



HEALTHY LIVING CAMPUS

# A Study Circle on Intergenerational Programs

Summary Report  
June 13, 2018



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# 1. Introduction

Beach Cities Health District (BCHD) is taking a holistic approach to creating a Healthy Living Campus that serves the entire lifespan and meets the ever-changing health needs of the community. We are exploring options to renovate and enhance our 11-acre campus by hosting two study circles (small break-out groups): intergenerational programs and community gathering spaces. These group sessions are informal and comprised of diverse stakeholders from the three Beach Cities. Participants are selected by BCHD staff to represent a wide variety of local interests and viewpoints, and include city officials/staff, local leaders and residents, members of civic organizations, older adult services, school districts, BCHD committees, Healthy Living Campus community working group and community youth.

This report summarizes participation and feedback received at our recent study circle on Intergenerational Programs.

## 1.1 Purpose of Study Circles

Study circles provide a forum for identifying opportunities by engaging participants who provide their perspectives and experiences that enhance the interests and needs of a community group, service, agency or organization. BCHD is hosting two community study circles (intergenerational programs and gathering spaces) designed to encourage local input into the planning process for the proposed Healthy Living Campus. Feedback received will be applied to the planning and design of the overall project.



## 2 Study Circle on Intergenerational Programs – June 13, 2018

### 2.1 Overview

BCHD recently hosted a Study Circle on Intergenerational Programs in the Redondo Beach Main Library at 303 N. Pacific Coast Hwy. The attendee list, was created by staff to be representative of the various stakeholder groups and experts in the Beach Cities.

Fifty-four (54) invitees attended this study circle. Each received an invitation packet (Appendix C) prior to the event that included the invitation, agenda, BCHD fact sheet, Healthy Living Campus Project Pillars overview, a participant guide and three resource materials on intergenerational programs. The meeting room featured a presentation screen at the front of the room as well as eight tables with eight chairs to accommodate

the break-out group discussions. The format provided opportunities for participants to actively engage in meaningful discussion and share valuable information and insights with their group members and facilitator regarding intergenerational programs. Throughout the session, participant comments were posted on easel pads. Comment cards for written feedback were also provided.

The meeting featured informative presentations by academic and programmatic experts, Dr. Diana Wang and Carly Roman, from USC Leonard Davis School of Gerontology and Eva Goetz, CEO of award-winning non-profit organization ONEgeneration. Additional speakers included Tom Bakaly, BCHD CEO and Kerianne Lawson, BCHD Director of Lifespan Services. PowerPoint presentations from the meeting are found in Appendixes A and B.

Ms. Lawson welcomed the participants, provided an overview of the study circle process, shared a personal story and asked participants to consider the following questions: "What type of a community do we want to be?" "What type of a community do we want to build and what do we need to do that?"

The presentation by Dr. Wang and Ms. Roman examined the benefits of intergenerational programs, including how age integration can help overcome social isolation and loneliness. Older adults generally experience improved mood and self-esteem while receiving practical support, skills and knowledge from young people. Youthful participants generally have improved school attendance, increased positive behavior and self-esteem while learning insights about the past.

Ms. Goetz from ONEgeneration discussed best practices for intergenerational programs. ONEgeneration hosts programs across all ages, including adult day care and childcare, and programs provide opportunities for daily interaction between those in adult daycare and childcare. For older adults, outpatient services are also provided, such as skilled nursing services, therapies, transportation and nutrition services. Intergenerational programming can be provided in a community-based setting through partnerships with local high-schools, senior centers and teen centers, creating a sense of community and providing meaningful experiences.

Following the presentations, Ms. Lawson introduced the group exercise, in which participants at each table were asked to discuss intergenerational programming and then share main points with all study circle attendees. Each of the eight groups was lead by a trained facilitator.

Mr. Bakaly concluded the session by explaining that all of the participant comments will help BCHD as it takes a broader look at the campus. Additionally, he explained that the upcoming study circle on creating community gathering spaces would build on the insights learned during the intergenerational study circle. Mr. Bakaly noted that the word "connected" was a key theme from the brainstorming session for him, both as it relates to the type of community the group wants to create and the type of campus BCHD wants to build. The feedback received from the group exercise is summarized in Section 2.2, Summary of Participation. The next study circle, on gathering spaces, will be August 1 at the Redondo Beach Main Library.



## 2.2 Summary of Participation

### Intergenerational Programs Study Circle Participants

NO.	NAME	ORGANIZATION	CITY OF RESIDENCE
1	Aaron Jones	City of Redondo Beach, Planning Department	Redondo Beach
2	Adela Cornejo	City of Manhattan Beach, Senior Services	Manhattan Beach
3	Amanda Costly	Student, Mira Costa High School	Manhattan Beach
4	Anthony Taranto	Redondo Beach Unified School District/ South Bay Adult Center	Redondo Beach
5	Arturo Irizarry	Omnilore	Hermosa Beach
6	Bill Kim, MD	BCHD Chief Medical Advisor	Redondo Beach
7	Brecken Runquist	Student, Redondo Beach Union High School	Redondo Beach
8	Chelsea Dickerson	BCHD Facilitator	
9	Claire Coignard	Torrance Memorial	Torrance
10	Claire Haddad	Student, Redondo Beach Union High School	Redondo Beach
11	Corinne Brewer	Student, Mira Costa High School	Manhattan Beach
12	Darryl Kim	City of Redondo Beach, Senior Services	Redondo Beach
13	Dee Prescott	Easter Seals	Gardena
14	Dency Nelson	Healthy Living Campus Community Working Group	Hermosa Beach
15	Dennis Heck	Neighboring Resident	Redondo Beach
16	Eva Goetz	ONEgeneration	Van Nuys
17	Francis Villalpando	BCHD	
18	Fred Manna	BCHD Community Health Committee	Manhattan Beach
19	Eugene Solomon	Redondo Beach General Plan Advisory Committee	Redondo Beach
20	Grace Farwell	South Bay Cities Councils of Government	Torrance
21	Hanif Haji	Beach Cities Child Development Center	Redondo Beach
22	Isabel Rodriguez	ADA Advocate & Hermosa Five-O Advisory Committee	Hermosa Beach
23	Jackie Berling	BCHD Facilitator	Redondo Beach
24	Jacqueline Sun	BCHD Staff	
25	Jan Buike	City of Manhattan Beach, Senior Services	Manhattan Beach
26	Jasmine Morales	AdventurePlex	Manhattan Beach
27	Jenna Tripoli	Student, Redondo Union High School	Redondo Beach
28	Jennifer Hernandez	BCHD Facilitator	
29	Jill Costly	Parent	Manhattan Beach
30	Jim Hannon	Redondo Beach Public Works Commission	Redondo Beach
31	Joanne Sturges	Healthy Living Campus Community Working Group	Manhattan Beach
32	John La Rock	City of Redondo Beach, Parks & Recreation Department	Redondo Beach
33	Joy Jurena	Omnilore	Redondo Beach
34	Joy Schmidt	BCHD Facilitator	
35	Kate Daucsavage	BCHD Staff	
36	Katelyn Nguyen	Student, Redondo Union High School	Redondo Beach
37	Kathleen Kolouda	Easter Seals	Redondo Beach

NO.	NAME	ORGANIZATION	CITY OF RESIDENCE
38	Mark Nelson	Healthy Living Campus Community Working Group & Neighboring Resident	Redondo Beach
39	Masahico Torres	Student, Redondo Union High School	Redondo Beach
40	Matt Mercier	Office of Senator Ben Allen	Redondo Beach
41	Megan Vixie	BCHD Facilitator	Redondo Beach
42	Melissa Andrizzi-Sobel	BCHD Facilitator	Redondo Beach
43	Mickie Robbins	Resident	Manhattan Beach
44	Mishell Balzer	BCHD	Hermosa Beach
45	Robert Pinzler	Redondo Beach General Plan Advisory Committee	Redondo Beach
46	Rosalie Rapas	BCHD Facilitator	Redondo Beach
47	Scott Kringen	BCHD Finance Committee	
48	Sheila Lamb	Redondo Beach General Plan Advisory Committee	Redondo Beach
49	Susan Howland	Alzheimer's Association	Beverly Hills
50	Susan Zephir	Parent	Redondo Beach
51	Tara Guden	BCHD Facilitator	Redondo Beach
52	Theresa Van Dusen	Redondo Beach Unified School District Child Development Center	Redondo Beach
53	Wendy Lozano	El Camino College	Torrance
54	Zohra Hai	Redondo Beach Unified School District Child Development Center	Redondo Beach



## 2.3 Summary of Feedback

During the reporting-out session, each group shared their main points regarding the agreed-upon topics for discussion provided. These included:

Group Discussion Exercise:

### Topic 1

- 1) What encourages intergenerational connections?
- 2) What discourages intergenerational connections?

### Topic 2

- 3) What resources does BCHD have/need to create stronger intergenerational connections?
- 4) What existing opportunities does BCHD have to start with?

### Topic 3

- 5) What activities would you want to participate in to build intergenerational connections?
- 6) What makes an environment inviting for intergenerational activities?

Copies of all comments provided by each group are included in Appendix D. Key points reported by each group after the group exercise are listed in the table below:

**Table 1: COMMENTS (REPORTED OUT)** \*Similar comment expressed by other groups

GROUP 1
<ul style="list-style-type: none"> <li>• Transportation for seniors*</li> <li>• Outdoor activities</li> <li>• Opportunities for the disabled</li> <li>• Form community connections</li> <li>• Get the word out to older and younger generations through marketing</li> </ul>
GROUP 2
<ul style="list-style-type: none"> <li>• Stereotypes and not being educated on intergenerational programming can discourage interactions *</li> <li>• Look for natural connections and build on those organically *</li> <li>• Transportation/accessibility for all ages is a necessity</li> </ul>
GROUP 3
<ul style="list-style-type: none"> <li>• Importance of creating community programming</li> <li>• Friendly and trained staff</li> </ul>
GROUP 4
<ul style="list-style-type: none"> <li>• Importance of location, transportation and incentives (e.g.: college credits)</li> <li>• Fear of the unknown, let people know what they can expect</li> </ul>
GROUP 5
<ul style="list-style-type: none"> <li>• Creating a sense of personal value, what they can get out of this opportunity</li> <li>• Fear of the unknown</li> </ul>

## GROUP 6

- Facilities need to support all ages and be mutually accessible
- Diversity
- Create an ethnic cooking class
- No labels, approach with an open mind

## GROUP 7

- Intergenerational activities should leverage similar interests, find common ground
- Market intergenerational activities to the public
- Take inventory of the programs we already have and see if they can be integrated\*

## GROUP 8

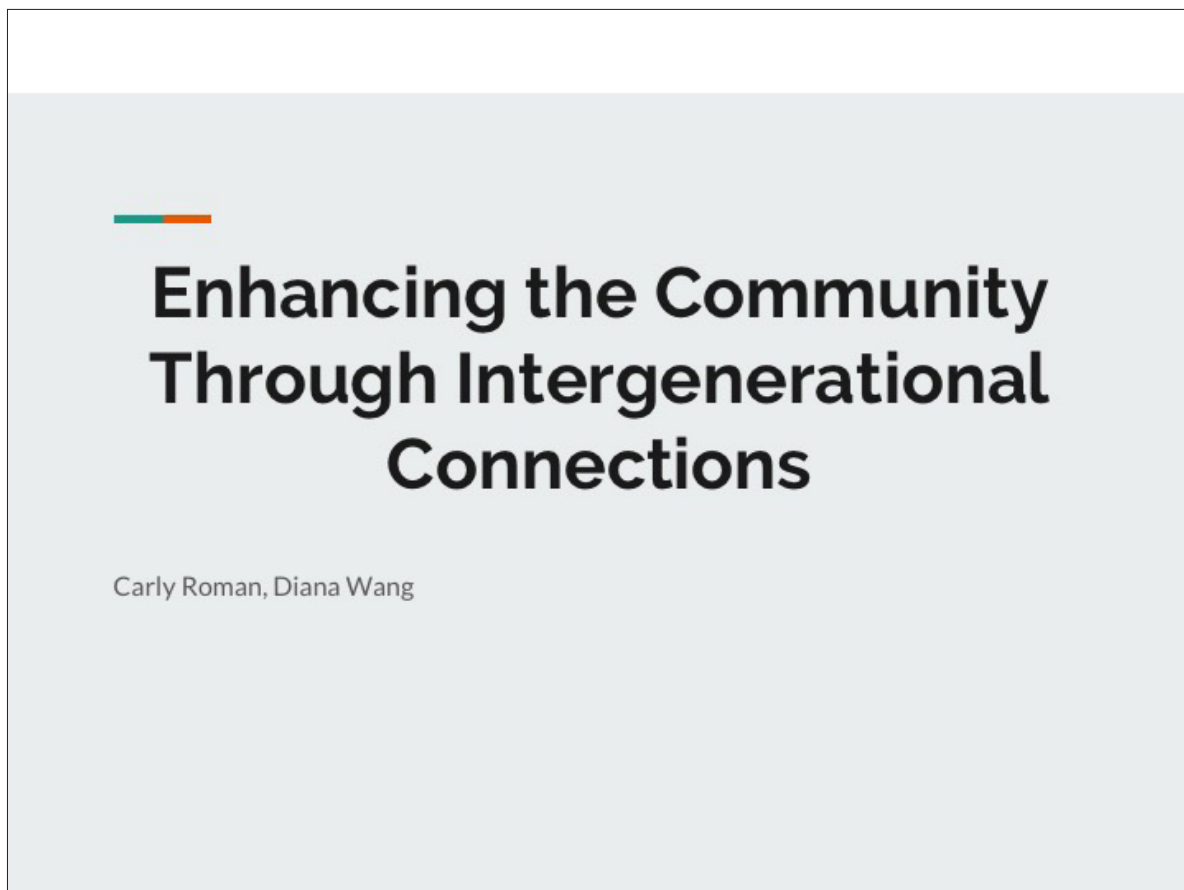
- Shared interests
- Utilize what we already have
- Generational know-how and insights will be useful (i.e. teenagers teaching tech to older adults)
- Local meet-ups
- Expand moai groups

## WRITTEN COMMENTS SUBMITTED

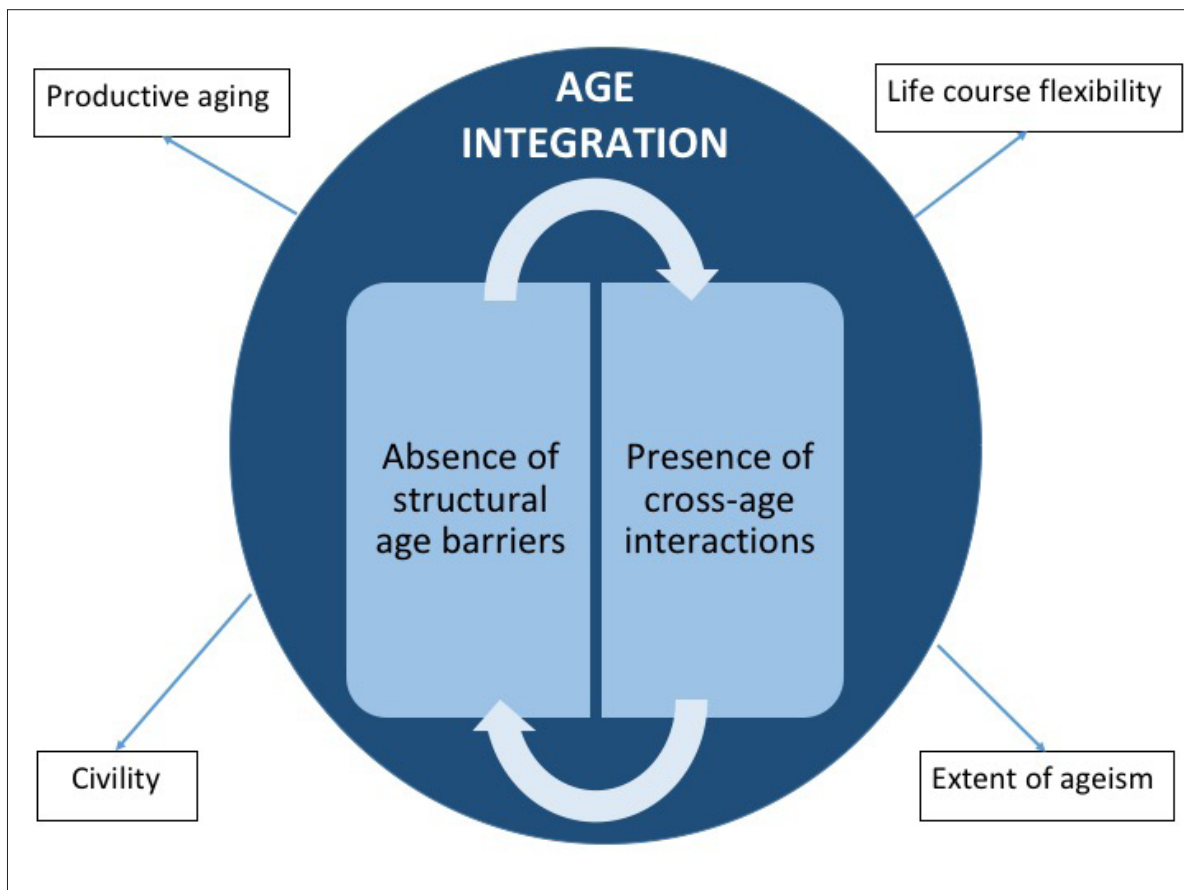
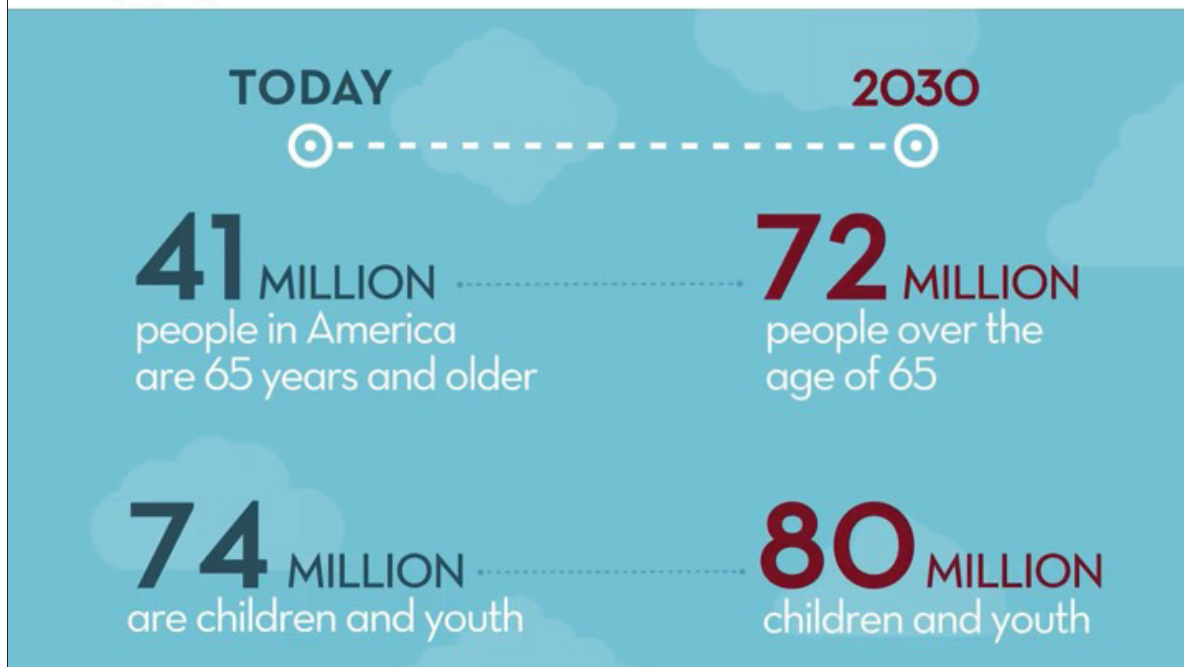
Fourteen written comments were received from participants wishing to provide additional comments. (See Appendix F)





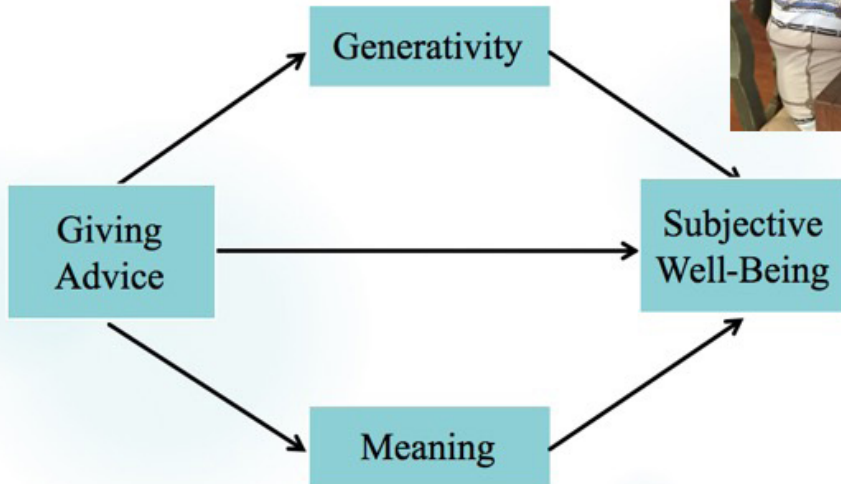


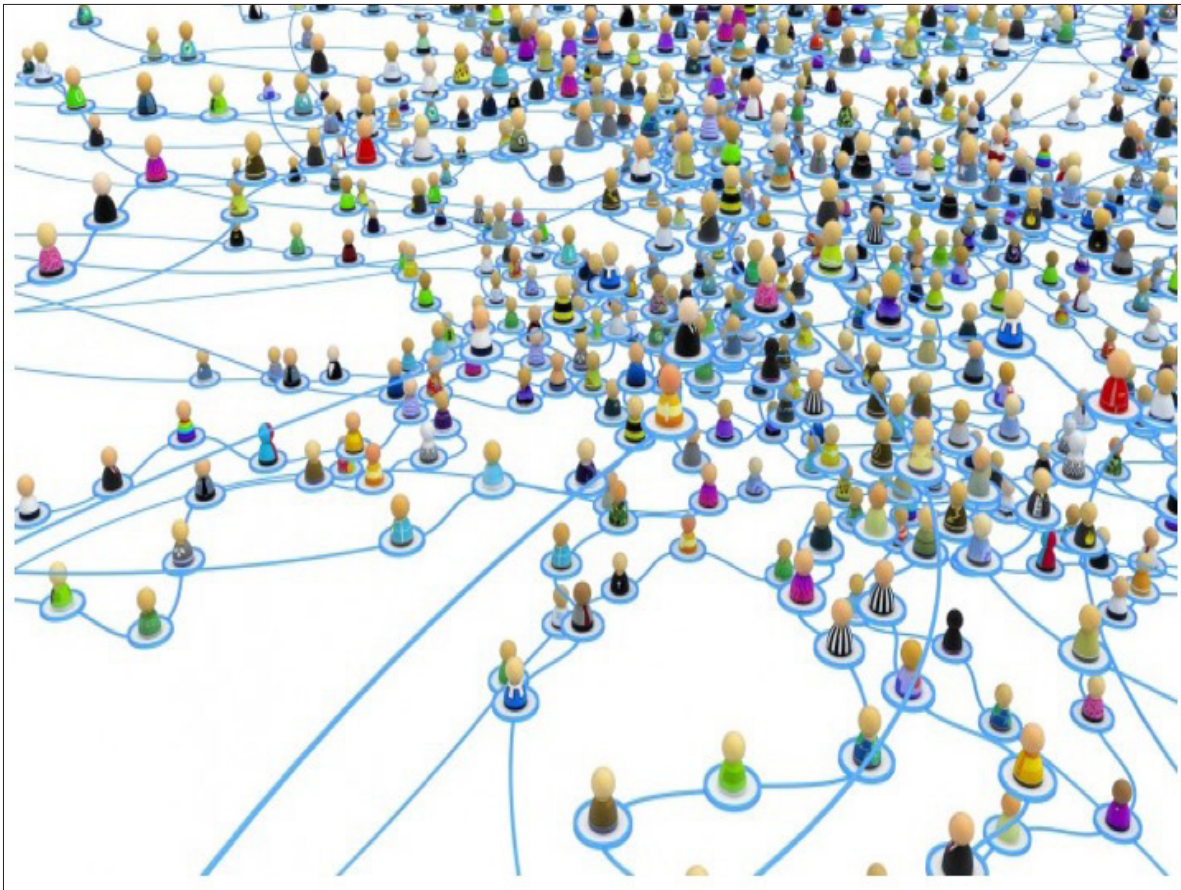
## Why is it important to bring together old and young?





### "Dear Abby" Intervention

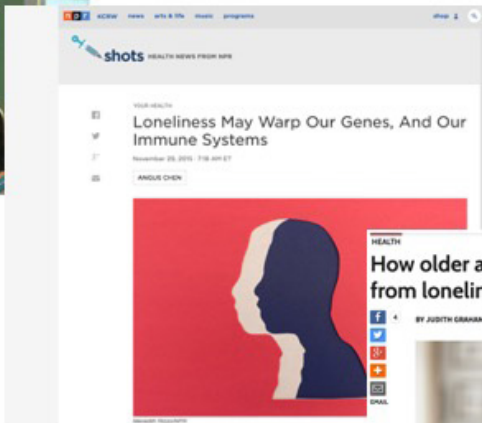





HEALTH

## Researchers Confront an Epidemic of Loneliness

By KATIE WATNER | SEPT. 3, 2016




shots HEALTH NEWS FROM KHN

YOUR HEALTH

### Loneliness May Warp Our Genes, And Our Immune Systems

November 20, 2015 7:52 AM ET


By ANDRUS CHEN



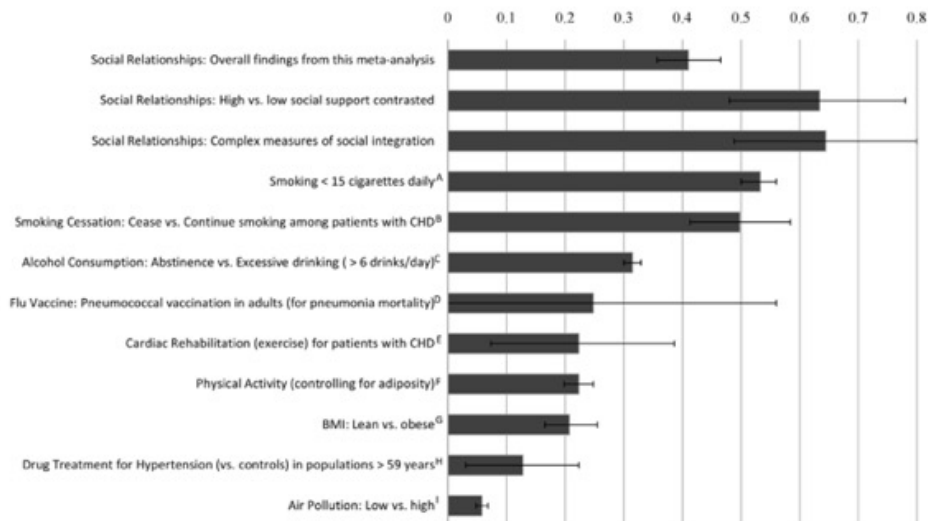
HEALTH

### How older adults can recover from loneliness

By JUDITH GRABMAN, KAISER HEALTH NEWS | May 24, 2017 at 2:34 PM EDT



# Social relationships are as important as many traditional risk factors for health



## Social relationships and physiology: an experimental approach

- ▶ Hugs may protect from the common cold
- ▶ **Receiving support buffers cardiovascular responses to stress...**

## For older adults, giving may be just as important as receiving support

- ▶ Providing instrumental and emotional support associated with lower mortality risk over 5 years
- ▶ Feeling useful is associated with lower risk of disability and mortality
- ▶ Giving support help individuals combat stress more effectively

## The impact of intergenerational programs

Older adults benefit from...

Decreased social  
isolation and  
reduced loneliness



Older adults benefit from...

Improved mood  
and self-esteem



Older adults benefit from...

# Gaining skills and knowledge



Older adults benefit from...

# More physical activity





Older adults benefit from...

# Receiving practical support



Older adults benefit from...

# More positive view of young people



Older adults benefit from...

# Making friends and having fun!



Children benefit from...

# Improved social skills



Children benefit from...

# Emotional support



Children benefit from...

# Increased self-esteem



Children benefit from...

Improved school attendance, behavior, and performance



Children benefit from...

Learning about the past



Children benefit from...

# More positive view of older adults and aging in general

Thank you note from child to older buddy:

**“Once I thought people at your age could not do many things,  
but you showed me you can. YOU ARE AWESOME!”**

Children benefit from...

# Making friends and having fun!



## Best Practices

- ✓ 1. Create an intergenerational team to get the facts
- ✓ 2. Engage the community in discussion to create a vision and plan of action
- 3. Get the action started and keep the action going!



## Best Practices

- 1. Consider the physical capabilities of all participants
- 2. Create mutual reciprocity
- 3. Safe, shared environment
- 4. Scalability and sustainability

# Innovation



## Appendix B: ONEGeneration Powerpoint Presentation

# INTERGENERATIONAL /INTER-CULTURAL PROGRAMMING AT A COMMUNITY-BASED ORGANIZATION

ONEgeneration  
Sages and Seekers

June 13, 2018



## ONEGENERATION MISSION STATEMENT

- ▶ Mission: To enrich the lives of seniors, children, and their families, throughout our diverse community.
- ▶ Vision: We envision communities which embrace healthy aging and child development with families enriched through intergenerational relationships.

-What is a Community Based Organization (CBO)? Why incorporate intergenerational programming in a CBO setting?

- "When the wisdom of age is mixed with the energy of youth, it creates a powerful combination that benefits everyone." Donna Butts, Generations United





- ▶ Adult Day Program and Adult Day Health Care/Community Based Adult Services
- ▶ Child Care
- ▶ Intergenerational Program
- ▶ Senior Enrichment Center
- ▶ Care Management
- ▶ Nutrition Programs
- ▶ Farmer's Market



## CURRENT SERVICES

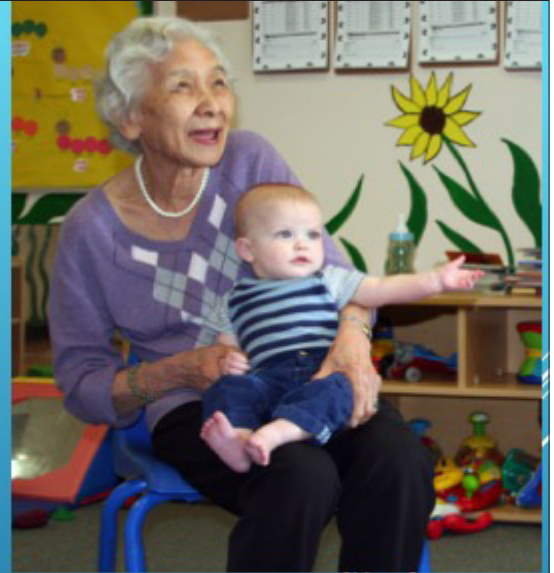


- ▶ ONE UMBRELLA – the ONEgeneration JOY (Joining Old and Young) Program
- ▶ Intergenerational activities include:
  - Six daily interactions between Adult Daycare and Child Care
  - Sages and Seekers
  - Teen Parenting and At Risk Teen Programming
  - Teens assisting seniors with media and technology
  - Interns and youth volunteers

## ONEGENERATION'S JOY PROGRAM



- ▶ Specializes in Dementia Care
- ▶ Outpatient, facility based program that provides
  - ▶ Skilled nursing services
  - ▶ Social services
  - ▶ Therapies
  - ▶ Personal Care
  - ▶ Family/caregiver training and support
  - ▶ Nutrition services
  - ▶ Care coordination
  - ▶ Transportation
  - ▶ Activities
  - ▶ 8:1 participant to staff ratio



## ONEGENERATION'S ADULT DAYCARE



## PERSON CENTERED CARE



- ▶ Ideas for activities developed based upon the input and interests of program participants. Where possible, participants lead/direct group activities.
- ▶ More small group programming
- ▶ Example: gardening, crochet, poker, Music & Memory
- ▶ Intercultural intergenerational programs

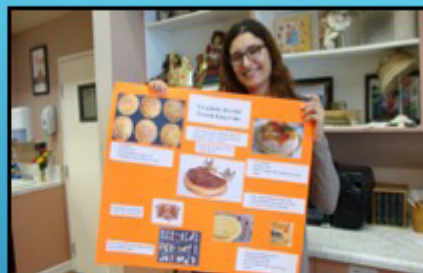


- ▶ For ADC Participants:
  - To nurture and teach
  - Successful life review
  - Each participant brings unique heritage/history
  - Programming honors these backgrounds and traditions
  - Draws upon long term memory, provides meaning and renewed sense of purpose/legacy
  - Improvements in mood/affect
  - Cognitive stimulation to slow cognitive decline

## INTERCULTURAL PROGRAMMING BENEFITS



# INTERGENERATIONAL/INTERCULTURAL PROGRAMS







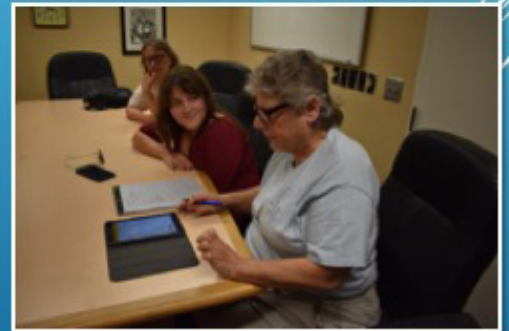
## BENEFITS OF INTERGENERATIONAL/ INTERCULTURAL ACTIVITIES?

- Empowering
- Filling the gap for absent grandparent
- Develops empathy and understanding
- Positive role models
- Sense of community
- To learn/identify/confirm about diversity and multiculturalism



## Intergenerational Programming in Community Based Setting

- Senior Enrichment Center (Senior Center Setting)
- Active/Independent Older Adults who want to engage and give back to younger populations.
- Partnerships with local High Schools, continuation schools, afterschool programs
  - Teen Pregnancy Program
  - At-Risk Youth Program
- Tech Support Class (1 on 1 and Group Setting)



## Appendix C: Invitation Packet Eblast

**Beach Cities Health District (BCHD)  
Study Circles – Intergenerational Programs  
Wednesday, June 13, 2018  
Redondo Beach Main Library  
303 N. Pacific Coast Hwy., Redondo Beach, CA 90277**

### ***Participant Guide***

Beach Cities Health District (BCHD) continues to take a broad look at the Healthy Living Campus revitalization project. Your participation in this Study Circle is an opportunity to provide feedback about programs that will continue to serve our District's children, adults and older adults well into the future. Please use this document to guide the discussion during the small break-out groups on intergenerational programs.

#### Instructions:

We encourage you to document your notes and/or comments on this form and submit it to your group facilitator at the end of the session. If needed, attach Comment Cards to provide additional feedback.

Dovetailing on the pre-read materials provided, please share with your group your insight and/or personal experiences pertaining to the questions on intergenerational programs on this guide.

Participants selected as the group representative should assist the facilitator in capturing comments on a flip chart during the discussion and report out their group's comments to the rest of the Study Circle participants at the end of the session.

Review, as a group, the main points discussed and agree on the synopsis of the discussion. The representative should choose 2-3 main points from the flip chart to share with all Study Circle attendees during the reporting portion of this session.

#### Study Circle Values:

You don't have to be an expert, but do engage at your level of comfort using the pre-reading resource materials provided to guide the discussion.

Self-monitor the amount of time you're speaking to ensure everyone has the opportunity to provide feedback.

Listening is as important as speaking.

Discussion should be positive and constructive.

Seek clarification if you are unclear of a term or concept.

Don't spend too much time problem-solving. Create a list of potential solutions or actions and move on to cover as many topics as possible.



No value judgements on other participants' comments.

A response is not mandatory for each question.

Group Discussion Exercise:

**Topic 1**

- 1) What encourages intergenerational connections?
- 2) What discourages intergenerational connections?

**Topic 2**

- 3) What resources do we have/need to create stronger intergenerational connections?
- 4) What existing opportunities do we have to start with?

**Topic 3**

- 5) What activities would you want to participate in to build intergenerational connections?
- 6) What makes an environment inviting for intergenerational activities?

Submitted by:

Group Information: _____ Facilitator Name (please print)  Please complete the following statement (check all that apply): I am a Beach Cities <input type="radio"/> Business Owner <input type="radio"/> Resident (list city/zip code) _____ <input type="radio"/> Other: _____
--

***Thank You!***

***\*A copy of this form will also be provided during the Study Circle***



**BEACH CITIES HEALTH DISTRICT (BCHD)** is among the largest preventive health agencies in the nation, and has served the communities of Hermosa Beach, Manhattan Beach and Redondo Beach since 1955. BCHD offers 40 health and wellness programs, with innovative services and facilities to promote health and prevent diseases across the lifespan.

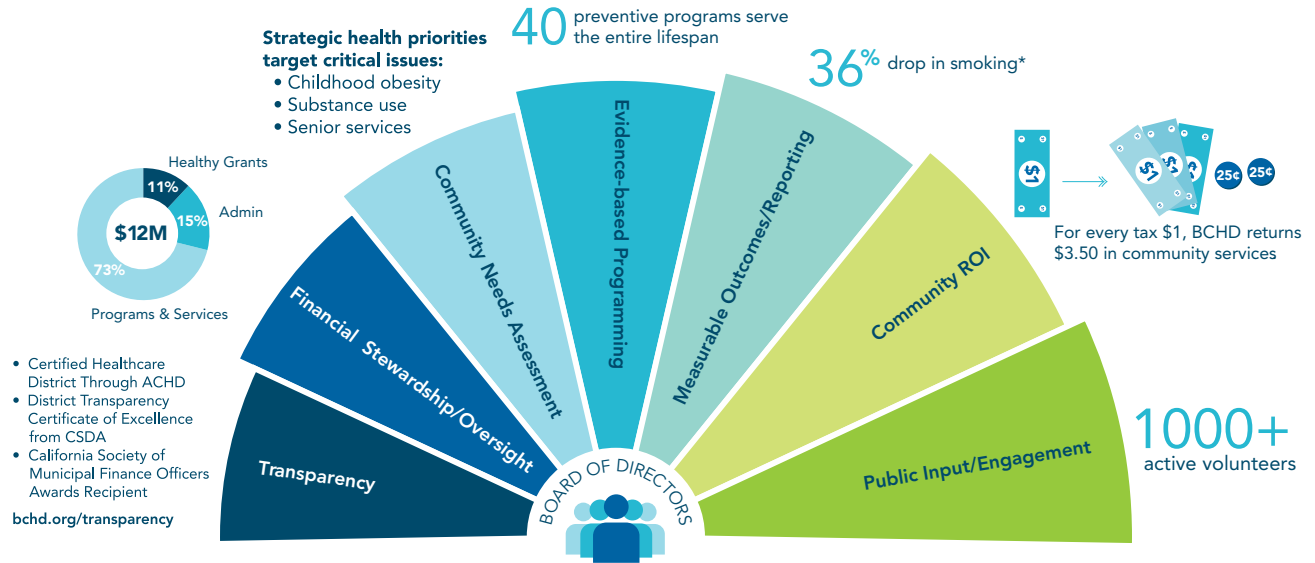
### MISSION

To enhance community health through partnerships, programs and services for people who live and work in Hermosa Beach, Manhattan Beach and Redondo Beach.

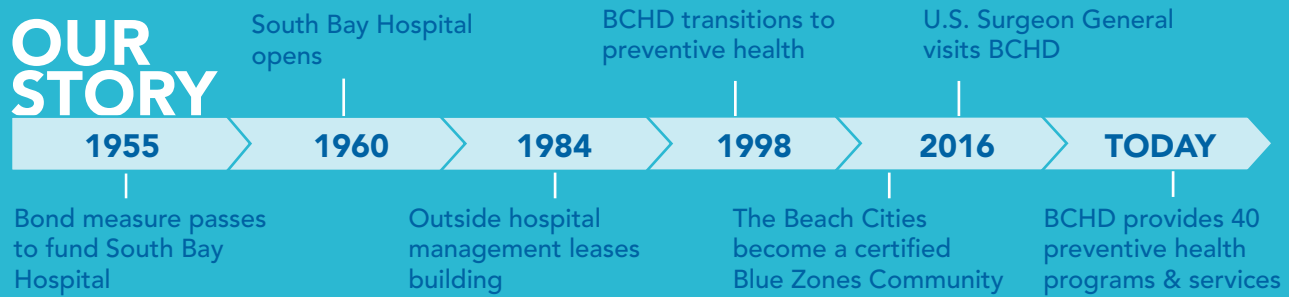
### VISION

A healthy beach community.

### BCHD MODEL



### OUR STORY



### Did you know?

BCHD was highlighted as a model health district by independent state oversight agency The Little Hoover Commission in its 2017 report. View the report at [bchd.org](http://bchd.org)

# Healthy Living Campus: Project Pillars

## Health

- Build a center of excellence, focusing on wellness, prevention & research
- Leverage the campus to expand community health programs & services

## Livability

- Focus on emerging technologies, innovation & accessibility
- Create an intergenerational hub of well-being, using Blue Zones Project principles

## Community

- Actively engage the community & pursue partnerships
- Grow a continuum of programs, services & facilities to help older adults age in their community

## Dear Community Leader,

Thank you for confirming your participation in our upcoming study circle focusing on intergenerational programs. We are hosting study circles on intergenerational opportunities (June 13) and community gathering spaces (July TBD) to gain a deeper understanding of programs, services and spaces that benefit Hermosa Beach, Manhattan Beach and Redondo Beach residents. Your participation will provide valuable information to foster our goal of creating a purpose-built campus as we continue to explore options to redevelop our 60-year-old former hospital site into a community-focused Healthy Living Campus. Our vision is that the Healthy Living Campus will be a center of excellence focused on prevention, wellness and research, with intergenerational programs and services that benefit Beach Cities residents of all ages.

The intergenerational study circle will feature informative presentations by academic and programmatic experts from the USC Leonard Davis School of Gerontology and award-winning non-profit organization ONEgeneration.

### **Dr. Diana Wang, University of Southern California**

*Dr. Diana Wang, PhD, earned her doctorate in gerontology from USC Leonard Davis School of Gerontology. She is interested in the effects of giving social support on psychological well-being, stress reactivity, health habits, and cognition in older adults. She is investigating the potential stress-buffering effects of social support exchanges using psychophysiology measures such as blood pressure, skin conductance, and heart rate variability.*

### **Carly Roman, University of Southern California**

*Carly Roman began her doctoral studies at USC Leonard Davis School of Gerontology in 2016. Carly's research interests include creating and evaluating positive psychology interventions aimed to increase meaning and well-being in older adults. She is the current recipient of a University of Southern California Provost's PhD Fellowship.*

### **Dr. Kristine Vardanyan, director of ONEgeneration childcare**

*Dr. Kristine Vardanyan has been involved in different capacities in the field of education for the past 21 years. Her varied roles have included Master Teacher, Mentor Teacher, Executive Director, Child Advocate, Principal for grades Kindergarten through 8th grade, and Professor for graduate level courses. She received a degree in Bachelor of Science from California State University, Los Angeles. She then earned a degree in Master of Arts in Human Development with an emphasis on College Teaching from Pacific Oaks College. In 2013, Kristine earned a Doctorate in Educational Leadership for Social Justice from Loyola Marymount University.*

Following the presentations, participants will break out into small groups for a facilitated discussion. The group discussion will focus on topics from the resource materials provided with this invitation. To ensure a constructive discussion, we kindly request that you review the materials prior to the scheduled event.

Participants in this process have been brought together because of their interest and diverse background regarding intergenerational programs in the Beach Cities. We value your perspective and look forward to your attendance at our upcoming study circle.



514 N. Prospect Ave., Suite 102, Redondo Beach, CA 90277 • 310-374-3426 • [www.bchd.org](http://www.bchd.org)

A Study Circle on Intergenerational Programs

# AGENDA

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**Wednesday, June 13, 2018**

6:00 p.m. to 7:30 p.m.

Redondo Beach Main Library

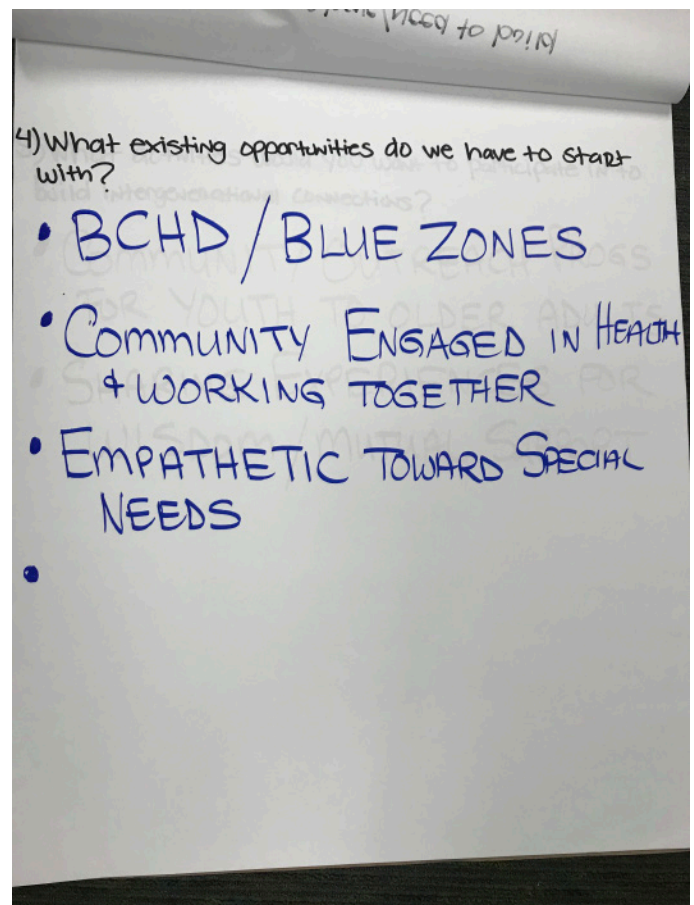
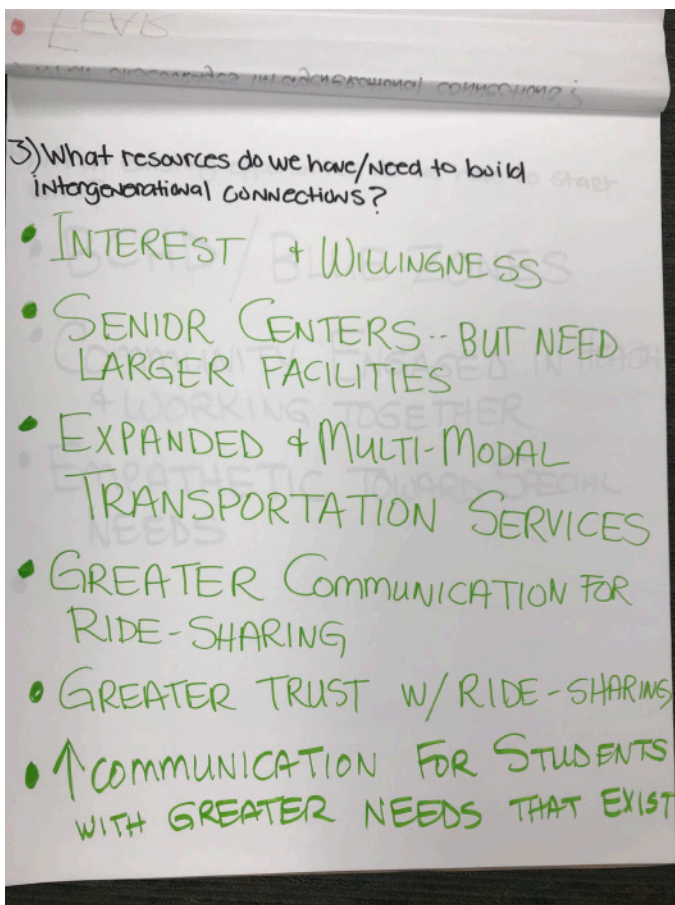
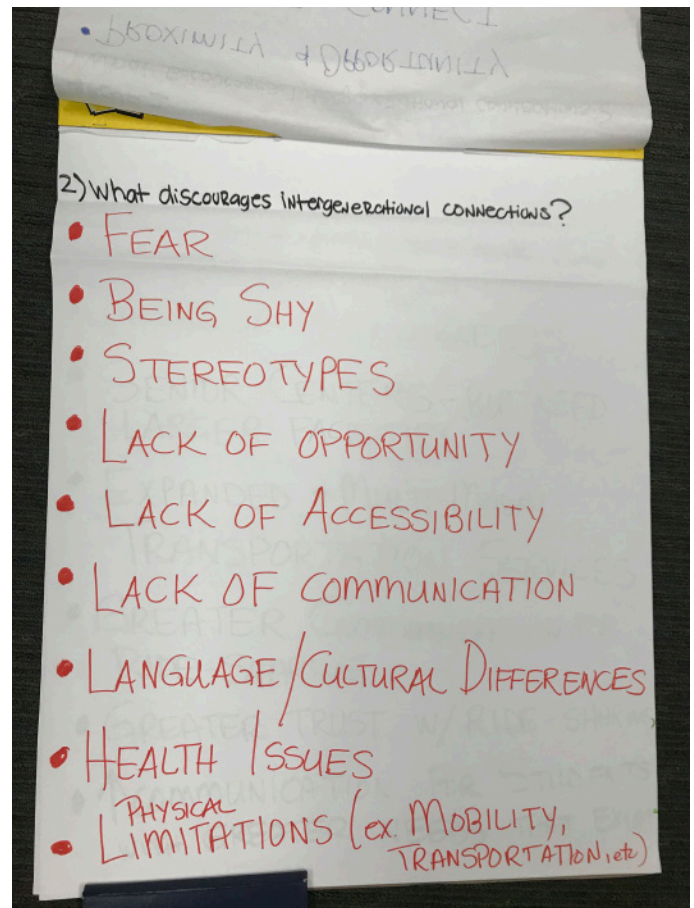
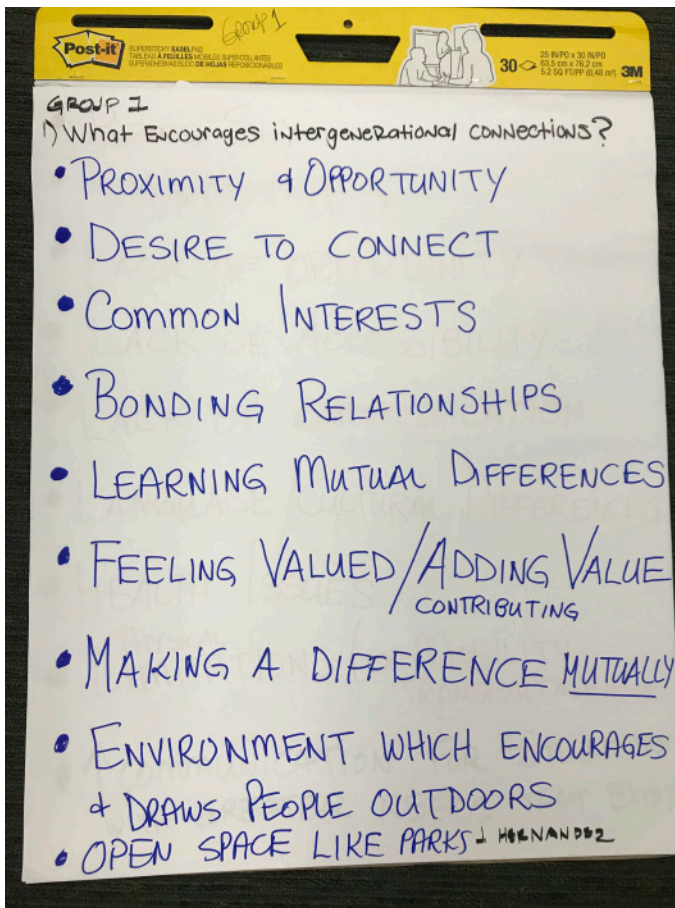
303 N. Pacific Coast Hwy., Redondo Beach, CA 90277

<b>Check-In</b>	_____	<b>5:45 – 6:00 p.m.</b>
<b>Welcome and Presentation</b>	_____	<b>6:00 – 6:30 p.m.</b>
<b>Facilitated Break-out Groups</b>	_____	<b>6:30 – 7:00 p.m.</b>
<b>Break-Out Groups Report Out</b>	_____	<b>7:00 – 7:30 p.m.</b>
<b>Closing Remarks</b>	_____	<b>7:30 – 7:35 p.m.</b>



514 N. Prospect Ave., Suite 102, Redondo Beach, CA 90277 • 310-374-3426 • [www.bchd.org](http://www.bchd.org)

## Appendix D: Easel Pad Comments



5) What activities would you want to participate in to build intergenerational connections?

- COMMUNITY OUTREACH PROGS. FOR YOUTH TO OLDER ADULTS
- SHARING EXPERIENCES FOR WISDOM / MUTUAL SUPPORT

GROUP 2

#1

ENCOURAGES

- family structure - starts at home
- spaces where there are older adults
- physical proximity
- stigma on ages
- creating opportunities for both age groups (mutually beneficial)

DISCOURAGE

- stigma + stereotypes + lack of knowledge
- too concerned with ourselves
- lack of volunteering → meaningful opportunities
- lack of interaction w/ people (too much tech)
- time constraints → busy schedules
- engaging w/ community
- transportation (for everyone)

M. ANDRIZZI-SOBEI

③ Resources needed

- community spaces - churches
- connecting people w/ existing events w/ better communication. more awareness of opportunities to connect
- assessment of skills out there and create opp to share w/ others
- speaking of elders → oral history interviews
- storytelling
- partnering people up or joint opportunities
- young people get more involved w/ civics + gov to connect w/ community
- mentorship
- leader for a day
- wilderness park → education
- assessment of current partnerships

④ Existing opportunities

- teach values of elders to children
- older generation has skill sets we can utilize → partnerships
- assessment of skills out there and create opp to share w/ others
- speaking of elders → oral history interviews
- storytelling
- partnering people up or joint opportunities
- young people get more involved w/ civics + gov to connect w/ community
- mentorship
- leader for a day
- wilderness park → education
- assessment of current partnerships

## #6 What makes environment inviting to IG activity

- easy access
- parking
- rooms w/ good acoustic
- natural settings + open spaces
- activating parks → new parks
  - accessible
  - active + passive rec
- educational opportunities
  - sewing, stitching
- freedom to bring in passions and share
  - ↳ creativity/flexibility
- network of support (Moi)

Accessibility + transportation

## #5 activities to participate

- gardening
- grandparents day, family day
- cooking
- educational/instructional activities
- Zumba → exercises that are good for all ages
  - ↳ technology
  - life skills
  - emotional development
  - sharing stories
  - caregiver skills
    - ↳ how to care for older adults
  - vocational skills

## GROUP 3

### Topic A Encourage

Socialization - Physical location  
Need for

- Technology
- Emotional Connection
- lifespan - quality of lifespan
- Educational Requirements
- lack of language barrier
- Population density

Importance of continued learning in aging...  
Challenge of...  
Community...

R. RAPAS

### Topic B Discourage

- Technology
- language barrier
- lifespan - more time to fill
- Distance
- lack of community resource - transportation, funding
- Stigma oneself
- disparity of Policy between generations



## Topic 2

### Resources

Technology but user training  
Shared Resources - facilities, equipment, <sup>space</sup> personal facilities, - Senior Centers, Schools, Parks.

Highly Educated Population  
15+ Class Medical & health <sup>care</sup> Resources

### Opportunities

- Education.
- Usually mobile Demographic Groups evenly distributed
- Partnerships between Orgs & Cities
- Available Programming across multiple Providers: OASIS, Medicaid, Social, Cities, Private, Individual
- Replicate existing Successful Programs

## Topic 3

### Activities

Photography & Film Club.

Cooking classes

Gardening

Community Choir

Mentorships

Physical fitness

Exchange/Sister City

Cultural

### Enabling Environment

Safety

→ Contactable through mutual ties

Accessibility / Transit

→ Scheduling

Facilitation / Support / Instruction

→ Baseline ingredients - <sup>Acc.</sup> Open, Refreshments, ~~Buttons~~  
Time Reasonable.  
Parking (soon), H/W/SK  
Welcome/Customer Service  
Train. Staff.

## GROUP 4

### Topic 1

What encourages intergenerational connections?  
What discourages intergenerational connections?

- ENCOURAGES / Transportation Options
- DISCOURAGES:
  - Physical location of the centers/services
  - Leadership: Someone to take the initiative to facilitate the connections
  - For younger people, programs that offer incentives (College credits?)  
Something to get them in the door
- DISCOURAGES:

- DISCOURAGING FACTOR:
  - Fear of the unknown
  - Not knowing what to expect or what is expected
  - Not having a formal program to make the C. DICKINSON introductions

Topic 2

What resources do we have/need to create stronger intergenerational connections?

What existing opportunities do we have to start with?

- Senior Centers (Hermosa Five-O/ BCHD Center for Health & Fitness)
- Public Awareness of the benefits & opportunities (Marketing)
- Stronger assistance would require more professional/trained personnel to understand the needs.
- Creating ties with community/businesses to keep seniors engaged.
- Educational opportunities in school so younger folks will know what to expect in their relationships with the elderly (Photography Clubs, Theatre Clubs, etc.)

Topic 3

What activities would you want to participate in to build intergenerational connections?

What makes an environment inviting for intergenerational activities?

- Meeting people where they live. From there actively inviting them to participate in community activities
- Cultural exchanges/life lessons
- Piloting Intergenerational Clubs/Activities in our schools

Discouraging:

- Physical challenges to get there (Dressing/Activities or Daily living)
- Emotional challenges of facing the fears of getting out there with others

GROUP 5

EXPERIENCE PERSONAL VALUE

Encourages -

- Commonality - Shared Interest *Positive Reinforcement*
- Sharing / Mentoring / Teaching
- Accessibility - EASY to get to
- Location *AGING IN PLACE*
- Communication / Awareness
- COMFORTABLE ENVIRONMENT
- VARIETY OF LOCATIONS
- Sharing Solutions

Discourages

Centralization (can't get to)

M. VIXIE

DISCOURAGE

COST

Accessibility

LACK OF UNDERSTANDING / EDUCATION

Isolation

FEAR OF UNKNOWN - IDIOT OVERCOME

Feelings of mortality

Health ISSUES / AGING

Physical LIMITATIONS

Language / Communication BARRIERS

## RESOURCES

MONEY

FACILITIES - ADA COMPLIANT, EASY

PARTNERSHIPS

SENIOR CENTERS, LIBRARY, SCHOOLS

CHURCHES, RESTAURANTS, YOUTH GROUPS

PROFESSIONAL GROUPS

COMMUNICATION / PUBLICITY

DEMOGRAPHICS

DESIRED

DEBRIEFING

## ACTIVITIES

Technology / MENTORING

HELPING - 1 TIME OR ONGOING

VALUE RECEIVER

VARIETIES

GROUP 6

1. What encourages intergenerational connections?

- proximity & organizations
- opportunities for connection & contact
- shared interest
- problem solving
- participation from students
- awareness
- mutually accessible facilities
- co-mingling in public

J. SCHMIDT

## 2. What discourages intergenerational connections?

- mutually exclusive activities
- fear of unvaluable opinion
- lack of common interest
- design favoring specific generation
- cost to provide opportunities
- lack of planning & knowledge

## 3. What resources do we have/need to build intergenerational connections?

- space to host programs (inventory of)
- adequate transportation
- BCTD funding
- grant funding
- positive demonstrated effects
- community fundraising campaign
- intergenerational support

## 4. What Existing opportunities do we have to start with?

- partnership between schools & BCTD
- also... community partnerships
- available space
- intergenerational interest
- BCTD Child Development Center + Adventure Park

## 5. What activities would you want to participate in to build intergenerational connections?

- strategic planning
- business development & financial assessment
- intergenerational sports
- program development + outreach
- coordination with schools
- students as users
- gardening / art
- senior volunteers
- ethnic cooking days
- senior coaches (career)

2. What makes an environment inviting for intergenerational activities?

### 6. What makes an environment inviting for intergenerational activities?

- no labels
- space known location
- balance between generations
- joint-friendly
- I.G. community center
- good customer service
- interactive set-up
- FOOD!
- diversity

## What encourages intergenerational connections?

- Opportunity to bring generations together
  - Similar interests
  - Structure + intention - thoughtful, for what purpose
  - desirable activity, mutually valuable
  - age - mindful
- Families  
Community spaces (organic)

## What discourages intergenerational connections?

- Not wanting to be open - age-prejudice
- Safety threats (spread illness, dementia)
- Lack of knowledge & resources
- Balance risk / Dignity of Risk / <sup>Fear of</sup> Putting yourself out there
- Need to find commonality
- Transportation
- Easy access to other age groups
- Physical or other limitations

## What resources do we have/need to build intergenerational connections?

- |                                |   |
|--------------------------------|---|
| <u>Need</u>                    | <u>Have</u>   |
| \$ Money                       | - Age groups people in community                    |
| <del>Community</del>           | - Community facilities                              |
| Scouts (idea-finders)          | - Faith-based facilities, congregations + knowledge |
| Integrated functions + events  | - Research data                                     |
| Awareness                      | - Programming                                       |
| - Promotion of what we do have |   |
| + marketing                    |   |

## What existing opportunities do we have to start with?

Omnilore  
Assisted Livings

Youth groups, church groups, senior groups

Assisted living prepare meals for homeless

Nutrition/education classes

MS/HS "history assignment to interview older adults (Reminiscence)

Inventory age-segregated activities + marry them  
Memory cafes/Cyber cafes

## What activities would you want to participate in to build intergenerational connections?

Senior Family Picnic

Meal delivery by youth w/ Coaches

Assisted living prepare meals for homeless

Nutrition/education classes

MS/HS "history assignment to interview older adults (Reminiscence)

Inventory age-segregated activities + marry them  
Memory cafes/Cyber cafes

## 3 key take-aways

- Important activities leverage similar interests between age groups
- Marketing of and programming/activities that help all age groups take risks/get over fear of putting yourself out
- Inventory existing age-segregated programs to find opportunities

I hope you can read my messy handwriting ok :)

## What encourages intergenerational connections?

- Focus of lifespans
- Common goals
- Human connection
- Integrated living space
- Value
- Community centers (HD, MB)
- Senior center near parks (window views → park)
- Sporting events (but ~~take~~ seniors to watch)
- Neighborhood community/connection
- Family encouragement to go outside

2. What discourages intergenerational connections?

- Hermosa = party culture (culture can exclude intergenerational connection)
- Parents focus on technology → go outside!
  - electronics/social media
- Cost of living (younger people can't afford, older people have to move out of bc.)
- Academic pressures/expectations
- Lack of time to socialize
- Lack of transportation (Kids & Seniors)

3. What resources do we have/need to build intergenerational connections?

- Community centers
- App that connects younger generations w/ older adults ("sit with me" app)
- Neighborhood meetup/activities
- BBQs
- Intergenerational moai
- Finding events that naturally occur (ex. sporting events)

4. What existing opportunities do we have to start with?

- Connecting seniors to school sporting events
- Older generational skills teacher (gardening, etc.)
  - leveraging partnerships between schools + older adults
- Shared interests

5. What activities would you want to participate in to build intergenerational connections?

- Seniors → school games
- Senior garden day
- grandparent day / "adopt a grandparent"
- Art



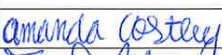




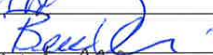

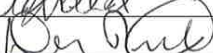
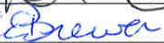


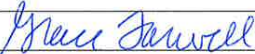




6. What makes an environment inviting for intergenerational activities?

- comfortable
- cheerful
- non-industrial (fresh, new)
- outdoor spaces
- accessible (minimizes attr to different abilities)
- transportation (uber for seniors only)
- ~~travel~~ buddies
- assistance w/ technology



# Appendix E: Sign-In Sheet

## Sign-in Sheet Healthy Living

Name	Signature
Jan Buike	
Dennis Heck	
Eva Goetz	
Amanda Costley	
Fred Manna	
Theresa Van Dusen	
Sheila Lamb	
Arturo Irizarry	
Bill Kim MD	
Claire Haddad	
Dee Prescott	
Corinne Brewer	
Joy Jurena	
Susan Zephir	
Jeannes Rose	
Grace Farwell	
Karen Runquist	
Chase Thacker	
Matt Mercier	
Keith Kauffman	
Mickie Robbins	
Brecken Runquist	
Wendy Lozano	

# Sign-in Sheet

Healthy Living Campus Working Group



Name	Signature	Address	Email	Phone
Jennifer Hernandez				
Isabel Rodriguez	<i>Isabel Rodriguez</i>			
Jim Light				
Claire Coignard	<i>Cl Coignard</i>			
Jim Hannon	<i>Jim Hannon</i>			
Melissa Ramoso				
Katelyn Nguyen	<i>Katelyn Nguyen</i>			
Geoff Hirsch				
Hanif Haji				
Susan Howland				
Aaron Jones	<i>Aaron Jones</i>			
Masahico Torres				
Flo Speakman				
Robert Cashion				
Jasmine Morales				
Louise Lopes				
Chase Thacker				
Jill Costley				
Eugene Solomon	<i>Eugene Solomon</i>			
Joanne Sturges	<i>Joanne Sturges</i>			
Anthony Taranto	<i>Anthony Taranto</i>			
Jenna Tripoli	<i>Jenna Tripoli</i>			
Dency Nelson				
Robert Pinzler	<i>Robert Pinzler</i>			

# Sign-in Sheet

Healthy Living Campus Working Group



Name	Signature	Address	Email	Phone
FABRITA	[Signature]			
rick	[Signature]			
Aden	[Signature]			
conejn	[Signature]			
Francis	Vijayapandya	fr		
Jeh	[Signature]			
HANIE	[Signature]			
Zehra Haj	[Signature]			
Daryll Kim	P.D. IRK			
Wendy Sukason	[Signature]			
Susan Howland	[Signature]			
Lishell Baker	[Signature]			
Denny Naisu	[Signature]			
Jill Costly	[Signature]			
Kat Wenzelbach	[Signature]			
Mark Niu	[Signature]			
MASANO	[Signature]			

# Appendix F: Comment Cards Received



Comment Card

Name: Mark Nelson Date: \_\_\_\_\_

Address: \_\_\_\_\_ City: RD Zip: 90277

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Comments:

See reverse

- Social media vs. real contact
    - research suggests social media increases isolation
  - Successful access
    - easy drop off/pick up/mobility
  - Appropriate medical nutrition
  - Time variation to accommodate schedules
    - morning, afternoon, evening
    - chronic diseases, aging, transport
  - Not one size fits all
    - some don't want too much input
    - appropriate levels Mgr-Buysg I vs E
  - Appropriate technology + activities for aging
  - Straight-faced argumt, pre-K, K-12, adult/college exist, Senior/aging <sup>study</sup> care less available actual
  - 3rd party financing vs. having to fund, medicare, medical, etc.
  - Focus @ BCHD has been on pre-K, Adumbuxplex, need "circle of life"
- Easy access, easy parking, good facilities, transportation  
Money for programs
- Formalized volunteer credits/program for students
  - MFCC/supv hours for credentialing
  - CEUs for other staff
  - Grad students/universities
  - Variety/diversity
  - Communication
  - MOAT, Meetup

Name: Katleen Kolenda Date: 6/13/18

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Comments: Great presentations and exercises. A wonderful way to start building collaboration with stakeholders. Table groups expressed great vision and initiative to realize increased intergenerational opportunities and ultimately reframing Age Bias of young and old for all age friendly communities.

Closing Comments About "Space Making" - Person Centered ← →

\*Book → "Person Centered Care in Practice"  
by Lyn Beckay & Beth Meyer Arnold.  
Speaks to intersection of people & place space.  
Thank you,  
Katleen Kolenda  
Center Seal



**STUDY CIRCLES**  
INTERGENERATIONAL PROGRAMS

**Comment Card**

Name: Adela Gomez Date: 7/13/18

Address: \_\_\_\_\_ City: MANHATTAN BEACH Zip: 90266

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Comments:

Great event to brainstorm intergenerational ideas.



**STUDY CIRCLES**  
INTERGENERATIONAL PROGRAMS

**Comment Card**

Name: John LaRoch Date: 6/13/18

Address: \_\_\_\_\_ City: Redondo Beach Zip: 90278

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Comments:

This went really fast. Could have easily been extended for at least another hour.



STUDY CIRCLES  
INTERGENERATIONAL PROGRAMS

Comment Card

Name: Masahico Torres Jr. Date: 18/6/18

Address: \_\_\_\_\_ City: Lawnside Zip: 90260

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Comments:

- make everyone feel comfortable (diversity)
- Have space & allow us to be free & experience
- Have young & elders understand each other so they're in the loop
- Programs to push people into trying



STUDY CIRCLES  
INTERGENERATIONAL PROGRAMS

Comment Card

Name: Jasmine Mordles Date: 6/13/18

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Comments:

- Promote programming so everyone knows benefits of invites people. Drop the stigma
- Art programming intergenerational
- safe & comfortable place for both older & younger adults.



**STUDY CIRCLES**  
INTERGENERATIONAL PROGRAMS

**Comment Card**

Name: ZOHRA HAJI Date: 6/13/2018

Address: \_\_\_\_\_ City: RB CA Zip: 90247

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Comments:

- ① Amazing idea / would like to see more of these interactions.
- ② Would love to work w/ some of the organizations to facilitate it as a volunteer.
- ③ VERY VERY HAPPY TO LEARN OF THE THINGS IN OUR COMMUNITY



**STUDY CIRCLES**  
INTERGENERATIONAL PROGRAMS

**Comment Card**

Name: HANIF HAJI Date: 6/13/18

Address: \_\_\_\_\_ City: REDWOOD BEACH Zip: 90278

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Comments:

- EXCELLENT DISCUSSION/IDEAS
- NEED CITY GOVERNMENTS TO WORK ON PROVIDING BETTER TRANSPORTATION
- CREATE VOLUNTEERING OPPORTUNITIES FOR MIDDLE/HIGH SCHOOL STUDENTS
-





# STUDY CIRCLES

INTERGENERATIONAL PROGRAMS

Comment Card

Name: Katdlyn Nguyen Date: 6/13/18

Address: \_\_\_\_\_ City: Redondo Beach Zip: 90278

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Comments: More ways to advertise resources for seniors especially through ways including having students get involved with bonding with seniors to prevent feeling lonely or sad.

\* Connect with El Camino College for a program to High Students for college credits when



# STUDY CIRCLES

INTERGENERATIONAL PROGRAMS

Comment Card

Name: Isaiah Rodriguez Date: 6/13/18

Address: \_\_\_\_\_ City: Delmar Beach Zip: 90234

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Comments: \* gym equipment for seniors in parks We must make sure we have safe streets for walking, accessibility to buildings, and parks for people with disabilities. Ride sharing go for the environment and for people to connect to other seniors who still drive.

Name: Nerdy Lozano Date: 6/13/18

Address: \_\_\_\_\_ City: Torrance Zip: 90506

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Comments: El Camino College student participation  
- cosmetology students offering free hair cuts  
- Nursing students taking vitals and offering health classes  
- Art students working with older adults on an art show  
- English/History students interviewing older adults to put together life histories. \*service learning students.  
- ~~masses~~ course offerings at ECC specifically for older adults

Name: M. ROBBINS Date: 6/13/18

Address: \_\_\_\_\_ City: Marlborough, MA Zip: 01924

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Comments: good plan! if BCHD doesn't do the who will?? good idea to have next meeting



**STUDY CIRCLES**  
INTERGENERATIONAL PROGRAMS

**Comment Card**

Name: Dee Presnell Date: 6/13/18

Address: \_\_\_\_\_ City: Gardena Zip: 90249

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Comments:

Great meeting! I appreciated the grouping at the table young/old to get a diverse perspective.



**STUDY CIRCLES**  
INTERGENERATIONAL PROGRAMS

**Comment Card**

Name: Kate Dancosavage (BCHD staff) Date: 6/14/18

Address: \_\_\_\_\_ City: Los Angeles Zip: 90027

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Comments:

I would like to see the SMART Program (Start Making A Reader Today) implemented at the Beach Cities Elementary Schools. This gives adults of all ages the ability to volunteer and connect with children in the community throughout the school year by reading picture books to them. I would also like to see a system for transporting seniors to schools to volunteer.