

With the needs so great on either side of the generational spectrum, United Way has a simple solution: employ the unique strengths of younger and older generations to help each other.



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United Way
of Westchester and Putnam



Seniors who would like to help + children who could use a mentor = two generations that can benefit from each other. United Way and its Intergenerational partners find ways to encourage bonding between older adults and children and youth, build mutual respect, learn from each other and work together. >>

The Intergenerational Initiative is a collaboration with the Helen Andrus Benedict Foundation.



Intergenerational Initiative Education Partners

Jewish Council of Yonkers/Westchester Community Partners

SMART's intergenerational literacy program provides in-school mentoring by older volunteers of first and second graders in two Mount Vernon schools who are reading below grade level. However, the bonds that spring up between senior volunteers and the young students in the SMART and Summer Reading Buddies programs go beyond higher reading scores. Students realize that there is an older adult outside of family that they can trust and admire. The senior volunteers get great satisfaction knowing that they are valued, and that their wisdom and knowledge are put to good use. Both generations feel less alone. Both gain a new perspective that broadens their world.

Research shows that children lose a serious percentage of their academic skills over the summer. The percentage is even higher in lower income families, because of fewer opportunities for summer academic and cultural enrichment. The six-week Summer Reading Buddies Program at Mount Vernon Library pairs older volunteers with children in grades 1-6 to help them retain their reading skills over the summer by reading books on their summer reading list with them.

It's human math: pair one generation with another, and the positive effects on health are exponential.

Intergenerational Initiative Health Partners

Family Service Society of Yonkers - Ashburton Community for All Ages
The Council of Community Services, Port Chester/Rye/Rye
Brook - Port Chester Community for All Ages
Groundwork Hudson Valley
The Preservation Company - Peekskill Community for All Ages

In Yonkers, the **Sharing Together** program is utilizing teams of adult volunteers and youth to change cultural attitudes towards fitness by making **gardening, sustainable food production and healthy eating** a part of their shared intergenerational activities. As teams, both generations encourage each other and become ambassadors to the community by raising awareness about healthy living.

All generations roll up their sleeves and volunteer together at **God's Green Market** in Port Chester, where they plant and harvest healthy vegetables and fruits in a community garden on the grounds of a local school, and then distribute the fresh produce to those in need locally. As all ages work together, they share healthy outdoor exercise and a common goal of helping others.

Also in Port Chester: senior expert knitters teach their craft to younger knitters at **KnitWits** gatherings. The group shares stories, develops friendships and knits infant blankets and hats for new moms at the Open Door Family Medical Center.

With the aim of helping older adults age in place in their own homes and continue to be part of our community, the "**Our Folks**" program pairs teen volunteers with seniors who need help with home maintenance and landscaping tasks - heavier work that might be too taxing or unsafe for an older person to take on alone. As teens help their older friends, and seniors recount local history and experiences, the two generations develop relationships that are valuable to each, and foster greater respect for the unique issues that confront each other.

The **Community for All Ages Leadership Development Institute** in Peekskill will develop leadership skills in teens and seniors, and with the help of these new leaders, focus the community on a chosen issue.



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