Beyond Bingo for Boomers: An Overview of the Lifelong Access Libraries Model

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Libraries for the Future
Are We Ready?

“It is not the strongest of the species that survives, nor the most intelligent, but the one most responsive to Change.”

Charles Darwin
What is Lifelong Access Libraries?

A national initiative to support development of libraries as centers for productive aging, lifelong learning and civic engagement.
Lifelong Access – Shifts the Paradigm

- Provides a framework for library services to promote and support productive aging
- Helps libraries focus on adults ages 50-70+—the baby boomers—who are active and eager to be engaged
Lifelong Access Libraries

- Integrate new communications and information technologies to promote productive aging
- Create programs and services that are accessible, culturally sensitive and connected to the larger community
Lifelong Access – Strategies for Change

- Leadership development
- Training
- Institute for fellows
- Best practices dissemination

Libraries for the Future
Statistics

- Trained 43 librarians from 23 states as “Fellows”
- Trained librarians from Arizona, Pennsylvania, New York, Massachusetts, and Connecticut through Equal Access
- Many more through conferences and library programs
Lifelong Access Libraries Institute

Mid-career librarians from across the country selected to participated in a week-long Lifelong Access Libraries Institute.

Applications for 2008 available in the spring
www.lifelonglibraries.org
Lifelong Access Libraries Institute

- Focuses on:
  - Concepts and research underlying new approaches to working with midlife and older adults
  - Access Skills
  - Promising practices in library services
  - Leadership in community librarianship.
Equal Access Libraries Institute

- 3 strands – Health, Youth, Lifelong
- Access Skills
- “Homework”
- Latest trends and Local practitioners
Lifelong Access Core Components

- Community conversations
- Advisory council
- Workshops and clubs
- Collection development
- Connections to Civic Involvement
- Physical and Virtual Space
Potential Components

- Health and wellness information and programming
- Life planning
- Financial planning
- Intergenerational activities
- Spiritual development
Changing Library Landscape

- Partnerships with State Libraries
  - California, Massachusetts, North Carolina
  - Part of the state’s strategic objectives
- Work with library schools in New York and North Carolina
- State and National Library Conferences
- Visits and inquiries from Poland, Ireland, and Australia
Lifelong Access Models

- Delaware County Library Association’s Senior Conversation Salons
  - In 2004, awarded Pennsylvania AARP’s Library Services for Older Adults Award
  - Dynamic speakers from Retired and Senior Volunteer Program (RSVP) speaker facilitates stimulating discussions about an interesting topic.
Lifelong Access Models

- Dedicated space for older adults at Tempe Public Library (AZ)

Tempe Connections Cafe
Lifelong Access Models

- Targeted programs for baby boomers at Chelmsford Public Library (MA)
- Library invites nontraditional older students to participate in though-provoking meetings where they can help determine the nature of future programs
Lifelong Access Models

The Chandler Public Library (AZ) lead partner in Boomerang, a community project designed to help boomers and “beyonders”

www.myboomerang.org
Lifelong Access Models

Middle Country Public Library – Long Island, NY
- 2006 Fellow, Lori Abbetapaoalo
- Grand PAACT
- New Boomers Series
SAVE THE DATES!

Friday, October 12, 2007
Creating Wellness: Choosing a Healthy Lifestyle

Friday, November 16, 2007
Housing: Positive Options for Long Island Boomers & Seniors

Friday, April 18, 2008
Places to Go & Things to Do!

Friday, May 23, 2008
Government Services

CALLING ALL BOOMERS & SENIORS

A Free Seminar Series
at MIDDLE COUNTRY PUBLIC LIBRARY

Funded in part by
NYS Assemblywoman Ginny Fields
5th Assembly District &
Friends of MCPL

SEMINARS ARE FREE AND OPEN TO THE PUBLIC.
PLEASE LET US KNOW IN ADVANCE IF YOU REQUIRE SPECIAL ACCOMMODATIONS DUE TO A DISABILITY.

MIDDLE COUNTRY PUBLIC LIBRARY
101 EASTWOOD BLVD., CENTEREACH NY
631-585-9393
WWW.MCPL.LIB.NY.US

MAKE YOUR SECOND FIFTY YEARS YOUR BEST FIFTY YEARS!
★ BE SMART ★ BE INFORMED ★ BE AWARE
**Creating Wellness:**
Choosing a Healthy Lifestyle

Friday, October 12, 2007
9:30 AM - Noon

**Moderated by**
Virginia Cravotta
News 12 Long Island

**Panelists**

- How to Talk to Your Doctor
  Hector Sepulveda, MD, MA, MPH, Campus
  Associate Dean for Academic Affairs, Suffolk
  Community College & Clinical Assistant Professor,
  Department of Preventive Medicine Residency
  Program, Stony Brook School of Medicine

- Body in Balance
  Dr. Bill Schweigert
  New York Wellness Coach

- Simple Happiness
  Jim Ryan, Motivational Speaker & Author
  Jim Ryan Talks

- Hypnosis & Stress
  Ken Friberg, CHt, PSC
  Certified Hypnotherapist & Stress Counselor
  Right Mind Consulting

**Housing:**
Positive Options for Long Island Boomers & Seniors

Friday, November 16, 2007
9:30 AM - Noon

**Moderated by**
Donna Bonacci
Town of Brookhaven Senior Citizen’s Division

**Panelists**

- HomeShare Long Island
  Karen Gill, Program Director

- Reverse Mortgages
  Diane Patrizio, Program Coordinator
  Long Island Housing Services

- The Upside of Downsizing
  Lorraine Kimmey
  Simply Organized Solutions

- To Move or Not to Move?
  Lisa Albinowski, Senior Real Estate Specialist

- Transitioning from Independent Living to Long Term Care
  Karen Brannen, Executive Director
  Jefferson’s Ferry Lifecare Retirement Community

Light Refreshments ★ Pre-registration required for each seminar ★ Call 631-585-9393 x248
Lifelong Access Models

Alameda County Library, CA
- 2006 Fellow, Richard Bray
- Health, Nutrition, and Safety
Lifelong Access Models

Nutrition for Older Adults

- Diet recommendations keep changing—what am I supposed to eat?
- Should I take supplements?
- Do I need special foods because I am taking medications?
- How much & what kinds of physical activities are recommended?

Remaining healthy as we age is of primary importance. The role of nutrition in the health of older adults cannot be overstated! Older adults have specific nutritional needs based on their age and physiology. Exciting research is suggesting that seniors eat specific foods to support health promotion.

Speaker: Mary Louise Zernicke, MS MPH HRD
Registered Dietitian
Board Certified Specialist in Gerontological Nutrition
Past Senior Nutritionist for Alameda County Adult & Aging Services

DUBLIN LIBRARY – Tuesday, April 17
200 Civic Plaza 925-828-1315

SAN LORENZO LIBRARY – Tuesday, April 24
395 Paseo Grande 510-670-6283

CASTRO VALLEY LIBRARY – Thursday, May 17
20055 Redwood Rd. 510-670-6280

NEWARK LIBRARY – Tuesday, May 22
6300 Civic Terrace Ave. 510-795-2627

ALBANY LIBRARY – Thursday, June 7
1247 Marin Ave. 510-526-3720

UNION CITY LIBRARY – Wednesday, June 13
34007 Alvarado-Niles Rd. 510-745-1464

FREMONT MAIN LIBRARY – Wednesday, June 20
2400 Stevenson Blvd. 510-745-1401

All locations are wheelchair accessible and refreshments are provided. An ASL interpreter will be provided for this program if requested at least 7 working days in advance. TTY 888-663-0660. For more information, call Library Senior Services at 510-745-1499 or 510-745-1491. 3/07

www.alclibrary.org
Lifelong Access Models

Older Driver Safety: Become More Informed and Active

- Learn more about what you can do to maintain your driving skills
- Participate in an open discussion about the issue of mobility as we age
- Obtain information about local driving and mobility resources

This program is for older adults, family members of older adults, and professionals working directly with older adults

Speaker: Colleen Campbell
Alameda County Public Health Dept. Senior Injury Prevention Project and a Trained Expert from the American Society on Aging’s DriveWell Project

Dublin Library—Thursday, Oct. 5
200 Civic Plaza  925-828-1315

San Lorenzo Library—Wednesday Oct. 25
395 Paseo Grande  510-670-6283

Albany Library—Thursday, Nov. 2
1247 Marin Ave.  510-526-3720

Union City Library—Wednesday, Nov. 8
34007 Alvarado-Niles Rd.  510-745-1464

Castro Valley Library—Thursday, Nov. 16
20055 Redwood Rd.  510-670-6280

Newark Library—Tuesday, Nov. 21
6300 Civic Terrace Ave.  510-795-2627

Fremont Main Library—Wednesday, Dec. 13
2400 Stevenson Blvd.  510-745-1401

Program starts at 1:30 p.m.
FREE
No Reservations Required
Refreshments provided

For more information, call Senior Services at 510-745-1499 or 510-745-1491
For sign language interpreters or other accommodations, please call the branch at least 7 working days prior to the event.

Co-sponsored by Alameda County Library Older Adult Services & the Alameda County Public Health Department to promote community conversations for driver safety

www.aclibrary.org
Lifelong Access Models

Louisville Free Public Library, KY
- 2006 Fellow, Susan Irving
- Community Conversations, Brain Health
Lifelong Access Models

The Changes We've Seen... Want To Talk About It?

Join our 3rd Wednesday Forums For and About Baby Boomers
Topics will include
- Re-careering
- Creative Expression
- Volunteerism
- Staying connected
- ElderCare
- Long-term Insurance
- Money Management
- Relationships
- Health and Wellness
- Housing options
- And MORE

Reality Data
The Figures, Facts, and Challenges Ahead of Baby Boomers

Wednesday, Dec. 20th
2:00 p.m.

Presented by Dr. Ron Crouch of the KY State Data Center

St. Matthews Eline Library
3940 Grandview Ave. 574-1771
Lifelong Access Models

Puzzle Play

4th Wednesdays at 11:00 a.m.

January 24th
February 28th
March 28th
April 25th
May 23rd
June 27th
July 25th
August 22nd
September 26th
October 24th
November 22nd
December 20th

Crosswords
Seek & Finds
Sudoku
Cryptics
Anagrams
Word Morphs
Boggles
Jumbles
Snacks

Bring a Friend
Brain Up
Break Bread

St. Matthews Eline Library

3940 Grandview Ave.
At the corner of Fairfax
574-1771
Free Handouts
Lifelong Access Models

- Reading Public Library, MA

LiveWires:

Boomers and Beyond
Lifelong Access Models

- 2006 Fellow, Cindy Karasinski
- Lyndonville, VT (population: 5,448)
- Cobleigh Public Library
- Dedicated space for “Lifelong Learning Center for Adult Education”
- Partnership with Lyndon State College
New Directions

- Active Wisdom Conversations
- Older adults come together to discuss aging, life experiences, and how they might use their experience and perspective to impact present and future conditions in society
- Advances individual and societal self-consciousness about the nature of aging
New Directions

- HEAL – Health and Employment Access Libraries
  - Connects educated older adults with stipend-paying jobs
  - Uses not just time but *lifetime skills* of older adults
  - Payment deepens commitment to work of both the older adults and the organization they serve
Program Ideas - Vital Aging Network

The Vital Aging Network (VAN) is a group based out of St. Paul, Minnesota. The organization is described as “individuals who are sharing our strengths to promote and support the self-sufficiency, community participation, and quality of life of older adults.” VAN holds monthly forums on topics ranging from creativity to caregiving to the cultural wisdom of seniors.

This organization’s forums provide a model of best practice programming for older adults, and can be a great source for program ideas in your library. Check out the “Forum Summaries” page for an overview of their most recent workshops. Are there similar interest groups in your community geared toward older adults with whom you have partnered or collaborating with in
New Directions

▶ Age In America
  ▶ IMLS Museum-Library Collaboration
  ▶ Engage intergenerational audiences in exploring the experience of aging in America from historical, cultural, and artistic perspectives.
  ▶ Long Island, NY; Norfolk, VA; and Hartford, CT
Lessons Learned

- Distinct job description within library services
- How and where these services are situated in the library
- Challenges for small libraries
The Challenge for libraries

- Change their service model
- Change their assumptions about older adults
- Make boomers one of the libraries’ priority constituencies
- Consider boomers as a valued resource
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