

## **Link Generations Mitzvah Projects**

The mission of Link Generations is to educate youth about aging and connect them with older adults in interactive activities that benefit both populations. Link Generations programs are designed to decrease social isolation and loneliness and combat ageism.

Middle school students preparing for their Bar and Bat Mitzvah milestones can volunteer with Link Generations in an intergenerational program that connects the student with older generations. Students select topics based on their own interests and design questions to facilitate conversations with older adults. They practice effectively communicating with older adults, enjoy engaging the adults in conversations and learning about their interesting lives.

Examples of Projects:

- One student participated in Link Generations programs connecting students with older adults in small group discussions and recorded words of wisdom she learned from the participants (see picture below). She shared the experience and what she learned with family and friends who attended her Bat Mitzvah.
- Another student created an art portfolio of his drawings and shared the collection with older adults in the community. He collected their statements about his art and their advice for him. He then shared what they said with family and friends who attended his Bar Mitzvah.

Please contact Lori Marks at [lori@linkgenerations.org](mailto:lori@linkgenerations.org) for more information.

