

INTERGENERATIONAL PROGRAMS

DIRECTORY

2014-2015



COUNTY OF SAN DIEGO
 **HHSA**
HEALTH AND HUMAN SERVICES AGENCY
Aging & Independence Services


LIVE WELL
SAN DIEGO

When the wisdom of age is mixed with the energy of youth, it creates a powerful combination that benefits everyone.

-Donna Butts
Generations United

The living together and getting together of old and young is just what the society needs.

-Maggie Kuhn, 1905 - 1995
Founder of the Gray Panthers

What can we do to foster a sense of interdependence across generations and provide opportunities for people of all ages to engage in meaningful activities throughout the life course?

-Nancy Henkin
The Intergenerational Center at Temple University

Intergenerational (IG) programs offer people of different ages the opportunity to come together and share their talents, experiences, knowledge, and skills. Such programs can provide benefits to all involved and foster life-enhancing growth, understanding, and friendship. With a belief in the overall value of IG work and a particular conviction that older adults are one of our most valuable resources, Aging & Independence Services (AIS) embraced county-wide development of IG efforts in 2002. Since that time, AIS has partnered with multiple community-based organizations and provided funding to create groundbreaking IG projects that have served thousands of youth and older adults.

Beyond providing benefits to individual participants, IG efforts also ideally address critical community challenges. IG programs throughout San Diego County are a perfect complement to the *Live Well San Diego* initiative—an innovative, coordinated effort adopted by county leadership in 2011 to promote healthy, safe, and thriving communities. One example is IG garden projects that tackle the issue of childhood obesity by engaging older adults to teach young children about growing healthy foods and eating more nutritiously. Another example is a local community that promotes physical fitness and safety by recruiting older adults to act as “eyes on the street,” accompanying students who walk or bike to school.

IG efforts are developing rapidly as people recognize their value. The County of San Diego is so committed to IG approaches as a way of addressing community needs that the decision was recently made to create four new Intergenerational Coordinator positions in addition to the AIS Intergenerational Coordinator position in place since 2002. These Coordinators will be working together and within their regions of the county to promote and support IG activities. The ultimate goal is to consistently view our communities through an IG lens, engaging every generation across the life span to improve the quality of life for all.

This directory is a compilation of IG efforts that have been implemented in San Diego County. A summary of each program is included, along with its goals, objectives, outcomes, funding sources, and contact information. Though by no means comprehensive, this directory will hopefully be a rich source of ideas—both to those wishing to participate in existing projects as well as to those wanting to create new ones. Please take the time to look through this directory for opportunities that inspire you.

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Individually, we are
one drop. Together, we
are an ocean.
- Ryunosuke Satoro



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BIG BROTHERS BIG SISTERS of San Diego County

PROGRAM SUMMARY

Big Brothers Big Sisters of San Diego County provides quality one-to-one mentoring relationships for children in need, based on a proven model that includes careful “matching” and ongoing support for mentors, kids and parents/guardians. The organization’s structure and systems focus on strengthening relationships resulting in mentoring matches that endure and yield successful outcomes. Children 7 to 17 years old benefit from the programs. Volunteers can be adults of any age; currently the oldest “Big” is 84 years old.



PROGRAM GOALS & OUTCOMES

Big Brothers Big Sisters’ programs help children cope with socio-emotional and self-esteem issues. Children in Big Brothers Big Sisters’ programs perform better in school and are less likely to skip classes and school days, factors that contribute to high school graduation. They are more likely to solve problems without violent behavior, avoid drugs and other illegal activities, and have healthier relationships.



“Three years ago when I first started with Big Brothers Big Sisters, my Little (Sister) (age 7) said she didn't want to go to college. Today I took her to paint pottery and she told me she wants to be a doctor AND an artist. I'm a proud Big (Sister).”

PROGRAM FUNDING

Big Brothers Big Sisters relies on support from individual contributors, foundations, corporate alliances, and government and community partners.

PROGRAM CONTACT INFORMATION

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CUYAMACA COLLEGE INTERGENERATIONAL GARDEN

PROGRAM SUMMARY

In late 2011, Cuyamaca College partnered with the County of San Diego's Health and Human Services Agency to establish an intergenerational garden and educational program for the Child Development Center (a pre-kindergarten daycare facility serving children of College faculty, staff and students in addition to community members) at Cuyamaca College. The Garden is a 1/3-acre plot between the Child Development Center and the Water Conservation Garden. A grant from the county's Health and Human Services Agency helped establish the garden, which, when complete, will feature citrus and other fruit trees, a variety of vegetable and flower beds, vines with pumpkins and melons, ornamentals, herbs, and more.



PROGRAM GOALS & OUTCOMES

A few hours each week senior volunteers (whom the children affectionately call Gardening Grannies) work with approximately 60 pre-kindergarten (ages 2-5) children and their families. The seniors share their knowledge and skills with younger generations of children and their families providing them with a sense of value and accomplishment. The children are able to interact with a different set of adults other than their parents and teachers, internalize healthy eating habits and the importance of exercise, and gain an understanding of where food comes from.



PROGRAM FUNDING

Cuyamaca College and the County of San Diego Health and Human Services Agency partnered to establish the garden along with the help of local businesses that donated supplies and their time. San Diego County provided funding while Cuyamaca College created the master garden plan and oversaw the entire process from inception to the completion of Pumpkin Hill. With continued support of grants and community donations the garden will continue to grow with a Children's Amphitheatre, a caterpillar tunnel, green house and more.



PROGRAM CONTACT INFORMATION

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FIVE AND FIT

PROGRAM SUMMARY

Five & Fit is a model intergenerational program developed at Temple University. The program focuses on the prevention of childhood obesity by engaging older adults (55+) in a variety of roles, from direct service to advocacy. Older adults assist in guiding young children (2-5) who attend preschool, as well as their families, toward improved nutrition and enhanced physical activity. Volunteers assist in leading children in daily structured physical activity and help encourage healthy eating habits with children through activities that include gardening, taste tests, and even occasional field trips to local farmers' markets and community gardens. They create age-appropriate school-based activities and work alongside teachers to help them infuse nutrition education into their ongoing lessons. Volunteers may also choose to become involved in monthly family workshops that feature cooking demonstrations, taste tests, nutrition education, and other engaging activities. For those who enjoy policy work and social advocacy, there are opportunities to educate community residents about issues related to obesity prevention, assist with the development of community gardens, and work with corner stores to promote the selling of fresh produce. Currently the Five & Fit program is being offered in Chula Vista at Vista Square Elementary and Cuyamaca College's early childhood education center, with plans to expand to additional sites in the future.



PROGRAM GOALS & OUTCOMES

Five & Fit intentionally brings older adults, early childhood education staff, and parents together to:

- 1) learn about effective strategies related to healthy eating and physical activity as well as other behaviors associated with obesity prevention (e.g. importance of regular bedtimes);
- 2) implement culturally appropriate activities that will result in behavior changes in early childhood education settings and at home (e.g. gardening, structured physical activity);
- 3) leverage other community members to advocate for increasing the availability of healthy food and play spaces in the community.

PROGRAM FUNDING

Current funding for these two sites comes from Aging & Independence Services with the County of San Diego's Health and Human Services Agency and the First 5 Commission.

PROGRAM CONTACT INFORMATION

Cuyamaca College
Linda Haar
619-660-4660

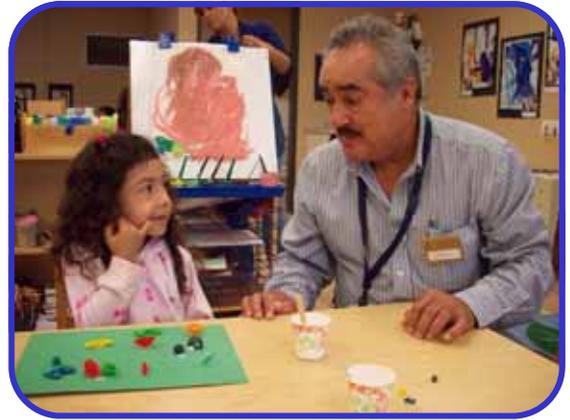
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FOSTER GRANDPARENT PROGRAM (Catholic Charities)

PROGRAM SUMMARY

The Foster Grandparent Program is one of the oldest Intergenerational Programs in the US. First initiated in 1965 under President Lyndon Johnson's administration and his anti-poverty initiative, the program captures the magic of fostering relationships between older adults and special needs children. This unique program has been sponsored by Catholic Charities for over 40 years and provides the opportunity for active adults to share their wealth of knowledge and experience with children who benefit greatly from the one-to-one attention of their assigned Foster Grandparent.



Program services include mentoring, tutoring, nurturing, role modeling and special guidance for children and youth 0-18 years of age. Placement sites are located at various county wide schools, residential facilities and community programs.

To participate, interested persons must be at least 55 years old and in good physical health, meet certain income guidelines, and be willing to volunteer 15-20 hours a week. The FGP program is an opportunity to make a difference in the life of a child who will surely thrive as a result of the interactions with a nurturing and caring adult presence. Patience, compassion and a loving heart are the predominant requirements for enrollment in the program.

A modest stipend, transportation reimbursement and noon meal are provided with a celebratory Volunteer Recognition event held each year in conjunction with community partners.

PROGRAM GOALS & OUTCOMES

- Have an impact on critical community needs through volunteer service.
- Enable older adults on a fixed income who are 55 and over to remain physically and mentally active and to enhance their self-esteem through continued participation in community service.
- Enable children with either exceptional or special needs to achieve improved physical, mental, emotional and social development, assisting them to grow up with a positive self-image and a sense of personal competence.

PROGRAM FUNDING

The Foster Grandparent Program is federally funded by the Corporation for National and Community Services (CNCS).

PROGRAM CONTACT INFORMATION

Sharin Yetman, Program Coordinator

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El Centro: 760-353-6822

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www.ccdsd.org



FOSTER YOUTH MENTOR PROGRAM

PROGRAM SUMMARY

The Foster Youth Mentor Program has been providing mentors for youth ages 6-21 in the San Diego County Foster Care System. There are more than 4,000 foster children in San Diego who have experienced abuse, abandonment and neglect and are unable to reside safely with their families. Because of the disruption in their lives and the loss of support networks, foster youth need caring, supportive adults to guide and nurture them. This is where a mentor can play a valuable role. Interested mentors make a one-year commitment with a minimum of two hours a week; training and support is included.



PROGRAM GOALS & OUTCOMES

The goal of the program is to provide foster children with caring adult role models. Mentors provide guidance, stability, friendship, and mentoring to build self-esteem, self-reliance, self-sufficiency, academic excellence, and social skills and is instrumental for youth transitioning out of the system to build lifelong connections. In addition, the program's goal is to promote intergenerational mentoring by matching foster youth with senior mentors.

PROGRAM FUNDING

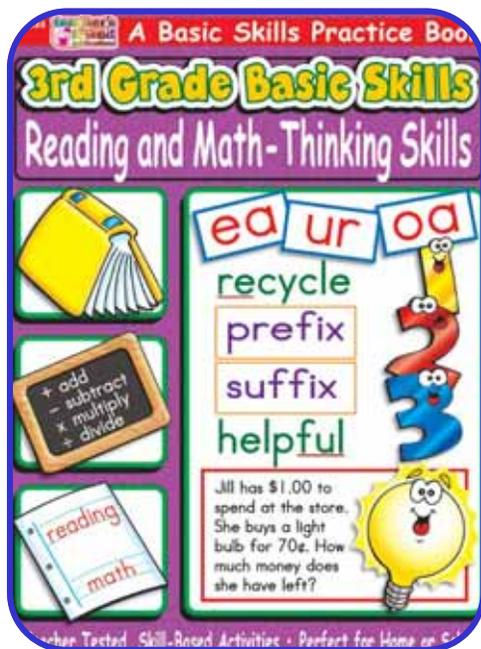
The program is funded by the County of San Diego, Health and Human Services Agency, Child Welfare Services (HHS, CWS).

PROGRAM CONTACT INFORMATION

Foster Youth Mentor Program
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San Diego, CA 92108
619-767-5222 • FAX: 619-767-5221
Rostum.Ramos@sdcounty.ca.gov



GENERATION JUNCTION



PROGRAM SUMMARY

Through the Generation Junction Intergenerational Program, grandparents of students, other senior citizens, and college students from the community come to Arroyo Vista Charter School to work directly with students providing opportunities for one-on-one support. Emphasis is placed on improving reading and math skills. Generation Junction is one of the vehicles used to support students in achieving educational standards.

Volunteers are from across the generations, from college students to senior citizens. A special emphasis is placed on connecting the older, more mature generation with our children in the process of learning. The program does this by pairing up our active older adults/college students with children to tutor them in the different academic areas, such as reading and math.

PROGRAM GOALS & OUTCOMES

Generation Junction facilitates mutually beneficial exchange by actively bringing together younger and older persons with the purpose of improving students' academic proficiency, with a focus on Reading and Math.



PROGRAM FUNDING

Funding is provided through grant money and donations from community members and local businesses.

PROGRAM CONTACT INFORMATION

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GUARDIAN ANGEL PROGRAM (The Glenner Memory Care Centers)



PROGRAM SUMMARY

The Guardian Angel Program of San Diego County is administered by The Glenner Memory Care Centers. Through the program, volunteers of all ages become regular visitors and friends to isolated seniors who live in San Diego County. The program matches volunteers to nursing home residents near them. Many of these senior residents have no family or friends to visit them and are in desperate need of companionship. The volunteers may also help out the activity director with group activities, such as music therapy, pet therapy, arts & crafts, painting, writing letters, and reading groups.

Participating individuals and groups attend a one-hour training about the program and volunteering, and then have the option to receive free trainings on topics such as Alzheimer's and Dementia at a later time. The trainings are facilitated by the program coordinator for the Glenner Centers and are held at the corporate office in Hillcrest. Volunteers must be 18 years of age unless accompanied by an adult. Volunteer hours are flexible with a requirement to visit a senior two times a month for at least an hour at a time. A six-month commitment is required.



PROGRAM GOALS & OUTCOMES

The main program goal is to enhance the life of isolated seniors. The focus is on seniors having someone to visit with them when loved ones are not around; this brings companionship, joy and a sense of love to those isolated seniors. The program aims to help facilities with volunteer recruitment and supports good relationships between these facilities and the Guardian Angel Program. The Guardian Angel Program also provides a way for people to give back to their community. It offers an opportunity for people, who have previously been through the process of having a loved one in a facility, to assist in the transition process for seniors and their families adjusting with a new living environment.

PROGRAM FUNDING

The Guardian Angel Program of San Diego County is funded by a grant from Aging & Independence Services.

PROGRAM CONTACT INFORMATION

Brittany Reed, Program Coordinator,
Guardian Angel Program of San Diego County
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The Glenner Memory Care Centers
3702 4th Avenue
San Diego, CA 92103
Corporate: (619) 543-4700
www.glenner.org

The Glenner Memory Care Centers also welcome school groups and volunteers of all ages to spend time with memory-impaired participants in the group day program. School groups, including high school and college students, often visit during holidays to enjoy music or other activities with participants.

INTERGENERATIONAL GAMES

PROGRAM SUMMARY

In 2002, the Aging & Independence Services Health Promotion Unit, in collaboration with multiple community partners in the south portions of the county, established the Intergenerational Games. This program is designed to promote health and physical fitness, and intergenerational relationships among seniors and children within San Diego County. The IG Games were created as an innovative approach to address health and social issues in the community, such as the alarming rate of overweight youth, which exceeds 25 percent, and the high rate of seniors diagnosed with diabetes and heart disease. IG Games take place annually in the south, east, and north portions of the County with plans to expand to the central region.

Active older adults (age 50+) and elementary and/or middle school students pair up for a half-day of educational and physical activities. Each participant receives a t-shirt with the design of an Olympic-style torch, suggesting physical activity and healthy lifestyles. The slogan, “Everyone’s a Winner,” reminds participants that active and healthy choices are not reserved just for Olympic athletes, but are within the reach of each individual—young and old. The intergenerational teams engage in a variety of fun, non-competitive, and educational activities.

After participating in activities the senior and youth participants enjoy lunch together. During the closing ceremonies each participant receives a medal reinforcing the message “Everyone’s a Winner.”



PROGRAM GOALS & OUTCOMES

The mission of the Intergenerational Games is to increase mutual understanding and respect between generations and to promote healthy, active, life-long behaviors. The goals of the event are to encourage physical activity, impart information about nutrition and healthy behaviors, and foster intergenerational contact through an inspiring half-day of fun and fitness. Active older adults serve as role models for youth and help to dispel stereotypes regarding the abilities of older adults. The event helps participants develop respect for the strengths, abilities, and challenges of each generation.



PROGRAM FUNDING

Intergenerational Games are supported by funds and resources from Aging & Independence Services, local organizations, and community sponsors.



PROGRAM CONTACT INFORMATION

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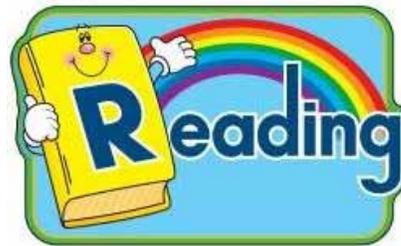
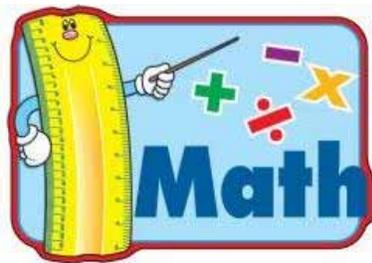
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INTERGENERATIONAL MATH AND READING CLUB

PROGRAM SUMMARY

The Intergenerational Math and Reading Club was introduced to Spring Valley elementary school children in 2003. Through the program, students meet with seniors after school for two and a half hours twice a week over a six-week time frame. To help with teaching, a core group of older adults are assigned to various grade levels. Prepared lesson plans are taught by the older adults at each after-school meeting. The director of the Spring Valley Community Center chooses the curriculum and appropriate grade level textbooks after consulting with resource teachers in the La Mesa and Spring Valley School District. Parents are encouraged to attend these sessions and are encouraged to work with their child on assignments. At the end of the program, students participate in a speech contest. This contest is designed to raise students' self-confidence and self-esteem and to provide them with a skill that is needed to go forward.



PROGRAM GOALS & OUTCOMES

Goals of the program include increasing the math and reading competency of students, and students successfully completing the program. Since the initiation of the program in 2003, the program has reached more than 1,100 children. In 2004, the program received the Intergenerational Award from Aging & Independence Services.

PROGRAM FUNDING

The program is funded by the Spring Valley Community Center Booster Club and individual donations. In 2005, the program was awarded a "Tiger Woods Foundation" grant of \$3,000.

PROGRAM CONTACT INFORMATION

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County of San Diego Department of Park & Recreation
Spring Valley Community Center
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Spring Valley, CA 91977
619-479-1832



JEWISH FAMILY SERVICE (JFS) of SAN DIEGO



PROGRAM SUMMARY

At Jewish Family Service, we are *One Source for a Lifetime of Help*. When a family needs help following a disaster, when a family yearns to adopt a child, when a single parent can no longer make ends meet, when a senior needs food, transportation, or companionship—we make a difference in people’s lives. JFS offers numerous opportunities for people of all ages and faith backgrounds to help others all across the life span.

Many volunteer opportunities at JFS help older adults in our community. **The Bikkur Holim Friendly Visitor program** matches friendly volunteers with Jewish isolated and ill individuals. Volunteers make a one-year commitment to visit with their match for approximately four hours a month, providing conversation, support, friendship, and a connection to the Jewish community. **JFS Fix-It volunteers** assist older adults by making minor home safety repairs and modifications, such as installing grab bars and smoke detectors, repairing leaky faucets, and much more. **Foodmobile** volunteers brighten the day of homebound older adults or younger disabled adults by delivering a warm meal and a smile. The **On the Go transportation program** needs volunteer drivers to provide rides in their own vehicles to older adults for their personal and medical appointments. Or, volunteers can choose to be a shopping escort on the On the Go shuttle bus to assist passengers and provide friendly conversation during shopping excursions. Individual and group volunteer opportunities are available at the three thriving **JFS Social & Wellness Centers**. Volunteers can help greet participants, socialize, serve lunch, and much more.

In addition, JFS has meaningful opportunities to help families and people of all ages. Teens, adults, and families can assist with the **Hands Up Youth Pantry**, which helps to feed needy families throughout our community and help them get back on their feet. College students can serve as **mentors to assist young adult refugees** consider the challenges and perks of attending college. Mentors may help their mentee apply to college, visit a local campus, or simply chat about their experiences while in school. JFS has many more meaningful intergenerational volunteer opportunities and is happy to find a way for you to share your unique skills with the community.

PROGRAM GOALS & OUTCOMES

JFS programs seek to strengthen the individual, enhance the family, and protect the vulnerable, with human services based on Jewish values (people of all faith groups can volunteer and many programs serve both Jewish and non-Jewish clients).



In the past year, JFS staff and volunteers have worked together to provide more than 35,700 rides to local seniors, distribute nearly 260,000 meals to individuals and families, deliver 47,700 hot Kosher meals to seniors and disabled adults, and make 1,330 home modifications/repairs so seniors can continue to live safely and independently, among many other accomplishments. Nearly 960 volunteers contributed 64,000 hours valued at \$1,518,000.



PROGRAM FUNDING

JFS receives financial support from foundations, corporations, government and public funders, endowments, estate gifts, and individual contributions.

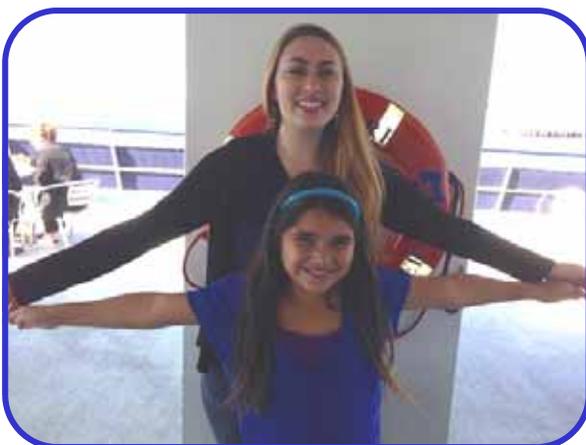
PROGRAM CONTACT INFORMATION

JFS Volunteer Coordinator • (858) 637-3042 • www.jfssd.org

JFS JEWISH BIGPals

PROGRAM SUMMARY

Jewish BIGPals nurtures the exploration of Jewish identity and promotes positive self-development by matching safe, trusting, adult mentors with children from single-parent and non-traditional families. The program trains and supports mentors to provide youth with friendship and guidance through life-enriching experiences. Because of the Jewish component to the program, all Big and Little Pals (mentors and mentees) must identify as Jewish. Big Pals commit to meeting with their Little Pals twice a month for a few hours, for at least a year, to enjoy all the things they normally enjoy doing— whether it's hanging out at the beach, going for a walk, cooking, watching movies, or playing sports. Many volunteers are 60+ or empty nesters. Many of them say it “keeps [them] young” and that they enjoy giving back to the community in such a meaningful way.



PROGRAM GOALS & OUTCOMES

There are more than 4,600 Jewish single parent families in San Diego. Many of the children from these families have been through a divorce, death, or abandonment. By spending time with a Little Pal twice a month, Big Pals can change his or her outlook, be a much needed friend, and help nurture the development of Jewish identity. And, many Big Pals report that their lives are changed for the better, too!

PROGRAM FUNDING

Jewish Family Service of San Diego provides support for this program.

PROGRAM CONTACT INFORMATION

Sarah Kaplan
Program Coordinator, Jewish BIGPals
Jewish Family Service of San Diego
One Source for a Lifetime of Help
Main Office: (858) 637-3010



PROGRAM SUMMARY

Kids Korps is one of more than 200 volunteer programs offered through the Retired and Senior Volunteer Program (RSVP). Kids Korps USA is a 501(c)(3) nonprofit youth volunteer organization that engages youth, ages 5 through 25, in community service. This program partners with more than 350 non-profits and community organizations in San Diego County including seven senior centers. The largest portion of membership comes from North County, but every month volunteers participate in projects all over the county. Kids Korps is always looking to develop new relationships throughout the community and many chapters seek out senior centers and facilities in their immediate area. Each week, between ten and 30 youth visit senior centers and contribute up to 40 hours of community service. Activities include interviewing the seniors and engaging in conversation, making blankets for disabled and abandoned youth, craft projects, and playing a wide variety of games, such as bingo.



PROGRAM GOALS & OUTCOMES

The mission of the organization is to instill the spirit of giving into America's youth while providing valuable education in leadership and responsibility. Kids Korps seeks to build leadership for life through youth volunteerism. In 2012-13, more than 5,000 members were a part of the program, and 20% volunteered at least once for a project directly benefiting seniors.

PROGRAM FUNDING

Kids Korps relies on private donations and grants to provide financial support for the organization. Corporate sponsorship also contributes to the ability of Kids Korps to provide a wide selection of interesting and meaningful volunteer activities.

PROGRAM CONTACT INFORMATION

Jaclyn Sanchez

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jaclyn@kidskorps.org

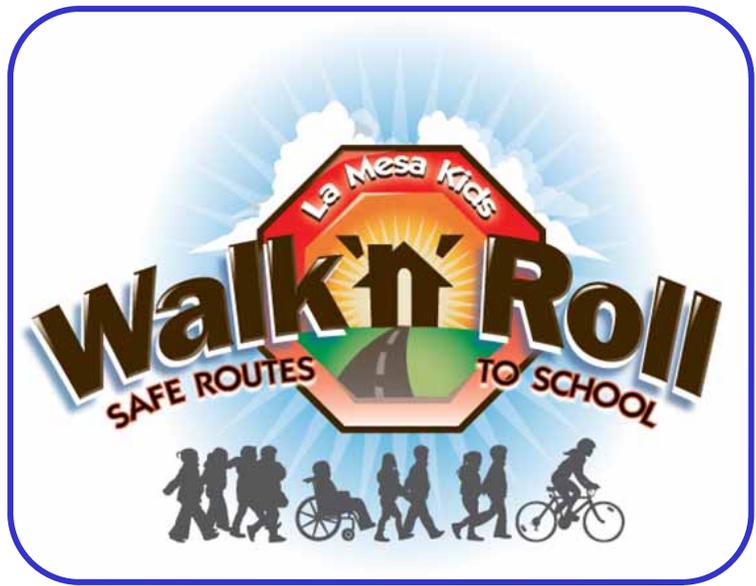
www.kidskorps.com



LA MESA WALK 'N' ROLL - SAFE ROUTES

PROGRAM SUMMARY

The La Mesa Safe Routes Program, known as *La Mesa Walk-n-Roll*, works to increase the number of children and adults walking and bicycling in order to improve their health, the health of the environment, and safety. *La Mesa Walk 'n' Roll* encourages children in kindergarten through eighth grade, including children with disabilities, to safely walk and bike to school. The program is focused on community engagement and invites participation from the community through volunteer opportunities to help make walking and bicycling to school a more appealing choice.



Older adults play a key role in the program; they serve as the “eyes on the streets” as students walk and bike to school, thus helping to increase safety and put parents at ease. In addition to being monitors along routes to school, older adults interact with school officials, parents, and neighbors. They also participate in trainings and recognition events. And, they reap the health benefits of walking along with the kids!

PROGRAM GOALS & OUTCOMES

The Walk 'n' Roll program has a variety of goals. First, the program seeks to improve health by encouraging greater physical activity. In addition, it aims to improve safety by educating pedestrians and bicyclists on safety principles. The initiative also works to enhance walking and biking routes as well as create a more walkable community. Finally, *Walk 'n' Roll* seeks to make walking a fun, all-ages activity.

The *Walk 'n' Roll* Safe Routes program has increased rates of students walking to school at 75% of participating schools and increased rates of students biking to school at 38% of participating schools. Over 1,500 students have benefitted from the intergenerational component of the program and schools with this component saw a 12% increase in the number of students walking or biking.



PROGRAM FUNDING

Initial funding was provided by a four-year federally-funded Safe Routes to School program grant. The County of San Diego also provides funding for the intergenerational component.

PROGRAM CONTACT INFORMATION

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619-667-1319
srts@ci.la-mesa.ca.us

LEGACY CORPS

PROGRAM SUMMARY

Legacy Corps, an AmeriCorps program, engages adults 18 and older to provide in-home companion care for frail elders or persons with disabilities so that their caregivers may take a much needed break. The families selected for this service are associated with the military through current or former service (active or veteran status). Volunteers commit to a year of volunteer service (450 hours) and are regularly given opportunities to attend trainings and share their experiences with other volunteers. To help support their service, volunteers receive a small monthly living allowance and earn an educational allowance after successful completion of 450 hours. Activities volunteers participate in with their assigned family member may include conversation, watching movies, playing games, going for walks, listening to music, or arts and crafts. Many volunteers develop close relationships with the person to whom they are providing companion care.



PROGRAM GOALS & OUTCOMES

The Legacy Corps program was created to provide caregiver support services for veterans and military members in order to decrease caregiver burden and stress and increase the potential of the caregiver to sustain loved ones at home. In addition, the program aims to nurture satisfying relationships between volunteers and the individuals to whom they provide care.

PROGRAM FUNDING

The Legacy Corps program is funded through the Corporation for National and Community Service (CNCS) as an AmeriCorps project and is administered through the University of Maryland's Department of Health Services Administration in the School of Public Health. Support is also provided by the County of San Diego's Aging & Independence Services (AIS).



PROGRAM CONTACT INFORMATION

Brian Rollins, San Diego County
Legacy Corps Program Coordinator
858-505-6305

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PROJECT SHINE



PROGRAM SUMMARY

Project SHINE is a national service model, housed at the Intergenerational Center at Temple University, Philadelphia. SHINE trains college students and retirees in 14 cities and 18 colleges and universities across the country to work with older immigrants over the age of 50 to advance their knowledge in English, health literacy, and citizenship. The program promotes an exchange between the participants, in which both learners and volunteers learn from each other. More specifically, both learners and tutors participate more fully within their communities and gain greater knowledge and appreciation of each other. Tutors can work one-on-one or in small groups. Volunteer tutors must be 18 years of age or older and commit to provide 16 hours a month. A small stipend may be available.

Project SHINE is administered within the County of San Diego, Health and Human Services Agency's East Region, an area that has seen an increase in Iraqi refugees over the past five years and currently has the second largest Iraqi population in the United States, with an estimated 30,000 refugees. Many have limited English-speaking skills and do not have experience obtaining employment in their own country or in transitioning their education and work experience to employment in the United States. As a result, it can be extremely difficult for refugees – particularly older adult refugees - to gain employment or access to healthcare which may cause them to feel isolated from their own community as well as from the larger community. In addition, many refugees lack the functional literacy to navigate the U.S. healthcare system and access continuing care. This has resulted in increases in visits to the emergency room and calls to 911.

PROGRAM GOALS & OUTCOMES

There are a variety of goals for recipients of Project SHINE including to: reduce isolation in the community and enhance community integration; increase the understanding of health literacy and access, including the use of the 911 system and emergency room visits; develop cross-cultural relationships; increase confidence in speaking English; learn skills to navigate community health systems; increase contact with English-speakers; and feel a greater sense of social connectedness. In addition, the program helps refugees to find a mentor or coach and assists in reducing barriers to employment.

Volunteer tutors have the opportunity to develop cross-cultural, intergenerational relationships, improve the lives of others, and gain experience teaching English and health literacy. Project SHINE also provides benefits to the community by decreasing strain on emergency and healthcare resources and increasing the overall safety of the community.

PROGRAM FUNDING

Through the County of San Diego, Health & Human Services Agency (HHSA), Project SHINE is funded by the State of California's Refugee Programs Bureau, via the federal Office of Refugee Resettlement. HHSA contracts with the Grossmont-Cuyamaca Community College District to administer the program.

PROGRAM CONTACT INFORMATION

Renee Nasori • (619) 660-4049 • Renee.Nasori@gcccd.edu



ST. PAUL'S ADULT DAY PROGRAM

PROGRAM SUMMARY

St. Paul's Senior Homes & Services offers a wide range of services for its residents over the age of sixty-two, including respite, hospice, and adult day care. The St. Paul's Adult Day Program is a shared -site intergenerational program. Adult Day Care offers non-medical services to adults in need of socialization, supervision or assistance with daily living activities. The program is designed to reduce isolation, offer support and respite to families with care giving responsibilities, and to foster a healthy outlook on life for the senior. St. Paul's Intergenerational Program provides interaction between seniors in the Adult Day Program and children in St. Paul's Child Care Program through activities and times shared together. Select children engage with the seniors daily through a flag raising ceremony, morning activity, lunch, and snack time. Teachers work together with the Senior Day activity coordinators to determine the activities for the group. The program was founded in 1997.



PROGRAM GOALS & OUTCOMES

The main goal of the program is to engage seniors socially, mentally, and nutritionally. When the children and seniors come together to share in activities, or have lunch in the Community Cafe, everyone benefits. These interactions make it possible for both children and seniors to:

- Improve intergenerational understanding
- Erase stigmas and common misconceptions
- Share lunch together to learn from each other in a less-structured setting
- Enhance quality of life through laughter, learning and fun
- Share new learning skills and accomplishments

In addition, children become more comfortable with older adults, benefit from extra one-on-one attention, and become aware of the similarities and differences between people of different ages. Older adults have the opportunity to re-visit memories through "grandparent" types of interaction. For seniors with memory loss, short amounts of time with kids can put a smile on their faces for hours after! This helps with re-direction and reduces agitation.

PROGRAM FUNDING

St. Paul's charges \$55 for a half-day and \$80 for a full day. The program is partially underwritten by a Foundation and grants lower income seniors a subsidized rate to participate in the program.

PROGRAM CONTACT INFORMATION

Holly Estrella, Director of Childcare
Liam Dunfey, Director of Senior Day Program

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(619) 239-6900



SAN DIEGO OASIS CATCH HEALTHY HABITS

PROGRAM SUMMARY

San Diego OASIS is one of only three California cities offering the CATCH (Coordinated Approach to Child Health) Healthy Habits program, a unique, evidence-based, intergenerational physical activity and nutrition program that benefits two generations: kids (K-5) and adults age 50-plus. The CATCH Healthy Habits program combats the serious problem of childhood obesity by engaging adults as mentors to teach healthy lifelong habits to kids. CATCH Healthy Habits pairs



teams of adults with elementary school kids. Classes meet once a week for 8-week sessions. Hour-long sessions include fun games and exercises, a healthy snack and learning about good food choices.

PROGRAM GOALS & OUTCOMES

Established in San Diego in May 2011, CATCH Healthy Habits has engaged 147 volunteers who, in just two years, have devoted 3,520 volunteer hours to the program. Our 8-week sessions have been held in 26 locations throughout San Diego, and 795 kids in grades K-5 have completed the program.

Results of pre and post surveys of CATCH Healthy Habits adult volunteers in 2012:

- 95% of participants felt better about themselves
- 95% of participants increased their circle of friends
- 70% of participants increased their physical activity
- 84% of participants improved their quality of life

Results of pre and post surveys of CATCH Healthy Habits children participants (grades 3-5) in 2012:

- 91% of the children liked eating the CATCH Healthy Habits snacks
- 93% of the children learned new things about health
- 87% of the children had fun exercising while playing the CATCH Healthy Habits games
- 90% of the children liked learning about health
- The percentage of the children who were spending three or more hours per day playing video games or playing on the computer decreased by 31% after participating in CATCH

PROGRAM FUNDING

San Diego OASIS is a non-profit organization funded by many sources. CATCH Healthy Habits was funded by Anthem Blue Cross in 2013. We are looking for generous donors to fund this program in 2014 and beyond.

"I think that the Catch Healthy Habits program is a wonderful way to introduce children to healthy eating and fun activities. It benefits both the children and volunteers involved, and I would highly recommend it! It's great and fun!" - Karen Groth

PROGRAM CONTACT INFORMATION

Erica Macht, CATCH Healthy Habits Manager- Central, South and East County San Diego

619-881-6262 • erica@SanDiegoOasis.org

Becky Hofseth, CATCH Healthy Habits Coordinator- North County San Diego

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SAN DIEGO OASIS INTERGENERATIONAL TUTORING PROGRAM

PROGRAM SUMMARY

Through the San Diego OASIS Intergenerational Tutoring program, volunteers, school districts and San Diego OASIS work together to help children build reading, writing, and language communication skills. Once training is complete, volunteers are placed in local elementary schools. The typical commitment is to volunteer approximately 45 minutes, one day a week, working one-on-one with a child in grades K-4. No teaching experience is needed; the volunteer's enthusiasm, patience and compassion are far more important. The roles of a tutor are those of a friend and a role model. San Diego OASIS' staff will provide all the training, free books, teaching materials, and journals to use in tutoring sessions.

Tutor training is offered several times a year in Central and North County locations. Regular support meetings for volunteer tutors are typically held by participating school districts. In San Diego, that includes San Diego Unified, Chula Vista, Cajon Valley Union, and La Mesa/Spring Valley. In North County almost all school districts participate, including Poway, Rancho Bernardo, Escondido, Encinitas, Vista, Ramona and Temecula.

PROGRAM GOALS & OUTCOMES

Elementary school students who work with San Diego OASIS tutors are making significant progress. During the 2012-2013 school year:

- 91% of students working with OASIS tutors showed improved academic performance in language arts, reading and writing
- 96% of students showed improvement in self-esteem
- 87% showed an increase in classroom participation
- 62% showed an increase in attendance

PROGRAM FUNDING

San Diego OASIS is a non-profit organization funded by many sources. Chula Vista Elementary School District is generously funded by the Girard Foundation; we are looking for donors to support the other 10 school districts throughout the County.



PROGRAM CONTACT INFORMATION

Central and South San Diego County:
Kathryn Gray, Intergenerational Tutor Coordinator
619-881-6262 • kgray@oasisnet.org

North County:
John Dunicliff, Intergenerational Tutor Coordinator
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More about San Diego OASIS:
www.SanDiegoOasis.org
619-881-6262

SAN MARCOS SENIOR CENTER INTERGENERATIONAL GARDEN PROJECT



PROGRAM SUMMARY

The San Marcos Senior Center recently created a new intergenerational garden project that connects senior volunteers with special needs students from Woodland Park Middle School. Teachers and seniors work together to provide students with weekly hands-on experience working in the adjacent San Marcos Community Garden. Both students and senior volunteers have the opportunity to share their talents and resources in a way that is beneficial to each other and the community. The students come to class twice per

week and work in the garden for one hour each day. Students learn first-hand about how food grows, as well as the fun of planning, planting, harvesting and eating the fruits of their labor. They taste veggies that they had never tried before and bring back produce to their classrooms. With their classmates, they might make potato salad using the potatoes and onions they have grown, or they may eat the seeds from pumpkins they nurtured. The students take back to their classroom and families not only lettuce, parsley, beans and cauliflower but also the positive feelings they experience from working with seniors.

PROGRAM GOALS & OUTCOMES

The primary goals of the intergenerational garden project are to help students learn healthy eating habits, work on social skills, and increase their interaction with caring adults. Senior volunteers enjoy sharing their love of gardening and seeing the students' knowledge and skill sets increase. By cooking and eating the bountiful fruit and vegetables from the garden in the classroom, students are able to share the "fruits of their labor" with their classmates. Students also share their experiences about gardening and healthy eating with their families.

PROGRAM FUNDING

Community businesses that provide donations of materials such as seeds, plants, and tools help to support the program. In addition, the San Marcos Senior Center uses proceeds from two yearly parking lot sales to help fund the garden.

PROGRAM CONTACT INFORMATION

San Marcos Senior Center
Georganne Grotey, Senior Services Supervisor
760-744-5535 x3602 • GGrotey@san-marcos.net



"This has become a great way to relate to pre-teens...I'm not only watching the plants grow, but the students too!"

- Senior Participant



SAN PASQUAL ACADEMY NEIGHBORS (SPAN)

PROGRAM SUMMARY

SPAN is a shared site intergenerational program with foster youth and older adults living on a high school academy campus with formal and informal opportunities to interact. San Pasqual Academy is the first residential high school campus for foster youth in the nation, and was created to address the needs of foster youth in San Diego County.

Through SPAN, enthusiastic older adults (over the age of 55) live on the grounds of San Pasqual Academy in private homes for a reduced rent. In exchange for the reduced rent, the older adults serve as surrogate grandparents, volunteering 10 hours a week with the Academy youth. The grandparents share their wisdom, insight, friendship and experience with the youth. They assist the youth in developing social skills, making life choices, developing career interests and modeling adult/adolescent interactions. In addition to working one-on-one with the youth, the grandparents supplement the school curriculum by conducting activities such as poetry readings, art work, skit nights, gardening, sewing, cooking, woodworking, fishing, and crafts. Grandparents celebrate birthdays and attend sporting events to cheer on their favorite team. Additionally, San Pasqual Academy has an agricultural program that is expanding to 20 acres of farmland on campus. Through the program, youth work alongside SPAN grandparents in the garden to prepare, plant and sustain crops. In time, the program plans to use the harvested fruits, vegetables and herbs in the daily menus on campus. After the crops become plentiful, there are plans to sell the goods at local farmers markets and perhaps to restaurants around the county providing more intergenerational opportunities for learning and sharing.

PROGRAM GOALS & OUTCOMES

San Pasqual Academy has a thriving community enriched with love and mutual support. As a result of this environment, foster youth at the Academy have a 92 percent high school graduation rate with 62 percent enrolling in a college or university after graduation.

PROGRAM FUNDING

A unique public-private partnership supports and energizes San Pasqual Academy and addresses four components of the campus: residential, education, work readiness and child welfare services. The services that provide funding and support to these components are New Alternatives Inc., The San Diego County Office of Education, The San Diego Workforce Partnership, San Diego County Child Welfare Services and Western Association of Schools and Colleges, and generous private donors.

PROGRAM CONTACT INFORMATION

Tia Moore

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SPAN
Grandparents
wear many
hats!



SENIORS on BROADWAY



PROGRAM SUMMARY

Seniors on Broadway is a shared-site intergenerational program designed to foster intergenerational, school-based experiences that promote mutual growth and understanding between children and older adults. In partnership with the Chula Vista Elementary School District, MAAC Project and the City of Chula Vista, a 41-unit, low-income senior housing complex was built on the grounds of the Chula Vista Learning Community Charter School. The specially designed building has a community room, a computer lab and offers commercial space on the ground floor, which helps pay for the building costs. Older adults living in the complex have access to public transportation and can hear and see children playing on the school playground from their home.

The school utilizes the United Nations model to create a microcosm of the real world inside the school. Students collaborate with parents, business volunteers, and teachers to create a functioning small community. Each student has a role in running that world. A student from each class is elected as an ambassador from their country (classroom) to participate in the United Nations. Students spend 45 minutes each day in their jobs where they learn to run businesses. The new residents of Seniors on Broadway have opportunities to utilize their strengths to mentor and support students with their education, businesses and society endeavors.

Participants in the program include older adults age 62 and older from various socioeconomic and racial backgrounds who enjoy working with children in an educational setting, students in grades K-6, classroom teachers, and parents.

PROGRAM GOALS & OUTCOMES

The mission of Chula Vista Learning Community Charter School is to enhance student achievement by demonstrating the effectiveness of the school's core beliefs and serve as a model for the district, state, nation, and international institutions, through the development of standards-based curriculum, dual-language acquisition, connections to real life experiences, and strong parent/community participation.

Goals for students are to progress academically, improve interpersonal skills, develop meaningful relationships with older adults, gain a sense of history and cultural heritage, and increase understanding of aging. Goals for older adults are to establish friendships, share skills and experiences, develop new positive perceptions toward children and their children and their school, and increase knowledge and skills. Goals for teachers are to receive classroom support for individual students and to utilize the vast intact skills and experiences of older adults to enhance educational effectiveness and quality of life in the classroom.

PROGRAM FUNDING

The intergenerational program is funded out of the school general fund. The residential housing unit is supported by the MACC project.

PROGRAM CONTACT INFORMATION

Francisco Lopez, Intergenerational Coordinator
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PROGRAM SUMMARY

SAY San Diego (Social Advocates for Youth) is a local nonprofit organization dedicated to supporting the positive development of young people, their families, and communities. Founded in 1971, SAY celebrates over 40 years of continuous operation in San Diego, and is proud of all it has accomplished as a direct service provider and a respected community partner. SAY offers a wide variety of services to youth and families, including: delinquency prevention and

juvenile diversion, extended day before and after school programs, school readiness and support, mental health services, and many other critical support services. Numerous volunteer opportunities are available, particularly in the area of educational support for students.

Extended Day Program

The Extended Day Program needs volunteer assistants to help provide a safe, fun, and enriching environment to school age children at one of our 54 after-school sites throughout San Diego Unified School District. Volunteers, who must be age 18 or older, help with homework, reading, language skills, sports activities, and arts and crafts after school ends until 6:00pm. After School Assistants spend 2-6 hours per week volunteering with the school for a minimum of four months.

One-on-One Tutor Program

Tutors provide one-on-one support to students who are referred by their SAY case manager for extra educational assistance. Volunteers work with the case worker to determine an appropriate lesson plan that will help to support the child. Many children thrive with caring, consistent one-on-one attention from this support.

Family Support Services at O'Farrell Community School

Many students at O'Farrell Community School face daunting challenges within their families and communities. Volunteers can help support these at-risk youth at the weekly homework club or even within the classroom.

PROGRAM GOALS & OUTCOMES

SAY's Mission is to be a consistent leader in creating and providing quality services and support that assist children, families and communities to overcome barriers while developing skills to realize and sustain their full potential. School-based programs aim to connect caring adults with youth to help them do better in school and build their self-esteem at the same time. The success of SAY's programs is reflected in part by an ever-increasing rate of referrals from the community. SAY's Extended Day Child Care program, with enrollment of over 6,400 children in schools throughout the City of San Diego, sets a new standard of excellence.

PROGRAM FUNDING

SAY San Diego's programs are funded by government grants, foundations, and contributions from corporations and individuals in the community.

PROGRAM CONTACT INFORMATION

Marion Liszkowski, Volunteer Coordinator

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SUNSHINE CARE HOMES—THE GREAT FRIENDSHIP LINK



PROGRAM SUMMARY

Sunshine Care is an 86-bed memory care community on 32 acres in Poway. In an effort to combat feelings of isolation, loneliness and depression that are often associated with living in eldercare communities, Sunshine Care began to develop intergenerational partnerships within the greater community. Agency partners include public and private schools, scouting groups, ballroom dance troops, 4-H, Mommy & Me play groups, universities and home school networks. New groups and partners are always welcome.

Intergenerational Garden Club: Children (babies up to age 10) attend Garden Club on the first and third Thursday of each month. They learn the full seed to table process. The first 45 minutes are spent in the fields with the Horticulture Manager and the second 45 minutes are spent completing a garden project with the grandmas and grandpas of Sunshine Care.

Classroom Exchange (weekly/monthly): On a rotating schedule, classrooms visit for one hour and work with a senior buddy to complete a fun and educational activity. Each visit is different and ties to current classroom curriculum or a community service project.

Annual Special Events: Sunshine Care sponsors a variety of events throughout the year, such as IG Ballroom Dance in May, Grandparents' Day Ice Cream Social in September, and Breakfast with Santa in December.



PROGRAM GOALS & OUTCOMES

Sunshine Care works to stimulate and engage residents. For many, their current skills and abilities mirror that of young people. At the same time, their long-term memories and experiences allow them to patiently and joyfully teach and work with students. Elders and youth frequently team up and work together to help another group in the community—a win-win for everyone!

Local children reap many benefits from their participation. Many children grow up without a grandparent nearby and miss out on the joys of the special connection that often is created between the young and the old. Further, through intergenerational programming children learn values such as compassion, cooperation, being a good listener, and volunteerism.

PROGRAM FUNDING

Sunshine Care covers the expense of intergenerational programming as part of the ongoing activities budget. There are no fees for schools and groups/ families to participate in Sunshine Care's IG programs.



PROGRAM CONTACT INFORMATION

Lisa Lipsey, Community Relations & IG Programs
858-752-8197 • lisa@sunshinecare.com
www.sunshinecare.com

WORKFORCE ACADEMY FOR YOUTH (WAY)

PROGRAM SUMMARY

The County of San Diego implemented the Workforce Academy for Youth (WAY) in 2006 to provide workforce experience to youth who are “aging out” of the foster care system and transitioning to self-sufficiency. WAY is a six-month paid internship program that provides employment, training and mentorship to emancipating foster youth who are between the ages of 17 and 21. The County currently sponsors one session each year, with a maximum of 25 youth in each session.

The purpose of this program is to give the interns the opportunity to learn and gain work experience to better prepare them for a County position or other job when their internship ends. Participants are also encouraged to continue their education.

Each intern is assigned to a County department and can work as many as 40 hours per week. Each is required to attend monthly group training sessions and can take advantage of any other training the County offers. Individual mentoring support is provided by an on-site Job Coach (supervisor) and a Life Skills Coach (senior mentor). Interns are also provided with the opportunity to “job shadow” a professional in a career area of interest.

Life Skills Coaches (adults over the age of 50) are assigned to each youth to serve as a positive role model, encourage good job performance and the continuance of education, and help resolve personal issues. The Life Skills Coaches are recruited and trained by the County’s Aging & Independence Services. These individuals have a varied background and have previously worked in the field of education, nursing, law, social work and other disciplines. The Life Skills Coaches provide assistance with budgeting, applying for grants and loans for school, completing college applications, opening bank accounts, and issues related to the development of work skills and interpersonal skills. Each completes a background check, receives a stipend of \$250 per month and is expected to spend about 3-5 hours per week with the youth and other work related to the program.

PROGRAM GOALS & OUTCOMES

Older adults participating as Life Skill Coaches are touching the lives of the youth in very personalized ways. This has resulted in a successful graduation rate of approximately 80% percent for the program. Of those who have graduated, many have been hired to continue working in County departments after graduation and, in addition to those already enrolled in college, many other program graduates who were not in college registered for school.

PROGRAM FUNDING

County of San Diego general purpose funds are used to pay for this program.

PROGRAM CONTACT INFORMATION

Pam Plimpton, AIS IG Coordinator
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Pam.Plimpton@sdcounty.ca.gov



WRITING LIVES

PROGRAM SUMMARY

Playwrights Project has been encouraging young people and seniors to develop their individual voices through drama since 1985. Writing Lives is an intergenerational partnership between high school and middle school students as writers, and older individuals as storytellers. Playwrights Project teaching artists conduct the program in collaboration with classroom teachers, typically as part of the Language Arts curriculum. In the first half of the Writing Lives residency, students learn playwriting techniques, theatre conventions, and interviewing skills through lively group activities, writing exercises, and improvisation. Students observe and analyze scripts, exploring what moves people to action. In the remaining sessions, students interview older individuals and craft a dramatic vignette honoring the storytellers' memories. The vignettes are performed by professional actors for an invited audience of students, their senior partners and their families. The performances are often videotaped for students and storytellers.

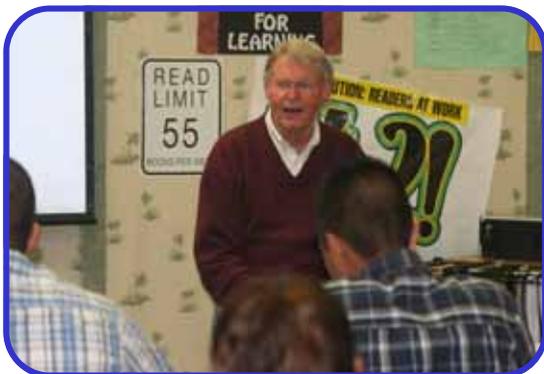


PROGRAM GOALS & OUTCOMES

The mission is to promote literacy, creativity, and communication through drama-based activities, with an emphasis on inspiring youth and seniors. Students and seniors benefit from participation in the program. For students, goals include:

- Developing interviewing, listening and writing skills
- Improved connections to senior citizens in their communities
- Greater tolerance and empathy for older individuals
- Increased understanding of multiple points of view
- Conducting research through primary sources

Seniors feel honored watching the issues in their lives brought to life by the young writers. They often rediscover that challenges teens face are ageless.



PROGRAM FUNDING

The Writing Lives program is available to schools as a fee-based program. Funding for the program has also been provided by individual donors, businesses, foundations and government funding, including the National Endowment for the Arts.

PROGRAM CONTACT INFORMATION

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playwrightsproject.org

RESOURCES

for INTERGENERATIONAL FAMILIES



AARP FOUNDATION GRANDPARENT INFORMATION CENTER

PROGRAM SUMMARY

Many grandparents raising grandchildren turn to each other to find the comfort and help they need. The AARP Grandparent Information Center (GIC) provides information about services and programs that can help improve the lives of grandparent-headed households for both English-and Spanish-speaking families. Information, referral, and outreach is provided to a variety of grandparents including those who provide childcare for their grandchildren, raise grandchildren full-time, or have problems with visiting their grandchildren, as well as those who simply want to have a positive role in their grandchildren's lives.

The AARP Foundation GIC offers:

- Initiatives surrounding work issues for grandfamilies, benefits outreach and financial literacy
- A Web site with articles, state fact sheets, and a message board
- A searchable, online database that connects grandparents raising grandchildren and/or those seeking visitation with local supportive services and programs
- Booklets in English (some are available in Spanish)
- "GrandCare News," a free quarterly newsletter for grandparents who are caring for their grandchildren and professionals who support them
- Technical assistance and networking for local, state, and national organizations
- Research about grandparenting

Grandparent support groups offer opportunities to participate in the following activities:

- Discuss common problems and support each other in the good times and the bad
- Educate members through guest speakers, who talk about health, insurance, educational, or psychological and emotional issues
- Support solutions to specific problems at the community, state, or national level, including changes in laws or attitudes

AARP also provides information for professionals, including employers, human resources professionals, Employee Assistance Programs, corporate professionals, teachers and school administrators, healthcare professionals, and advocates/policy members.

PROGRAM GOALS & OUTCOMES

The AARP Foundation Grandparent Information Center is part of the AARP Foundation Grandparenting Program, whose goal is to ensure that grandparents and grandchildren have access to resources that strengthen their health, finances and family connections.

PROGRAM FUNDING

This program is funded by AARP.

PROGRAM CONTACT INFORMATION

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<http://www.aarp.org/relationships/friends-family/>



YMCA KINSHIP NAVIGATOR PROGRAM

PROGRAM SUMMARY

The YMCA Kinship Navigator Program was developed to respond to the perceived needs of kinship caregivers due to the growth in kinship families. The program assists and provides services to relative caregivers who are caring full time for a child in their family. These caregivers may serve as short-term or long-term primary caregivers for children whose own parents are unable to care for them. The program strives to support kinship caregivers through San Diego County with understanding and navigating the system of care for children in out-of-home care, and to reduce barriers faced by kinship caregivers when accessing services. The Kinship Navigator Program offers a variety of services including:

- Assessment of family needs
- Information and referral
- Education
- Advocacy
- Short-term case management
- Case Management Services (more intensive services for families involved in the child welfare system)
- Respite Service (for caregivers who are 55 and older)

PROGRAM GOALS & OUTCOMES

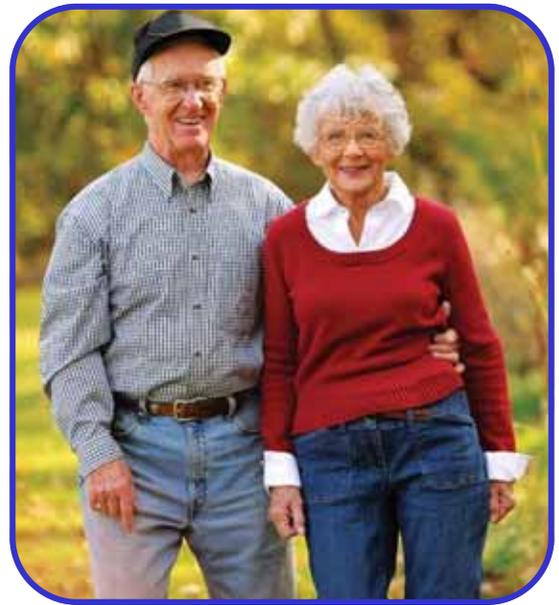
The mission of the Kinship Program is to support kinship caregivers throughout San Diego County in achieving safety, permanency, and well-being for their families through education, advocacy, and community collaboration.

PROGRAM FUNDING

The Kinship Program is program is funded in part by the federal government through the Administration on Children and Families (ACF), Children's Bureau, and the County of San Diego. Our close community partners include the Child Welfare Services, Aging & Independence Services, Casey Family Programs, and Grossmont Community College.

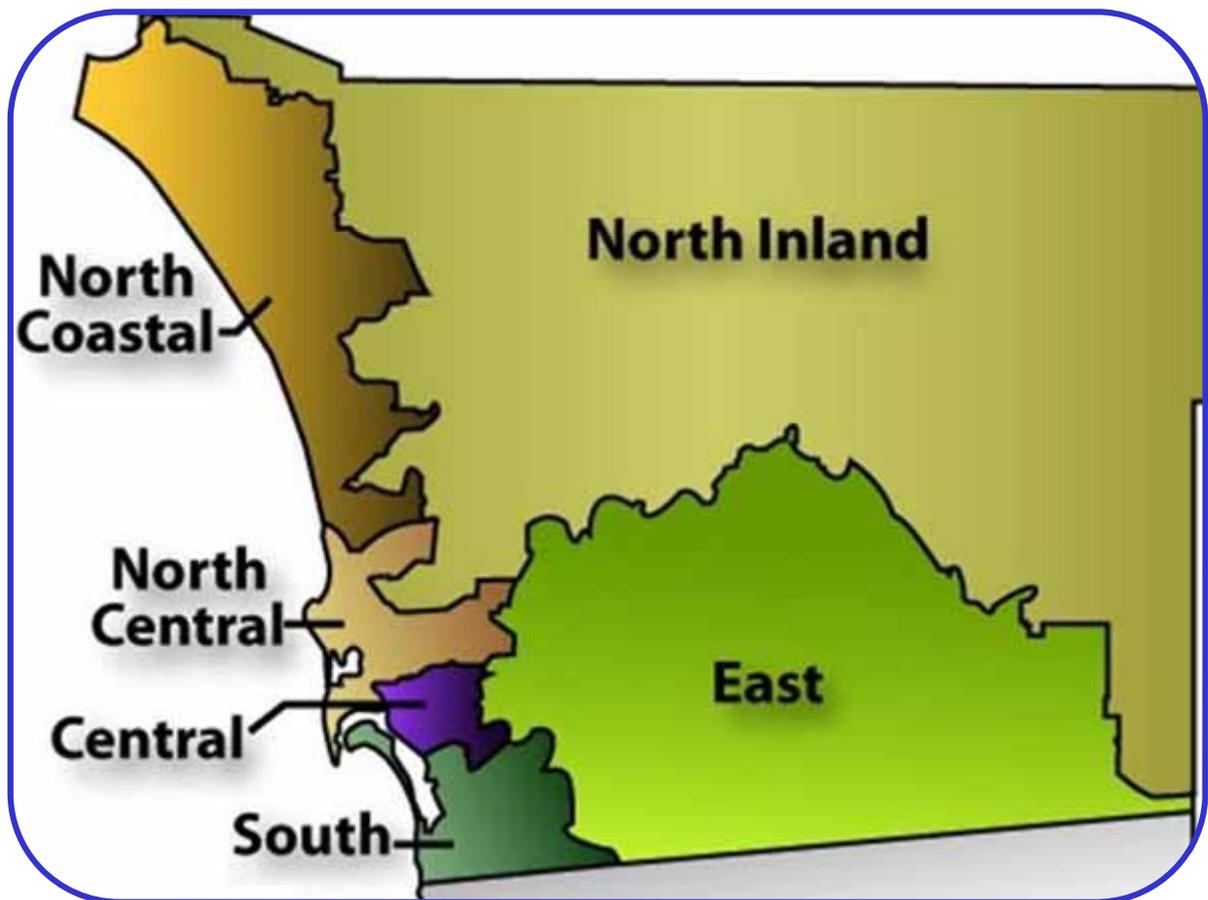
PROGRAM CONTACT INFORMATION

Danielle Zuñiga
Kinship & Families United Program Director
YMCA Youth and Family Services
4080 Centre St. Ste. 103



Programs

Categorized by
Region and Topic



PROGRAMS by REGION

COUNTYWIDE

AARP Foundation Grandparent Information Center
Big Brothers Big Sisters
Foster Youth Mentor Program
Guardian Angel Program of San Diego County
Intergenerational Games
Jewish BIGPals
Jewish Family Service
Kid Korps
San Diego OASIS Intergenerational Tutoring
San Diego OASIS CATCH Healthy Habits
SAY San Diego
Workforce Academy for Youth (WAY)
Writing Lives
YMCA Kinship Navigator Program



CENTRAL/NORTH CENTRAL

Foster Grandparents Program
Legacy Corps
St. Paul's Adult Day Program



EAST

Cuyamaca College Intergenerational Garden
Five & Fit
Intergenerational Math and Reading Club
La Mesa Walk 'n' Roll - Safe Routes
Legacy Corps
Project SHINE

NORTH COASTAL/NORTH INLAND

Generation Junction
Foster Grandparents Program
San Marcos Senior Center Intergenerational Garden Project
San Pasqual Academy Neighbors
Sunshine Care Homes -The Great Friendship Link



SOUTH

Generation Junction
Five & Fit
Foster Grandparents Program
Legacy Corps
Seniors on Broadway

PROGRAMS by TOPIC

ARTS

Writing Lives

CAREGIVER RESPITE

Legacy Corps

CHILDREN (AGES 0-5)

Cuyamaca College IG Garden

Five & Fit

EDUCATION, TUTORING, and LITERACY

Five & Fit

Generation Junction

Intergenerational Math & Reading Club

Project SHINE

San Diego OASIS CATCH Healthy Habits

San Diego OASIS Intergenerational Tutoring

Seniors on Broadway

SAY San Diego

Writing Lives

FOSTER YOUTH

Foster Grandparent Program

Foster Youth Mentor Program

San Pasqual Academy Neighbors (SPAN)

Workforce Academy for Youth (WAY)

GARDENING

Cuyamaca College IG Garden

Five & Fit

San Marcos Senior Center Intergenerational Garden Project

San Pasqual Academy Neighbors (SPAN)

Sunshine Care Homes -The Great Friendship Link

GRANDPARENTS RAISING GRANDCHILDREN/KINSHIP FAMILIES

AARP Foundation Grandparent Information Center

YMCA Kinship Navigator Program

MENTORING

Big Brothers Big Sisters

Foster Grandparents Program

Foster Youth Mentor Program

Jewish BIGPals

San Pasqual Academy Neighbors (SPAN)

Workforce Academy for Youth



PROGRAMS by TOPIC—continued

NEIGHBORHOOD PLANNING/SAFETY

La Mesa Walk 'n' Roll - Safe Routes

NUTRITION, HEALTH, and FITNESS

Five & Fit

Intergenerational Games

La Mesa Walk 'n' Roll - Safe Routes

Project SHINE

San Diego OASIS CATCH Healthy Habits

OLDER ADULTS (ASSISTANCE TO)

Guardian Angel Program of San Diego County

Jewish Family Service

Legacy Corps

Sunshine Care Homes -The Great Friendship Link

OPPORTUNITIES for YOUTH (SERVICE and/or LEARNING PROGRAMS)

Jewish Family Service

Kids Korps

Sunshine Care Homes -The Great Friendship Link

REFUGEES/RECENT IMMIGRANTS

Jewish Family Service

Project SHINE

SHARED SITE PROGRAMS

St. Paul's Adult Day Program

San Pasqual Academy Neighbors (SPAN)

Seniors on Broadway

Sunshine Care Homes -The Great Friendship Link

SPECIAL NEEDS STUDENTS

San Marcos Senior Center Intergenerational Garden Project

VETERANS

Legacy Corps



Contact Information for IG Coordinators

Do you know of an intergenerational program that is not listed in this directory? Share it with us!

Pam Plimpton
Intergenerational Coordinator
Aging & Independence Services (AIS)
858-495-5769
Pam.Plimpton@sdcounty.ca.gov

This directory will be updated monthly. Visit the link below for the most recent electronic version:
<http://livewellsd.org/intergenerational-programs-directory/>

Are you interested in starting an intergenerational program, or do you have questions about existing programs in your area? If so, please contact one of our County of San Diego Intergenerational Coordinators.

Susanne Boston
HHSA East & North Central Regions
858-573-7319
Susanne.Boston@sdcounty.ca.gov

Selina Brollini
Child Welfare Services
858-616-5832
Selina.Brollini@sdcounty.ca.gov

Lina Nasr
HHSA Central & South Regions
619-338-2531
Lina.Nasr@sdcounty.ca.gov

Pam Plimpton
Aging & Independence Services (AIS)
858-495-5769
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Brynn Viale
HHSA North Coastal & North Inland Regions
(760) 740-4190
Brynn.Viale@sdcounty.ca.gov



We need to pick up the pace and plan our communities to serve as places where everyone, of every age, has a role and responsibility - and the supports needed to succeed across the life course, from birth to old age. Our communities should be places that are good to grow up and grow old.

-Donna Butts and John Rowe, author of "Successful Aging"

I like to share and the kids help me feel young. They make you laugh. They make you cry. They don't allow you to be anything other than yourself.

-San Pasqual Academy
"Grandparent"

Somehow we have to get older people back close to growing children if we are to restore a sense of community, a knowledge of the past, and a sense of the future.

- Margaret Mead

