

Date: December 18, 2006

Re: News item for release in the Sunday Newspress December 24<sup>th</sup> edition

WHO: LIFE Center Participants, children from the First Christian Church Preschool  
WHAT: Intergenerational Programming  
WHEN: Bi-Monthly  
WHERE: LIFE Adult Day Center  
411W. Mathews

HIGHLIGHTS:

Intergenerational Programming at the Life Center

The children of the First Christian Church Preschool recently visited the Life Adult Day Center to celebrate the Christmas holiday. During the visit the Participants and the children made and decorated Christmas cookies and sang Christmas carols together. The cookies were sent home with the children and about three dozen more were made to serve at the Center's annual potluck dinner.

Intergenerational programs are held at least once a month at the Center with the preschool children. These programs include activities such as special events, cooking, storytelling, arts and crafts, dancing, drama, music, sports, and sign language. In addition, the Participants have been involved in programs with children in the community such as performing sign singing for various preschools and visiting classes in the public schools to share stories or performing songs and plays.

Intergenerational activities provide Participants with the opportunity to interact with younger people and continue to experience life roles such as teacher, parent or grandparent. Such interactions with the children can also serve to increase the adult's self-esteem by allowing them the opportunity to serve in a helping and teaching role by assisting the children with learning new skills or experiences. In addition, because of our mobile society and the increase in divorced and single parent families, many children have limited contact with older adults. Intergenerational programs can encourage the children to form friendships and find role models among the older adults.

For further information about the Life Center or our programs, please call 377-0978 or visit the web site at [www.lifecenterads.org](http://www.lifecenterads.org).