

# Creating *Intergenerational* *Community* Together



\* Honoring Elders \* Le Dor Vador \*  
\* Hiddur Mitzvah (Celebrating Holidays with Joy) \*



# Focus of Today's Workshop



How to run  
successful  
*Interactive,*  
*Intergenerational,*  
*Book –based*  
programs in  
*Senior Centers*



# Sample Interactive Program Schedule



- **Introductory Activity**-10-15 minutes



- **Book Reading and Discussion**- 5-10 Minutes

- **Relationship Building Activities**

15 -30 minutes

Total Time: 30-60 minutes



# Why Hold Programs in Senior Settings?

Benefits for Seniors

Improves mood

Enhances self-esteem

Engages the intellect

Strengthens community



Increases comfort with aging process

Provides mitzvah opportunity

Enhances Jewish knowledge

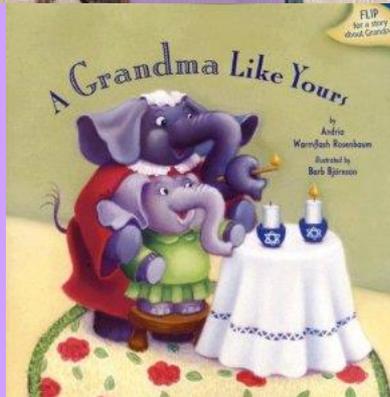
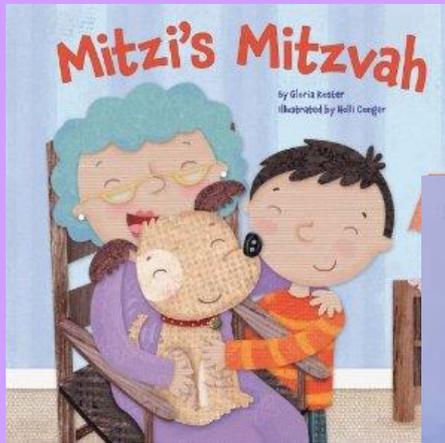
Broadens social circles

Benefits for children and families

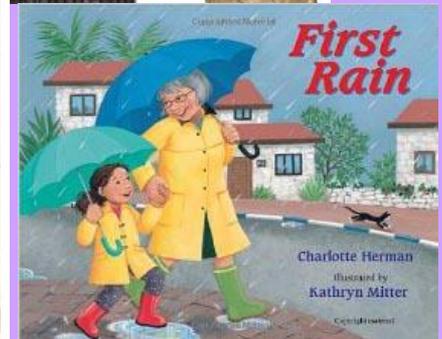
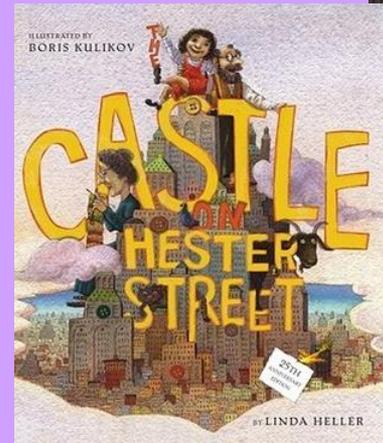
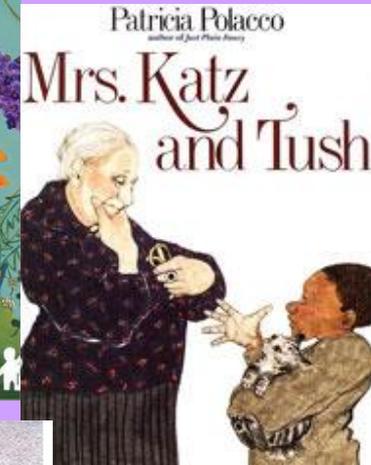
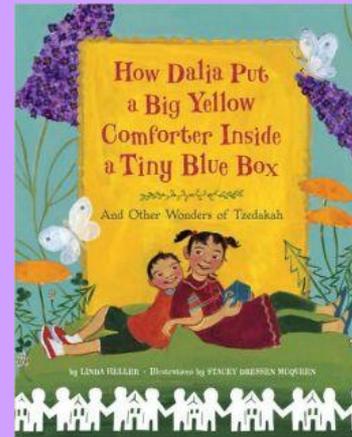
**Builds Relationships**

# PJ Library Intergenerational Books

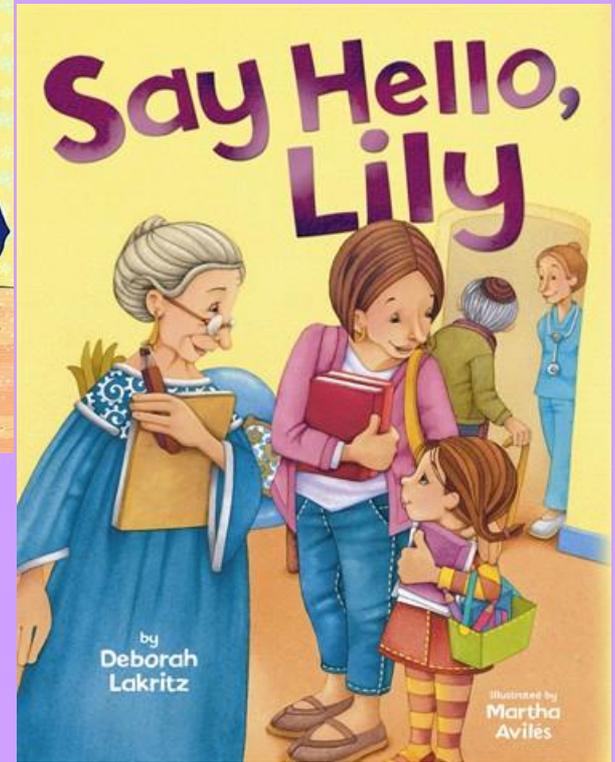
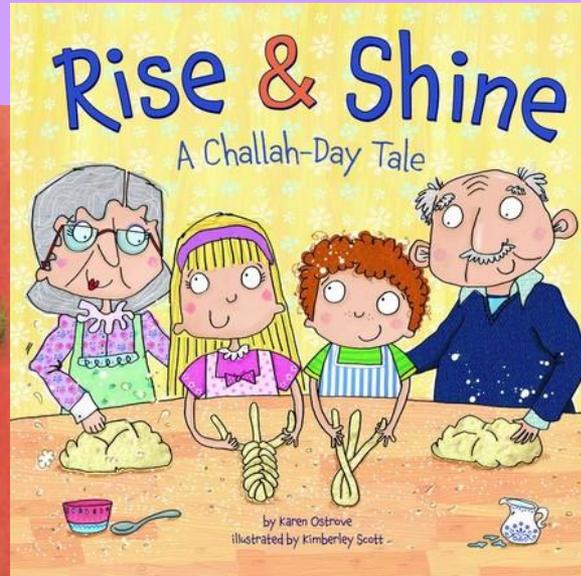
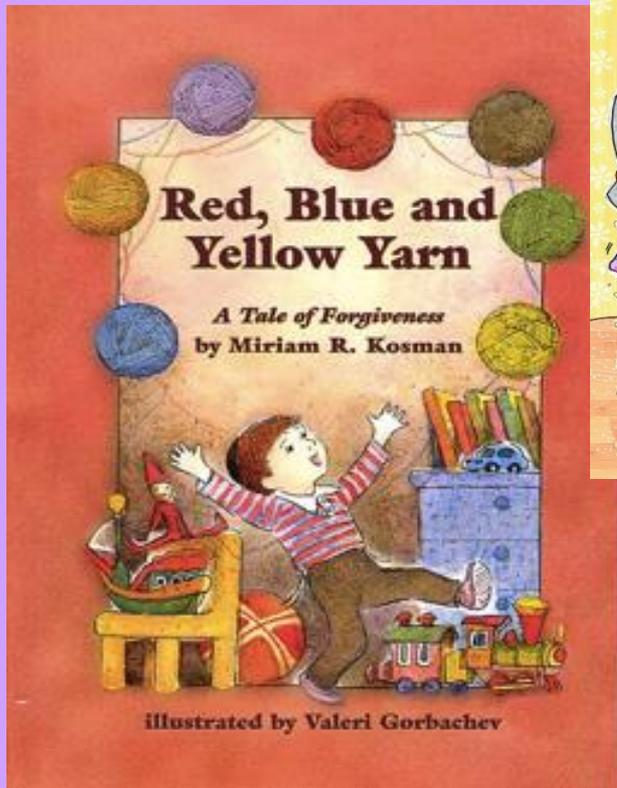
## Babies and Toddlers



## Early Elementary



# Intergenerational Books for Preschool Aged Children



# Kibud Zekanim: Honoring Elders

## Sources:

Rise up before the hoary head,  
and honor the face of the elderly,  
and thou shalt fear thy God: I am  
the LORD (*Leviticus 19:32*)

What is the deference (hiddur)  
demanded by the Torah? That  
you not stand in his [the older  
person's] place, nor contradict his  
words, but behave toward him  
with reverence and fear (*Tosefta  
Megillah 3 [4]*)

When is Israel able to stand?  
When it has elders...For one who  
takes advice from elders never  
stumbles. (*Exodus Rabbah 3:8*)



## Lessons for Children

- In Judaism, we're taught that older people are very special. They've lived a long time and they know a great deal about the world.
- When we listen to older people, speak nicely to them, try to help them in whatever way we can, and try to learn from them, we are performing the mitzvah of *kibud zekanim* - honoring elders.

# Rise and Shine

## Exploring the Values

Value:

Honoring Elders

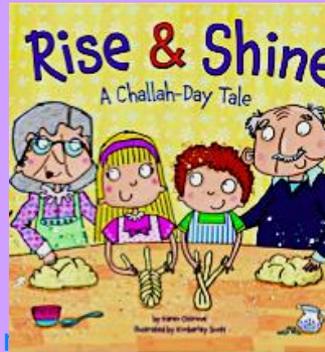
Connecting the Value:

When Sammy and Sophie find a mysterious piece of paper from long ago, they decide to show it to Grandma Gert. They respect their grandmother and know she is smart and wise. When the children follow their Grandmother's challah baking instructions and when they help her clean and the kitchen and prepare for the Shabbat party, we say that they are practicing **kibud zekanim**.

Value: Le Dor V'Dor

Connecting the Value:

The recipe that the children found was written by Grandma Gert's Grandmother. This is a recipe that's been in the family for years. Grandma Gert's Grandmother probably learned the recipe from her mother who learned it from her mother. When one parent or grandparent teaches something to a child who then grows up and teaches it to her child-we say that the lesson goes **le dor v'dor** from one generation to the next.



Discussion Questions

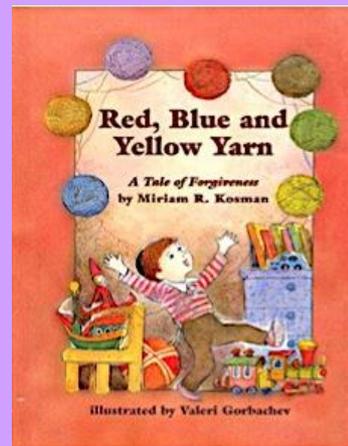
- Was Grandma Gert smart? What did she teach the children?
- Did your grandmother or grandfather ever teach you how to do something? What did they teach you?
- What might you do to honor elders? What is something nice that you can do for your grandparents or for a senior friend?
- Seniors: What is something that makes you feel honored as an elder?

- The recipe that Sophie and Sam found was written in Yiddish, a language that that was spoken in Europe long ago. **Yiddish** is a language that, like the paper that Sophie and Sammy found, has been handed from one person in the family to another for years and years. Do you know any Yiddish words?
- Can you think of something that you have in your house that belonged to your grandparents or great grandparents and has been handed down?

# Red, Blue, and Yellow Yarn: Values and Discussion Questions

## Discussion Questions

### Value: Honoring the Elders



- At first, was Donny happy that Bubby came to spend a week at his house? Why or why not?
- In what ways did Donny show that he honored and respected his Bubby?
- Do you know that just by coming to our program today, you practiced the mitzvah of **Kibud Zekanim**? You helped to bring happiness and joy to some senior friends.
  - Let's ask our senior friends if they are happy that we came to visit today. Seniors what part(s) of today's visit (so far) have made you feel happy and respected?

### Value: Le Dor Va Dor



Donny's Grandmother tells him a story that her grandmother told to her. Have your parents or grandparents ever told you a story that happened in your family long ago? Can you share a part of your story?

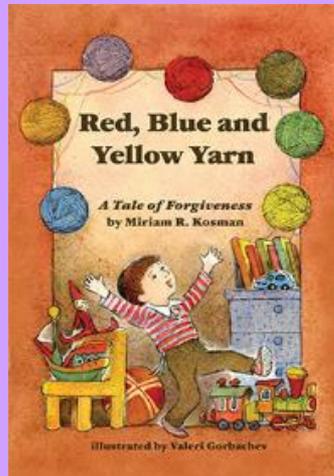
Besides stories are there also special songs or poems or objects that have been passed **le dor vador** from one generation to the next, Can you tell us about something in your family that has passed **le dor va dor**?

# The Value of Repentance in *Red, Blue, and Yellow Yarn*

Value: Repentance and Forgiveness

*According to Judaism there are certain things that we need to do in order to let someone know that we are sorry for what we've done wrong.*

- First, we need to describe exactly what we did wrong
- Next, we need to try to come up with a way to undo the wrong-
- The last step of apologizing (saying I'm sorry) involves being careful not to repeat the mistake when you find yourself in similar circumstances. .

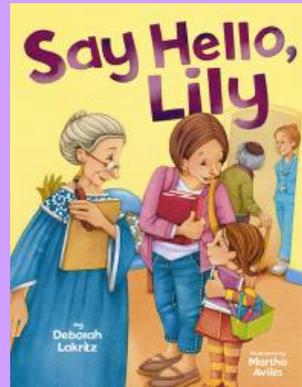
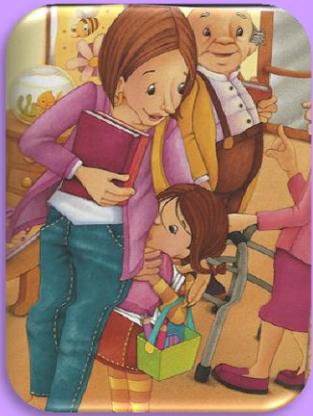


Discussion Questions:

- Did Donny do something wrong in our story? What did he do?
- Who else in the story, besides Donny, made a mistake? What kinds of mistakes were made?
- How did Donny fix his mistake?
- Have you ever made a mistake? Can you describe your mistake? How did you or could you fix your mistake?
- **Yom Kippur** is a holiday upon which we say "Sorry " for everything that we have done wrong over the course of the year. Can you think of something for which you would like to say "I'm Sorry"

# Exploring the Values in *Say Hello Lily*

Value:  
Honoring Elders



Discussion Questions:

- How did Lily feel when she first started going to Shalom House? Did her feelings change over time? How do you know that her feelings changed?
- How did Lily and her mother help the seniors who lived at Shalom House? Do you think that the people who lived in Shalom House enjoyed Lily's visits?
- If you were to come to the Senior Center that we're visiting right now on a regular basis, what might you do to help others?
- Seniors, do you have suggestions for ways in which families could help during their visits?
- In our book, Lily went to 2 parties at Shalom House. Who remembers the types of parties that Lily attended?
- Today, we're having a party in honor of \_\_\_\_\_. What do we do on the holiday of \_\_\_\_\_?

Value: Holiday Celebrations



# Techniques for Building Intergenerational Relationships



Rich relationships between  
seniors, children, and their families

# Hints for Intergenerational Craft Activities

- Pay attention to seating arrangements
- Pair 2-3 seniors with one family
- Ask children to fetch and gather materials for seniors
- Encourage seniors to create their own craft, but if need be, encourage children to make a craft for a senior
- Use open ended craft projects- ones that can be easily completed while allowing for creativity
- Plan for easy clean-up



# Rise and Shine: Craft Activities

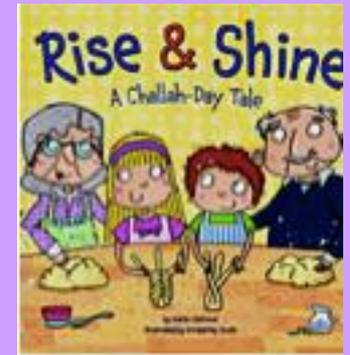


## Activities

- Making Challah Covers
- Shaping Challah Rolls
- Creating other Shabbat craft items

## Possible Intro

- *Today we're going to read a story in which 2 children find a very special challah recipe. The children bring the recipe to their grandmother who lives with other seniors in an assisted living facility (similar to the building that we're in right now). With the help of Grandma Gert and her friends, the children make a delicious challah and have fun celebrating Shabbat together. Right now, we're going to make something special that we can use for our own Shabbat Celebrations*



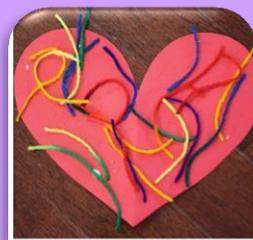
## Discussion Prompts

- Do you like to bake? What foods do you like to make?
- Do you have a special way of celebrating Shabbat? What do you like to do on Shabbat?

# More Sample Craft Ideas



Book Title	Craft Activities
<i>Red, Blue, and Yellow, Yarn</i>	Yarn Decorated Cans Yarn Collages Dream Catchers Yarn Covered Frames Other Yarn Crafts
<i>Say Hello Lily</i>	Birthday Crowns Turkey Planters (Thanksgiving) Tu B'Shevat Planters Hanukah Decorations, etc.



# Interview Activities

## Purpose:

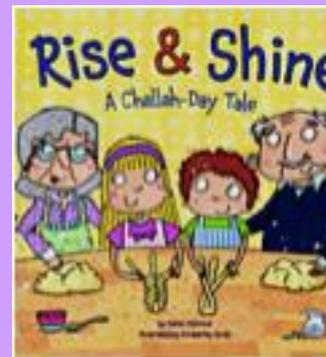
To jumpstart and encourage conversation between children and seniors

## Guidelines:

- Keep questions simple
- Pair individual families with several seniors or have 2-3 families work with several seniors
- Provide graceful “outs” for those who may not be ready to talk or share information
- Plan “rewards” for those who participate in the interview process
- Decide how answers will be shared

Today, we learned new words!

New Word	Language of New Word	English Translation	Name of Person Who Taught This Word
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	_____
5. _____	_____	_____	_____
6. _____	_____	_____	_____



## New Words Game

### Directions:

Ask families to choose one new word to teach the group.

Family states the language of the new word and the word.

Family attempts to pantomime/act out the meaning of the word.

# More Interview Activities

## Thankfulness Interview

תודה רבה  
Thank You

Name of Person	Person- a person for whom I am thankful (and why)	A time (day or special occasion in my life) for which I'm thankful (and why)	Place- A place that I love and for which I am thankful (and why)

## Name that Fruit

On Tu B'Shevat, we try to eat a wide variety of fruits. Using the fruit pictures in front of you, or drawing on your own knowledge, jot down names of fruits that will fit each category. Your team will receive prizes based on the total number of fruits on your list.



Names of team members:

Fruits with hard, inedible outsides and edible insides (examples: banana, orange)	
Fruits with edible outsides, and seeds or pits inside (examples: peaches, apples)	



## Sample Yarn Toss

### Questions

- Can you describe a lesson or skill that you learned from one of your grandparents?
- Can you describe a time when you made a mistake?

# Building Relationships Through “Helping Hands”

Ask children to assist seniors by:

Bringing art supplies, song sheets, snack foods etc. to seniors; recording a seniors response



Ask seniors to assist children by:

Reading instructions aloud, reading a story , writing down a child’s response



# Gifts as a Means of Building Relationships

## How it Works:

Seniors and Children create a memento of the event that will be displayed in Senior Center

## Rationale:

- As children work an item to be left behind they learn one more way of honoring elders
- Helps to strengthen Seniors feelings of connectedness
- Can reinforce educational components of program



# Using Music and Song to Build Relationships

## Points to Remember

- Search for songs that will be familiar to families and seniors
- Prepare song sheets
- Where possible, integrate movement with song
- Live musical accompaniment enhances the experience



# Sample Songs

## **Bubbie, Bubbie, When Are You Coming to Visit Me?**

*Tune: My Bonnie Lies Over the Ocean*

My Bubbie is also my grandma, my savta, my omma,  
my nana.(2X)

Bubbie, Bubbie when are you coming to visit me?  
Bubbie, Bubbie when are you coming to play?

My Zaydie is also my grandpa, my Saba, my poppa, my  
gramps (2x)

Zaydie, Zaydie when are you coming to visit me?  
Zaydie ,Zaydie when are you coming to play

## **If You're Happy and You Know It**

If You're Happy and You Know it  
Patchin kichlehe-clap your hands  
Nod your keppie (head)  
Shake your tuches (your bottom)  
Stamp your fiselach (feet)

## **Did You Ever See A Turkey?** Author Unknown

*Tune: "Did you ever see  
a Lassie*

"Did you ever see a  
turkey a turkey a  
turkey.

Did you ever see a  
turkey go this way and  
that? **(Bob head ,  
crouch down, and  
strut like a turkey)**

Go this way and that  
way and this way and  
that way. Did you ever  
see a turkey go this  
way and that?

# Snacks and Friendships

## Guidelines

- Check with Senior Facility about food restrictions/requirements
- Think creatively
- Try to connect snack food to program values and themes
- Encourage children to prepare and serve food to Seniors



# Other Types of Intergenerational Programs

**jkidphilly** <sup>3rd Annual</sup> Winter Concert & "Sock-Hop"

Join jkidphilly and the Abramson Center for our 3rd Annual Winter Concert and "Sock-Hop!" For families with young children.

**Sunday, December 25th, 2011**  
10:00AM-12:00PM  
Registration opens at 9:30AM  
Madyln and Leonard Abramson Center for Jewish Life  
1425 Horsham Road, North Wales, PA 19454

- Child-friendly snacks
- Children's Art Project
- SPECIAL musical guest, JOANIE LEEDS of Joanie Leeds and the Nightlights!

There is **NO CHARGE** for this program, but space is limited and admission will be on a first-come, first-served basis.

In lieu of a charge for this fun "Sock-Hop," please "pay it forward" by bringing a package of new adult-sized socks to be donated to the residents of the Abramson Center.

For more information, contact Amy Schwartz at [aschwartz@jewishlearningventure.org](mailto:aschwartz@jewishlearningventure.org) or visit [www.jkidphilly.org](http://www.jkidphilly.org)

Visit us at [jkidphilly.org](http://jkidphilly.org) on your mobile device. Visit [joanieleeds.com](http://joanieleeds.com) on your mobile device.

Formerly Averbach Central Agency for Jewish Education/Jewish Outreach Partnership  
7607 Old York Road / Metrose Park PA 19027 / 215.320.0360 [jewishlearningventure.org](http://jewishlearningventure.org)  
Partners with Jewish Federation of Greater Philadelphia

Jewish Learning Venture



PJ Library & Philip Benjamin Tower Present:

**BUBBES & BUBBELAHS**

Bring your children for an awesome intergenerational PJ Library event! We'll read, do crafts, & nosh! PJ Library story read by special Lion of Judah guest reader, **Marilyn Benjamin**. All ages Welcome!

**DATE:**  
**THIS SUNDAY**, June 23, 2013

**TIME:**  
1-3pm

**LOCATION:**  
Philip Benjamin Tower- 250 58th Street N St. Petersburg, FL 33710



# More Programs



**Purim Mitzvah Day!**  
Sunday, March 4, 2012 | 1:30-4:00pm  
The Phyllis Siperstein Tamarisk  
Assisted Living Residence  
3 Shalom Drive, Warwick

Join us for Hamentaschen making,  
costume parade, story time, crafts and more...  
All the pastry will be delivered to local nursing homes!  
Contact Michelle Cicchitelli for more information:  
401.421.4111 ext. 178 or [mcicchitelli@shalomri.org](mailto:mcicchitelli@shalomri.org)

**Alternate Location:**  
**URI Hillel, 6 Fraternity Circle, Kingston**  
The public is invited to join URI Hillel for  
Hamentaschen baking on Sunday, March 4.  
Registration for the Hillel location is available at:  
[www.urihillel.org](http://www.urihillel.org) or by phone 401.874.2740.

Gift delivery of the Hamentaschen to nursing home residents is sponsored  
by the Women's Association of Jewish Seniors Agency.  
Jewish Eldercare of Rhode Island delivers the Hamentaschen.



**Jewish Alliance  
OF GREATER RHODE ISLAND**

The PJ Library is a program of the Jewish Alliance of Greater Rhode Island  
in partnership with the Harold Grinspoon Foundation.

**SUNDAY, OCTOBER 9, 2011**

The New Orleans Jewish Day School Grandparents Club  
Invites all PJ Library Families to  
**Picnic in the Park**  
At City Park Boathouse  
2:30 pm—4:30 pm

Parents, grandparents, and  
special friends are all invited!  
NOJDS will provide a tasty dessert  
and a beautiful gondola  
ride on the Bella Mae



Also join us for PJ Library story time and  
Sukkot holiday crafts

Please RSVP for the gondola ride  
as space is limited.  
RSVP Lauren Ungar [lungar@nojds.com](mailto:lungar@nojds.com)  
or 504-887-4091



**JCRS**  
Jewish Children's Regional Services  
www.jcrs.org