



Intergenerations® News

Intergenerational Bridges Celebrates Twenty Years!

This year marks the 20th anniversary of Intergenerational Bridges, a signature program of Intergenes. When this mentoring program first started in 1990, students came from Vietnam, Cambodia, El Salvador, Guatemala, Nicaragua, Haiti, and Eritrea, among other countries. The first students reflected the origins of refugees and migrants who were fleeing conflicts in their countries at the time. Montgomery County public schools were experiencing a mini-transformation as they scrambled to respond to the linguistic and cultural needs of these students. “Bridges,” as everyone calls it, was a program conceived by Intergenes to rally the talents of older, retired adults to help these students adapt to being in the United States.

Much of Bridges has remained the same since those early days, but much has changed and adjusted to face new challenges. For example, the majority of students today are Spanish-speaking from Central and South America (African and Asian countries are also represented, but their numbers are fewer). Yet all of them are as scared and nervous at the beginning as they always were. The first Bridges sites started at Eastern Middle and Rolling Terrace Elementary and continue strong today, but the program has expanded and now runs in four additional schools throughout the county. At first, mentors drove students home from the program, routinely met their families, and arranged outings with their protégés. Today’s mentors are no less engaged with their students, but the focus is on meeting together on site at their schools for paired and group activities, and students take the bus home. The students and mentors still laugh and learn together by talking, reading, and playing games; they write about their home lands and put on mini-plays. But their conversations now also include frank dialogues on how to avoid bullies, drugs, and gangs.

The stories of how mentors and students have bonded over the years are legendary. There was the mentor who helped with the paperwork to bring her student’s mother to the U.S. from Vietnam after years of separation. Another mentor agreed to teach her student to drive when the student came back to visit the program while she was in high school. And yet another mentor researched a Marvel Comic book drawing class sponsored by the Montgomery County Humanities Council, and successfully advocated for his troubled, but highly talented student to be accepted. One of the earliest Bridges mentors, Larry Hartnett, volunteered for 18 years straight until a new job at a more distant location forced his “early retirement”. Larry reports that former students in the program still come up to him all the time on buses and in area coffee shops to say hello, to share how much they appreciated the program, and to update him about school or their current jobs.

(Continued on page 3)



A Letter from the Executive Director

Dear Friends,

As I write this letter, our area has been hit by a blizzard that will be remembered by all who felt its wrath. Many people went without power, schools were closed, and meetings and programs were cancelled. The many challenges of the storm brought out the best in our neighbors as they stepped up to the plate to help others in need. That willingness to help others is characteristic of all of our Interages volunteers who give of themselves throughout the year. Your time and effort is appreciated and Interages would not be able to do what it does without your continued participation. Thank you! You really make a difference!

Our winter newsletter recognizes individuals that have contributed to Interages' 2009 Annual Board Appeal Campaign. During these very challenging times, your continued support of Interages is sincerely appreciated! We would also like to thank those supporters who routinely send donations after each newsletter. Your consistent generosity means a great deal to Interages.

Interages was recently honored by the Montgomery County Council during National Mentoring Week. Council members Valerie Ervin and Phil Andrews presented a proclamation honoring Intergenerational Bridges for its 20th Anniversary of helping immigrant students who have been in the country for three years or less adjust to living in the USA. Our volunteer mentors help by supporting the students' transition through the celebration of cultural and holiday traditions. They enhance English language communication ability through conversation, reading, writing and play. Our mentors also boost students' self-esteem by fostering mutual responsibility and respect.

Congratulations to all of the Bridges mentors, past and present, who have done such wonderful work in helping immigrant students in the Montgomery County Public Schools. Thank you also to Program Coordinators Mary Ann Larkin and Betsy Roush for a job well done! There will be a celebration at Eastern Middle School on March 23rd. If you were a Bridges volunteer or student participant in the past and have not been contacted, please call the Interages office at 301-949-3551 to ensure that you receive an invitation to our celebration.

Congratulations to our founder, Austin Heyman, and to Interages volunteer Dr. Joyce A.M. Thomas. They were both inducted into the Maryland Senior Citizens Hall of Fame in honor of their extraordinary contributions to their communities. Everyone at Interages is proud of your well deserved recognition!

The Smithsonian National Postal Museum and Interages are collaborating for a second year on their joint venture, *Heroes on Stamps*. This eight week program will begin the week of April 12th and meet once a week after school for one hour at several area middle schools. Interages is looking for volunteer mentors to work with small groups of students. The program will end with a gala celebration at the Smithsonian National Postal Museum. If you would like to volunteer, please call the Interages office as soon as possible. You don't want to miss out on the fun!

I would like to officially welcome our new Board members: Kisa Carter, Carol Cober, Glenn Gargan and Harry B. Sewell. Each of them brings a rich set of skills and experiences to our Board.

Finally, thanks and appreciation goes out to the entire Interages Board of Directors and to our excellent staff!

Warmest regards,



Carol Croll

(Continued from page 1)

Over the years, Bridges stars have returned to tell new students of how they fared in high school and college. Nadege Breil, a program graduate attending Montgomery College, visited current students at Eastern Middle School to share her dream of becoming a teacher so she could start a program for newly-arrived immigrants because of how Bridges once helped her.



Joey Potter (right) with a former student

Today's program is focused on sharing in supervised weekly meetings. The primary requirement for the mentoring job remains the same—a love of kids. Bridges mentors have this down! While they clearly provide the students much needed support, mentors also receive much in return. Joey Potter, a 17-year Bridges veteran, frequently encourages prospective volunteer mentors by saying, "This is the best thing I've ever done for myself."

Interages is hoping to gather many more student stories when the program celebrates its **20th anniversary with a reunion on March 23rd from 5:00 – 7:00 PM at Eastern Middle School**. Current program participants are organizing a lively event – a video, music performances, congratulatory words from County dignitaries, and delicious foods from around the world are among the planned offerings. We'll be reaching out to invite students and mentors from past years to join in the festivities – if you'd like to attend, please contact the Interages office for details.

- Mary Ann Larkin

Bridges Program Receives County Council Recognition

At their January 26th meeting, the Montgomery County Council honored the 20th anniversary of our Intergenerational Bridges mentoring program as part of National Mentoring Month. The council's proclamation outlines Bridges' effectiveness in supporting immigrant youth during their adjustment to life in a new country and a new language. The proclamation also recognizes Interages more broadly for serving "a vital need in the community since aging issues will more directly impact families, employment, retirement, medicine, government, and the distribution of public resources. More youth will need to be exposed to, and learn more about, aging as well as senior adults will need active exposure to the challenges and issues facing youth in an increasingly complex world."

Proclamation

Therefore be it resolved that the County Council of Montgomery County, Maryland, hereby congratulates the

Intergenerational Bridges Mentoring Program

for its 20 years of commitment to help bridge the generation gap and for establishing and providing a successful intergenerational program that champions mutually beneficial volunteer opportunities for older adults and youth.

Signed this 26th day of January in the year 2010



Councilmember Phil Andrews (3rd from left) and Valerie Ervin (right) presented a proclamation on behalf of the Council. Representing Interages from left to right: Austin Heyman (founder of Interages), Margaret Levchenko (Councilmember Andrews' mother and an Interages volunteer), Carol Croll (Executive Director), and Mary Ann Larkin (Intergenerational Bridges Program Coordinator).

Montgomery County Intergenerational Resource Center (MCIRC):

“Intergenerational Arts Programs”

November’s MCIRC meeting focused on arts programming with an intergenerational spin. Ms. Lama Dajani, the Program Director at Arts for the Aging (AFTA), was the featured speaker and she led a lively discussion among colleagues. Carol Croll, Executive Director, Interages, welcomed attendees and announced plans to collaborate with other interested groups to organize a future Intergenerational Day event in Montgomery County.

Ms. Dajani described AFTA’s “Kids’ and Grands” program, which engages older adults and children once weekly in expressive arts activities including movement, sound, art, writing and drama. Teaching artists facilitate this program, with an underlying purpose to foster trust, connections, emotional well-being & communication across generations and cultures. For more details on AFTA, see page 5 of this newsletter.

A highlight of Ms. Dajani’s presentation was her sharing of testimonials from past program participants:

From a 7th grader: “As soon as I entered the centers, I found what the elders were looking for: company. People to be around....When I left those same people [who earlier had frowns on their faces] had large and broad smiles and gave us full handshakes and warm hugs. That aspect of this experience was the most memorable...”

And from an older adult participant: “The children have ‘grandparents’ here and they feel happy they are part of this family. ... We can get together and enjoy! We don’t have to be separated in different groups for older and younger. Although we belong to different nationalities we are the same and we can be happy together...We share what we know; our talents, our love and respect for one another. ”



Pictured l-r: Lama Dajani, AFTA Program Director and Janine Tursini, AFTA Executive Director

Questions and exchange among attendees followed. Representatives from several organizations recommended specific aspects of their programming that others might build into their work. The Arts Education Alliance for Older Adults (AEAOA), the Charles E. Smith Company, Arts on the Block, the Musical Theater Center, and Big Learning, Inc. were among the groups in attendance. Suggestions and ideas for intergenerational arts programming included story-telling, theatre, and new/more challenging arts activities that go beyond basic craft projects to allow older adults to express themselves in more open-ended, creative ways. Others recommended finding ways to include all three generations — youth, parents, and grandparents sharing together. There was wide agreement that the arts provide a flexible, effective tool for reaching across generations, cultures, and abilities to build connection.

In closing, Carol Croll advised the attendees that Interages is building up the Montgomery County Intergenerational Center section of our website by posting information on organizations conducting intergenerational programs. Along with basic information, Interages will include links to those organizations’ websites. Carol then invited attendees to sign up to work with Interages in planning for the Intergenerational Day event. If you would like to join this planning committee, please contact the Interages office for additional information on upcoming meetings.

- Mary Jane Kane

Spotlight On: Arts for the Aging



Arts for the Aging (AFTA) is a nonprofit based here in Montgomery County, dedicated to providing visual, performing, literary and intergenerational arts outreach programs specially designed to enhance the health and well-being of seniors. Their programs are led by professional artists and focus on seniors with physical and cognitive impairments. Since 1988, they have been working primarily in underserved day care centers, nursing homes and community settings throughout the metropolitan Washington DC area.

Among AFTA's many programs and activities, they offer several intergenerational opportunities that invite older adults and children to interact through dance, music, story-telling, and poetry. Youth organization partners have included elementary school through high school student groups, who have paired up with adults from nursing homes, community senior centers, and Alzheimer's day care programs. AFTA's intergenerational programs demonstrate that regular engagement in participatory arts programs improves mental and physical health, longevity, and the overall quality of life in seniors. One senior summed up her experience: "I feel happiness here."

Two partnerships during the 2008-09 academic year paired students from Sidwell Friends Upper School with the Alzheimer's Unit at the Washington Home; and Holton Arms Middle School students with two senior facilities -- the Greenbelt Adult Day Care Center and IONA Adult Day Health, Wellness & Arts Center. These programs provided 140 seniors and students the opportunity to share stories and songs, poetry writing, visual art projects, and music/dance. Student participants noted that the arts focus allowed everyone to open up and share freely about themselves in a comfortable, collaborative environment.

Another AFTA program, now entering its 13th year, is the **Kids 'n Grands summer camp program** at the Long Branch Community Center in Takoma Park, Maryland. Summer campers ages 6-10 meet together over a six-week period with older adults from the Senior Center located in the same building. This intergenerational group shares in movement and dance activities, storytelling, and graffiti artwork projects led by professional artists. According to Kids 'n Grands summer intern Natalie Ramirez, "...watching the seniors and the children interact...they encourage each other, they smile and hold hands. Along with the children, the seniors become more playful. One senior said 'we are bringing out the child in us.' Their smiles say it all."

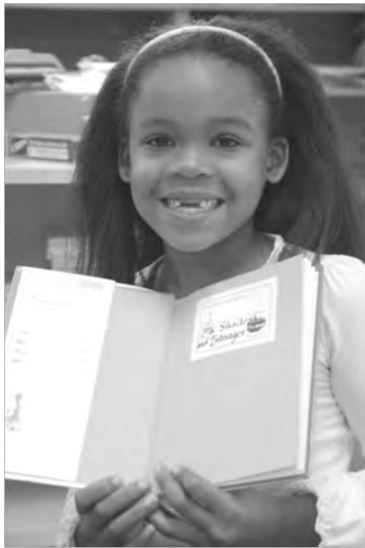


Each AFTA intergenerational program series culminates in an event designed to acknowledge and celebrate the collaboration between older and younger. This brings a public element to their work as a testimony to its importance for the participants, their families and friends, and the larger community. Through these celebrations, AFTA hopes to share the benefits of intergenerational work and encourage others to join as well.

AFTA's intergenerational programming has increased 200% in recent years, and they plan to continue their focus on bridging the generations through art. "Art is a very non-threatening language and instrument to help bridge the gap between people," notes Lama Dajani, AFTA program director. If you would like to get involved with AFTA, or just learn more about their work, contact **Lama Dajani at 301-718-4990 or lama.aftaarts@gmail.com**

- Sara Cartmill

Grandreaders Program Receives First Book Grant



We are very excited to share that the Montgomery County chapter of First Book has awarded Intergenes a grant which will enable children in the Grandreaders programs at selected schools to receive brand new books to take home and keep. First Book is a national non profit organization which provides millions of books each year for children in need.

First Book also provides a marketplace where nonprofits can purchase books at far below the retail price. Our grant, in combination with these low prices, will allow us to provide more than two hundred and fifty books for children to keep in their homes.

Many children do not have access to books at home. Having books to read outside of school can increase motivation, allow parents to read to their children, and help foster a life-long love of reading. Each book is presented with the child's name inside, encouraging pride of ownership.

- *Betsy Roush*

Two Intergenes Friends Inducted into Maryland Senior Citizens Hall of Fame

Each year the Maryland Senior Citizens Hall of Fame honors fifty (50) worthy seniors from across the state for their extraordinary contributions to their communities. This year, Intergenes is proud of our connections to two of these remarkable individuals:

- **Austin Heyman**, Intergenes founder and longtime board member, received this honor for his tireless work on behalf of Montgomery County seniors. In addition to founding Intergenes in 1986, Austin serves as a senior fellow on aging issues to County Executive Isiah Leggett.

- **Dr. Joyce A.M. Thomas**, a longtime Grandreader at Bel Pre Elementary School, was honored for her numerous volunteer activities. Along with helping second graders improve their reading skills through weekly lessons at Bel Pre Elementary, Joyce is active in Senior Leadership Montgomery, as well as tutoring high school students, knitting blankets for various service groups, and works at Brookside Gardens.

Seniors Celebrate Thanksgiving at Walter Johnson

Thanksgiving came early for 160 senior citizens on Nov. 19 at the 34th Annual Senior Citizens Thanksgiving Luncheon at Walter Johnson High School. The entire school community was involved in decorating, entertaining, and serving guests from ten retirement communities in Bethesda and Rockville. The event ended with a dance that paired students and seniors. "The generation gap melts away on the dance floor," said Principal Chris Garran.

- *The Gazette Newspaper*

Follow Intergenes on Facebook!



Wondering what's happening at Intergenes? You can find out about the latest news and events at Intergenes by following us on Facebook. Check out our page and become a fan. Don't forget to tell your friends and family members about us, too! Follow us at:

www.facebook.com/intergenes

Seniors & Teens Get Together

Recently at the Long Branch Senior Center, twelve teens played board games, Wii and seated volleyball with about 30 seniors during an intergenerational gathering to get to know each other. This event was scheduled on the students' day off from school and provided the opportunity to form intergenerational relationships prior to this year's Young at Heart Junior and Senior Prom to be held on April 6th. The teens are participants in MCRD's Teen programs.



2009–2010 Board of Directors Annual Appeal

Friends

Simon & Ellen Atlas	Thomas & Elizabeth Fox	Peter & Evelyn Philipps
Alex Balzer	Norman & Risa Fox	Selma & Bruce Philipson
Jane Barrett	Daniel & Myra Framm	Sheila Poms
James & Sara Blume	Alan & Deborah Grant	Ralph & Joyce Rizzolo
Herman Bostick	Craig & Nancy Grayson	Julius Rosen
Sara & Frederick Brown	Flora Ingenhousz	Sandra Sager
Jackson Bryer & Mary Hartig	Bob & Patty Kane	Raymond & Beverly Scharff
Wendy Cimmet	Alidz Khachaturian	Lawrence & Roberta Shulman
Michael & Miriam Cramer	Allan & Alice Lazar	Shirley & Daniel Skoler
William & Eileen Daleus	Roy Niedemayer & Gail Ross	Rhonda Tenenbaum
Michael & Suzanne Fanaroff	Philip & Sylvia Olivetti	Warren & Ellen Thompson
Jerry & Sherry Farber	Kathleen & Dennis Parnell	Sandra Wool
Morris & Ruth Fidelman	Evelyn Perlmutter	
Sheila Fishlowitz	Harold & Margaret Pfohl	

Supporters

Joan & Kass Abelson	Stephen Heyman & Susan Steinman	David & Marjorie Richman
Bruce Adams	Edward & Marcia Hummers, Jr.	Brenda Rosa
Elizabeth Allen	Irving & Estelle Jacobs	Loretta Rosenthal
Stuart & Wilma Antman	Evelyn & Jack Katz	Steven & Laura Ross
Richard & Elaine Binder	Gail Kaufman	Donald & Mary Ryan
Dorothy Bloomfield & Alan Reese	Marshall & Shirley Keys	Jerome & Froma Sandler
Marcella & Boyd Burris	Sandra Lebowitz	Arlene & Sidney Shapiro
Stanley Cohen & Esther Delaplaine	Christian Ledley & Jean Jarman	Norman & Erna Silberstein
Larry & Robbie Cohen	Zoe & Howard Lefkowitz	Thomas Sonnabend
Patricia & William Cramer	Peter & Carol Levin	Cecelia Sonnabend
Silvana & Luigi DeLuca	Harry & Judie Linowes	Patricia Strongin
Wilbur Chase & Katherine Edison-Chase	Sally Marchessault	Yulanda Swindell
Gerald & Deborah Ehrenstein	John & Lois Martin	Dan & Corinne Szabo
Gilbert & Rona Eisner	Paul & Zena Mason	Shirley Wilets
Amy & Henry Felices	Sarah & Justin McCarthy	
William & Barbara Harkaway	Joseph & Marcy Metherate	
Clare & Marge Harris	Ken Miller	
Bennett & Marlene Harte	Paula Puglisi	
	Jo & Grant Reynolds	

Friends = Up to \$49

Supporters = \$50—\$99

2009–2010 Board of Directors Annual Appeal

Sponsors

Iris Aberbach
Edward & Lois Adelson
William & Judith Borten
Alan & Carol Croll
Robert & Mary Eccles
Robert & Joanne Fishman
Jeremiah & Clara Floyd
Cathy & Don Fogel
Jack Gates
Sol Glasner
Nancy Glassman
Carolyn Gold
Calvin & Lis Golumbic
Larry Hartnett
Austin & Barbara Heyman
Sheldon & Roberta Hochberg
Juel Janis
Scott Kragie & Barbara Woodall
Paul & Miriam Levine
Laurence & Barbara Levitan
Jerome & Sara-Mae Lewis
Paul & Karen Mannes
Philip & Lorri McMann
James & Karen McManus
David & Ellen Miller
Constance & Anthone Morella
William & Sue Murray
Barbara Newland
Gladys Potter
Anne Raghu &
George Bindley-Taylor
Charles & Marnie Saunders
Robert & Susan Shoenberg
Mark & Nancy Silverman
Jim Stokoe & Caroline Lee
Marilyn & Ira Tublin
Paul & Roslyn Weinstein
Ellen & Bernard Young

Patrons

Thomas & Mary Barbera
Margaret Cutler
Mary & Louis D'Ovidio
Kojo Gyabaah
Peter & Vivien Hsueh
Jack Kay
Howard Kessler
Eileen & Richard Lavine
Randy & Carl Margolis

Benefactors

Harley & Marjorie Balzer
Leonard & Frances Burka
Diane & Burton Epstein
Richard & Nancy Gould
Adrian Talley
John & Charlotte Wunderlich

Champions

Jim & Marge McMann

Sponsors = \$100—\$249

Patrons = \$250—\$499

Benefactors = \$500—\$999

Champions = \$1,000 & Over



Thanks for Joining Interages for Dinner!

Thank you to everyone who joined us at Sorrento's on December 2, 2009 for our annual fundraiser. This year's event was a wonderful success and we raised \$600 for the Intergenerational Bridges program in honor of its 20th anniversary. We hope you all had a great time and enjoyed the food and fellowship.



THANK YOU

SPECIAL THANKS TO:

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

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

This list represents donations and support since our
Fall Newsletter 2009 and through February 26, 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.)

Individual Contributors

John & Janet Thoren
Gil Lessenco
Marshall & Ethel Weiss
Alice Weinstein
Gail Edwards
Joan Langer
Margaret Levchenko
Heather Shank-Givens
George & Marilyn Kessler
Dorie Newman
Donald & M.O. Robertson
A.L. & Mary Neves
Sara Cartmill
Kelley Ellsworth
Robert & Rhoda Chanin

Corporate Contributors

Bureau of National Affairs, Inc.
Capital Phones
Colesville Center
Collingswood Nursing Home
Fitzgerald Auto Mall
Gazette Newspaper
Jerry's Subs & Pizza
PEPCO
Post Newsweek-Media
Roberts Oxygen
Rockville Fuel & Feed
Sorrento's
Sunrise Senior Living, Rockville

In Honor of Margaret Levchenko

Helen Price & Michael Pearse

In Memory of Dale Friedman

Sandra Wool

In Memory of Elaine Lessenco

Deanne Comer & Suzanne Fanaroff
Joseph & Suzanne Speicher

In Memory of Jean Linehan

Dorothy Pugh

Foundation Contributors

Carl M. Freeman Foundation
Clark-Winchcole Foundation
The Commonweal Foundation of-
The Community Foundation for the National Capital Region
Corina Higginson Trust Foundation
The Meyer Foundation
Morris-Gwendolyn Cafritz Foundation
Phase Foundation
Shugar Foundation
Trawick Foundation
Venable Foundation

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



Interages®

3950 Ferrara Drive, 2nd Floor
Wheaton, MD 20906

Phone: 301-949-3551
Fax: 301-949-3190
www.interagesmd.org

NON-PROFIT ORG.
U.S. POSTAGE
PAID
KENSINGTON, MD
PERMIT No.6186

Bari mu yi bikin



Célébrons



祝おう



Celebriamo



Препятствуйте
нам отпраздновать



LET'S CELEBRATE!

*In any language, it's going to be a wonderful party!
Please join Interages as we celebrate the 20th
anniversary of Intergenerational Bridges*

*When: Tuesday, March 23rd, 2010
5:00—7:00 p.m.*

*Where: Eastern Middle School
300 University Blvd. East
Silver Spring, MD 20901*

*For questions or to RSVP, please call Interages at
301/949-3551*

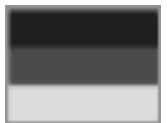
Celebremos



我們慶祝



Lassen Sie uns
feiern



ပါတို့အားဖြစ်အောင်



Låt oss fira

