



Connecting Generations Through Activities that Promote Healthy Aging

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Ka 'Aha

Weaving Generations to
Build Healthy Communities

An Intergenerational
and Aging Program

Fun, daily activities that focus on strengthening connections between different generations help to build strong, healthy communities.

For more information about the Ka 'Aha program and other intergenerational programs, visit www.ctahr.hawaii.edu/kaaha

Time changes us! Some changes—like gray hair and wrinkles—are part of the aging process, but getting older doesn't always mean being sick or frail. The elements of healthy living are the same for everyone, no matter how old or young we are. It means continually reinventing ourselves, finding new things we enjoy, learning to adapt to change, staying physically and socially active, and feeling connected to our community and loved ones. The choices we make today can impact whether we enjoy good health in our later years. The old adage "use it or lose it" rings truer as we age.

Finding "healthy-aging" activities to do with different generations is a fun way to keep active, keep learning, and keep moving. Older adults can share the games they played in their youth, and youth can share the games they play today. Take time to teach one another the different games, be "good sports," and try the old and new equally. Doing any of the Ka 'Aha program's recommended activities, like talking story, walking, or sharing technology, can be great starts to healthy living across the lifespan.

For healthy brains and bodies, studies have shown:

- Regular exercise is key.
- Have a purpose in life.
- Eat "healthy" and drink plenty of water.
- Maintain social contacts.
- Keep learning new things.
- Laugh and have a sense of humor.
- Have an attitude of appreciation.

Tip

Relearn what your body can do. Perhaps that means riding a bike, playing ping-pong, twirling a hula hoop, or jumping rope. One kupuna said about playing with youth, "I can't jump rope anymore, but I can still turn the rope and be part of a child's life." If relearning what your body can do means taking on exercise, remember to always check with a doctor or health-care professional before beginning a new activity.