

INTERGENERATIONAL PROGRAMS DIRECTORY

2008-2009



Because we never stop learning.



AGING & INDEPENDENCE SERVICES

COUNTY OF SAN DIEGO HEALTH AND HUMAN SERVICES AGENCY

Because we never stop learning.

The next generation of retirees will live the longest, and be the healthiest, best educated and most affluent in history. As the number of older adults increases, so will the need to develop new and innovative programs that enhance socialization, stimulate learning, increase emotional support, improve health, and help older adults engage meaningfully in issues concerning our society. The County of San Diego seeks to encourage vital aging by bringing together people of different generations in mutually beneficial activities.

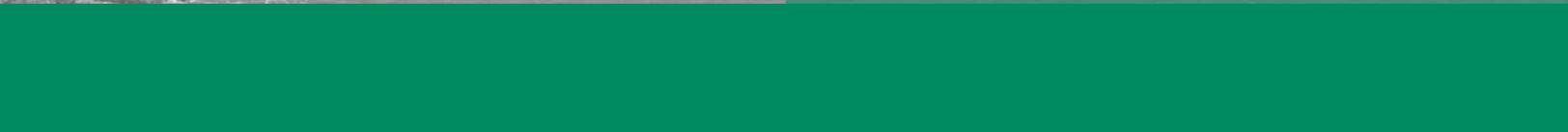
Intergenerational programs provide opportunities for different generations to come together to share their talents, experiences, knowledge, and skills that are mutually beneficial and foster life-enhancing, long-term relationships. These experiences typically involve interactions between the generations at the opposite end of the human life span—the young and the old. Integral to all these programs are interactions that meet the needs of both generations by fostering growth, understanding, and friendship.

With the belief that older adults are one of the most valuable natural resources, the concept of intergenerational programming was adopted by Aging & Independence Services (AIS) in 2002. Since that time, AIS has partnered with multiple community-based programs and provided funding to create groundbreaking programs that have served hundreds of youth and older adults.

Intergenerational programs are developing rapidly as people recognize their value. The County of San Diego Aging & Independence Services has an Intergenerational Coordinator who seeks to support and share information about these programs. This directory is a compilation of intergenerational programs that have been implemented in San Diego County. The directory includes a summary of each program, goals, objectives, outcomes, funding sources, and contact information. Please take the time to look through this directory for opportunities that inspire you.

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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.

Grandparent support groups 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; and support solutions to specific problems at the community, state, or national level, including changes in laws or attitudes.

AARP provides information, referral and outreach for grandparents, including those who:

- Provide childcare for their grandchildren;
- Raise grandchildren full-time;
- Have problems with visiting their grandchildren;
- Want to have a positive role in their grandchildren's lives.

AARP also provides information for professionals, including:

- Employers, Human Resources Professionals and Employee Assistance Programs
- Corporate Professionals
- Teachers and School Administrators
- Healthcare Professionals
- Advocates and Policy Makers

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 are available in English and some 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 and research about grandparenting.

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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www.aarp.org/ca



PROGRAM SUMMARY

Beyond the Wrinkles is an intergenerational video project that focuses on uniting seven Jewish seniors and six local teenagers together in interviews and other creative ways to form a connection between the two groups. The film does this by first showing the teenagers a short documentary introducing the seniors and different aspects of aging before meeting the seniors they will be interviewing.

The teenagers then use simple, but potent questions developed by Freudian psychologist Erik Erikson, such as, “what gives you hope?” and “who is it important for you to set an example for?” The interviews come to a close and are followed by a wrap-up party solidifying new friendships.

The connections of understanding, vulnerability, energy, and intelligence across both generations, sometimes spanning 80 years, lead the participants and viewers on a journey through Hitler’s march into Vienna, events at Auschwitz, the Great Depression, the landing at Normandy and other great historical events.

PROGRAM GOALS & OUTCOMES

The final outcome is a full-length 83-minute documentary. Videos are available for purchase at www.beyondthewrinkles.com.

PROGRAM FUNDING

Funding for this project was provided by grants from Aging & Independence Services and Non-profit Media Group, along with production support

from Jewish Family Services, New York University, and Tisch School of the Arts.

PROGRAM CONTACT INFORMATION

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craigl@jfssd.org

www.beyondthewrinkles.com

BROADWAY HEIGHTS COMMUNITY COUNCIL'S INTERGENERATIONAL TOUR



PROGRAM SUMMARY

The Broadway Heights program is a unique approach to addressing critical needs among the at-risk youth and senior communities in Broadway Heights. The neighborhood youth participate in a Youth Leadership Team and collaborate with seniors in their community to receive ongoing mentorship, tutoring, and leadership skills training. The older adults work with these youth to address problems relating to youth gang violence, teen dropouts, teen pregnancy, drug abuse, and assist with character building, self-esteem building, and crime-prevention education.

Through collaboration with the Broadway Heights Community Council (BHCC) and the BHCC's Youth Leadership Team, a multigenerational "Tour Across America" emerged. Robert Robinson, a community activist who has lived in Southeastern San Diego for years, wanted the children of his neighborhood to have a greater appreciation for the sacrifices black Americans made during the civil rights movement. The idea was to take them on cross-county trip to visit historic places, particularly those with special meaning for black Americans. All participants were required to attend meetings and workshops, including SAT and PSAT prep courses, organizational planning, fundraisers, dining and theatre etiquette.

The tour left on July 10, 2007, for a 5,640 mile tour of the country and returned on July 25. After a year of meetings, 24 youth, 8 adults, and 18 seniors, hit the road. During the tour, the Youth Leadership Team and their assigned Senior Mentors experienced firsthand important locations related to the Civil Rights Movement.

The tour group is working on a video that will include interviews with the youth and seniors who participated in the tour. The Jacobs Foundation is supporting the development of a documentary.

PROGRAM GOALS & OUTCOMES

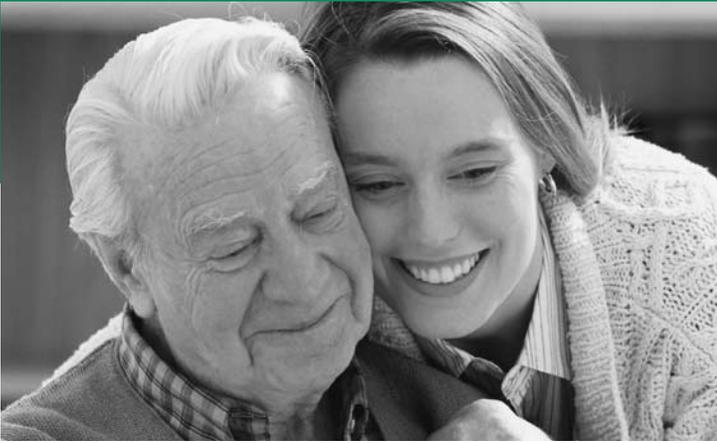
- To build a safer community and a better quality of life
- To educate our future leaders
- To offer opportunities for continued growth for youth and members
- Provide leadership training, mentorship, multi-generational bonding, background information and a tour of historically black colleges and universities.
- To increase educational opportunities for neighborhood youth in the Broadway Heights area.
- To increase civic engagement and volunteerism amongst seniors in the Broadway Heights area.

PROGRAM FUNDING

The Broadway Heights Community Council received funding from Aging & Independence Services, the District Attorney's office, Jacobs Foundation Spirit of Diamond Award, San Diego Neighborhood Funders, Supervisor Ron Roberts, Congressman Filner, Coalition of Neighborhood Councils, United African American Ministerial Council, Price Charities, and many others through fundraising events. A total of \$65,000 was raised for the tour.

PROGRAM CONTACT INFORMATION

Robert and Barbara Robinson
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<http://lemongroveschools1.net/>
click: Community
click: Tour Across America



PROGRAM SUMMARY

Finding Middle Ground is a video project produced by Operation Samahan's Youth2Youth Intergenerational Program. It focuses on insights about two bookend generations: the young and the old and provides documentation of some of the intergenerational activities conducted at Samahan. While both senior and youth understand the huge communication and relationship challenges they face, they agree there is a need to find a middle ground upon which to build their relationship.

PROGRAM GOALS & OUTCOMES

The overall goal of Finding Middle Ground is to strengthen the relationship between the two generations; youth and seniors, through programs and activities that will foster and enhance communication between these two age groups.

More specifically, the program aims to:

Produce a video that will allow teens at the Youth2Youth center to gain an understanding of seniors. The video will ultimately be used as a starting point in helping to bridge communication gap between these two age groups.

Conduct an activity or series of activities organized by the Youth2Youth Center for seniors that will help to address generational and cultural differences.

PROGRAM FUNDING

This program was funded by the County's Health and Human Services Agency and Aging & Independence Services in 2003-04. The intergenerational program is currently subsidized by the Youth2Youth Center's programs and activities as well as Samahan Clinic's operational funds.

PROGRAM CONTACT INFORMATION

Fe Seligman
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FIRST 5 SAN DIEGO INTERGENERATIONAL INITIATIVE (INACTIVE)



PROGRAM SUMMARY

The First 5 Commission of San Diego County funded an Intergenerational (IG) Initiative from 2004 to 2007 which is a model of success. The First 5 San Diego Intergenerational Initiative began in February of 2004 to bring together older adult volunteers (known as “Senior Mentors”) to assist in programs serving children ages 0-5. The IG Initiative consisted of nine contractors who incorporated Senior Mentors into their existing programs to build capacity, assist program staff, and/or directly serve children and their families through a variety of activities. Approximately \$4 million was allocated to the IG Initiative during the three-year project.

Through the initiative, volunteers over 55 were paired with children and families to:

- Promote literacy and school readiness
- Help children enhance motor and cognitive skills
- Conduct home and childcare program visits
- Assist with health and developmental screenings
- Help support children with disabilities and other special needs
- Assist immigrant and refugee children adjust to American society
- Work with children and families traumatized by domestic violence

PROGRAM GOALS & OUTCOMES

The evaluation report is available online:

www.first5sandiego.org

Click: About Us

Click: Publications

Click: Evaluation Reports

The IG Initiative had two primary goals:

- Tapping into San Diego County’s senior population to help expand the capacity of programs that are preparing children for school
- Assessing the effectiveness of using intergenerational approaches in serving young children

Children Served: 12,864

Average Senior Mentors per month: 102

Hours Senior Mentors worked with children 0-5 and their families: 77,408

Provider outcomes:

- Enhanced positive learning environment
- Increased language and learning activities
- Increased capacity to provide special attention to children
- Increased communication with partners

Senior Outcomes:

- Enhanced a positive learning environment
- Increased language and learning activities for the families
- Increased communication with children’s parents

Child Outcomes:

- Increased early learning skills
- Increased positive attitude toward learning
- Increased social-emotional skills
- Increased adult-child interaction

Parent Outcomes:

- Increased knowledge of child’s development
- Increased awareness of school readiness
- Increased early learning activities with child

PROGRAM FUNDING

In 1998, California voters passed Proposition 10, which added a tax to tobacco products to fund programs that promote the health and well-being of children during their most crucial years of development; prenatal to age five. The First 5 Commission provided \$4 million over three years to Intergenerational Programs.

PROGRAM CONTACT INFORMATION

First 5 Commission of San Diego

(866) 726-8831

(619) 230-6460

www.First5SanDiego.org



PROGRAM SUMMARY

The Foster Grandparent Program, initiated in 1965, highlights the value persons aged 60 and over can offer in wisdom and experience to foster children who have special needs. The Foster Grandparent program provides the opportunity for active seniors to share their wealth of knowledge, provide a valuable resource to the community and maintain a sense of purpose and high self-esteem. The children benefit from the nurturing, special tutoring, guidance and individual attention, which can make all the difference in positive growth and social development.

Foster Grandparents volunteer in Special Education departments at elementary and high schools, in Child Development programs at preschools, with language and English as a second language (ESL) focused classes, at homeless shelters, with job training, mentoring, and high school diploma programs. To participate, seniors must be at least 60 years old, meet low-income guidelines, be in good physical health, willing and able to volunteer 20 hours a week and have a desire to assist special needs children.

The Foster Grandparent mentoring project focuses on youth who have high rates of recidivism, parents in prison, and those who are close to aging out of the foster care system. The Foster Grandparents are friends, tutors, role models, and volunteers who sincerely care about the youth; caring is the most important part of their role as many of the youth have not had a trusting adult relationship in their young lives.

PROGRAM GOALS & OUTCOMES

The program aims to turn lives around in a positive direction before poor choices turn into long-term stays in prison. A strong commitment by the volunteers, extensive training and a network of

support contribute to the continued success of the program.

Partners with the program include the Imperial Valley Office of Education, Alternative Education Programs Volunteers of America, San Diego County Office of Education and Foster Youth Services. This strong collaboration focuses on youth and positive outcomes

- Addressing the needs of homeless children in San Diego, 15 Foster Grandparents provide services to homeless children in two shelter facilities and one Summit School.
- Confronting language barriers, 29 Foster Grandparents provide one-to-one service in San Diego and Imperial Valley for children. Special emphasis is placed on ESL and literacy to remove barriers to academic learning. An additional 10 Foster Youth Grandparents provide one-to-one attention for children who need special support with English literacy.

PROGRAM FUNDING

The Foster Grandparent Program is federally funded through the Corporation for National and Community Service National Senior Service Corps.

PROGRAM CONTACT INFORMATION

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FOSTER YOUTH MENTOR PROGRAM



and expanded mentoring services to foster youth. HHSA CWS mentoring staff are co-located with FYS. Both agencies have staff dedicated to this effort.

PROGRAM CONTACT INFORMATION

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RSVP Opportunity
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PROGRAM SUMMARY

The Foster Youth Mentor Program is a collaboration between the County of San Diego Health and Human Services Agency, Child Welfare Services (CWS) and San Diego County Office of Education (SDCOE), Foster Youth Services (FYS). The program provides mentors to youth ages 6-18 in the San Diego County Foster Care System. There are more than 7,000 foster children 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. 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. In August 2006, the County of San Diego Health and Human Services Agency, Child Welfare Services (HHSA CWS) and San Diego County Office of Education, Foster Youth Services (SDCOE, FYS) joined forces to provide enhanced



PROGRAM CONTACT INFORMATION

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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 SUMMARY

Generations Sharing is a short-term project involving the planning and coordination of local day trips to historical and cultural interests in San Diego. It is designed to provide opportunities for elementary-age children, teens and older adults to foster bonds, share a learning experience and discuss their insights, and past experiences relating to the trip theme.

The project creates a working collaboration between two local intergenerational programs, the City of La Mesa's (KAST) Kids and Seniors Together Program and the Helix Charter High School Intergenerational Program. This program usually takes place during the spring break. The day tours and wrap-ups focus on the following themes and locales:

Patriotic and Military Tour:

An intergenerational group meets for breakfast snacks and icebreakers before boarding a school bus to Old Town, where they board Old Town Trolley Tour's unique SEAL vehicle for a hydro-amphibious historical and cultural experience. The trip includes a narrated lecture on maritime and military history in San Diego.

Marine Life and Environmental Awareness:

An intergenerational group goes to the Birch Aquarium at Scripps, for a customized educational workshop and tour on underwater life, environmental preservation and a visit to the hands-on oceanographic museum and Shark Reef exhibit.

A Day in the Country:

A group of about 40-50 teens, older adults and elementary-age students go to Bell Gardens, a full working farm established by the founder of Taco Bell. The tour includes a hayride, produce sampling, take-home strawberries, and more.

Vintage Rail Adventure:

An intergenerational group meets on a Saturday for breakfast and a lecture, followed by transportation to Campo and the San Diego Railroad Museum. There, the Miller Creek Vintage Train Ride will take a 90-minute round trip from Campo to Miller Creek through the ranching country of the Milquatay Valley and beyond.

Wrap Up:

Group participants re-convene for an assembly presentation and reception where their experiences are presented to the community at large, including parents and family members.

PROGRAM GOALS & OUTCOMES

The program is designed to provide opportunities for elementary-age children, teens and older adults to foster bonds, share a learning and/or discovery experience and discuss their insights, perceptions, and past experiences relating to the trip theme.

PROGRAM FUNDING

Generations Sharing is offered as an outreach or recruitment activity when special grant or sponsorship funding is available.

PROGRAM CONTACT INFORMATION

Judy Spaner Stern, Human Services Manager
(619) 464-0505
jstern@ci.la-mesa.ca.us

La Mesa Adult Enrichment Center:
(619) 464-0505

GUARDIAN ANGEL PROGRAM OF SAN DIEGO COUNTY



PROGRAM SUMMARY

The Guardian Angel Program of San Diego County is administered by the George G. Glenner Alzheimer's Family Centers, Inc. 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, volunteering, Alzheimer's disease and dementia. Volunteers must be 18 years of age unless accompanied by an adult. Volunteer hours are flexible with a requirement to visit a senior three 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 Guardian Angel Program also provides a way for people to give back to their community.

PROGRAM FUNDING

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

PROGRAM CONTACT INFORMATION

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RSVP Opportunity
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PROGRAM SUMMARY

Helix Charter High School provides multiple unique intergenerational opportunities for its diverse student body of 2,400 students and the older generations in the community. In 2003, the school administration piloted an intergenerational program that included a variety of enhancement classes. The school institutionalized the program by including it in the ongoing budget and hiring an intergenerational coordinator who works part-time developing and overseeing meaningful intergenerational opportunities at Helix.

Throughout the year, an intergenerational learning opportunity is offered in place of a study hall period. In the last four years students have been able to opt out of study hall class and learn sewing, knitting and genealogy from community volunteer instructors over the age of 60. A new class beginning in Summer 2008 will have Helix High students teaching a computer skills class to older adults. The curriculum will include basic computer knowledge, letter writing, e-mailing and instruction on how to use the Internet.

In response to the approximately 10 percent of Helix students who are raised by grandparents or other relatives, the intergenerational program sponsors two Grandparents Raising Grandchildren workshops. Topics include the legal aspects, advocacy avenues for grandparents, navigating the school system and a grandparent panel discussion. A Grandparents Shadow Day is offered to grandparents who want to visit the classrooms. The intergenerational coordinator acts as a grandparent/guardian ombudsman on campus, helping to solve problems.

As a graduation requirement each junior, through history class, must interview a person over the age of 60 on video.

In May, in collaboration with the history department, a luncheon and intergenerational talent show is sponsored for all who have participated in intergenerational programs through the year. This event usually has 350 participants, half from each generation.

PROGRAM GOALS & OUTCOMES

The extracurricular intergenerational classes provide enrichment beyond the skills taught. Students have opportunities to talk with, bond with, and confide in older adults while building friendships. Inviting veterans to campus to engage with youth is one way to bring the “history makers” into the classrooms.

PROGRAM FUNDING

With an initial grant of \$20,000 in 2003 from the San Diego Foundation and \$10,000 from the AIS, an ongoing successful intergenerational program was forged. AARP supported the Veterans event with a one-time grant. Since then, the cost of the intergenerational program was offset by mini-grants from two community colleges that co-sponsored the Grandparents Raising Grandchildren workshops.

PROGRAM CONTACT INFORMATION

Su Hamano, Helix High Charter School Intergenerational Coordinator
(619) 971-1560
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RSVP Opportunity
Sandy Lawrensen, RSVP Manager
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HIGH SCHOOL COMPONENT OF THE ALEX SMITH GUARDIAN SCHOLARSHIP PROGRAM



PROGRAM FUNDING

The Alex Smith Foundation, Andrus Family Fund,
Stuart Foundation

PROGRAM CONTACT INFORMATION

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Consensus Organizing Center
4283 El Cajon Blvd., Suite 115B
San Diego, CA 92105
619-594-3870
619-594-6094 (fax)
hnegash@projects.sdsu.edu
www.consensus.sdsu.edu

PROGRAM SUMMARY

The purpose of the High School Component of the Alex Smith Guardian Scholarship Program is to increase the number of former foster youth in higher education. The program takes place during a foster youth's sophomore or junior year in high school. Once admitted into the program, the youth takes an introductory social work class at San Diego State University. They learn about the history of the profession, analyze societal issues and by successfully completing the course, the student can earn high school and college credit.

Aside from the coursework, the students are also required to complete 40 hours of community service at a nearby social service agency that serves senior citizens. By forming this collaborative opportunity, students feel empowered because they know that they are of importance to an adult and seniors feel empowered because they have a younger person with whom they can share their knowledge and wisdom.

PROGRAM GOALS & OUTCOMES

- Increase the number of former foster youth into higher education
- Each student earns 40 hours of community service with an agency that serves senior citizens
- Students report what their experiences with the seniors meant to them



PROGRAM SUMMARY

In 2002, the Aging & Independence Services Health Promotions 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 Intergenerational 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.

Active older adults (age 55+) and elementary or middle school students pair up for a 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 for Olympic athletes, but are within the reach of each individual—young and old. The intergenerational teams engage in a variety of fun, challenging, 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 goal of the event is to foster and encourage physical activity and health information as a lifestyle choice using active older adults as role models for youth.

Additional Goals Include:

- to develop a strong sense of community and find positive role models for healthy, productive and active lifestyles
- to develop respect for the strengths, abilities, and challenges of each generation
- to provide and promote healthy lifestyle practices and updated nutrition information to participants.

PROGRAM FUNDING

Intergenerational Games are supported by funds and resources from Aging & Independence Services, Health and Human Services Agency’s East Region, local community sponsors, organizations and community-based grants.

PROGRAM CONTACT INFORMATION

Judy Joffe, Intergenerational Coordinator
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INTERGENERATIONAL MATH AND READING CLUB



its initiation in 2003, the program has logged close to 1,000 RSVP volunteer hours and reached more than 500 children. In 2004, the program received the Intergenerational Award from Aging & Independence Services.

PROGRAM SUMMARY

This intergenerational learning club was introduced to Spring Valley school children in 2003. Through the program, students meet with seniors after school for two and a half hours over a time frame. The math club is offered for 6 weeks in the fall and the reading club for 6 weeks in the spring. 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 with their child or children and are encouraged to work with their children on their 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.

Older adult volunteers are retired educators with credentials for K-8, K-12, Lifetime Counseling, Administration, K-College, Child Psychology, and College. The students are pre-tested so a determination can be made as to their strengths and challenges. The students cover grade level subject matter in grades one through six.

PROGRAM GOALS & OUTCOMES

Goals of the program include increasing the math and reading competency of students, and ensuring students successfully complete the program. Since

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

Charles "Renell" Nailon, Recreation Supervisor
County of San Diego Department of Park & Recreation

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www.sdparks.org

RSVP Opportunity
Sandy Lawrensen, RSVP Manager
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PROGRAM SUMMARY

One volunteer program available through Redwood Terrace and Redwood Town Court is the Junior Volunteer Program. At Redwood Town Court older Junior Volunteers assist in planning and carrying out activities and major parties. Junior Volunteers bring smiles, hugs, energy and joy to the residents of Redwood Senior Homes and Services (RSHS). If you are between the ages of 10 and 14 and are interested in working with seniors, RSHS provides many opportunities.

Reading to residents or helping them write a letter, making decorations for an event or bulletin board, helping serve at parties, assisting in activities such as exercise, cooking and craft programs, playing games, and visiting one-on-one in-room are just some of the activities for Junior Volunteers.

PROGRAM GOALS & OUTCOMES

The goal of the Junior Volunteer Program is to provide an opportunity for intergenerational exchange and visitation with youth in the community and seniors living in RSHS communities. Volunteers provide assistance to and from the resident's room to program areas expanding the senior's socialization and stimulation. The volunteers learn how to interact with seniors, and how to carry out their responsibilities as if they were in a real job setting, and provide extra support to the Activity Department.

PROGRAM FUNDING

Redwood Senior Homes and Services is a not-for-profit, 501(c)(3) corporation owned and managed by Southern California Presbyterian Homes, which is also a not-for-profit management company based in Glendale, CA.

PROGRAM CONTACT INFORMATION

Bonnie Sanchez
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KIDS AND SENIORS TOGETHER (KAST)



attention and support given to each child by the senior volunteers. Behavior of KAST participants, specifically peer interaction, has improved by 89 percent. Teachers also report overall behavior at school has improved by 95 percent among KAST participants.

PROGRAM SUMMARY

Kids and Seniors Together (KAST) is an intergenerational after-school program that links selected, trained and caring senior volunteers with elementary school children in high-risk environments. The children most in need of this program are in lower income families that are unable to pay for services. The program is offered free of charge. KAST provides a safe and stable environment in familiar school territory in the children's own neighborhood. The program operates after school Monday through Friday for two hours each day. Three 10-week sessions are offered during each school year with an average of 20 children each session and up to four volunteering senior adults each day. KAST staff and senior volunteers work closely with each child developing leadership, enhancing self-esteem, encouraging pride in learning and best effort in school work, and helping them to develop confidence to pursue healthy extracurricular activities.

PROGRAM GOALS & OUTCOMES

The goal of KAST is to promote a healthy, positive attitude toward aging through educational, recreational, and social interaction between youth and senior adults.

Comparative results of before and after evaluations by teachers have been outstanding and illustrate the success of KAST. Teachers report that classroom attendance increased overall by 83 percent for KAST participants. Teachers directly attribute the fact that homework assignments are completed and turned in on time to the

PROGRAM FUNDING

The classroom facility, some supplies, and bus transportation for field trips are provided by the La Mesa-Spring Valley School District. In addition to snacks, field trip admissions, and art supplies, La Mesa Community Services provides a project manager, as well as senior volunteers who act as friends and mentors to the children. The La Mesa Park & Recreation Foundation supports the program through solicitation of funding from a variety of local and regional sources. The addition of a new reading element was added in March 2006 made possible by a one-time grant from the La Mesa Sunrise Rotary Club.

PROGRAM CONTACT INFORMATION

Michele Greenberg-McClung

Recreation Supervisor

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La Mesa Community Services: (619) 667-1300

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PROGRAM CONTACT INFORMATION

Brian Turk
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PROGRAM SUMMARY

Kids Korps USA is a 501(c)(3) nonprofit youth volunteer organization that engages youth, ages 5 through 18, in community service. This program partners with more than 250 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 countywide. 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. From 10 to 30 youth visit senior centers contributing up to 40 hours of community service a week. Activities include interviewing the seniors and engaging in conversation, making blankets for disabled and abandoned youth, and playing a wide variety of games.

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 2006-07, more than 5,000 members were a part of the program, and 20 percent 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 SUMMARY

Through weekly meetings and other Life Options events at the Kroc Corps Community Center, opportunities for intergenerational interactions are created. Recently, the Kroc Community Center planted a garden behind the Educational Building. Children from Iftin, a local charter school, assisted with clearing the garden plot and with watering the plants. The Kroc Community Center kitchen prepares food from the garden and serves it during various meetings. Seniors and youth also come together at the Kroc Community Center to discuss nutrition.

The Kroc Community Center hosts two ongoing tutoring programs the Kid Angel Learning Lab and Picture Me Reading! The Kroc Community Center library offers story time. Older adults are encouraged and welcome to participate in these intergenerational opportunities.

PROGRAM GOALS & OUTCOMES

The goals of this program are to develop relationships between older adults and children attending the charter school on the Kroc Center campus through experiencing the cycle of the garden, to learn about nutrition and a healthy lifestyle for older adults and children, and to learn respect for the environment and ways to conserve and protect natural resources.

PROGRAM FUNDING

The gardening program at the Kroc Community Center is supported by donations from City Farms for garden supplies, starter plants and volunteer consultants. Life Options helps support intergenerational programming at the Kroc Community Center.

PROGRAM CONTACT INFORMATION

Jean Stein, Life Options Coordinator
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RSVP Opportunity
Sandy Lawrensen, RSVP Manager
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PROGRAM SUMMARY

Legacy Corps's is a groundbreaking, caregiver respite program based on intergenerational support. Legacy Corps San Diego trains multigenerational service teams of at-risk youth and older adult mentors to provide free respite care to family members caring for a homebound senior. This groundbreaking multigenerational program positively impacts four populations as it provides free respite care services to the caregivers of homebound and frail seniors.

Legacy Corps San Diego is part of an initiative developed in partnership with the University of Maryland's Center on Aging and the Corporation for National and Community Services' AmeriCorps program. Through this initiative, sites across the country established programs with common goals of providing older adult volunteers with opportunities for civic engagement and supporting families caring for a homebound older adult.

Service teams of an older adult and an at-risk youth provide much needed respite services for caregivers. This involves Legacy Corps members going into the residence of homebound seniors to provide companionship while family caregivers attend to their own wellbeing. Activities with the homebound senior may include playing cards, singing, dancing, sewing, completing puzzles, reading, light meal preparation, light housekeeping and errands.

Adult volunteers in the program commit to 450 hours of service within a year with youth providing

150 hours. Members have flexibility to complete their hours within a schedule that meets the needs of their partnership team. Older adults receive a monthly living allowance of \$200 and an educational award of \$1,250 after completing 450 hours of service in a one-year commitment.

PROGRAM GOALS & OUTCOMES

The goal of Legacy Corps San Diego is to improve the health and well-being of participants through intergenerational service. The primary objective is to improve the physical and mental health of homebound seniors and their caregivers through opportunities to at-risk youth, and offering older adult mentors engaging and meaningful service opportunities.

National research data analyzed by the University of Maryland reveal that the services provided are making a major impact on the quality of life for caregivers who receive the respite service. All of the respondents stated that after one year of respite care services, their physical and emotional health stabilized or improved and that their relationship with the dependent elder stabilized or improved.

The services are overwhelmingly positively evaluated by caregivers.

PROGRAM FUNDING

Legacy Corps receives funding from AmeriCorps, Atlantic Philanthropies, California Wellness, New Alternatives Inc. and Title III-E through Aging & Independence Services.

PROGRAM CONTACT INFORMATION

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PROGRAM SUMMARY

Let's Play! is a home-visit program through Jewish Family Services Peaceful Parenting initiative. Through the program, older adult volunteers mentor families with children ages 1 to 3 years old. Mentors visit homes of client families and provide parents with modeling designed to get the entire family ready for the school years. The program promotes early learning and pre-literacy skills through play. Older adult mentors, age 55 and above, receive education, training, expert support, and a monthly stipend of \$50 monthly or \$75 for bilingual speakers.

PROGRAM GOALS & OUTCOMES

The goal of the Let's Play! Program is family preparation for a successful school experience. This is achieved through:

- Life sharing between generations
- Parent education
- Promoting early learning

PROGRAM FUNDING

The Let's Play! program is funded through the First 5 Commission of San Diego.

PROGRAM CONTACT INFORMATION

Let's Play Program Coordinator
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www.jfssd.org



PROGRAM SUMMARY

Oaks & Acorns is a nonprofit organization dedicated to supporting, sustaining and enhancing programs that bring senior adults (Oaks) and children (Acorns) together in mutually rewarding activities. In 1993, Oaks & Acorns was created to improve the lives of 'at-risk' seniors and children living in the San Diego communities by bringing them together to create educational and nurturing relationships. They were provided a safe, supportive setting in which older adults, ages 65+, and children, ages 4-16, could share their talents, wisdom, and strengths.

Oaks & Acorns is careful to go at a pace of the children and elderly, no rushing, just relaxed interaction. Oaks & Acorns strives to be "healthy" in its refreshments (healthy snacks), its games (non-competitive), and environment (planting trees, cleaning up beaches).

Oaks & Acorns has created two distinct outreach programs, one for seniors supporting children, the other for children to support seniors at adult care facilities and community events; Oaks to Acorns and Acorns to Oaks. These programs increase community contact, youth and senior leadership, education and understanding while decreasing negative stereotypical attitudes and consciously addressing other challenges that each generation needs to meet. Over all, self-esteem is gradually and measurably improved for both generations as youth and older adults create positive, healthy and enduring relationships. Currently, Oaks & Acorns has four running programs:

Munchies and Manners:

Oaks & Acorns has designed an intergenerational social skills program, which supports self-esteem and allows children to feel confident in most social situations – especially those involved with eating etiquette.

The Outrageous Sages:

The artistic, poetic and creative Sages are a troupe of multi-ethnic senior adults, ranging in age from 79 to 95 who highlight the joys and values of growing older as they perform for and interact with children at school assemblies. The Outrageous Sages model manners and values while dispelling destructive stereotypes and myths about aging. Their performance involves the students in improvisations, music and laughter. This theatrical company is the first professional group that deals exclusively with the characteristics, qualities, and attributes of growing older.

Serve and Share:

Middle and high school students in San Diego City schools, together with senior citizens, talk about community issues that impact both generations. The program fosters communication techniques and builds leadership skills that allow participants in diverse groups to learn from the differences and draw on the strengths that unite them.

PROGRAM GOALS & OUTCOMES

It is the goal of the program to provide opportunities to children and elders of all races, colors, religions and national origins to work and play together in an environment that fosters independence and positive self-esteem.

PROGRAM CONTACT INFORMATION

Alannah Sinclair, Executive Director
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OASIS INTERGENERATIONAL TUTOR PROGRAM



- 65 percent of the students increased their scores by one year, a rate that is considered accelerated beyond the normal classroom experience
- 27 percent of the students achieved scores that would be considered above the 50th percentile nationally
- Increase in self-worth, self-pride, and self-esteem.

PROGRAM SUMMARY

Through the OASIS Intergenerational Tutoring program, volunteers, school districts and OASIS work together to help children build reading, writing, language communication (K-4) skills, self-esteem and positive attitudes toward learning. Training and materials are provided and no teaching experience is needed. For those who feel they can give a child one hour a week, who want to help a child learn, and who love to read, becoming an OASIS tutor is the perfect fit. Volunteers work with the same child one hour a week during the school year.

In San Diego, training is offered twice a year and monthly support meetings are offered by each participating school district: 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, San Marcos, Vista, and Ramona.

OASIS provides all tutoring materials and expects their volunteers to attend the school at the same time each week for an hour.

PROGRAM GOALS & OUTCOMES

Elementary school students who work with OASIS tutors are making progress in their reading achievement. A study reviewed pre- and post-test reading scores during the 2004-2005 school year.

Key findings:

- 95 percent of students working with OASIS tutors showed improvement in reading achievement

PROGRAM FUNDING

OASIS is a non-profit organization nationally sponsored by the Macy's Fund for the Federated Department Stores Foundation. Chula Vista Elem. School District is generously funded by Girard Foundation. Local sponsors are the City of Escondido, Aging & Independence Services, County of San Diego, and Palomar Pomerado Health. Grant writing, affiliations with Dr Seuss, Palomar Hospital and Oasis Institute have also provided materials. Escondido's OASIS is affiliated with North County Charity Funds, the OASIS Institute, and the National OASIS Headquarters in St. Louis, Missouri.

PROGRAM CONTACT INFORMATION

San Diego:
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Carolyn Collins, Intergenerational Tutor
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RSVP Opportunity
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OPERATION SAMAHAN YOUTH2YOUTH INTERGENERATIONAL PROGRAM



computer literacy with teens providing tutorials to seniors (2004).

PROGRAM SUMMARY

The Operation Samahan Youth2Youth Intergenerational Program is a partnership between Samahan Youth2Youth Center and the United Fil-Am Senior Citizens of San Diego (UFASCSD). Samahan Youth2Youth Center is a youth drop-in center, funded in 2000 by the California Wellness Foundation to address the high incidence of teen and unwanted pregnancies in National City. Eight years later, it has now become a refuge and a safe place for teens; a place where they can build their dreams toward a successful adulthood. The UFASCSD is a nonprofit organization of Filipino-American elderly living in the South Bay. Since 1998, the agency has been using Samahan the Youth Center as their headquarters and office to meet the needs of their members. Under this set-up, the two have become strong partners in addressing the needs of their own target populations. A good example is their joint monthly Dance and Info-Social where seniors and teens gather every month at Kimball Senior Center. While the event is a social dance for seniors, the teens help out in the preparation including its promotion and publicity as well as serving food plus dancing with the seniors.

Some of the programs and activities that these two groups have participated in include: Monthly Senior–Youth Info-Socials (ongoing); Medicare workshops and other Informational sessions (2000-2003); Wellness Programs and Projects (2003-2004); Breast cancer awareness (2002-2003); Communal Gardening (2005); field trip and picnic at the Olympic Center in Chula Vista (2003);

PROGRAM GOALS & OUTCOMES

The overall goal of the program is to bridge the cultural and intergenerational rift between seniors and youths through interactive programs and activities and ongoing communication and dialogue between these two generations.

PROGRAM FUNDING

Funding is provided by the California Wellness Foundation; City of National City CDBG Fund; San Diego Health and Human Services Aging & Independence Services, Office of Family Planning.

PROGRAM CONTACT INFORMATION

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Operation Samahan, Inc.
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PROGRAM SUMMARY

Project LIVE is a program for students at O'Farrell Community School who have incarcerated parents, or a parent who has been incarcerated in the past 3 years. Older adult volunteers become mentors who meet with the students on their own time and participate in activities such as tutoring, homework assistance, listening, talking, and caring. Volunteers make a one-year commitment to provide support and friendship. Project LIVE volunteers are able to participate with their youth mentees in the O'Farrell Intergenerational Games, which adds another dimension to their relationship.

PROGRAM GOALS & OUTCOMES

The ultimate goal of the program is to break the cycle of incarceration. Focus areas are on attendance, behavior, academics and social interaction.

PROGRAM FUNDING

Initial funding for the program was provided by the County of San Diego Health and Human Services Agency.

PROGRAM CONTACT INFORMATION

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RSVP Opportunity
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REACH OUT AND READ SAN DIEGO (RORSD)



is responsible for raising funds to support the program.

PROGRAM GOALS & OUTCOMES

The Reach Out and Read (ROR) model is supported by published research which shows that literacy-promoting intervention by the pediatrician, coupled with a book for the child to take home, has a significant effect on parents helping children embrace early reading concepts upon entering school. There is an association between the ROR intervention and improvements in preschool language scores, a good predictor of later literacy success. Through ROR, children have shown increased ability to express themselves verbally, increased listening vocabularies, and have less frequent concerns of language delay upon entering school. Preventing school failure and increasing parental involvement in early childhood development are ROR program strengths.

PROGRAM FUNDING

The First 5 Commission of San Diego has provided RORSD with three years of funding to help with infrastructure and capacity building as well as supplementing a portion of each site's book budget. Reading is Fundamental is helping supply books for eligible children under 2 years of age. One quarter of the total budget for books is provided by National ROR.

PROGRAM CONTACT INFORMATION

Tara Milbrand, Reach Out and Read San Diego Collaborative Leader
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tmilbrand@aapca3.org

RSVP Opportunity
Sandy Lawrensen, RSVP Manager
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PROGRAM SUMMARY

Reach Out and Read San Diego (RORSD) makes early childhood literacy a standard part of pediatric care. Older adult volunteer readers transform pediatric clinic waiting rooms into literacy-rich areas for children and parents, and help families learn the techniques of reading aloud. The program is founded on the belief that routine doctor visits are important opportunities to emphasize reading and literacy in addition to important health measures, such as safety, immunizations and nutrition.

The national Reach Out and Read program was founded 15 years ago and is now in more than 3,000 sites nationwide. RORSD is the local version of this program. Pediatricians give children a new book at every check up from six months to five years. Parents learn how reading aloud can help their children love books and start school ready to learn. Volunteers read to children, modeling book-sharing techniques for parents. Volunteers in the clinic also help organize and replenish books as well as assist clinicians in their book-tracking efforts. Volunteers can also support RORSD by conducting book drives in the community.

RORSD focuses on residents of low-income and underserved communities, who have less disposable income, more barriers to accessing books and who may not realize the importance of books and reading for their youngest children. English is not the first language for many children. RORSD has translated a number of books into 12 languages. There are more than 37 sites in the County of San Diego serving more than 35,000 children, with plans to add 5 to 10 sites yearly. Each site

RETIRED AND SENIOR VOLUNTEER PROGRAM (RSVP)



teers enjoy the satisfaction of making a difference, building stronger and safer neighborhoods, and getting back even more than they give.

PROGRAM FUNDING

RSVP receives CNCS grant funding for 70 percent of operating expenses. The grant is on a three-year cycle and regular status reports are required.

AVAILABLE INTERGENERATIONAL RSVP OPPORTUNITIES

Foster Youth Mentor Program
Guardian Angel Program of San Diego County
Helix Charter High School
Intergenerational Games
Intergenerational Math and Reading Club
OASIS Intergenerational Tutor Program
Kids Korps
Kroc Corps Community Center
Project LIVE
Reach Out and Read San Diego (RORSDD)
San Pasqual Academy Neighbors (SPAN)

PROGRAM CONTACT INFORMATION

Sandra Lawrensen, RSVP Manager
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PROGRAM SUMMARY

RSVP is part of Senior Corps, which also includes the Foster Grandparent and Senior Companion programs. The Corporation for National and Community Services (CNCS) administers Senior Corps and also oversees AmeriCorps, VISTA, and Learn and Serve America. Together, the programs of the Corporation engage more than 2 million Americans of all ages and backgrounds in service to their communities each year.

RSVP's local sponsor is Aging & Independence Services of the County of San Diego. RSVP volunteers provide their expertise to nearly 200 organizations throughout the county, in areas such as public safety, education, environmental awareness, health services, food distribution/collection, disaster recovery, and community-based programs. The only requirement to join RSVP is being 55 years or older. RSVP staff members match an individual's interests and skills with the needs of nonprofit and government agencies throughout the county. Volunteers undergo supervised training, and are protected by on-duty accident and liability insurance.

PROGRAM GOALS & OUTCOMES

The Corporation for National & Community Service improves lives, strengthens communities, and fosters civic engagement through service and volunteering. Aging & Independence Services is the leader in Advocacy, Information and Safety. AIS fosters dignity and enhances the quality of life for seniors and persons with disabilities. Retired and Senior Volunteer Program (RSVP) volun-



PROGRAM SUMMARY

Rose House was founded by Addie and Van Hankins in 1985 to offer support and training services to grandparents, aunts and uncles who were providing care to their grandchildren, nieces, nephews and other younger relatives. The original program was called the Kinship Center and continues to develop new and expanded services for children and families in the foster, adoptive, and kinship communities.

More and more children are removed from their homes for different reasons and placed in the home of a relative caregiver, usually the grandparents. To address the difficulties faced by relative caregivers, the Kinship Center and other programs were developed. The Kinship Center support groups and targeted trainings are offered to caregivers and children who have suffered the loss of their birth parents. Visitation, drug and alcohol addiction issues are addressed by the Kinship Center program, which teaches coping skills, anger management, positive self-esteem and health, nutrition and fitness issues. There is also a healing class run by Native Americans.

The Kinship Center also provides information and assistance to other services including, but not limited to: support groups for caregivers and children, specialized trainings and classes, legal assistance, counseling services, recreational activities for children and families, resources and referrals, case management, resale store, licensed respite care, and school (IEP) advocacy.

PROGRAM GOALS & OUTCOMES

To empower, encourage and counsel communities by creating partnership and resources for the foster, adoptive and kinship families. Eventually to have a “one-stop-shop” where relative caregivers can come for all of their needs.

PROGRAM FUNDING

The organization is a nonprofit 501(c)(3) and is currently looking for potential partners.

PROGRAM CONTACT INFORMATION

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<http://rosehousekc.org> or
www.geocities.com/rosehousekc



PROGRAM SUMMARY

San Pasqual Academy Neighbors (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 provide tutoring in a variety of subjects and supplement the school curriculum by conducting activities such as poetry readings, art work, skit night, gardening, sewing, cooking, and crafts.

Grandparents celebrate birthdays, repair bicycles, and attend sporting events cheering 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 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, the Western Association of Schools and Colleges, and generous private donors.

PROGRAM CONTACT INFORMATION

John Scholte
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<http://www.sanpasqualacademy.org>

RSVP Opportunity
Sandy Lawrensen, RSVP Manager
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SCHOOL NUTRITIONAL ADVOCACY PROGRAM (SNAP)



Parks and Recreation and the Life Options Center. There is currently no funding for SNAP this year. CVCC provides administrative staffing to coordinate the project and is seeking funding to continue the program.

PROGRAM SUMMARY

Seniors (active adults 50+ years) are recruited and trained to volunteer at an elementary school cafeteria at least one day a week for two hours. The program is currently located at Vista Square, Otay, Montgomery and Harborside Elementary schools. The role of the volunteer is to greet the students as they pass through the salad bar with their lunch trays. Seniors encourage the students to try at least one fruit or vegetable selection from the bar. For example, if they notice a student has not chosen any fruits or vegetables, they might ask them if they have tried broccoli before and inform them on the benefits of eating broccoli. The seniors are also building relationships with students through their daily interactions. Senior participants receive free lunch if funding is available. Training and a TB clearance is required before volunteering.

PROGRAM CONTACT INFORMATION

Heather Nemour
(619) 498-8042
heather.nemour@cvesd.org

PROGRAM GOALS & OUTCOMES

Build intergenerational relationships among seniors and elementary students

Increase healthy food choices at school site and increase fruit and vegetable intake

The goal is to find two volunteers to cover lunch period one day per week at each site (10 committed volunteers at each site)

PROGRAM FUNDING

The project was initially funded in 2005 by the Chula Vista Community Collaborative, Aging and Independence Services, City of Chula Vista



PROGRAM SUMMARY

Seniors from the Encinitas Senior Center along with seventh and eighth grade students from Oakcrest Middle School participate in a wide variety of intergenerational activities ranging from Bingo to making holiday decorations. Once a month for one hour, seniors and students get together to do arts and crafts, play games, share life experiences, and learn about philanthropy and community service. Activities are held at the Encinitas Senior Center, which is within walking distance of Oakcrest Middle School. Senior Friends take place between September and June, following the school year calendar. Student participation is part of the ASB program and does not count toward community service hours.

PROGRAM GOALS & OUTCOMES

Developed six years ago, the mission of Senior Friends is to engage and motivate adolescents in the areas of reading, writing, communicating, and self-confidence. The main goal is to bring mutually beneficial programs to both age groups and to break down barriers and stereotypes younger and older generations tend to have toward one another while instilling a sense of purpose, belonging and self-fulfillment for seniors. The recreation supervisor evaluates the success through verbal communication, written surveys and the effectiveness of community service.

PROGRAM EXAMPLES

- Play “Get Acquainted Bingo!”
- Create Halloween paper ghost suckers donated to a local assisted living facility

- Write inspirational letters to military troops
- Make leprechaun door hangers to donate to the Veterans hospital

PROGRAM FUNDING

Funding is provided by the City of Encinitas General Fund with an operating budget of \$125 per year for program supplies.

PROGRAM CONTACT INFORMATION

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PROGRAM SUMMARY

San Diego-based non-profit and training organization Comprehensive Training Systems (CTS) has implemented the Senior Mentor Program which matches older adult mentors with people currently enrolled in CalWORKS (California Work Opportunities and Responsibility to Kids). The focus is on helping people overcome barriers to obtain and retain employment. Mentors guide individuals and families toward self-sufficiency through life sharing, community resources and support. Mentors assist with life skills, applications, interviewing skills, punctuality, money management and more. Some participants face difficult issues such as domestic violence, substance use, as well as difficulties with transportation and child care.

Mentors in the program are 55 years of age or over with a reliable car. The program provides training, ongoing support for all mentors in the program, \$12.50 per hour for a 20-hour per week commitment and mileage reimbursement.

PROGRAM GOALS & OUTCOMES

The program goal is for individuals/families to become self-sufficient.

Previous success with the program has included:

- Ninety-three percent achieving full-time employment
- Sixty-nine percent of families were signing on for Direct Deposit
- Ninety-eight percent of respondents to a customer satisfaction survey responded that they had increased awareness of the importance of preventive medical care

PROGRAM FUNDING

Funding is provided through a contract with the County of San Diego's Health and Human Services Agency.

PROGRAM CONTACT INFORMATION

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PROGRAM SUMMARY

The Senior to Senior program pairs older adult “seniors” with “senior” high school students to write, compose and stage an opera. Senior adults from OASIS Senior Education program and high school seniors from the School of the Arts at San Diego High School work together on compositions for seven months with a final performance as the culmination of those efforts. The libretto-writing component begins in September with a presentation of the works at a public reading at OASIS and San Diego High School in early November. The process of musical composition then begins, ending with a public presentation at OASIS in February. The final six weeks of the program are spent staging the now completed work, utilizing the participants and a few professional singers for a March performance.

Under normal circumstances, a 15- and a 71-year-old would probably never cross paths or become friends because of generational gaps and cultural and ethnic differences. The Senior to Senior program brings about 25 people together—older adults with a lifetime of experiences, high school students on the verge of adulthood and specialists from San Diego Opera’s Education and Outreach Department. Senior to Senior is the only program of its kind in the region that brings seniors and youth together to write an opera. Seniors are selected by OASIS and students are chosen by their theater teachers. Both are interviewed by San Diego Opera. While some participants have musical backgrounds, others have little or no experience singing, dancing or writing libretto.

PROGRAM GOALS & OUTCOMES

The goal of the program is to engage intergenerational pairs in a creative endeavor while decreasing ageist perceptions—a two-way street—and creating unique intergenerational connections. In the process participants improve their writing/English skills and learn the basics of musical composition and theatrical staging. The ultimate outcome is the performance of their work.

During the process “senior” becomes synonymous with “partner.” Mentoring relationships develop with both age groups providing insight on the process and sharing their backgrounds.

Among high school students, overall attendance and scholastic markers improve. OASIS participants have shared, among other things, reports of improved health, mental outlook and social connection. Audiences at the performances exhibit the largest intergenerational spread of any high school performance. All participants express a sense of achievement, fulfillment and satisfaction in the accomplishment of their own musical production and they have fun doing it.

PROGRAM FUNDING

Funding for Senior to Senior is provided by San Diego Opera, San Diego High School of the Arts, and San Diego OASIS.

PROGRAM CONTACT INFORMATION

Harry Matheny, San Diego OASIS Director
(619) 574-0674
oasisd@yahoo.com



PROGRAM SUMMARY

Seniors on Broadway is a shared-site intergenerational program designed to foster intergenerational, school-based experiences that promote 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. One-bedroom unit rents start at about \$350 per month.

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 residents of Seniors on Broadway 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 the 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 towards 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
(619) 426-2885 ext: 2490
francisco.lopez@cvesd.org

ST PAUL'S COMMUNITY CARE CENTER ADULT DAY PROGRAM



PROGRAM FUNDING

St. Paul's Manor, Villa, Family Health Center and the Community Care Center are owned and operated by St. Paul's Episcopal Home, Inc., a non-profit, charitable organization. St. Paul's has been received generous donations over the years.

PROGRAM SUMMARY

St. Paul's Senior Homes and Services offers a wide range of services for its residents over the age of 62 including respite, hospice, and adult day care. The St. Paul's Community Care Center 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. Together, the two groups play, share stories, parachute, complete puzzles, and experience adventures. Depending on the age of the children, they meet with the seniors once or twice a week, spending 30 minutes together interacting as a group. Children who attend school at St. Paul's are scheduled to spend time with the seniors. Teachers work together with the activity coordinator to determine the activities for the group. This program has been going on since 1997.

PROGRAM GOALS & OUTCOMES

The three goals for each senior attending the day program are socialization, mental stimulation, and physical activity. These interactions with children lead to enjoyment, laughter and exercise.

PROGRAM CONTACT INFORMATION

Linda Christiansen
Intergenerational Program Supervisor
(619) 239-6900
Intergenerational@stpaulseniors.org

WORKFORCE ACADEMY FOR YOUTH (WAY)



serve as a positive role model, encouraging higher education and promoting good performance. 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 SUMMARY

The County of San Diego implemented the Workforce Academy for Youth (WAY) in September 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. The County sponsors two six-month sessions each year, with 15 to 20 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 for a County position or other job when their internship ends. Participants are also encouraged to continue their education.

Each intern receives monthly group training, and individual mentoring support from an on-site Job Coach and a Life Skills Coach.

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 to 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 interpersonal skills. They also

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 86 percent for the program. Of those who have graduated, 90 percent were hired to continue working in County departments after graduation and, in addition to those already enrolled in college, another 26 percent of the 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

Sally McPherson, Program Manager
(619) 283-5620
sally.McPherson@sdcounty.ca.gov

Judy Joffe, Intergenerational Coordinator
Aging & Independence Services
(858) 505 6332
judith.joffe@sdcounty.ca.gov



- 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

Cecelia Kouma, Managing Director
 (619) 239-8222
ckouma@playwrightsproject.org
playwrightsproject.org

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

REGIONAL PROGRAM BREAKDOWN

COUNTYWIDE

- AARP Foundation Grandparent Information Center (GIC)
- Beyond the Wrinkles
- Finding Middle Ground
- First 5 San Diego Intergenerational Initiative
- Foster Youth Mentor Program
- Guardian Angel Program of San Diego County
- The High School Component of the Alex Smith Guardian Scholar Program
- Intergenerational Games
- Kids Korps
- Oaks & Acorns
- OASIS Intergenerational Tutor Program
- Reach Out and Read San Diego (RORSDD)
- Retired and Senior Volunteer Program (RSVP)
- Rose House Kinship Association Center
- Senior Mentor Program
- Workforce Academy for Youth (WAY)
- Writing Lives

CENTRAL

- Broadway Heights Community Council's Intergenerational Tour
- Foster Grandparents
- Kroc Corps Community Center
- Let's Play!
- Project Live
- Senior to Senior
- St. Paul Community Care Center Adult Day Program

EAST

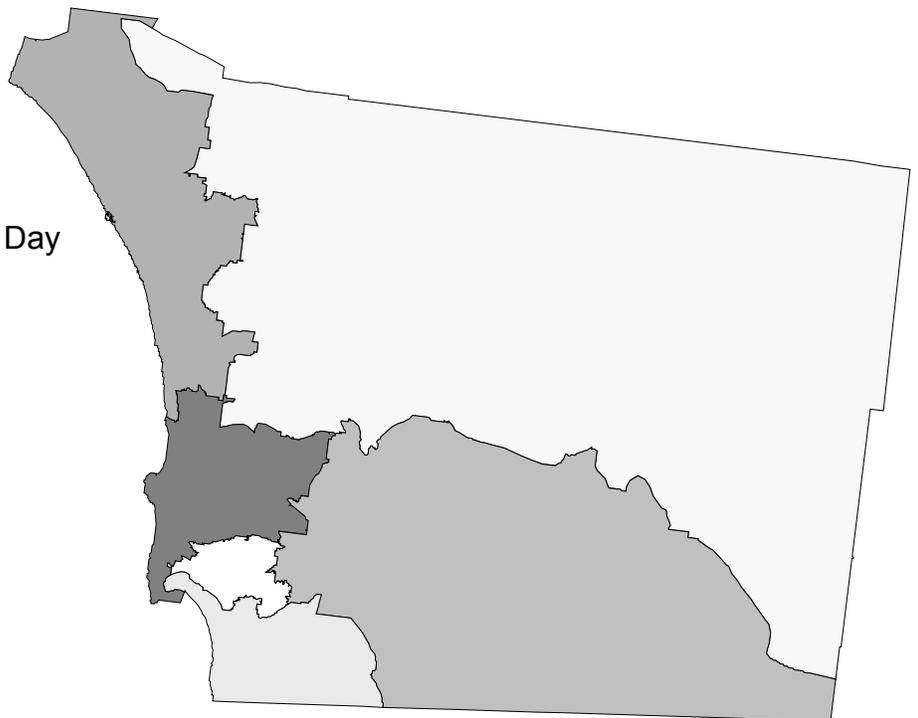
- Foster Grandparents
- Generations Sharing
- Helix Charter High School
- Intergenerational Math and Reading Club
- Kids and Seniors Together (KAST)
- Kroc Corps Community Center
- Legacy Corps

NORTH

- Junior Volunteer Program
- Let's Play!
- Senior Friends
- San Pasqual Academy Neighbors (SPAN)

SOUTH

- Generational Junction
- Legacy Corps
- Operation Samahan Youth2Youth Intergenerational program
- Foster Grandparents
- School Nutritional Advocacy Program (SNAP)
- Seniors on Broadway



CALWORKS

Senior Mentor Program

CHILDREN AGES 0-5

Let's Play!

Reach Out and Read San Diego

CHILDREN OF INCARCERATED PARENTS

Project LIVE

EDUCATION, TUTORING AND LITERACY

High School Component of the Alex Smith Guardian Scholarship Program

Kids and Seniors Together (KAST)

Seniors on Broadway

Generation Junction

Helix Charter High School

Intergenerational Math & Reading Club

OASIS Intergenerational Tutor Program

Junior Volunteer Program

Let's Play!

Reach out and Read San Diego

Writing Lives

ENVIRONMENT

Kroc Corps Community Center

Oaks & Acorns

ETIQUETTE

Oaks and Acorns

FOSTER YOUTH

High School Component of the Alex Smith Guardian Scholarship Program

Foster Grandparents

Foster Youth Mentor Program

Workforce Academy for Youth (WAY)

San Pasqual Academy Neighbors (SPAN)

GARDENING

Kroc Corps Community Center

Operation Samahan Youth2Youth Intergenerational Program

San Pasqual Academy Neighbors (SPAN)

Intergenerational Trips and Tours

GRANDPARENTS RAISING GRANDCHILDREN

AARP Foundation Grandparent Information Center (GIC)
Helix Charter High School
Rose House Kinship Association Center

ISOLATED SENIORS

Guardian Angel Program of San Diego County
Legacy Corps

MENTORING

Foster Grandparents
Foster Youth Mentor Program
Junior Volunteer Program
Oaks & Acorns
Project Live
Senior Mentor Program
Workforce Academy for Youth (WAY)

NUTRITION, HEALTH AND FITNESS

Intergenerational Games
Junior Volunteer Program
Kroc Corps Community Center
Oaks & Acorns
School Nutritional Advocacy Program (SNAP)

PERFORMING ARTS

Helix Charter High School
Oaks & Acorns
Senior to Senior
Writing Lives

RESPIRE FOR CAREGIVERS

Legacy Corps

SHARED SITE PROGRAMS

Kroc Corps Community Center
San Pasqual Academy Neighbors (SPAN)
Seniors on Broadway
St. Paul Community Care Center Adult Day Program

TRAVEL

Broadway Heights Community Council's Intergenerational Tour
Generations Sharing

VETERANS

Helix Charter High School

VIDEO

Beyond the Wrinkles
Finding Middle Ground

YOUTH VISITING SENIOR CENTERS OR SENIOR FACILITIES

Senior Friends
Junior Volunteer Program
Kids Korps
Operation Samahan Youth2Youth Intergenerational Program

Because we never stop learning.



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Health and Human Services Agency

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