

InterGenNS Community News




In Opening

We acknowledge with gratitude that we live, work and play on the traditional unceded homelands of the Skwxwú7mesh (Squamish), xʷməθkʷəy̓əm (Musqueam), and Səlílwətaʔ/Selilwitulh (Tseil-Waututh) Nations. Intergenerational connection and wisdom is deeply valued in indigenous cultures and we hope to learn from and honour these traditions in our work on the North Shore.

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“Participating in [intergenerational] programming creates a reciprocal learning environment where participants learn from one another through shared experiences and interactions. These interactions facilitate mutual learning/co-learning and bi-directional mentoring. Through various forms of engagement and interaction between generations a meaning making process is initiated resulting in the development of meaningful relationships and bonds over time.” (Patille, 2023).

What is InterGenNS?



InterGenNS is a grassroots initiative that works to build and grow intergenerational programs, connections and collaborations on the North Shore. InterGenNS is a project by and for the community and is informed by an engaged group of community partners and steering committee. We provide a Program Directory and Resource Hub on the North Shore Community Resources [website](#) and host a quarterly Community of Practice for interested community organizations to brainstorm, connect and share about their programs. InterGenNS also plans and engages in events that bring together youth and seniors to connect and learn from each other.

Inclusive Intergenerational Definition:

encompasses various programs, events, or gathering places that, purposefully or organically, facilitates interaction between/among generations – thinking beyond age to include persons with varying abilities, newcomers, and diverse community members

(Canning, Gaetz, & Blakeborough, 2018; Jarrott, Smith, & Weintraub, 2008; Kemp, 2005; Anderson et al., 2017; Moody & Phinney, 2012)





Letter from the InterGenNS Facilitators

Dear InterGenNS Community,

We hope you are all enjoying the Summer so far, and will have lots of opportunity to get outside, enjoy some seasonal fruit, and have some time off to relax. As we move into the slower-paced Summer months, we want to leave you with this Newsletter and hope you find some inspiration for the Fall. We also want to extend a heartfelt thank you to Sue Carabetta as she moves onto a new opportunity as the Programs and Lifestyle Manager at Chartwell Retirement Residences. Since the inception of InterGenNS, she has been a tireless advocate and a driving force behind creating this community. Her spirit, sense of fun, and passion for this work will be dearly missed, but we know she will continue to spread joy and build community in her new role. We look forward to working with Sue as a member of the Community Table! We hope you all have a fun and safe Summer 😊

Warmly,

Yola and Caitlyn





A Farewell From Sue Carabetta



“It has been my pleasure to be a part of the InterGenNs Steering Committee for the past four years and to serve our community as Manager of Community Engagement and Seniors programs at North Shore Community Resources. I have moved on to a new role as the Lifestyle and Programs Manager at Chartwell Churchill House and am enjoying getting to know all the residents who live there!! The North Shore including all the organizations, schools, municipalities, residences and so many more who celebrate and build intergenerational relationships are a part of what building strong community is all about. It remains one of my absolute core passions to build a diverse network of intergenerational community in our neighborhoods and municipalities across the North Shore. I look forward to being a part of the InterGenNS table and to building new opportunities for intergenerational programs at Chartwell Churchill House. Please feel free to reach out and connect if you have new visions for InterGenNS relationships we can pursue together. You can reach me at: scarabetta@chartwell.com.”



GETTING THE WORD OUT

Spreading the word about IG!

Wondering how to create community momentum for intergenerational initiatives and programs?



- Add an “Intergenerational” section to your website
- Send your program features to InterGenNS for us to include in the next newsletter or on our website’s [Program Directory](#).



Cycling Without Age

COMMUNITY
PROGRAM
FEATURES



CYCLING WITHOUT AGE

Free accessible rides are available every Tuesday from 10 am! Free accessible transportation to and from your home is available.

Join us for a free forest trail ride at our upcoming Special Events on:

- July 4-6 - Bridgman Park
- July 24-27 - Lower Seymour Conservation Reserve
- August 29-31 - Bridgman Park

PROUDLY SUPPORTED BY



CONTACT US TODAY

- 604-980-2474
- northshore@cyclingwithoutage.ca
- <https://cyclingwithoutage.ca/northshore/>

Free Trishaw Rides for mobility challenged passengers and their caregivers on North Shore's enchanting forest trails!



SCAN TO LEARN MORE

Cycling Without Age is a global movement started in 2012 in Denmark with the aim of improving the lives of the elderly and helping them to break free from social isolation.

Cycling Without Age North Shore was established in 2019 as a program of Silver Harbour Seniors' Activity Centre. [Click here](#) to check out their website.

Connecting Communities Webinar

AFC WEBINAR

Connecting Communities Across Generations: The Power of an Intergenerational Approach

Intergenerational programs unite the young, old and in-between in ways that enrich participants' lives and help address community challenges.

 **August 21, 2024**  **11am - 12pm PST**



Rachelle Patille
Social Gerontologist




Yola Switkowski
Co-facilitator of InterGenNS

Caitlyn Swail
Co-facilitator of InterGenNS



Registration: bit.ly/intergenPower

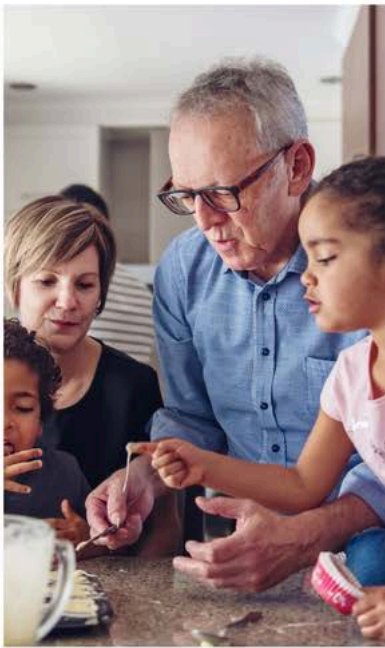
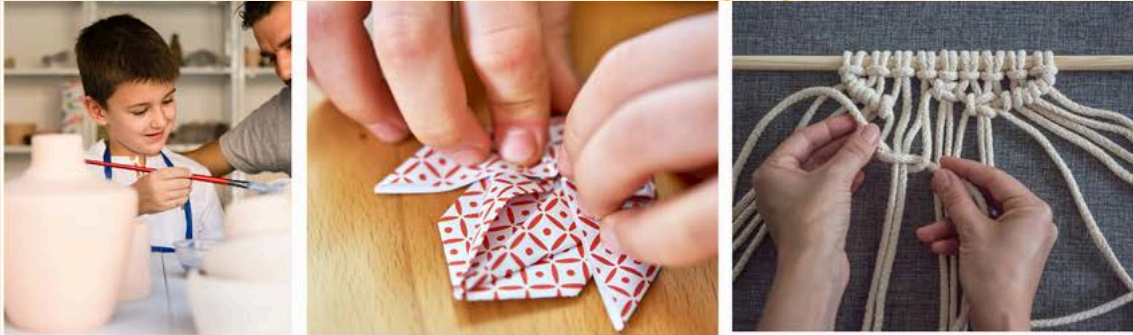
Join Rachelle, Yola, and Caitlyn for a webinar exploring an intergenerational approach to connecting communities!

-  August 21, 2024
-  11:00 AM - 12:00 PM PST
-  Zoom

[Click to register](#)

CHECK OUT WHAT'S HAPPENING IN THE COMMUNITY!

COMMUNITY PROGRAM FEATURES



Artful Connections >>> **CRAFT WORKSHOPS**

Introducing our exciting new series of workshops for school-aged kids and their grandparents! This summer, join us for a journey of creativity, connection, and endless fun. Our workshops are designed to bridge generational gaps while fostering creativity in a vibrant environment.

24 JULY, 2024

WEDNESDAY

TIME 10AM-12PM

MACRAME WORKSHOP

COST: \$10 /PERSON

19 & 26 JULY, 2024

FRIDAY

TIME 1PM-3PM

WEAVING WORKSHOP

COST: \$20 /PERSON

31 JULY, 2024

WEDNESDAY

TIME 10AM-12PM

ORIGAMI WORKSHOP

COST: \$10 /PERSON



SILVER HARBOUR SENIORS ACTIVITY CENTRE

144, EAST 22 STREET, NORTH VANCOUVER



REGISTER NOW!  www.silverharbourcentre.com

 604-9802474

Speed Convos with Teens and Seniors

Speed Convos with Teens and Seniors was held on June 1st, which is also Intergenerational Day! This event was put on by the intergenerational Youth Committee & Pre-Teen Advisory Committee in partnership with the BC Association of Community Response Network



A Talk about Ageism & SPEED convos with Teens & Seniors!

THE 2023 EVENT

Saturday, June 1
1 p.m.-2:30 p.m.
talk: 1:15-1:45 p.m. | convos: 1:50-2:30 p.m.

Fabric Arts Room
at the Seniors Activity Centre

In celebration of Intergenerational Day, we would like to invite you to a special event, *A Talk About Ageism & Speed Convos with Teens and Seniors!* In this event, teens and seniors will get to know a little more about each other's generation. Drink a coffee, have a sweet, and enjoy meaningful conversation in five minute increments!

Enquiries? Email Shakila: samiri@westvancouver.ca

Organized by the Intergenerational Youth Committee & Pre-Teen Advisory Committee
in partnership with the BC Association of Community Response Network

westvancouver

CHECK OUT WHAT'S HAPPENING IN THE COMMUNITY!

COMMUNITY
PROGRAM
FEATURES



Check out this article about the importance of Intergenerational Connection by Keeping in Touch BC. The article includes interviews of BC Council for Families and InterGenNS

[Click to Read](#)

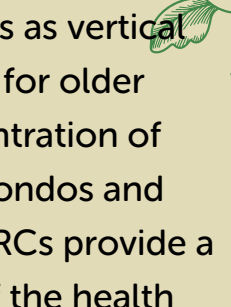
An Update from Rachelle Patille, InterGenNS Researcher and SFU Masters of Gerontology Graduate



Rachelle Patille has a Masters of Gerontology from Simon Fraser University and was involved in establishing and growing InterGenNS and completed research that contributed to InterGenNS and knowledge about intergenerational programs on the North Shore

Rachelle now has a new role as a NORC Community Connector at the University Health Network! This role might sound intriguing and obscure at the same time. You might be asking yourself... What does "NORC" stand for? What exactly is a "Community Connector"? What would this job look like? Not to worry, Rachelle is going to unpack this all for us!

The NORC Innovation Centre at University Health Network (UHN) is a first-of-its-kind centre dedicated to advancing a 21st-century model of integrated health and social care in naturally occurring retirement communities (NORCs). UHN is Canada's #1 hospital and the world's #1 publicly funded hospital. With ten sites and more than 20,000 staff, UHN consists of Toronto General Hospital, Toronto Western Hospital, Toronto Rehab, Princess Margaret Cancer Centre, The Michener Institute of Education and West Park Healthcare Centre. By leveraging multiple capabilities across UHN and the broader health and social sectors, the NORC Innovation Centre (NIC) seeks to provide Canadians with innovative options for aging in the right place with dignity and choice. The NIC was born out of the efforts of UHN OpenLab, an interdisciplinary design and innovation studio dedicated to finding creative solutions at the intersection of health and society. Today, the NIC encompasses operational, policy development, research and design arms as well as social and clinical staff who work very closely with



residents who live in NORCs. NORCs are most common in urban centres as vertical high-rise structures that coincidentally, were not intentionally designed for older adults but, for a variety of reasons, have become home to a high concentration of those aged 65+. In fact, Ontario has close to 2,000 rental apartments, condos and co-ops where at least 30 percent of their residents are older adults. NORCs provide a unique opportunity to efficiently work towards addressing the siloing of the health and social care system by leveraging the density of older adults living in one place to provide necessary integrated health and social support services – literally meeting people where they are at and actively changing that way community-based services and supports for older adults are conceptualized.

As a Community Connector I work with a specific NORC to support the delivery of an integrated health and social care experience for residents to stay living in their home happily for as long as possible. In addition to this I work with the residents directly to develop community-led solutions that provide new options for aging in place within their very own community. These community-led solutions are facilitated by mobilizing and empowering residents, developing trusting and empathetic relationships, facilitating a mutually supportive environment to create new, ground-up solutions from older adults for older adults. By applying a relational approach to care coupled with an assets-based approach, NORC acts as a “net” to “catch” any residents during challenging experiences related to social and/or health experiences and enable them to continue living the life they wish to live with dignity and independence in their community of choice. My favourite part of being a Community Connector is connecting with so many older adults who share such a rich passion for improving not only their own lives as they age but also the overall well-being of their neighbours and community. I love that I get to support others as they support themselves and those they deeply care about every day – it is truly an honour to be welcomed into so many lives.

The NIC is testing out a variety of NORC models ranging from a staffed site (which my role consists of) to a do it yourself (DIY). The NIC has developed tools and resources to help catalyze DIY aging in place initiatives to support and empowered residents to create their very own aging in place community! If you would like to learn more about the NIC please visit our website at <https://norcinnovationcentre.ca/>! If you would like to get in touch with Rachelle, directly feel free to email her at rachelle.patille@uhn.ca.

NEW ITEMS ON THE RESOURCE HUB



These three short and easy to navigate starter guides were created by Rachelle Patille as part of her Masters of Gerontology at SFU and based on her research with Volunteer Grandparents. Click to read.

[Intergenerational Program Guidelines](#)

[Questions to Help You Get Started](#)

["You Don't Have to Be Related to Be Family"](#)

[Resource Hub](#)

[Program Directory](#)

UPCOMING TRAINING WITH



Sensitivity Training: Older Adults and Youth Together

October 17, 2024

9:00 AM - 12:00 PM

Online via Zoom

[Register Here](#)

Have an intergenerational program or initiative we should know about? We'd love to hear from you! Fill out the program directory intake form [here](#) or contact us at caitlyn.swail@nscr.ca

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



And thank you to our current funders!

