

April 2023

InterGenNS Community Connector

North Shore Community Resources in partnership with SFU Department of Gerontology



Welcome to the Second Edition of InterGenNS Community Newsletter! In collaboration with North Shore Community Resources and the SFU Department of Gerontology, the InterGenNS Project connects diverse generations in the community and provides support to organizations looking to develop or expand intergenerational opportunities. Recently, we have launched our InterGenNS Resource Hub and Program Directory, and have made big steps in connecting the community of the North Shore.

To learn more, visit our webpage: <https://community.nscr.ca/intergenns/>

Welcome to the Second Edition InterGenNS Newsletter

The InterGenNS Project (Intergenerational North Shore) is enthusiastic to launch its second newsletter! Since 2019 this grassroots community-based project aims to support and initiate intergenerational initiatives on the North Shore. Thanks to various short-term funding opportunities from CERi (Community Engaged Research initiative), Mitacs, and the West Vancouver Foundation, we have completed **four** phases, that started with a strong research focus that then transitioned into a more community-focused approach.

The InterGenNS Project remains connected with more than 30 community organizations and growing that are predominantly located on the North Shore, apart from Simon Fraser University's Department of Gerontology. North Shore Community Resources Society (NSCR) is the host agency of the project and houses the InterGenNS Coordinator position, InterGenNS webpage, Intergenerational Program Directory, and Resource Hub. Since phase three we have expanded the Resource Hub and continue to work to build a resource center to increase public awareness and help the public connect to the broad variety of important programs across the North Shore. BC Council for Families has also been a partner from the beginning and our lead for Intergenerational training programs (read about our latest opportunity on page 10!). This second edition of the InterGenNS Newsletter focuses on showcasing innovative and inspiring local intergenerational opportunities that may serve as inspiration to think of how you may be able to purposefully bring the intergenerational perspective into your daily life! We hope to continue building collaboration between different community groups, diverse populations, and the full range of ages and stages so that together we can bring offer new ways to connect across the generations.

Let yourself delve into the areas that you find stimulating and uplifting! We want to acknowledge Kartina Ewart, InterGenNS Coordinator and Rachelle Patille, InterGenNS Graduate Research Assistant, for their exceptional efforts in making the newly developed resources a reality. The InterGenNS Project looks forward to the next phase of InterGenNS and its benefits for the North Shore community.

Rachelle Patille, InterGenNS Graduate Research Assistant

June Maynard, InterGenNS Community Volunteer

Land Acknowledgement & Diversity Disclaimer

We acknowledge and honour that the community initiatives mentioned in this newsletter take place on the unceded lands of the Coast Salish people, including the St'at'imc, Skwxwú7mesh (Squamish), xʷməθkʷəy̓əm (Musqueam) and səliłwətaʔt (Tsleil-Waututh) Nations.

Nearly all of the photos used in this newsletter are stock images (i.e. they were not taken at North Shore community events). We chose photos that capture the diversity and inclusivity that we would like to see in the North Shore's intergenerational community initiatives, and we hope that - with the support of the InterGenNS Resource Hub and Program Directory - this can become more of a reality.

We would like to ensure that all residents feel welcome attending, participating in, volunteering for, and starting intergenerational community initiatives on the North Shore, and we hope that future editions of this newsletter will soon be able to include authentic photos of North Shore intergenerational community initiatives that capture the diversity and inclusivity of who we are.

Faiz Jaffer

Former InterGenNS Project Coordinator

What is InterGenNS?

InterGenNS helps connect people from different generations on the North Shore. We also provide resources to help community partners develop, implement, and expand intergenerational programming.

How do we define "intergenerational"?

Programs, opportunities, events, or gathering places that, purposefully or organically, facilitates interaction between/among generations – thinking beyond age to include people with varying abilities, newcomers, and diverse community members.

Take a look at our [Resource Hub](#) for information on:

- Planning and developing intergenerational initiatives
- Intergenerational training resources
- Evaluating intergenerational initiatives
- Toolkits, books, and videos on inter-generational topics and themes



GOOD NEWS!

Funding has been secured through a SPARC GRANT to hire a part-time contract Intergenerational Facilitator . Are you passionate about trying to build this up on the North Shore? If so, contact Sue Carabetta (sue.Carabetta@nscc.ca) or June Maynard (june.morissette@gmail.com) or more information on this new position.

Intergenerational Programs on the North Shore

Intergenerational Make It! Workshop with West Vancouver Rec Center: Put your creativity to work with this fun group. Each month specific projects will be made - all goods will be sold at the SAC. This is an intergenerational initiative between our Youth and Seniors. All proceeds will go towards Feed the Need. This activity is free, all supplies will be provided. Click [here](#) for more information.

Mother Goose Intergenerational with Capilano Community Services and NSCR: This is a parent/child participation program for families with children aged newborn to 15 months. Seniors are welcome to join the program to celebrate the joys of music. The Intergenerational Parent-Child Mother Goose Program is an important approach in bringing together families, babies, and seniors. Click [here](#) for more information.

Storytime at North Vancouver District Libraries Stories read to infants, toddlers, and preschoolers, Caregivers stay with their children and both interact with other families. Seniors can attend, play, and interact with the children and caregivers. Various times and locations, held at North Vancouver District Libraries. Registration is not required. Click [here](#) for more information.

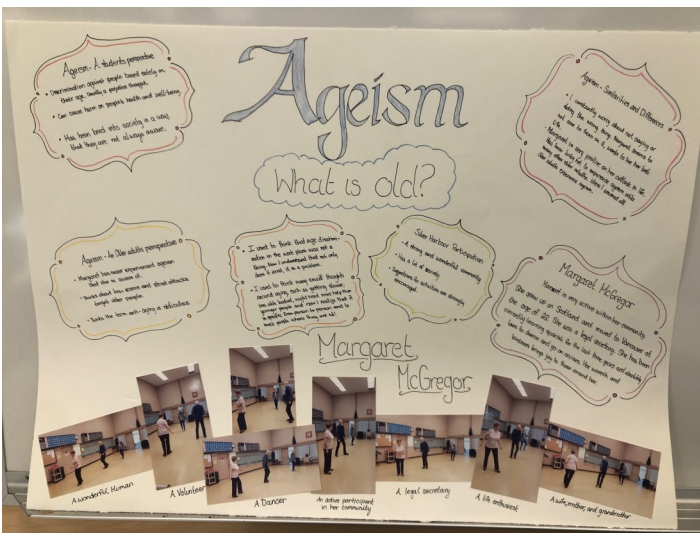


For more intergenerational programs running on the North Shore, checkout our [Program Directory](#)

Intergenerational Inspiration: Local Initiatives

Intergenerational Program with Capilano University Students and Silver Harbour Seniors' Activity Centre

Over the last few months, Capilano University's Kinesiology 225 Aging and Health class and Silver Harbour Seniors' Activity Centre have engaged in an intergenerational project under the auspices of [City Studio](#). CapU students and Silver Harbour program participants and volunteers came together to connect on a project focussed on combatting ageism. Students were matched with and interviewed an interested older adult, asking questions about the older adult's experience with ageism and also their participation at Silver Harbour and its benefits. Students were also able to observe seniors as they participated in programs or volunteered, and in some cases the student-senior pairs participated together in a program. Project participants learned about and reflected on their different experiences and perspectives on ageism and how this project might have changed their perspectives! Below are some photographs highlighting different aspects of the project!



Community Cookbook Project

North Vancouver City Library celebrated intergenerational connections through a Community Cookbook Project which invited community members to submit their favourite recipes for others to make and enjoy. The recipes spanned a wide variety of generations and cultures (five continents were represented, and one recipe spanned four generations!), and many of the submissions included heart-felt family stories. We then hosted a Recipe Share & Swap where all of the recipes were on display for folks to browse, and attendees enjoyed talking more about their submission!

InterGenNS Recognition

Special Recognition Award

Simon Fraser University's Community Engaged Research Initiative (CERi) awarded three members (Rachelle Patille, Sue Carabetta, and Dr. Habib Chaudhury) of the InterGenNS Project with the Special Recognition Award for creating and maintaining an outstanding partnership between Simon Fraser University and North Shore Community Resources. Click [here](#) for more information.



Seniors Leadership Award

June Maynard, creator of the InterGenNS Project was awarded the Seniors Leadership Award by the Simon Fraser University Gerontology Research Centre to recognize the exemplary volunteer contributions that she makes in the community. June decided that during her retirement she would work to bring more awareness to intergenerational connections in the North Shore community and was the inspiration of the InterGenNS project where she volunteers as the InterGenNS Project Steering Committee Head Representative. There is no doubt June's innovation and leadership has led to nearly three successful years of the InterGenNS Project! Click [here](#) for more information.

Newly Added to the Resource Hub!

[A Webinar on Cultural Responsiveness in Intergenerational Programs:](#)

A webinar hosted by Generations United on the importance of organizations bringing younger and older people together from diverse communities and recommendations for designing programs that reflect different cultural norms and values.



[Intergenerational Programmes Evaluation:](#)

This book provides useful information on the methods and techniques for evaluating intergenerational programs.



[Intergenerational Case Studies from Around the Globe:](#)

A guide created by HelpAge that gathers ten case studies which capture key principles and practical steps to inspire effective intergenerational change.



Click [here](#) for more on our Resource Hub

Additional Resources

The first edition of our InterGenNS Community Connector:

- [June 2022 Edition](#)

Listen to the intergenerational trio, Rachelle Patille, Sue Carabetta, and June Maynard, speak about bridging the gap of academia and community, the impacts that COVID had on project goals and funding, and the challenges of embarking upon community-engaged research:

- [Below the Radar Podcast: Intergenerational Community Building with InterGenNS](#)

If you'd like to receive updates about the InterGenNS Project as well as updates on new or seasonal intergenerational initiatives on the North Shore, subscribe to our



Celebrate Intergenerational Day with InterGenNS!

FREE Intergenerational Training - June 12th, 2023

The BC Council for Families and the InterGenNS Steering Committee are hosting a training sponsored by North Shore Community Resources to raise awareness for intergenerational programming with seniors and youth. Learn how to facilitate Intergenerational Sensitivity Training for both youth and seniors. Betty Good from LinkAGES Alberta has been invited to share her expertise.



Sensitivity Training for Youth & Seniors

Train the Trainer Model (In-person)

Monday, June 12th from 9 to 12 noon

At North Shore Community Room - Suite 201-935 Marine Drive

Capacity is limited to allows for a broad range of organizations to participate. We will likely be able to train one person from each organization. If interested please mail Lynn Joseph (lynnj@bccf.ca) for information or to register!

Ways to Celebrate Intergenerational Day in Your Community!



- Call someone in your life that's of another generation and have a chat!
- Check in with a neighbour who is of another generation!
- With your family or friends create 10 mythbusters on misconceptions about age!
- Identify intergenerational spaces in the community and go visit them and reflect on what can be added to these spaces!
- Think of 5 innovative ways to reconnect among families and communities that bring all ages together!

If you want to think bigger, think of how you can bring some of the ideas mentioned above to your organizations and programs!

Thank you!

The InterGen Project would not be possible without:

The guidance of the InterGenNS Steering Committee



The support of the InterGenNS Larger Community Group

