

Intergenerational Connections





Why is it important that generations speak to each other?

- benefits both younger and older adults
- helps in mental health



Statistics are as of 2019 Organization Annual Report
(only as accurate was reported)

1% were 85 years of age and up
16% were between 75 - 84
44% were between 65 - 74
26% were between 55 - 64
10% were between 45 - 54
3% were between 35 - 44
1% were between 25 - 34



What is the issue?

Age segregation

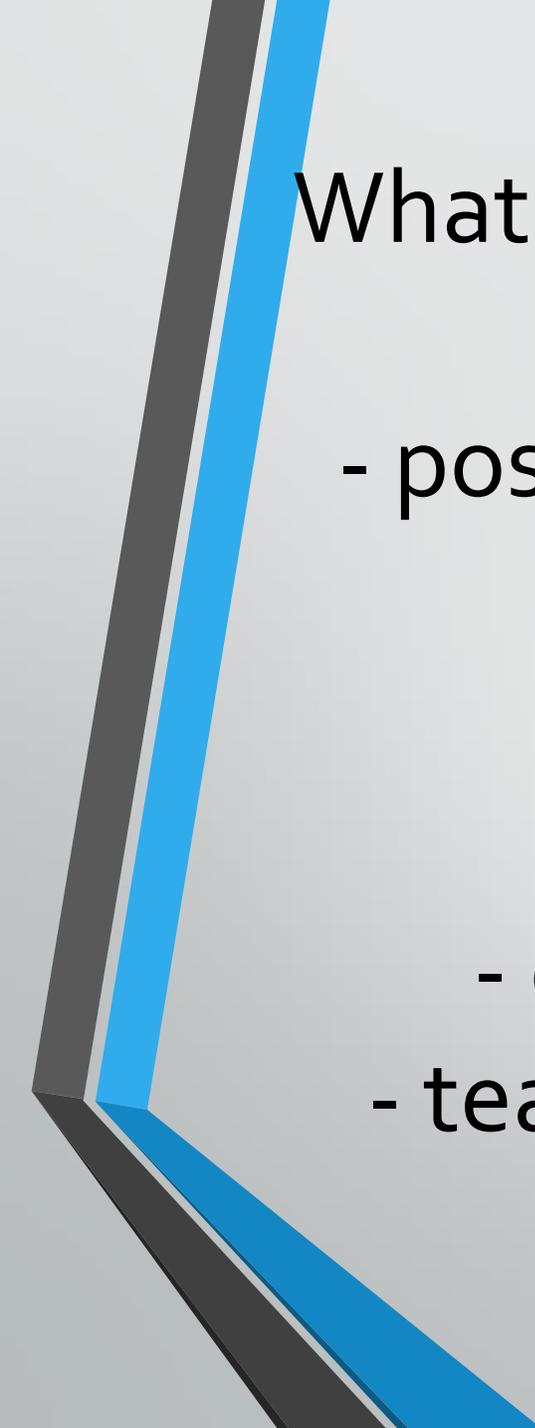


Knowledge of Technology



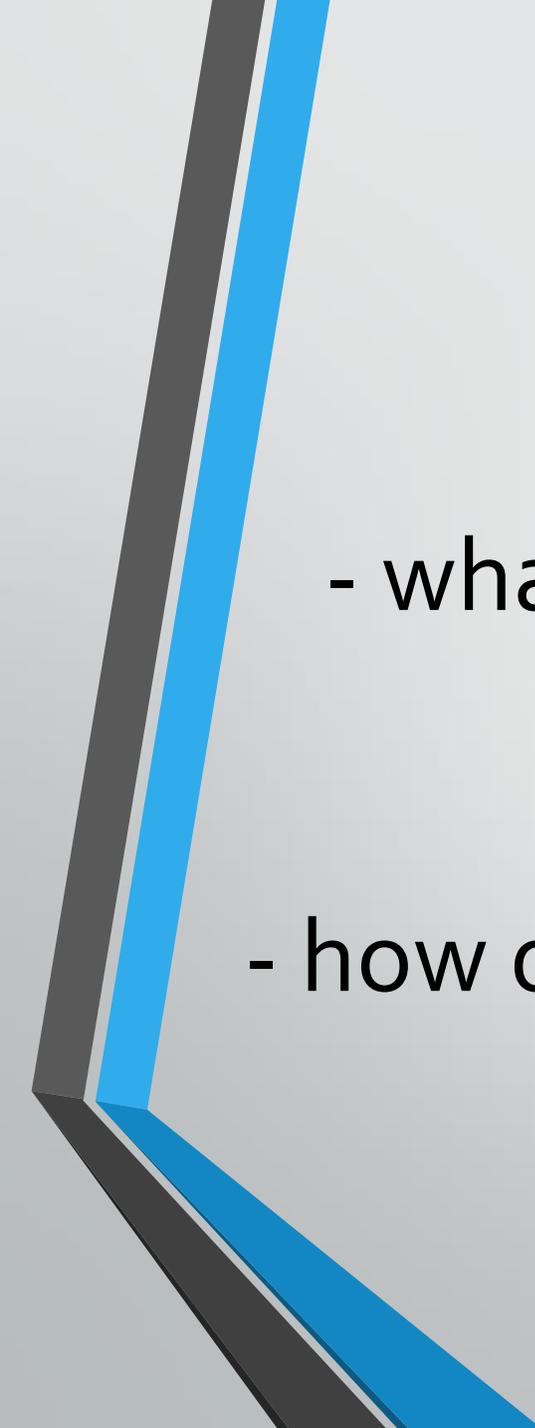
Available Time





What are the benefits from intergenerational activities?

- positive impact on mental, emotional and psychological health
 - breakdown of stereotypes
 - increase empathy
 - create a better sense of community
- teaching the young about aging but also teaching the elder about youth.



How can we change this?

- what are the barriers from having younger members join our League
- how do we approach the younger generation?



What types of activities can we do to invite the younger generation?

Social Justice Projects



Feeding the Hungry



Fashion Show



Crafting event

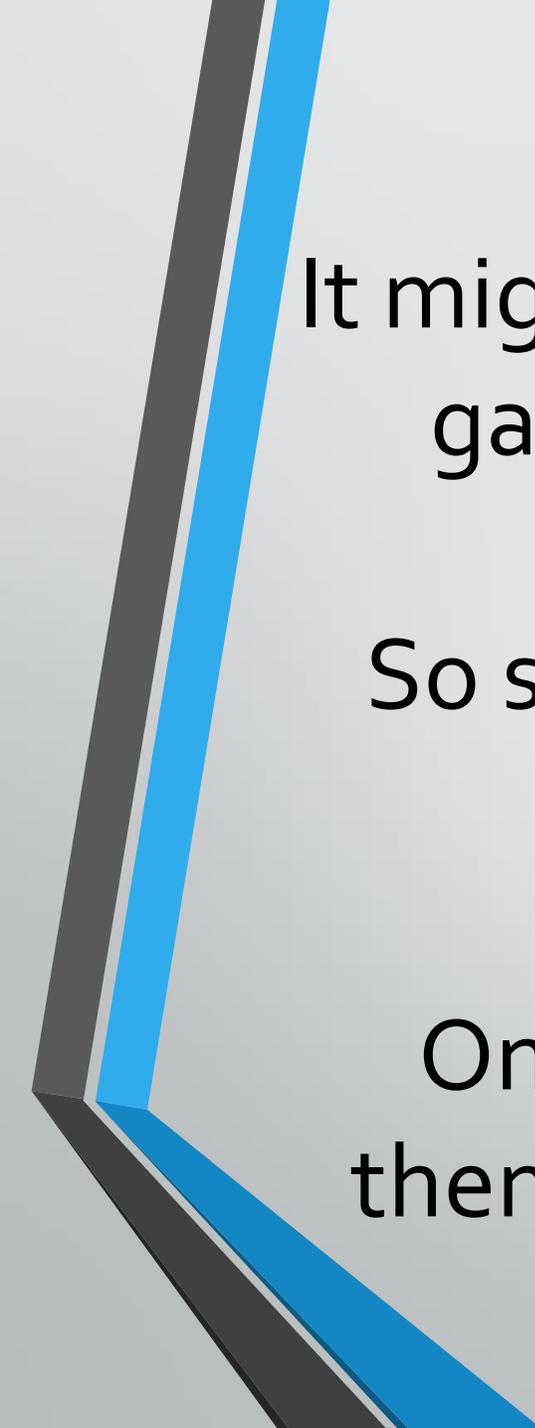


Cooking classes



What will be the outcome?

- younger women joining and showing an interest in our League activities
- younger women coming to the regular meetings and perhaps start to mentor for leadership roles
 - bring a new energy to the council
- better understanding between generations



It might seem like a monumental task to bridge the gap that exists, but all good things take time.

So start by having a well thought out idea on how your council will approach this issue.

Once you have a few younger members, keep them engaged and hopefully they will bring their friends along with them.

