

The Brookmeade Community
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PRESS RELEASE

Business News

Brookmeade Community and Rhinebeck Community Nursery School Foster Intergenerational Bonds Through Innovative Programming

Rhinebeck, NY – February 2024 – Brookmeade Community, a leading provider of compassionate care for seniors, is delighted to collaborate with the Rhinebeck Community Nursery School in an inspiring intergenerational initiative. Through thoughtfully designed programs, these two community pillars are bridging generations and nurturing meaningful connections between seniors and young children.

Karen Zobel, CEO/Administrator of The Brookmeade Community is pleased to announce the partnership of Meadow's Adult Day Healthcare Program and Rhinebeck Community Nursery School.

"Meadow's Adult Day Healthcare Program places a strong emphasis on enhancing the quality of life for our registrants through innovative initiatives like our intergenerational programming. By bringing together seniors and young children in meaningful activities, we create opportunities for social interaction, joy, and mutual learning. This collaborative approach not only strengthens our community but also contributes to the well-being of everyone involved," affirms Ms. Zobel.

One of the flagship programs, the **RCNS Intergenerational Morning Meeting** at The Adult Day Program, has been running strong since September 2022. Every Wednesday at 11:00 am, the nursery school's four-year-old class visits the Adult Day Program at Brookmeade to engage in enriching activities. From singing songs to practicing yoga moves and sharing art projects, the children and seniors alike bond over shared experiences, fostering a sense of community and joy.

The Children begin each visit by singing the good morning song, naming each child, teacher, Adult Day participant and all the staff.

The children have gotten to know everyone by name and they love to sing, do yoga and dance with them.

Their new favorite song to sing with them is "**Who Stole the Cookies from the Cookie Jar?**"

Everyone laughs and giggles when their turn comes and we say their name.

"Fred Stole the Cookies from the Cookie Jar!"

They say *"Who Me!?",*

We say *"Yes you!",*

They say *"Couldn't be!"*

we say *"Then Who?"*

Then they point to a friend and they sing it all over again.



Additionally, the RCNS **Intergenerational STEM Building** at The Adult Day Program, launched in January 2024, further strengthens these intergenerational bonds. On Friday afternoons at 2:00 pm, the nursery school's afternoon preschool class joins their senior neighbors for STEM-focused activities. Through hands-on projects and games, such as building with magnetic blocks and playing interactive sports, the children and seniors collaborate, learn, and laugh together, creating cherished memories in the process.

At their First Meeting the children brought some finished projects they had made using their "Space Builder Set" of interlocking sticks and balls and showed the registrants at Meadow's Adult Day Healthcare Program what they had created and how the pieces interlocked and came apart.

Then the children and Seniors all played "Bounce and Pass The Big Red Ball" around the circle to one another. Everyone laughed as the ball flew around the room. We soon changed the game to kick the ball, then back to bouncing and passing.

Rhinebeck Community Nursery School looks forward to many more weeks of building and playing together with Magnatile magnetic building blocks, Inside Basketball, Duplo/ Lego Bridge Building and lots of laughter.

The Rhinebeck Community Nursery School is proud and thankful to be an integral part of The Community at Brookmeade, enriching the lives of both Rhinebeck's oldest and young citizens.





"We are thrilled to be part of Brookmeade and to have the opportunity to enrich the lives of our youngest and oldest citizens through these intergenerational programs," says Rebecca Staats, Director of Rhinebeck Community Nursery School. "The connections formed between the children and seniors are truly heartwarming, and we look forward to continuing to foster these relationships."

Brookmeade Community echoes this sentiment, recognizing the profound impact of intergenerational interactions on the well-being of its residents. "These programs exemplify our commitment to creating a vibrant and inclusive community where individuals of all ages can thrive," says Carol Ryan, RN Director of Meadow's Adult Day Healthcare Program. "The joy and laughter shared between our seniors and the children

from Rhinebeck Community Nursery School are a testament to the power of intergenerational connections."

The collaboration between Brookmeade Community and Rhinebeck Community Nursery School exemplifies the transformative potential of intergenerational programming, enriching the lives of participants and strengthening the fabric of the community.

Intergenerational programming, such as the initiatives implemented at Brookmeade's Adult Day Healthcare Program in collaboration with the Rhinebeck Community Nursery School, offers numerous benefits for both seniors and young children. Research has shown that intergenerational interactions can lead to greater sense of connection, increased feeling of purpose, more learning opportunities and an overall better mood (Source: <https://benrose.org/-/resource-library/staying-active/four-benefits-of-intergenerational-programming>). Similarly, children who participate in intergenerational programs demonstrate increased empathy, respect for elders, and enhanced communication skills (Source: <https://stnicks.org.au/news/the-benefits-of-intergenerational-relationships/>). By bringing together these two age groups in meaningful activities, Brookmeade fosters a sense of community and connection while promoting the overall well-being of its participants.

For more information about Brookmeade Community and Rhinebeck Community Nursery School, please email info@brookmeadecommunity.org.

About The Brookmeade Community: The Community at Brookmeade, located on 75 country acres just outside the Village of Rhinebeck, is a senior living retirement community serving the Hudson Valley and surrounding areas. Meadow's Adult Day Healthcare Program offers a medical and social day model program for those who need daytime assistance, Arbor Ridge offers independent living, The Terraces offers assisted living, Meadows Nursing and Rehabilitation (formerly known as The Baptist Home) provides long term care, sub-acute rehabilitation, palliative care and Out-Patient Rehabilitation Services.

About Rhinebeck Community Nursery School: The Rhinebeck Community Nursery School, founded in 1997 by a group of dedicated parents and teachers, offers a child-centered, play-based preschool experience for three, four, and five-year-olds. Located within Brookmeade's Pavilion, the nursery school provides a vibrant learning environment where children thrive and interact with their senior neighbors.

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