

For more information, contact:

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4-H Youth Development Educator

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For more information on CCE

Rockland's other 4-H Youth Programs, visit:

<http://rocklandcce.org/youth>

The Cornell Legacy Project

The BCLT is based on the success of the Cornell Legacy Project in which more than one thousand Americans over the age of 65 were interviewed to seek their practical advice on issues such as marriage, work and career, raising children, finding happiness, and avoiding regrets. These lessons for living are described in detail in the easy-to-read book **30 Lessons for Living: Tried and True Advice from the Wisest Americans** (Pillemer, 2011).

About CITRA

The Cornell Institute for Translational Research (CITRA) promotes the translation of research findings to community populations in order to expand and improve scientific knowledge benefiting older adults. Over the years, CITRA and its affiliates have created many evidence-based intervention programs that are designed to promote optimal aging, social integration in later life, and improved quality of services to older adults.



About 4-H

4-H is a Community for all Kids

4-H is delivered by Cooperative Extension—a community of more than 100 public universities across the nation that provides experiences where young people learn by doing. For more than 100 years, 4-H has welcomed young people of all beliefs and backgrounds, giving kids a voice to express who they are and how they make their lives and communities better. Through life-changing 4-H programs, nearly six million kids have taken on critical societal issues, such as addressing community health inequities, engaging in civil discourse and advocating for equity and inclusion for all.



Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities. Please contact the office in advance with any special requirements. (845) 429-7085; rockland@cornell.edu

Building a Community Legacy Together



An Intergenerational Program for Youth and Older Adults

For All High School Students

Make Your Spring Break Meaningful!

- Contribute to valuable research
- Gain advice for living
- Develop new skills
- Earn service credit

April 23-25th, 2019

Registration Deadline: April 17

**Cornell Cooperative Extension
Rockland County**



phone: (845) 429-7085 | fax: (845) 429-8667

www.RocklandCCE.org | rockland@cornell.edu

The **Cornell Cooperative Extension of Rockland County 4-H Program** is partnering with the **Cornell Institute for Translational Research on Aging (CITRA)** for a pilot study to shed new light on the impacts of intergenerational programs. If you are in grades 9-12, we need you!

Building a Community Legacy Together Registration Form

This program is open to any youth in grades 9-12.

Registration Deadline: April 17, 2019

To register online, go to

https://reg.cce.cornell.edu/BCLT19_239



When?

Tuesday, April 23, 9:00am-4:00pm
Wednesday, April 24, 9:00pm-4:00pm
Thursday, April 25, 5:30pm-7:00pm

Where?

Cornell Cooperative Extension of
Rockland County
10 Patriot Hills Drive,
Stony Point, NY 10980
Transportation is available!

Why?

The BCLT program provides a great opportunity for you to interview elders (ages 65+) about their advice for living. During the process of learning to interview and then interviewing elders, you will be able to develop specific skill sets that will be useful to you in the future, such as interviewing, research, and communication skills. By pairing with an elder, you will also be able to make meaningful connections and gain valuable knowledge about a life well-lived.

Program Structure

Once you register, you will be randomly assigned to one of two groups:

Group A

- Complete a pre-test
- Attend the training sessions
- Participate in a one-on-one interview with an elder
- Compile a group summary
- Participate in a community presentation of the findings from the interviews
- Complete a post-test
- Receive 15 hours of community service and a \$10 stipend

Group B

- Complete a pre-test
- Complete a post-test
- Receive a \$10 stipend

Group A Agenda

April 23, 9:00am-4:00pm

(Lunch is provided)

Interview Training

- What is the BCLT Program all about?
- Interviewing skills
- Practicing the interviews

April 24, 9:00am-4:00pm

(Lunch is provided)

- Conducting the interviews
- Unpacking the Data
 - Summarizing group findings
 - Preparing the community presentation

April 25, 5:30pm-7:00pm

- Refreshments/Mingling
- Community presentation

Name

Address

City

State

Zip Code

Telephone Number

Cell Phone Number

E-mail Address

School

Grade

Please mail the completed registration form to:

Cornell Cooperative Extension of
Rockland County
10 Patriot Hills Drive
Stony Point, NY 10980