



INTERGENERATIONAL RESOURCE PACKAGE FOR TEACHERS

"PEOPLE WILL FORGET WHAT YOU SAID, PEOPLE WILL FORGET WHAT YOU DID, BUT PEOPLE WILL NEVER FORGET HOW YOU MADE THEM FEEL" MAYA ANGELOU

INTERGENERATIONAL (IG)- INTERACTIONS WHERE MULTIPLE GENERATIONS OF PEOPLE COME TOGETHER.

Participation in Intergenerational programs and opportunities will foster life skills, such as community engagement and civic duty, as well as workplace essential skills. The primary goal of intergenerational activities and opportunities is to expose students to the nursing home environment and to senior care; a field that has numerous career opportunities.

Experiencing the nursing home environment and engaging with residents is an extremely valuable learning tool for youth and will help exposure the NB Student's to potential career paths in the province.

BENEFITS OF INTERGENERATIONAL PRACTICE

The Therapeutic Recreation teams observe a sense of optimism and purpose when the youth are engaged in IG programs with the residents. **There is an opportunity to create a bond between the resident and youth.** The outcome allows for community engagement without the barrier of ageism.

Reminiscing with youth about personal real world experiences fosters meaningful connections between youth and seniors.



There is potential to reduce isolation and increase socialization within the home and the community. In many cases it allows for the resident to be involved in developing a new skill or an opportunity to be active and engaged in a new way.



NARRATIVE CARE- A HIGHLY THERAPEUTIC PRACTICE OF SHARING STORIES

Narrative Care is fostering meaningful conversation with a resident and their friends and family, to tell the story of the resident's life. It is an extremely rewarding experience for both the resident and the student; and provides valuable connections that break down intergenerational barriers.



Supporting a narrative environment that is warm, inviting and healing, that focuses on quality of connection made rather than the quantity of time. **Narrative care is about the attitude more than the activity, listening closely, interestedly, and respectfully to and for the stories by which older adults see themselves.**

TRANSFER OF KNOWLEDGE

Knowledge that is passed from generation to generation.

"Younger generations bring the outside in; while older adults bring the inside out", Bill Randall (STU Gerontology Professor).



**"EVERY ENCOUNTER YOU HAVE WITH AN OLDER ADULT IS AN OPPORTUNITY TO HONOUR AND CONNECT WITH THE INDIVIDUAL"
- BILL RANDALL; STU GERONTOLOGY PROFESSOR**

<https://centresofexcellencenb.ca/health/>

Narrative Care Experiential Learning Opportunity

CELEBRATING IG CONNECTIONS

IN NEW BRUNSWICK SCHOOLS

[Click here for the rubric outlining the Global competencies embedded in your curriculum that connect to the following activities!](#)

CUDDLE-THERAPY

Grade 9 students from Cité des Jeunes A.-M. Sormany in Edmundston expressed their interest in a new cuddling room at Résidences Jodin Inc.

Under the supervision of the Director of Nursing, the students were responsible for the design and assembly of the room. They planned everything: from the purchase of the necessary materials and furnishings until its launch. This room will be called "Câlins au Jodin" named by the students. It will be a place where residents and their families can rock, wash, cuddle and take care of the four new babies. The students accomplished their mission to make this room calm and peaceful for the residents and their families.



EASTER EGG HUNT

The COE for Health was thrilled to support a fun Easter Egg Hunt for the Shannex residents at Neill Hall in Fredericton, NB and the Gibson Neill Elementary School students.

89 students and 63 residents took part in the socially distanced Easter Egg Hunt. The residents of the home had fun hiding the eggs and watching the students hunt for the eggs from the windows of the home. The students also brought homemade Easter Cards to give to the residents to say thank you for the fun and treats!

"What an amazing experience!!! Very touching. We are looking forward to walking down again and maybe having lunch on the grass and delivering some more mail. Looking forward to many more experiences with our friends from Shannex!"
Ms. Hoyt, Gibson Neil School

Easter Egg Hunt with residents of Shannex and students from Gibson Neil Elementary



"We loved having Shannex join us and we would love to have it happen again next year. We'll reach out with our concert dates before the end of the year so you can plan ahead!"
Greg Webber, FHS SPR

HIGH SCHOOL YEAR END CONCERT

The Centre of Excellence Health was thrilled to partner with a local Shannex home and offered a High School concert opportunity to the residents at Fredericton High School.

The year-end concert and celebration took place in the Tom Morrison Theatre and was organized by the Music SPR, Greg Webber.



PORT ELGIN REGIONAL SCHOOL GREENHOUSE

In response to challenges in upkeeping school gardens and greenhouses in many school communities, especially during the summer months, an IG partnership between senior volunteers at Nursing Homes without Borders and Port Elgin Regional School was created.

Relationship building and idea sharing between the students and volunteers was fostered. Students chose to work on the greenhouse as a part of their choice block during the school year, as it is a winterized space. They learned the ins and outs about gardening during this time. The senior volunteers brought a wealth of knowledge and information, but most of all, a passion for gardening and connection. Students and seniors worked together to upkeep a garden and/or greenhouse, all while promoting healthy living and healthy habits.



CELEBRATING IG CONNECTIONS IN NEW BRUNSWICK NURSING HOMES

"Part of the appeal of intergenerational communities is that there is diversity in age, background, education, and so much more. This provides opportunities for the excitement of the young to bring out the vitality and exuberance of seniors, while the wisdom of the older adults brings out the thirst for knowledge and the natural curiosity of the young".



IG is instrumental when it comes to keeping life interesting and inviting new opportunities to learn from others.

These programs for seniors offer an opportunity to bridge the generation gap offering numerous benefits for both generations.

SHANNEX CONNECTIONS

- Students from Netherwood School came to talk and meet with residents. One of them brought an instrument and played for the residents.
- Virtual Reading activities were created with K-Gr 2 kids from M Gerald Teed.
- Pre-Covid residents would go to classrooms at M Gerald Teed and read stories to the children. There was one hour of reading session, one-on-one, where students had an opportunity to read to the residents as well.



There are several IG programs in the community with connections with our local schools including:

- Monthly art program with Bayview Elementary School "Art Wall"
- Reading & Musical programs with local schools
- Programs with the daycare that is housed at Loch Lomond Villa
- Individualized visits- playing games, etc
- Group programs- baking, computers, gardening, skill sharing etc.
- IG cultural events at Imperial Theatre
- IG Holiday Celebrations- Easter Egg Hunts, Halloween trick or treating, Christmas etc.
- Reading programs at local elementary schools
- Woodlawn Learning Centre Thanksgiving luncheon
- Baby Days
- Youth Ambassadors
- Resident/Coop, Student connections

