

Fall 2010



Interages® *News*

Hello Friends,

Autumn is a very busy and exciting time at Interages. All of our programs have started with many new as well as returning volunteers. How fortunate we are to have such a diverse and outstanding group of volunteers. You are the heart of Interages' programs and we thank you!

Interages staff has worked very hard to get our programs off to a great start. They provide training, guidance and support to all of our volunteers. They are successful at coordinating and reaching out to others in our community who are touched by our programs. I want to thank our incredible staff: Mary Ann Larkin, Jeanne Reilly, Mary Jane Kane, Tricia Wilson, Betsy Roush, Leslie DeJesus Marsón and Sandra Ames for all that they do to make our programs so successful.

We have had several changes at Interages that you can read about in more detail on page 2. Sara Cartmill, Interages Volunteer Coordinator and Program Director, left Interages to return to her career as a social worker. In her 6 years at Interages, Sara made many contributions that continue to have a positive impact on our organization. This is a wonderful opportunity for Sara and everyone at Interages is very happy for her. Tricia Wilson was promoted to Director of Volunteer Services. She has been doing a wonderful job reaching out to volunteers and managing programs. Leslie DeJesus Marson is our new Executive Administrator. She speaks Spanish fluently and is helping us with social media. We are all so happy to have Leslie on staff.

This is the time of year for the Interages Board of Directors' Annual Appeal, our most important fundraiser! Individual contributions are needed now more than ever. Please include a donation to Interages in your giving this year! Please also ask your friends and family members to support Interages! Your help is needed and is truly appreciated! Donations can be made by sending a check to Interages using the donation envelope in this newsletter or by going to www.interagesmd.org, scrolling to the bottom, and clicking on the donation method of your choice. Our goal for this year is to maintain the levels of service we achieved last year. During the 2009/2010 school year, 749 children and youth and 206 frail and isolated seniors participated in Interages programs at 43 sites in Montgomery County. In that period, 217 older adult volunteers donated thousands of hours totaling the equivalent of \$134,254 of in-kind support. Thank you to all of our Volunteers for helping us to achieve this level of performance.

Interages is deeply appreciative of our individual contributors, foundations, corporations, county government, and Board of Directors. We could not accomplish all that we do in the community without your continued support. Thank you all so much!

On behalf of Interages staff and the Board of Directors, I would like to wish everyone a very happy and healthy holiday season!

Warmest regards,

A handwritten signature in cursive script that reads "Carol".

Carol Croll

Executive Director

What's News and Who's New at Interages



Fall is a busy time for us as we gear up for the coming school year. This fall we said goodbye to a longtime employee of the organization as well as welcomed new faces to Interages.



In September **Sara Cartmill** left Interages to work full time at Anchor Mental Health Services, which is part of Catholic Charities. Anchor Mental Health is based in North-east Washington and has nine residential sites in the city. Monsignor John G. Kuhn founded Anchor Mental Health in 1958 as a drop-in social club for people struggling with mental illness. Since that time, Anchor has grown as the need for mental health services in the community has grown. Today it is a full-service community mental health center, which serves over 800 adults of all races, religions, and ethnic backgrounds with the common need of help for mental illness. Sara is a Licensed Clinical Social Worker and will be responsible for managing a team of social workers in her new position.

Sara served as Program Director at Interages for over 6 years. In this role she was responsible for recruiting and assigning volunteers for all of our programs. She was truly the face of Interages as she made every effort to be out in the community sharing information about the organization and educating the public about the great work our volunteers do. Sara was instrumental not only in expanding our existing programs, but also in collaborating with other organizations to create new volunteer opportunities such as LEAP and our Head Start Read Aloud program. We appreciate the energy and spirit Sara brought to her role as Program Director and send our best wishes to her in her new venture.

Tricia Wilson has taken over Sara's role and has been busy recruiting people to serve as volunteers for this school year. Tricia had been the Executive Administrator for Interages for the past year, so she is quite familiar with all of our programs. Prior to coming to Interages, she worked as a Volunteer Coordinator at Hospice of the Comforter in Orlando, FL. She looks forward to representing Interages in the community and engaging experienced adults in our mission to build bridges across generations and cultures.

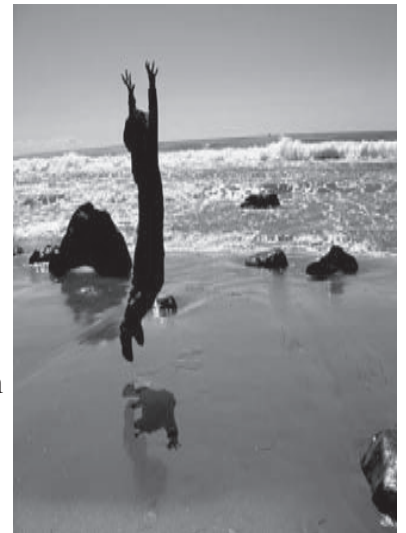
Leslie DeJesús Marsón began working as the Executive Administrator in August. Before coming to Interages, Leslie worked as a Spanish Interpreter at Howard University Hospital as well as a legal secretary. She brings with her a wealth of knowledge about technology and social media and has made it her mission to "digitize the office"!

In September and October we trained over **30 new volunteers** to serve as tutors and mentors to students in Montgomery County Public Schools. These volunteers will be doing everything from reading with second grade students, to mentoring middle school youth, to helping high school students set and achieve practical goals. Our volunteers are truly the life force of our organization and we thank them for sharing their life experiences with the children of our community.

Liz Lerman Dance Exchange and Interages Collaborate to Focus on the Environment



Thanks to a grant from the Maryland State Arts Council to the Liz Lerman Dance Exchange, youth and older adult participants in Interages' programs will have an opportunity to explore art and movement. Both Intergenerational Bridges at Arcola Towers and SHARE will be the home bases for the program. At Arcola Towers, where Northwood High School students meet weekly with Arcola Towers residents, participants will define their environmental message, put it to movement with the help of Dance Exchange teachers, and record it on film. At SHARE programs, seventh graders from St. Mary's School in Rockville and their senior friends at Sunrise Senior Living in Rockville will experience movement activities together with the direction of Liz Lerman staff. They will also record their environmentally-inspired movement activities in order to participate in the annual Rachel Carson Sense of Wonder Contest.



The contest, sponsored by the Environmental Protection Agency (EPA), Generations United, the Rachel Carson Council, and the Dance Exchange, focuses on intergenerational photos, essays, poetry and dance which, "best express the Sense of Wonder that you feel for the sea, the night sky, forests, birds, wildlife, and all that is beautiful to your eyes." Sponsors of the program feel when we teach our eyes and ears and senses to focus on the wonders of nature, we open ourselves to the wonders around us. For more information on the Sense of Wonder contest, visit the EPA's website at www.epa.gov/aging/resources/thesenseofwonder/index.htm.

Keep In Touch

Did you know Interages has a Face book page? Have you received any of our latest tweets from Twitter? We are using these social media sites to share information about upcoming meetings, volunteer opportunities, and fundraising events. To find out about the latest happenings at Interages, connect with us at the following sites:



www.facebook.com/Interages



www.twitter.com/Interagesmd

You can even submit a donation to us online via Pay Pal

Donate





Spotlight On: Wise Elder Project

Every person has a story to tell. Although not everyone's story will end up in a history book, each person's story fits into the history of that time. In elder interview projects, students interview an older adult to learn about significant events in their lives. While students gain an understanding of the importance of oral history and improve their listening skills, adults have a chance to reflect on their lives and what mark they have left on the world.

Interview questions might include some of the following:

What was the happiest time in your life?

What are the most significant ways the world has changed since you were a student my age?

What technological advance has most surprised you?

What one or two things have changed little or not at all since you were a student?

What is the most significant political event you have witnessed?

What did you do for fun as a child?

What is the most important lesson you've learned in your life?

How did you learn it?



In Montgomery County, students at Walt Whitman High School and residents of Bethesda's Bannockburn neighborhood are participating in the Wise Elder Project. The project, which started last spring, seeks to acknowledge the lives and experiences of seniors in Bannockburn and strengthen bonds between the generations.

The Wise Elder Project is organized by Bannockburn's Neighbors Assisting Neighbors (NAN) program. Over the course of three months, Whitman juniors and seniors meet regularly with Bannockburn residents aged 80 and older to create an oral history of the senior. Organizers of the program say students, "have someone they can trust, and they know something about that person's life story." They also gain valuable experience on the importance of maintaining eye contact, the art of asking personal questions, and the value of silence.



The students will share multimedia presentations of their senior with the Bannockburn community in December. Because of the success of the pilot program, NAN is committed to producing a manual of the project for the Bethesda-Chevy Chase Regional Services Center for use by other communities.





Montgomery County Intergenerational Resource Center: Highlights from Fall 2010 Meetings

On September 29, 2010, Sheri Steinig, Special Projects Director and Leah Bradley, Project Specialist at Generations United, shared information on “The Latest in Intergenerational Programs, Nationally and Internationally,” at Interages’ first 2010-2011 Montgomery County Intergenerational Resource Center meeting.

Generations United defines an intergenerational program as a program that INTENTIONALLY brings together generations to build relationships. Intergenerational programs are defined by the direction of service: for example, older adults serving younger generations; younger generations serving older adults. Recent research on the benefits of intergenerational programs show participating older adults reported more physical activity and higher self-esteem. Youth participating in the programs were less likely to use drugs or have behavior problems. They also showed a higher level of social development, higher level language skills, and higher reading scores.

Leah Bradley and Sheri Steinig also spoke about several national and international trends in intergenerational programs. They indicated the trends are taking place in response to society.



The first trend—**Families**—includes programs for grandfamilies, caregiver support, oral history, and preserving culture. A program started in Sweden by one man—Granddads—is now comprised of 1,182 men working in classrooms not as tutors or mentors but as supportive persons in youth’s lives.

The second trend--**Health and Nutrition**--includes programs to address healthy eating and positive lifelong health habits by all ages. Intergenerational gardens are popular in building relationships and at the same time promoting healthy choices.

The third trend--**Performing and Visual Arts**, includes intergenerational visual arts, dramatic arts, and other opportunities for youth and older adults to engage in activities together. One example is Ages on Stages (Baltimore) which performs intergenerational, contemporary dramatic skits.

The fourth trend--**Technology** includes use of social media and intergenerational efforts to help bridge technical knowledge gaps. Computer centers are being located in adult living environments, with youth providing technology assistance to older adults. Some senior centers are using Wii in concert with younger generations. Library open houses are making facilities and equipment available so that youth can help older adults on technology devices and applications.

Lastly, **Shared sites**--another trend, involves co-location of youth and older adult programs. Shared sites are cost effective and provide easy opportunities for intergenerational engagement. Transportation sometimes required in programs to bring the generations together is not an issue when sites are shared. Generations United has undertaken a mapping project to identify shared sites across the country. Examples of shared sites are a kindergarten classroom in a nursing home and a senior center located in a school building.

If you would like to share how your organization is responding to the latest trends in intergenerational programming, contact us at info@interagesmd.org.



On October 21, 2010, our guest speakers Pam Meador of Montgomery County Public Schools (MCPS) and Lucy Vitaliti of Montgomery College, shared information on “Student Service Learning” (SSL) programs at MCPS and Montgomery College, respectively.

Pam Meador began the presentation with some background on the MCPS student service learning requirement. The State of Maryland issued a mandate for student service learning as a graduation requirement, giving each county the latitude to implement student service learning in its own way. The intent of the mandate is that the students’ service will lead to a lifelong contribution to the community.

As of 2011, students are required to complete 75 hours. They may begin after Grade 5 and continue through senior year, if they choose. In the county there are approximately 76,000 students working on their service requirement at any given time. A total of 80 service learning coordinators are located in the county’s middle schools and high schools with Pam serving as the central coordinator.

SSL can take place in the community or in the schools (clubs, charitable events) IF the activity fits the requirement of the student service learning program. Community organizations seeking a match with a student must be approved for SSL and provide assurance of safety, adequate supervision, and meaningful work. The expectation for students is that they will share talents, acquire new skills, and develop responsibility toward the community. Students complete pre-service work to learn about the organization they will be working with as well as how to behave in a work environment. Following their service, they complete a reflection on what they learned and what they liked.

Lucy Vitaliti spoke on the SSL program at Montgomery College. She stated that the SSL is NOT a requirement for graduation, but it is required for some courses. SSL assignments must relate directly to course objectives. For semester-long courses with SSL, the student must have at least 12 hours on site. Students completing SSL experience hand in journals, essays or other form of reflection on their experience. Students are encouraged to be “in” their service environment, to ask supervisors at their service site about jobs, to think about careers and to list their SSL experience as a job on their resumes.

Organizations wishing to be matched with students should contact Pam Meador at Pamela_A_Meador@mcpsmd.org or Lucy Vitaliti at lucy.vitaliti@montgomerycollege.edu.

--Mary Jane Kane, Coordinator Intergenerational Resource Center

THANK YOU

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HEALTH & HUMAN SERVICES
MONTGOMERY COUNTY PUBLIC SCHOOLS
SMITHSONIAN NATIONAL POSTAL MUSEUM

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**INTERAGES GREATLY
APPRECIATES THE SUPPORT OF
THE FOUNDATIONS, AGENCIES,
AND INDIVIDUALS.**

This list represents donations and support since our 2010 Spring/Summer Newsletter and through November, 2010.

(Every attempt is made to ensure the accuracy of the list. If an omission is detected, please notify the Interages office at 301-949-3551.)



Bringing seniors and children
together to change
each other's lives...



Interages®

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Dine Out and Support Interages!

WHO: Trattoria Sorrento and Interages

WHEN: Tuesday, November 30, 2010
5:00—9:00 p.m.

WHERE: Trattoria Sorrento
4930 Cordell Avenue
Bethesda, Maryland 20814



WHAT: An evening fundraiser in which 20% of your check will be donated to Interages

WHY: . All proceeds will benefit Interages mentoring and tutoring programs that assist students with skills necessary for academic success.

Reservations are recommended. To make a reservation, call (301) 718-0344.

When making your reservation, please indicate you are with Interages.

There is a public parking garage next door.

