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News Release

For Immediate Release

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A Chance To Give And Gain Invaluable Wisdom

Are you 65 years or older? Or, do you attend grades 9 to 12? If yes, then Cornell University Cooperative Extension in Orange County (CCE) is inviting you to participate in a unique research project called ***Building a Community Legacy Together (BCLT)***.

In partnership with Dr. Karl Andrew Pillemer of the College of Human Ecology at Cornell University, CCE is conducting a field research project in the fall of 2016. This local work is part of Dr. Pillemer's *Thirty Lessons for Living Project*, in which more than one thousand Americans over the age of 65 are being interviewed to seek their practical advice on issues such as marriage, work and career, raising children, avoiding regrets and finding happiness.

CCE is looking for 20 elders and 20 youth to participate in this groundbreaking program. Elders will participate in a one-on-one interview with one youth to share advice. Youth will learn how to conduct an interview, prepare questions they want to ask, how to summarize what they have learned and finally how to present their findings.

"This is a great opportunity for youth to learn from the elders in our community and for elders to share their wisdom" says Denyse Variano, Issue Leader, Family and Consumer Sciences at CCE. "Dr. Pillemer was attracted to Orange County for his research because of the incredible diversity in our county" Variano adds, "he is hoping to interest people from different backgrounds to add to the richness of his findings."

If you, or someone you know is interested in participating, please call CCE at 344-1234.

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As part of the Family and Consumer Sciences Department of CCE-OC, CCE is committed to helping families succeed by providing current researched-based educational programs and resources for parents and caregivers of children. Additional program offerings include: They're Back (Or They Never Left), for parents of adult children ages 18 & up; Strengthening Families, for parents and caregivers and youth 10-14 years together; Discipline is Not a Dirty Word, for parents and caregivers of 2-12 years; Family Budgeting Education; Let's Talk About... Cyberbullying, for parents and caregivers of all ages; Relatives as Parents Program (RAPP); As well as Single Session Presentations (1-2 hour length) on topics such as building relationships with your teen, balancing work and family, setting limits... that really work, ten important tips for healthy parent/child relationships, raising responsible children, home/school engagement, play – the work of children, and more...

[Pictures attached: past participants Grace Wendland with interviewer Joe and Stan Spencer with interviewer Rose.]



Building a Community Legacy Together (BCLT)

An intergenerational program for youth and older adults

The BCLT project provides a structured, fun opportunity for elders living in the community to be interviewed about their wisdom and advice for living by high school-aged students. This project encourages youth and elders to share and learn about each other's generation and is expected to create an atmosphere of mutual respect and appreciation for the wisdom of age.

If you are 65 years or older you are invited!

Cornell Cooperative Extension is looking for 20 elders to participate in this groundbreaking program.

If you or someone you know is interested in participating, please call Cornell Cooperative Extension at 845-344-1234.

- WHEN:** Fall 2016
- HOW LONG:** approx. 5 hours
- WHY:** By participating you will contribute to a body of research focusing on the wisdom of elders. Through this process you will help advise youth about important life lessons, as they gain interview and presentation skills.
- HOW:** Once you agree to participate, you will be assigned to one of two groups:
- | Group A | Group B |
|---|---|
| <ul style="list-style-type: none">• be matched with youth• receive interview questions• be interviewed by youth• attend community presentation (if interested) | <ul style="list-style-type: none">• Complete pre- and post-survey |



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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).