



LinkAGES

## Creating Connections Across Generations

November Newsletter

### Dear Friends of LinkAGES,

As we usher in the holiday season, we want to take a moment to express our heartfelt gratitude for your ongoing support and enthusiasm throughout the year. It has been a year filled with growth, collaboration, and exciting developments at LinkAGES Connects in which we:

1. Launched the new national LinkAGES Connects network
2. Launched a new online hub to support collaboration and learning of network members
3. Created three new programmatic toolkits for arts and music intergenerational programs
4. Redesigned and launched a new website with a new name: LinkAGES Connects
5. Offered the Unboxed program for LGBTQIA+ youth and older adults in partnership with Denver Public Library and StoryCenter to two cohorts of participants
6. Raised funds from Colorado Health Foundation, Centura, CommonSpirit and private donors
7. Expanded the LinkAGES team to include a dedicated focus on social media and marketing
8. Presented numerous presentations on intergenerational connections including at the American Association of Museums, Denver Art Museum Creative Aging Summit and Grantmakers in Aging
9. Set a higher standard for Diversity, Equity, Inclusion and Accessibility (DEIA) by providing American Sign Language and Spanish interpretation at all meetings and webinars, translating all materials and communications into Spanish, and captioning all videos
10. And so much more!

Giving Tuesday and Colorado Gives Day are among us! If the significance of fostering intergenerational connections resonates with you, we invite you to consider making a donation to LinkAGES Connects. Statistics consistently demonstrate the profound impact that intergenerational relationships can have on individuals and communities. By

donating to LinkAGES Connects, you play a pivotal role in supporting initiatives that bridge generational gaps and reduce social isolation and loneliness by creating harmonious and inclusive communities. Your contribution enables us to continue organizing programs, developing resources, and facilitating connections that enrich lives across different age groups.

As we approach the end of the year, it's a time to look ahead, there is so much more we want to do! We want to continue addressing social isolation, loneliness, and ageism by expanding the LinkAGES Connects network reaching more organizations across all sectors interested in creating impactful intergenerational programs; creating more toolkits and resources; providing high-quality presentations on the power of intergenerational connections and raising the standard for trauma-informed practices in intergenerational programs. Your support has been instrumental in making LinkAGES Connects the vibrant and supportive community it is today and we need your continued support in 2024.

Thank you for being an integral part of the LinkAGES Connects community. Wishing you a joyous holiday season filled with warmth, connection, and the spirit of giving.

Regards,  
*Rachel B. Cohen, Executive Director*



LinkAGES

## Events



**The LinkAGES**  
COLLABORATIVE  
NETWORK

### **LinkAGES Connects: Collaborative Network for Intergenerational Connections**

- [Please RSVP via Calendly](#) (ASL and Spanish interpretation provided)
- Topics: January 25, 2024 (Collaboration); April 25, 2024 (Measuring Impact)

Intergenerational programs reduce the social isolation and loneliness experienced by youth and older adults. They also decrease ageism and make communities healthier and more vibrant for all who live there. Younger program participants experience increased empathy, self-confidence, and self-esteem as well as improved academic growth and a sense of belonging. Older participants experience improved health, well-being, and cognitive function as well as enhanced quality of life and a greater sense of purpose. Still, facilitating and sustaining intergenerational programs is challenging. In the first four quarterly meetings of the LinkAGES Collaborative Network, we will be exploring solutions to each of these barriers and walking away with actionable insights. We hope to see you there!

**Who should attend:** Youth-focused organizations, older adult and aging-focused entities, parks and recreation, museums and cultural institutions, public health organizations, housing providers, schools, intergenerational program managers and facilitators, and anyone interested in learning more about intergenerational connections.

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# CHANGING THE NARRATIVE

ENDING AGEISM TOGETHER

## How to have an intergenerational conversation webinar December 4, 2023 11:00am MST

We know that developing relationships between age groups is one of the proven ways to reduce ageism. But, it's one thing to know that and quite another to know how to have a conversation with someone who may have different perspectives.

Many of you have asked for guidance in how to have conversations and build relationships between people of different ages.

**Changing the Narrative** and **LinkAGES Connects** are excited to present this webinar where we will go through techniques for starting conversations and developing connection. We'll provide concrete tips and resources that you can put into practice immediately.

Register for this webinar [here](#).

## Funding



## **Giving Tuesday - November 28, 2023**

### **Colorado Gives Day - December 5, 2023**

Give the gift of impact this Giving Tuesday! As a global day of generosity, Giving Tuesday encourages individuals to come together and support the causes that matter most to them. It's a day to celebrate the spirit of giving back, whether through charitable donations, volunteering, or acts of kindness. Join the movement and make a difference in your community and beyond.

Also, mark your calendars for Colorado Gives Day, a day dedicated to supporting local nonprofits and making a positive impact in our communities. On this special day, Coloradans come together to give back and contribute to the causes that matter most to them. Every donation made through Colorado Gives Day goes further, thanks to a unique statewide movement that maximizes the impact of charitable giving. Join us in making a difference and supporting the organizations that make Colorado a better place for all. Save the date and be part of the spirit of giving on Colorado Gives Day!

Make a donation [here](#).

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## **Resources**

### **[LinkAGES Connects Collaborative Network online community](#)**

We are excited to announce the LinkAGES Connects Collaborative Network online community – your digital gateway to a vibrant world of intergenerational collaboration, knowledge-sharing, and connection. This exclusive platform has been crafted to bring together like-minded individuals, professionals, and enthusiasts dedicated to advancing intergenerational programming. By joining our online community, you gain access to a wealth of resources, engaging discussions, and opportunities for collaboration. To receive your invitation and become part of this dynamic network, simply [fill out this form](#). Join us in shaping the future of intergenerational connections and fostering communities where every generation thrives. We look forward to welcoming you to the LinkAGES Connects online community!

Watch our welcome video [here](#).

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### **[LinkAGES Connects Programmatic Toolkits](#)**

Check out our latest video introducing the LinkAGES Connects Intergenerational Programming Toolkits. Explore the realms of creativity and connection with specialized toolkits for art, music, and storytelling. In this video, we guide you through the diverse contents of our toolkits, providing a sneak peek into the valuable insights and resources they offer.

To unlock the full potential of these toolkits, visit our [website](#), where they are readily available for download!



## Collective Healing Through Art

A poster for the event "Get Down To Get Up". The title is in large, bold, black letters. Below the title, it says "Get Down to Get Up is a two day writing and indoor jumpzone adventure for ages 13-24, facilitated by CHTA Program Director Confidence Omenai." The poster lists two sessions: "Session One: Thursday November 30th 6:00-7:30pm" and "Session Two: Friday December 8th 5:00pm -7:30pm". It also says "Follow the QR Code for more information or registration." and includes a QR code. At the bottom left are the LinkAGES and Collective Healing Through Art logos. The right side of the poster features a photograph of an indoor jumpzone with colorful slides and people participating.

### Get Down to Get Up November 30, 2023 6:00pm - 7:30pm

Collective Healing Through Art presents Get Down to Get Up. Life will often present you with unexpected and challenging choices. Join us in this two-part series on building resilience. During session one we will unpack how to get down strategically to elevate or evolve. To attend the zip-lining adventure in session 2 you must be present and fully participate in session one.

Session two will be a guided indoor zip-lining experience to challenge our fears. We will create somatic memories that prepare us for the acts of courage and leaps of faith the future may require.

This is the 2-part series that builds resilience, critical thinking skills and creates somatic memory using writing exercises and ziplining.

***This session is required to attend Part 2 the zip-lining adventure.***

[Register Here.](#)

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## CHTA: Cohort 6

Join us on a transformative journey with Cohort 6 of Collective Healing Through Art! If you're seeking innovative avenues to foster connection and creativity within a community setting, our program offers a distinctive intergenerational experience. Tailored for individuals aged 12-24 or 50+, this creative space integrates storytelling, resilience-building, and somatic movement. Whether you're eager to learn, grow, or create, this workshop provides a unique platform for intentional togetherness. Join us in the collective pursuit of healing, resilience, and perseverance. Stay tuned for upcoming dates in **January 2024!**

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STAY CONNECTED



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LinkAGES

## Creating Connections Across Generations

SEPTEMBER NEWSLETTER

### Dear Friends of LinkAGES,

As the leaves begin to change and the air carries a crisp hint of autumn, we find ourselves at the threshold of a new season filled with exciting possibilities. Fall is arriving, and with it comes a host of opportunities to connect, learn, and grow together. At LinkAGES Connects, this season holds particular significance, as I have some exciting developments to share.

I am thrilled to announce the long-awaited release of our programmatic Toolkits! These comprehensive guides are meticulously designed to take facilitators on a step-by-step journey through the adaptation and adoption of best-in-class intergenerational programs. Whether you're a seasoned professional or a newcomer to the world of intergenerational programming, these Toolkits will equip you with the knowledge and tools to create transformative experiences for your community.

I am even more excited to announce that LinkAGES Connects has been awarded a grant from CommonSpirit/Centura through the Health Equity and Advancement Fund! □  
□ Grants and donations are the lifeblood of nonprofit organizations, providing the financial resources necessary to bring their vital missions to fruition. This grant will play a crucial role in advancing our mission of fostering social connections and reducing social isolation across generations. Specifically, we will be expanding our programming with youth and older adults who identify as LGBTQIA+ through LinkAGES' [Collective Healing Through Art Program](#).

Can you all believe we have another Collaborative Network meeting coming up already? Be sure to mark your calendars for our upcoming meeting, scheduled for October 26th from 11am-12:30pm MST. This meeting promises to be a rich source of insights, as we delve into the intricacies of program design and hear presentations from several different program facilitators. Don't miss this opportunity to connect with like-minded individuals, share ideas, and further enhance your expertise in the world of intergenerational programming.

Lastly, I extend my heartfelt gratitude to each of you for your unwavering support of LinkAGES Connects. Your enthusiasm and commitment to our cause have played a pivotal role in our growth, and we're deeply appreciative. Thank you for not only supporting us but also for sharing our mission with your networks, and helping us spread the message of intergenerational connection far and wide.

Take care,  
*Rachel B. Cohen, Executive Director*



## Events



**The LinkAGES**  
COLLABORATIVE  
NETWORK

### **LinkAGES Connects: Collaborative Network for Intergenerational Connections**

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Intergenerational programs reduce the social isolation and loneliness experienced by youth and older adults. They also decrease ageism and make communities healthier and more vibrant for all who live there. Younger program participants experience increased empathy, self-confidence, and self-esteem as well as improved academic growth and a sense of belonging. Older participants experience improved health, well-being, and cognitive function as well as enhanced quality of life and a greater sense of purpose. Still, facilitating and sustaining intergenerational programs is challenging. In the first four quarterly meetings of the LinkAGES Collaborative Network, we will be



exploring solutions to each of these barriers and walking away with actionable insights. We hope to see you there!

**Who should attend:** Youth-focused organizations, older adult and aging-focused entities, parks and recreation, museums and cultural institutions, public health organizations, housing providers, schools, intergenerational program managers and facilitators, and anyone interested in learning more about intergenerational connections.

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## Staff Highlight



**Rachel B. Cohen, MSW, MUP (she/her)**  
**Executive Director, Facilitator, Connector, Fundraiser,**  
**Capacity Builder**

**Q: Tell us about yourself and where your passion for intergenerational connections came from.**

**A:** Growing up my maternal grandparents played a central role in my life contributing to my seeing the world through an intergenerational lens. In graduate school I volunteered at a community garden; gardeners ages 4 to 94, taught and learned alongside one another. I saw friendships form across generations, meals made from the harvest incorporating family traditions, and stories of childhood and adulthood shared. I saw how the simplicity of planting a seed, led to connection, bringing isolated graduate students and older adults together. I felt the reknitting of the social fabric.

My curiosity about the world led me to seek a deeper understanding of community from many perspectives including social services, housing, health care, conservation, food

systems and most importantly through the stories of people of all ages. I see the world differently than most; instead of silos, I see multi-colored threads woven together into a tapestry we call community. They can be based on geography, culture, identity and more, each is special in its own way, yet intertwined with the other. My background in social work and neighborhood planning with a specialization in aging reinforces this lens of people and place. I am committed to increasing impact and ensuring that communities are supportive, engaging and equitable places to grow up and grow older. Intergenerational connections are the threads that bind them together.

That garden set me on a path to today where I am the Architect and Executive Director of LinkAGES, a nonprofit dedicated to addressing social isolation, loneliness and ageism through creating meaningful intergenerational connections AND Founder and CEO of Aging Dynamics consulting firm where I work with multi-sector entities creating age-friendly communities through strategic planning, community engagement and capacity building. The purposes of both organizations are deeply intertwined and collectively work towards a world that is inclusive, accessible and supportive of all.

When asked who I am I describe myself as a bridge builder and interpreter. I love bringing people and organizations together to build capacity to partner across sectors, ensure inclusion and accessibility, and leverage funding, and community connections.

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## Funding



### **LinkAGES Connects Awarded CommonSpirit/Centura Grant**

We are thrilled to announce that LinkAGES has been selected as one of the recipients of the Health Equity & Advancement Fund, courtesy of the CommonSpirit Health Colorado/Kansas/Utah Division!

This incredible program, established in 2021, is dedicated to supporting organizations like ours that work to address the needs of our communities. With a total fund of \$5 million, and having already awarded over \$11 million to date, the Health Equity & Advancement Fund focuses on crucial areas such as mental health, food security, and social justice and health equity.

This recognition underscores the significance of the work we do at LinkAGES Connects and reaffirms our commitment to making a meaningful impact on the well-being of our community through intergenerational connections. We are honored to stand alongside 48 other remarkable organizations as we collectively strive for a healthier future.

We will be utilizing this grant to expand the LinkAGES' Collective Healing Through Art program within the LGBTQIA+ community. This grant will allow us to offer more programming, increasing numbers and locations of participants through in-person and online programming. Based on feedback from previous participants we are also using this grant to offer extended programming in between the 8-week sessions, fostering

stronger social bonds among participants. Additionally, we will focus on enhancing the training of facilitators in trauma-informed practices and cultural competency and creating more educational resources. This will further strengthen the field of health equity by providing capacity-building resources.

Lastly, we are committed to diversity, equity, inclusion, and accessibility (DEIA) by providing American Sign Language (ASL) and Spanish interpretation for webinars, translating materials into Spanish, and offering stipends to participants, ensuring our programming is more inclusive and accessible to all.

We extend our deepest gratitude to the CommonSpirit/Centura Health Colorado/Kansas/Utah Division for this incredible opportunity, and we look forward to sharing the positive outcomes of this grant with all of you.

Read more about the Centura Grant and its recipients [here](#).

## Resources



### We Are Unveiling Something Special..

It's officially time to share a sneak peek of something special coming your way! In collaboration with our partners, we have been hard at work creating Intergenerational Programming Toolkits designed to empower facilitators in running enriching intergenerational programs within their communities.

Our toolkits will be your go-to resource, offering valuable insights into recruiting both youth and older adults, providing facilitation tips, guidance on program evaluation, and even a comprehensive list of materials and activities. Plus, we're including sample schedules, handy evaluation tools, and video how-to guides to make your experience seamless.

Keep an eye out on our [website](#) as we unveil our Art Toolkit, Music Toolkit, and Photo Toolkit—each tailored to inspire and foster meaningful connections between generations through creative expression.

We can't wait to share these resources with you, so you can embark on an intergenerational journey filled with art, music, and photography.

## Program Highlight



### Connecting Generations through Storytelling with StoryCenter and the Denver Public Library

*“Queerness is a really big part of my life. But it is not the only thing about me. And it'd be cool if someday it didn't have to be as big of a part of my life. Even though I love it, and I embrace it, and it's a big deal to me now. It'd be really cool if someday, people could just be clear, and it was like, not a topic of discussion, you know, at all,”* Unboxed Participant, Violet.

Unboxed, an intergenerational storytelling program for LGBTQIA+ individuals, has fostered a safe and authentic space for sharing transformative personal stories of identity. Facilitated by StoryCenter in collaboration with LinkAGES Connects and the Denver Public Library, Unboxed brought together LGBTQIA+ young people and older adults in storytelling workshop series throughout 2022 and 2023. Participants, ranging in age from 13 to late 70s, created mixed-media digital stories that explored their unique journeys of self-discovery. What set Unboxed apart was its commitment to inclusivity, with all facilitators, support staff, and participants hailing from the LGBTQIA+ community. The program not only allowed individuals to create in a safe environment but also encouraged them to share their stories authentically, fostering a profound sense of belonging.

Storytelling played a central role in Unboxed, acting as the bridge between generations and highlighting the importance of preserving LGBTQIA+ histories and experiences. Participants, many of whom identified as artists and writers, shared their stories in intimate gatherings, ranging from deeply personal narratives to historical accounts of LGBTQIA+ rights struggles. The program not only offered a platform for self-expression but also facilitated meaningful connections across generations, allowing younger participants to learn from the wisdom of their elders and vice versa. Unboxed emerged as a beacon of hope, combating social disconnection and loneliness, particularly prevalent among LGBTQIA+ youth and older adults, and emphasizing the importance of sharing and preserving LGBTQIA+ stories for future generations.



## Intergenerational Choir Song Share

The All Seasons Choir isn't just any choir; it is a group of younger and older adults who all share a love of music and singing. The All Seasons Choir learned new and familiar songs in a fun and welcoming environment for twelve weeks. The rehearsals were so much more than singing. This thoughtfully designed intergenerational program also gathered members to break bread and share conversation, creating opportunities for meaningful intergenerational connections. The Instructor, Roy Willey is the Founder and Creative Director of Voice Circle Colorado, a community based on the premise that singing is everyone's birthright. As a musician, teacher, and song leader, Roy's goal is to guide singers of all levels past self-judgment and fear to help them connect with their inner music.

This program was created and facilitated in collaboration between the Denver Public Library and Swallow Hill Music. LinkAGES is pleased to have supported this intergenerational choir through our grantmaking.

If you would like to see more videos like this and learn more about other intergenerational programs, [subscribe to our YouTube Channel here!](#)

***If you've previously subscribed to our YouTube channel, please note that we now have a new YouTube channel. Be sure to subscribe again to stay updated with our latest content!***



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LinkAGES

## Creating Connections Across Generations

JULY NEWSLETTER

### Dear Friends of LinkAGES,

I have to be honest that I am really looking forward to our August newsletter. We'll be sharing...  Our brand new website that captures the evolution of our work and where we hope to go with you, and...  The first of our programmatic toolkits, designed to take facilitators step-by-step through adapting or adopting a best-in-class intergenerational program. These toolkits include videos, supplemental materials, and daily schedules for in-person, virtual, and hybrid formats. They were lovingly created in collaboration with the program facilitators who designed them, many of whom are LinkAGES' earliest collaborative members and grantees. Keep your  on your inbox next month!

Before I get ahead of myself, though, July 20th is the next quarterly LinkAGES Collaborative Network! Have you RSVPed? [Click here to RSVP](#) for this event and the rest of the year. To encourage you to attend a summer Zoom meeting, we chose a topic that is especially pertinent and pivotal to your success: Funding. Funding is one of the top four barriers that prevent people from facilitating and sustaining high-quality intergenerational programs, according to a 2018 study by the Eisner Foundation and Generations United. **We'll be exploring the challenges related to funding and working together to identify ways to position intergenerational programming to different kinds of funders, leverage partnerships and get creative with how to get over, through or around this barrier!**

As always, thank you for your support and for sharing LinkAGES with your networks. We appreciate you being part of our community. We also want to thank our generous funders for helping us deliver this newsletter and for funding the development of our educational pieces – including our new website and toolkits.



LinkAGES

## Events



## The LinkAGES COLLABORATIVE NETWORK

### **LinkAGES Connects: Collaborative Network for Intergenerational Connection**

- [Please RSVP via Eventbrite](#) (ASL and Spanish interpretation provided, Zoom link will be provided closer to the date of the meeting)
- Topics: July 20, 2023 (Funding); October 26, 2023 (Program Design); January 25, 2024 (Collaboration); April 25, 2024 (Measuring Impact)

Intergenerational programs reduce the social isolation and loneliness experienced by youth and older adults. They also decrease ageism and make communities healthier and more vibrant for all who live there. Younger program participants experience increased empathy, self-confidence, and self-esteem as well as improved academic growth and a sense of belonging. Older participants experience improved health, well-being, and cognitive function as well as enhanced quality of life and a greater sense of purpose. Still, facilitating and sustaining intergenerational programs is challenging. In 2018, the Eisner Foundation and Generations United released a study that identified the three most common barriers to facilitating and sustaining high-quality intergenerational programs: demonstrating impact, fundraising, and finding other groups to share ideas. Since then, LinkAGES has uncovered a fourth: collaboration. In the



first four quarterly meetings of the LinkAGES Collaborative Network, we will be exploring solutions to each of these barriers and walking away with actionable insights. We hope to see you there!

**Who should attend:** Youth-focused organizations, older adult and aging-focused entities, parks and recreation, museums and cultural institutions, public health organizations, housing providers, schools, intergenerational program managers and facilitators, anyone interested in learning more about intergenerational connections.

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## Get to Know LinkAGES Connects



### **Staff Highlight: Haley Sanner, CHTA Program Designer**

Haley Sanner is an innovative community-driven program leader, trauma-informed facilitator, and mixed-methods researcher. Haley serves on the Healthy Aging team at Colorado Health Network. She has worked in the aging field for more than ten years, including with the AARP Foundation, LeadingAge Virginia, Lutheran Family Services Rocky Mountain, and in Nepal. She is passionate about cultural alternatives to aging and multigenerational connections. She is one of the co-designers and facilitators of Collective Healing through Art (CHTA), a program of LinkAGES.

*Where did your passion for IG connections come from?*

Haley: I grew up engaging in intergenerational community spaces and learned early on about the importance of creating support systems that extend beyond just family. Growing up, my mom built intergenerational programs where I learned to connect with older adults and I valued the creativity and storytelling in these spaces.

*How do you imagine spending your golden years (aka older adulthood)?*

Haley: I imagine centering many of the values I have now - creativity through scrapbooking memories, movement through being outside, and

learning new skills through reading and attending community events!

*What is one intergenerational connection that has impacted you and what you learned from this relationship in one line (please)*

Haley: It's so hard to pick one, but ultimately I've learned to listen better to both myself and others and learned creative ways to reframe interests and experiences to meet our needs as we age.

*What do you do for self-care?*

Haley: Snuggling with my cat and being outside in nature.

*What brings you child-like joy?*

Haley: Riding my bike, either around town or in the mountains!

*What's the one thing you could eat for the rest of your life?*

Haley: My mom's homemade pesto!

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## Participation Opportunities



**STRESS FREE  
TAI QI**

**ABOUT THE EVENT:**

**Time:** Saturday July 15th, 3:00-5:00pm  
**Location:** Eloise May Library 1471 S. Parker Rd.,  
Denver, CO 80231  
Meeting Rooms B & C. Parking available in the  
adjacent parking lot.  
**Accessible Friendly**



 [www.taiqi.acuconduit.com](http://www.taiqi.acuconduit.com)  
 [info@acuconduit.com](mailto:info@acuconduit.com)

 

## Collective Healing through Art: Denver Community Events

**Stress-Free Tai Qi:** Saturday, July 15th 3:00-5:00pm [RSVP](#)

This Tai Qi / Qi Gong workshop, led by Cerise McCoston, is a low-impact aerobic exercise used to enhance blood circulation, revive the immune system, and decrease or eliminate the damaging impact of stress and trauma through movement therapy and so much more. Each session is for all skill levels and begins with a simple warm-up, followed by curated

movements and static postures effectively discharging stress, and cultivating the knowledge and skill to build focus and easily maintain a positive mental attitude while addressing any previous trauma via non-talk therapy. We smoothly transition into the conclusion of the workshop with a gentle cool-down and brief Q&A.

## Informed Insights: Community Spotlight



Michael Van Dalsem (center) and Leonard Aube (right) at the Men's Coffee Group for older LGBTQIA+ adults at The Center on Colfax in Denver on May 30, 2023. The two were matched by the Senior Companion Program and spend time together twice a week. Photos by Eli Imadali / Special to The Colorado Trust

### **The Hidden Epidemic Endangering Coloradans, Especially Older Adults, by Claire Cleveland for Collective Colorado** [Read the article](#) (English and Spanish available)

In a recent article, Claire Cleveland brings attention to the loneliness and social isolation that many people— especially older adults and youth— face. Claire shares that 79% of young adults aged 18-24 report feeling lonely (US Surgeon General), one in four Hispanic adults and nearly as many Black/African American adults are classified as lonely (Cigna), and older LGBTQIA+ adults are twice as likely to live alone as their peers, according to the National Academies of Sciences, Engineering, and Medicine.

The article also shares stories of programs and people who are finding ways to heal loneliness through social connection. There's Carolyn Campos and Naomi Bates who, after being paired through Spark the Change Colorado's Senior Companion Program, have fostered an easy friendship in which they finish one another's sentences and meet up every Monday evening. There's also the Men's Coffee Group at The Center on Colfax where two older men tell Claire, "It reminds me that I have something valuable with my time, and that's important to know that you are valued in some way," said Van Dalsem. "I enjoy the people. We are good friends." "Best friends," his companion chimed in.

LinkAGES's staff members Rachel B. Cohen and Confidence Omenai, were both featured as well, bringing attention to the power of intergenerational connections. Read it now– available in Spanish and English.

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## Grandma Magic: A Podcast from the Grandmother Collective

- [Listen now!](#)

Grandma Magic, a podcast from the Grandmother Collective, explores the stories of women who are creating magic. We also hear the hosts are looking for rad grandmas to tell their stories! Here is what the writers have to say about the podcast in the following description taken from their site. *When it feels like things are falling apart, who can we call? Grandmothers! We'll hear from older women who are leading positive social change initiatives in their local communities, regions, countries and around the world. They are a part of a global movement recognizing the unique position older women hold in their societies. Be inspired by the grandmother changemakers who hold us together and make us stronger. Learn more at [www.grandmothercollective.org](http://www.grandmothercollective.org).*

LinkAGES also recently shared a story about four incredible grandmothers from Colorado. Check out our January article: [Colorado Grandparents Lead the Charge for our Children](#).

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