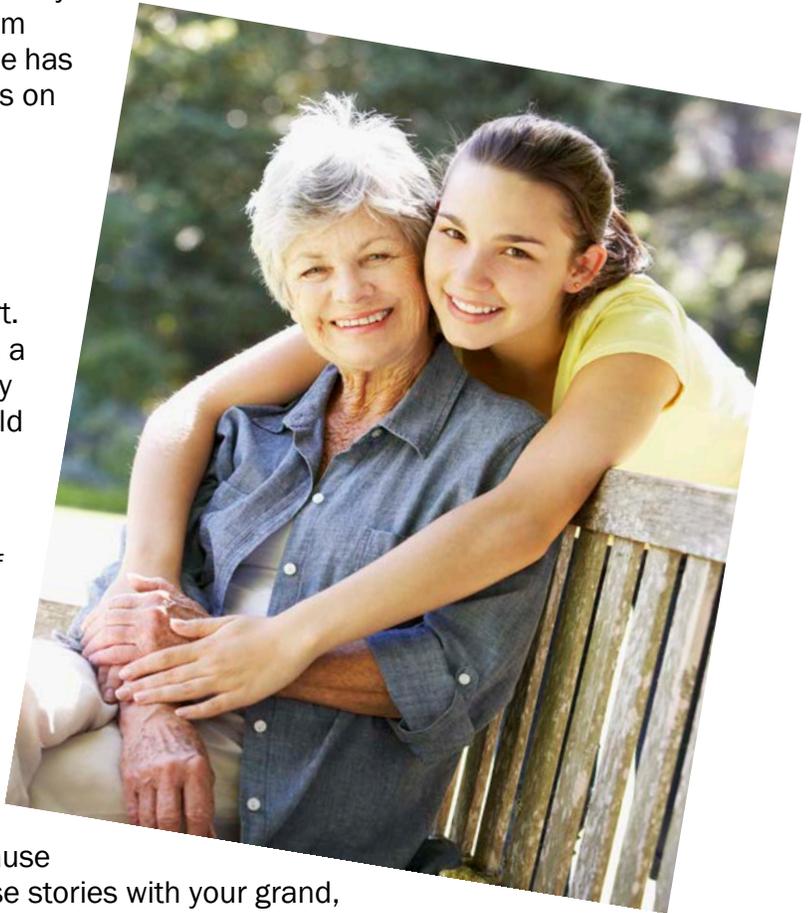


With today's technology, you and your grandchildren can still share a special day or event, even if you're miles apart. Take the first step by sending each grandchild a message in which you share a favorite memory about that child, or request that your grandchild shares his or her favorite memory about you. Use a mobile phone or digital video camera 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 team sport, or a birthday party day.

### **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 grand, whether they are stored in a photo album or in a dusty ole 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.





## Grandfamilies

### 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.

### Be an Advocate for Kinship, Foster & Adoptive Children



Unfortunately, not all children are able to live with their biological parents. You can advocate on their behalf. Advocates for Families First works to ensure that when children and youth cannot live safely with their birth parents, they have a safe, loving, supported, and prepared family to care for them. To learn more about what you can do visit [www.advocatesforfamiliesfirst.org](http://www.advocatesforfamiliesfirst.org).

### 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 visit <http://www.gu.org/RESOURCES/Publications/GrandSuccesses.aspx>, 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 at [www.gu.org](http://www.gu.org) 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 *The State of Grandfamilies in America* for the most current information on grandfamilies at <http://www.gu.org/RESOURCES/Publications/>





## 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*

[http://www.gu.org/LinkClick.aspx?fileticket=9vwB2o-W\\_Zc%3d&tabid=157&mid=606](http://www.gu.org/LinkClick.aspx?fileticket=9vwB2o-W_Zc%3d&tabid=157&mid=606) 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 important 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.

**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? Visit PBS to make your own family tree: <http://www.pbs.org/americanfamily/tree/>

**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 website for ideas:

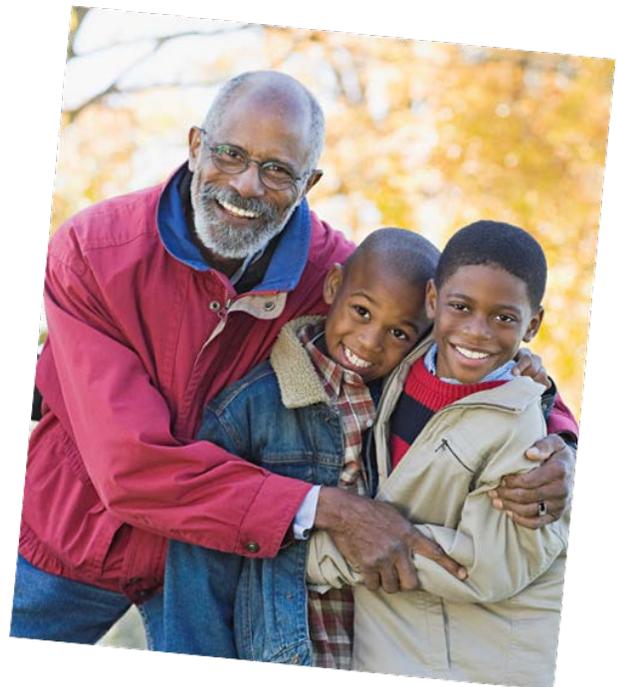
<http://farmersalmanac.com/home-garden/2011/10/17/making-a-family-time-capsule/>.

## Protect the Health of Your Family and Friends



**Vaccination Celebration.** Make getting your flu 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. Visit [www.bandageofhonor.org](http://www.bandageofhonor.org) for more ideas.

**#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 available at <http://pubs.cas.psu.edu/freepubs/pdfs/agrs91.pdf>
- Futures Festival: An Intergenerational Approach to Community Participation available at <http://extension.psu.edu/youth/intergenerational/curricula-and-activities/futures-festival>
- Together for Tomorrow: Building Community Through Intergenerational Dialogue available at <http://www.pointsofviewinc.com/POVOurProducts.html>
- Dialogue Across the Ages program of the JCA Heyman Interages Center. More information at <http://www.accessjca.org/programs/interages>
- Intergenerational Discussion Groups Via Telephone Conference Calls project of DOROT. More information at <http://www.dorotusa.org>

## 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. Visit [www.roadscholar.org](http://www.roadscholar.org) for more information. 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. For more information, visit <http://teacher.scholastic.com/activities/globaltrek/>

## 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 <http://tree-planting.com/>.



## Resources for Intergenerational Activities

**Grandparents Day Planning & Activity Guide.** Visit the Legacy Project for detailed information on Grandparents Day activities for families or schools <http://www.tcpnow.com/guides/gpday.html>

**Intergeneration Month.** Want to continue intergenerational connections after Grandparents Day? Celebrate Intergenerational Month this September! For ideas on how to celebrate, visit Intergeneration Foundation's website <http://intergenerationmonth.org/>

**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 <http://www.gu.org/RESOURCES/LearningActivities.aspx>

**Young and Old Serving Together: Meeting Community Needs Through Intergenerational Partnerships.** This guidebook by Generations United provides comprehensive information on starting intergenerational service projects <http://www.gu.org/LinkClick.aspx?fileticket=1wZ8dNqF8iE%3d&tabid=157&mid=606>

**Tried and True: A Guide to Successful Intergenerational Activities at Shared Site Programs.** This guide by Shannon Jarrott and Ila Schepisi shares tried and true activities and tips developed at Virginia Tech's Neighbors Growing Together program <http://www.gu.org/LinkClick.aspx?fileticket=kRg2eLfvBAo%3d&tabid=157&mid=606>

**Intergenerational Activities Sourcebook.** This publication by Matt Kaplan at Penn State includes a wide range of intergenerational activities that can be used in a variety of settings and for a variety of purposes <http://extension.psu.edu/youth/intergenerational/curricula-and-activities/intergenerational-activities-sourcebook/view>

**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. <http://www.gu.org/RESOURCES/Publications/CommunityToolkitandInfographic.aspx>

**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. <http://www.gu.org/LinkClick.aspx?fileticket=AIM3gFX9NGU%3d&tabid=157&mid=606>



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