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# Intergenerational Integration

Welcome to the Collaborative's Spring edition of *Neighbours in Aging*. The entire issue is dedicated to the intergenerational integration conversation (IG) that began during the December meeting.

This edition provides examples of intergenerational integration in action:

The regional school and the local nursing home in the Village of Port Elgin joined forces over a decade ago in bringing the young and old together through shared relationship. Learn more about the ways in which this community embraces the opportunities of integration through their local nursing home.

This season's edition also provides a general overview of a number of IG initiatives led by AFANB, the Association of Francophone Seniors of New Brunswick.

**Let's make it Official!**

Since 2008, June 1<sup>st</sup> is recognized Intergenerational Day Canada. Rally your community to participate in the day's events. See page 3 for more.



**We'd love to hear from you**

*Neighbours in Aging* is your newsletter and we welcome your personal and community stories describing the healthy aging journey as it is experienced in NB. Feel free to send us your ideas, stories and submissions.

Happy Reading,

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## From One Shore to Another

### *Westford Nursing Home is building bridges between generations*

The Village of Port Elgin, population 400+, finds itself nestled between salt marshes, dykelands, and scenic nature trails along the shores of the Northumberland Strait. A port of call for over 400 years, Villagers are known for their down-home hospitality.

Well over fifteen years ago, the Westford Nursing Home Board of Directors opened its doors to the wider community through a number of intergenerational initiatives, inviting their neighbours to learn and experience firsthand the positive reality of living in a nursing home.

“We developed our intergenerational programming to help Port Elgin’s youth understand that nursing homes are a place where older members of our population live and thrive for as long as they are able.” says Judy White, Administrator of Westford Nursing Home.

### Westmorland East Playschool

Westford Nursing Home is a dual-purpose community facility, providing long term care services for 30 residents on one floor, and a community playschool for children between the ages of 3 and 4 on another.

Playschool children and nursing home residents join together on a regular basis to celebrate the many holiday festivities throughout the calendar year. Preschoolers and residents alike also look forward to **Crazy Hat Day**; a popular event in which the children create and wear “crazy hats”, bringing joy and colour to residents during social visits in the games room.



**Crazy Hat Day, Easter 2015.** Photo credit: Westford Nursing Home.

The Home will soon re-initiate “Storytelling Time”, as a resident, who is a retired teacher, expressed her interest in hosting regular story hour with the preschoolers to assist with literacy development.

“We are so pleased that one of our residents has come forward, wanting to lead and share her gifts in this way,” says White. “Both generations not only listen, but also share their experiences as they relate to the story.”

### Junior Volunteer Program

The Home has also teamed up with Port Elgin Regional School in creating the Junior Volunteer Program. Presently, 45 students are enrolled in the program and 6-8 are brought to the Home on Mondays, Wednesdays and Fridays, over their lunch hour to visit and mingle with residents through various activities.

When applying to enroll in the Junior Volunteer Program, students are asked to write about themselves including their interests and future career aspirations. The home’s

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Activity Director then matches each student with a resident who also shares similar hobbies or once worked in their field of interest. Other students may express interest in office work, so they assist in the Nursing Home Office, in preparing charts for new admissions and/or orientation packages for new employees.



**Westford Nursing Home's Volunteers in Training.** Photo credit: Westford Nursing Home.

“We have a great deal of success with the program and the school believes in the program as much as we do,” continues White. “Some of our school-aged children return to volunteer in our nursing home as adults, so we believe our intergenerational programs have positively shaped their understanding that a nursing home is part of the community and for the community.”

**For more information on Westford Nursing Home’s intergenerational programs, please contact Judy White at 506-538-1301 or [admwnh@nb.aibn.com](mailto:admwnh@nb.aibn.com) or our Activity Director, Barb Estabrooks at 506-538-1304 or [westfordactivity@gmail.com](mailto:westfordactivity@gmail.com).**

## Mark your Calendars

*June 1<sup>st</sup> is  
Intergenerational  
Day Canada*



The i2i Intergenerational Society of Canada formed in 2008 to assist Canadians in the building of bridges between the generations. June 1<sup>st</sup> of every calendar year has been proclaimed as Intergenerational Day in Canada, and i2i encourages every Canadian community – both urban and rural to get on board.

Last year 100 communities across the country endorsed June 1<sup>st</sup> as Intergenerational Day, including Bathurst, Fredericton, Moncton and the Province of New Brunswick. i2i is asking communities and provinces to double this number in 2016. Their website provides the tools you need to approach your village, town, or city.

Here are some ways you can participate and celebrate IG Day 2016:

- **First**, find someone from a different generation.
- **If you have a few seconds**, make eye contact and smile, hold the door open for the person, say ‘have a good day!’
- **If you have 5 minutes**, say hello, give a single flower, talk about the weather.
- **If you have 30 minutes**, have a conversation over coffee, go for a short walk.
- **If you have an hour or two**, share a meal, go to a movie or play a game together.

**For more information on ways you and your community can participate: [www.intergenerational.ca](http://www.intergenerational.ca)**

# Fumer c'est pas cool!

## Smoking isn't cool Campaign

The Association of Francophone Seniors of New Brunswick (AFANB) unites NB Francophones aged 50+ through wellness promotion that contributes to their personal development, and society as a whole.

Several AFANB and member club initiatives strive to bring seniors and younger generations together. For example, the 50+ Acadian Games, taking place in Shediac from August 18th to 21<sup>st</sup> 2016, includes an intergenerational component, inviting those under 50 years of age to participate in all sorts of activities, including team bowling, doubles tennis, prediction biking, doubles badminton, prediction walking, golf, and beach volleyball.

The Francophone Seniors' Association of New Brunswick celebrated World Non-Smoking Day on May 31st 2015 by creating an awareness campaign that promotes a smoke-free lifestyle through intergenerational engagement.

The *Fumer c'est pas cool!* Campaign (Smoking Isn't Cool!) aimed to lead youth and those 50+ in committing to a tobacco-free lifestyle by setting a positive example among their families and friends.



*Smoking isn't cool* logo used during the 2015 campaign. Photo credit: AFANB.

AFANB members were invited to participate in the campaign in following ways:

- Raising awareness among youth of the many harmful effects of smoking on their own health as well as that of their loved ones.
- Encouraging youth to commit to not smoking or to quit smoking over the next year.
- Inviting youth to take real action by wearing the *Fumer c'est pas cool!* button, as signing and sending the anti-tobacco commitment postcard to the Francophone Seniors' Association of New Brunswick.

Over the course of the weeks leading up to May 31st, representatives from AFANB visited classrooms, inviting youth to wear the "*Fumer c'est pas*

*cool!*" button and to encourage their friends and family to commit to a smoke-free lifestyle.

Currently, AFANB is working in collaboration with a number of schools and other cultural and community organizations in creating a new project entitled "*Aînés engagés*" (Engaged Seniors). *Aînés engagés* includes a significant intergenerational component that will enable those aged 50+ to mix with youth in an educational and collaborative setting, where the generations can learn from each other while helping each other.

**Interested in learning more? Contact AFANB for more information on their intergenerational initiatives:**

**Website:** [www.afanb.org](http://www.afanb.org)

**Toll-Free:** 1.866.523.0090

**Email:** [aafanb@nb.aibn.com](mailto:aafanb@nb.aibn.com)



*"To make a difference in someone's life, you don't have to be brilliant, rich or beautiful. You just have to care."*

- Mandy Hale