

## Groundwork Hudson Valley Our Folks Program



This year, thanks to generous funding from the United Way of Westchester, Groundwork Hudson Valley was able to launch its Our Folks Program.

Our Folks is an intergenerational program designed to connect high school aged youth with older adults in their community.

Our Folks has proven to yield many benefits. The students set up interviews with various older adults to target individuals who were homeowners and needed help with repairs.



Our Folks quickly became about more than just repairs, as relationships were formed between the students and

older adults. Mutual respect is key to these relationships.

During their time together, the students spoke about their interests and aspirations and asked the older adults questions about their experience growing up in Yonkers and to share their interests as well.

Much was gained from these exchanges, including the desire to share more experiences together! As Roberta Robinson stated, "it would be so much fun to take the youth to the theater or the museum, somewhere we can share our knowledge with them."

So much can be accomplished from these intergenerational partnerships. The students not only gain valuable work experience, but they are also given new perspectives on

their community and those that live within them.

The older adults also gain perspective and are able to more easily "age in place."

This program was fun and productive and we look forward to carrying it out for years to come!



Our Folks is a program of Groundwork Hudson Valley



Funded by the United Way of Westchester