

Extension Developed and/or Delivered Programs that Contribute to the Quality of Life of Older Americans

Target Audience

All Individuals

Caregivers

Employers of Caregivers

Kinship Caregivers/Grandfamilies

Older Adult Women

Youth

Programs by Region

North Central Region

North East Region

Southern Region

Western Region

National Professionals who work with
older adults

Area of Focus

Advanced Health Care Planning

Aging in Place

Alzheimer's

Brain Health

Caregiver Education

Caregiver Employer Resources

Chronic Health

Disability Awareness

End of Life Education/Communication

Environmental

Falls Prevention

Finances/Retirement

Food Security

Health and Wellness

Inheritance Decision

Intergenerational

Kinship Care Resources

Mental Health

Nutrition

Physical Activity

Preventative Bullying of Older Adults

Reflective Writing

Skill Training

Technology

Volunteerism

All Individuals

[Alzheimer's 101 \(Kansas\)](#)– Alzheimer's 101 furthers the understanding of Alzheimer's, its warning signs, the benefits of early detection and diagnosis, and steps to bettering your overall brain health.

[Building a Community Legacy together \(BCLT\) \(New York\)](#) - CITRA's Building a Community Legacy Together (BCLT) Program is an intergenerational program for youth and older adults. The BCLT Program involves having youth interview elders about their general advice for living.

[Gray for a Day \(Kansas\)](#) - Gray for a Day aims to educate participants on age-related sensory and functional challenges some adults might face through various simulations that reflect daily routines, simple tasks, and leisure or social activities.

[Healthy Homes Partnership](#) – The Healthy Homes Partnership is a collaboration between NIFA and the U.S. Department of Housing and Urban Development (HUD) on the Healthy Homes Initiative (HHI) to support research, education, and extension programs that increase home health and safety, improve family health, and build stronger communities. Learn more about this national program and what states are involved in this effort.

*[Keys to Embracing Aging \(Kansas\)](#) - Keys to Embracing Aging introduces 12 healthy behavior practices that encourage optimal aging throughout the life span.

[Pre-planning for the Loss of a Loved One \(Wisconsin\)](#) – Pre-planning for the Loss of a Loved One workshops provide participants with materials to prepare in advance for the loss of a loved one and given information and materials related to what to do after a loved one has passed. Contact lbetul@wisc.edu for more information.

[The Art of Goodbye: End of Life Education \(Florida\)](#) - This educational series provides resources and tools for individuals and families to begin to think about end-of-life concerns, and to start to make their plans, at their own pace. In five core lessons, participants take steps to prepare for the end of life, including communicating effectively with loved ones; planning for health care decisions; putting legal and financial affairs in order; and planning final arrangements. Contact Linda Bobroff at bobroff@ufl.edu for more information.

[The Intergenerational Leadership Institute \(ILI\)](#) – ILI was developed by Penn State University as a certificate training program for older adults seeking new skills and volunteer opportunities to contribute to innovation and change in their communities.

[Walk with Ease \(WWE\)](#) (Oregon) – WWE is an evidenced-based physical activity program designed for adults with arthritis that can reduce pain and improve overall health.

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Caregivers

[B-Better: Caregiver Guide to Preventing Dependents' Falls \(Oregon\)](#) - A course for volunteer in-home caregivers or anyone looking for training to help older or dependent adults prevent slips, trips and falls at home.

[Care Consultation \(Oklahoma\)](#) - OSU Care Consultation is a program that acts as a compass, guiding families through the caregiving journey. We call it "Coaching"... and it's more than a one-time resource or referral call. The consultant gets to know the client and their situation. Contact is mutually arranged to meet specific needs.

*[Caregiver Education \(Oklahoma\)](#) – The Caregiving Education Program was developed to train individuals on safely conducting care tasks. The program is comprised of six modules: Caregiving 101, Nutrition, Exploitation

and Abuse, Aging and Finances, Home Safety, and Healthy Caregiving. Contact Whitney Bailey at whitney.a.bailey@okstate.edu for more information.

Caregiving Relationships (Illinois) – Caregiving Relationships is a research-based curriculum designed to reduce the emotional pressures associated with caregiving and to strengthen family relationships. Curriculum offers five modules that can be presented as a series or as stand-alone workshops.

Caregiving Relationships: Conversations on Aging (Iowa) - Caregiving Relationships: Conversations on Aging is designed to help family members recognize how caregiving affects relationships among family members. It also builds talking and listening skills for addressing changing needs in later life.

Finances of Caregiving (Iowa) - The Finances of Caregiving is a series of five 2-hour workshops to expand your understanding of possible solutions for providing care for a loved one and help families plan together for the care receiver's care. Understanding your choices means knowing your current situation. This program guides you through finding and collecting that information.

Know the 10 Signs (Kentucky) – Know the 10 Signs is an evidenced-based program that shares the 10 warning signs with Kentucky communities and KEHA clubs and provide resources from the Alzheimer's Association, the world's leading voluntary health organization in Alzheimer's care, support and research. Contact Amy Kostelic at amy.kostelic@uky.edu to learn more.

Memory Banking (Kentucky) – Memory Banking is a three-week program that encourages the documentation of life story and health history as a way to promote an active brain, quality relationships, mental healthiness and legacy building. Contact Amy Kostelic at amy.kostelic@uky.edu to learn more.

MoneySmart for Older Adults (Maryland Extension) - Money Smart for Older Adults is designed to provide you with information and tips to help prevent common frauds, scams, and other types of elder financial exploitation in your community.

Montana Grandparents Raising Grandchildren - The Montana Grandparents Raising Grandchildren Project focuses on grandparent well-being, providing research-based resources and support to manage the physical and emotional stress of kinship caregiving.

Powerful Tools for Caregivers (Iowa Extension) - Powerful Tools for Caregivers is a series of classes designed to empower family caregivers of adults with chronic conditions or children with special health and behavioral needs to take better care of themselves. The "tools" learned in the six week series benefit caregivers by helping them reduce stress, improve caregiving confidence, establish balance in their lives, communicate their needs, make tough decisions and locate helpful resources.

Powerful Tools for Caregivers (Michigan Extension) Powerful Tools for Caregivers is a self-care education program for family caregivers with tools and strategies to better handle the unique challenges they face.

Raising Awareness about Disability (RAAD): A Simulation Activity (Kentucky) – RAAD is an empathic activity created to promote disability awareness and provide insight into typical age-related sensory and mobility decline. Adaptive equipment is incorporated in this activity to help participants better understand ways in which the environment and various technologies can contribute to independence, safety and life quality. Contact Amy Kostelic at amy.kostelic@uky.edu for more information.

The Art of Goodbye: End of Life Education (Florida) - This educational series provides resources and tools for individuals and families to begin to think about end-of-life concerns, and to start to make their plans, at their own pace. In five core lessons, participants take steps to prepare for the end of life, including communicating effectively with loved ones; planning for health care decisions; putting legal and financial affairs in order; and planning final arrangements. Contact Linda Bobroff at bobroff@ufl.edu for more information.

[Who Gets Grandma's Yellow Pie Plate? \(Minnesota\)](#)- Who Gets Grandma's Yellow Pie Plate?™ provides people with practical information about the inheritance and transfer of non-titled personal property. The curriculum, workshop, and related web resources help families communicate, make decisions, and lessen conflict.

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Employers of Caregivers

[Employed Caregiver Survey \(Wisconsin\)](#) – The Employed Family Caregiver Survey collects data to provide information about family caregiving to employers. Results are shared with the employer in order to help them understand the effects of adult caregiving on their workforce, become aware of community resources needed by employed caregivers within their organization or company, and identify ways they can support family caregivers through changes in organizational policies and procedures.

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Kinship Caregivers / GrandFamilies

[Healthy Grandfamilies Project \(West Virginia\)](#) - Healthy Grandfamilies is a free initiative led by West Virginia State University to provide information and resources to grandparents who are raising one or more grandchildren.

[Kinship Families \(Nevada\)](#) – Kinship Families is a family support program for caregivers of children in out-of-home placement.

[Montana Grandparents Raising Grandchildren](#) - The Montana Grandparents Raising Grandchildren Project focuses on grandparent well-being, providing research-based resources and support to manage the physical and emotional stress of kinship caregiving.

[Parenting a Second Time Around \(PASTA\) \(New York\)](#) – PASTA is a Cornell Cooperative Extension parenting program designed for relative caregivers who are not the biological parents of the children in their care. PASTA provides grandparents and other kinship caregivers with information, skills, and resources designed to enhance their ability to provide effective care for the young relatives they are parenting.

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Older Adult Women

[Batik for Pleasure and/or Profit \(Virgin Islands\)](#) – Batik for Pleasure and/or Profit was developed for a group of local women (mostly seniors from the local community) to teach them a marketable skill. The primary purpose of the program is to train the clients to produce high quality batik art work that they can sell to supplement their income. Contact Caryl Johnson at cjohnso@live.uvi.edu for more information.

[Health Motivators \(West Virginia\)](#) - Initiated by the WVU Extension Service, the West Virginia Health Motivator program empowers friends, colleagues, faith groups and community clubs of all kinds to unite for better health.

[StrongWomen \(Oregon\)](#) - The StrongWomen Program is a national evidence-based community exercise and nutrition program targeted to midlife and older women.

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Professionals who work with older adults

[*Caregiver Education \(Oklahoma\)](#) – The Caregiving Education Program was developed to train individuals on safely conducting care tasks. The program is comprised of six modules: Caregiving 101, Nutrition, Exploitation

and Abuse, Aging and Finances, Home Safety, and Healthy Caregiving. Contact Whitney Bailey at whitney.a.bailey@okstate.edu for more information.

[No Bullies Allowed: Senior Bullying in Your Community](#) (*Illinois*) – This 90-minute research-informed program is focused on defining bullying among older adult populations, understanding bullying behavior, and discovering the impact of bullying on both victims and bystanders. Contact Karla Belzer or another member of the Extension staff to learn more.

[Parenting a Second Time Around \(PASTA\)](#) (*New York*) – PASTA is a Cornell Cooperative Extension parenting program designed for relative caregivers who are not the biological parents of the children in their care. PASTA provides grandparents and other kinship caregivers with information, skills, and resources designed to enhance their ability to provide effective care for the young relatives they are parenting.

[Raising Awareness about Disability \(RAAD\): A Simulation Activity](#) (*Kentucky*) – RAAD is an empathic activity created to promote disability awareness and provide insight into typical age-related sensory and mobility decline. Adaptive equipment is incorporated in this activity to help participants better understand ways in which the environment and various technologies can contribute to independence, safety and life quality. Contact Amy Kostelic at amy.kostelic@uky.edu for more information.

[Who Gets Grandma's Yellow Pie Plate?](#) (*Minnesota*) - Who Gets Grandma's Yellow Pie Plate?™ provides people with practical information about the inheritance and transfer of non-titled personal property. The curriculum, workshop, and related web resources help families communicate, make decisions, and lessen conflict.

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Youth

[Building a Community Legacy together \(BCLT\)](#) (*New York*) - CITRA's Building a Community Legacy Together (BCLT) Program is an intergenerational program for youth and older adults. The BCLT Program involves having youth interview elders about their general advice for living.

[Gray for a Day](#) (*Kansas*) - Gray for a Day aims to educate participants on age-related sensory and functional challenges some adults might face through various simulations that reflect daily routines, simple tasks, and leisure or social activities.

[Living \(well through\) Intergenerational Fitness and Exercise \(LIFE\)](#) (*Iowa*) - The Living well through Intergenerational Fitness and Exercise (LIFE) Program is the first of its kind—a unique program led by younger adults that increases access for at-risk older rural populations to sustainable, low cost, physical activity programming. It is comprised of 6 weeks of exergaming and 16 weeks of wellness newsletters.

[TeachSD Toolkit](#) (*South Dakota*) TeachSD Toolkit is an innovative intergenerational technology training program designed to use existing community resources to deliver a low cost method of increasing adult knowledge, confidence, and skills using the internet to access resources, connect with family and friends, and maintain independence as they age. The toolkit consists of the Intergenerational Technology Program Implementation Guide, the Volunteer Technology Trainer Orientation Guide, the Orientation Videos, and in-design templates for program customization.

[The Intergenerational Leadership Institute \(ILI\)](#) – ILI was developed by Penn State University as a certificate training program for older adults seeking new skills and volunteer opportunities to contribute to innovation and change in their communities.

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Advanced Health Care Planning

Advance Health Care Planning in Kansas – Advance Health Care Planning in Kansas introduces the process and documents involved in preparing for your future medical care, should you become unable to speak for yourself. Topics include: what are advance directives, why advance directives are important to complete, the four types of advance health care planning documents, and how to properly store and share your documents.

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Aging in Place

Creating Aging Friendly Communities Facilitator Guide (Wisconsin) – The Creating Aging-Friendly Communities Facilitation Guide is to help Family Living Educators inform and engage community leaders about the changing demographics of our communities, and invigorate discussion and planning about how communities can adapt to changing needs.

*engage in Community MAPPS (Mapping Assesses using Participatory Photographic Surveys) (Oregon) – engage in Community program employs a “campus-community” participatory action research approach, and positions LGU Extension as the backbone organization within a collective impact frame with the aim of creating an “age-friendly neighborhoods and communities.

Healthy Homes Partnership – The Healthy Homes Partnership is a collaboration between NIFA and the U.S. Department of Housing and Urban Development (HUD) on the Healthy Homes Initiative (HHI) to support research, education, and extension programs that increase home health and safety, improve family health, and build stronger communities. Learn more about this national program and what states are involved in this effort.

Older Wiser Learners Series (OWLS) (Ohio) - Older Wiser Learners Series (OWLS) is a four-week program conducted by Ohio State University Extension Family and Consumer Sciences. The program is focused on the unique needs of individuals over the age of 65.

Universal Design (Ohio) - Universal Design, a collaborative project involving multiple partners including Family and Consumer Sciences, employs architecture and design to create user-friendly homes in an attractive, seamless way to meet the needs of a variety of ages and abilities. Universal Design is all about helping people recognize the variety of possibilities available to them so that they can select solutions that work for their family, friends and neighbors.

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Alzheimer’s

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Brain Health

Boost Your Brain and Memory – Missouri Extension is delivering this program to help participants implement new habits to maintain cognitive health while also practicing new skills for better memory performance. Contact Jacquelyn Benson at bensonjj@missouri.edu to learn more.

Brain Health: It's a No Brainer! (Illinois) – Brain Health: It's a No Brainer! Is a research-informed, three-part curriculum series that educates adults about normal memory change and aging, highlights healthy brain contributors, and offers tips and strategies to lessen everyday forgetfulness. Contact Chelsey Byers at clbyers@illinois.edu or Molly Hofer at hoferm@illinois.edu for more information.

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Caregiver Education

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Powerful Tools for Caregivers (Michigan Extension) Powerful Tools for Caregivers is a self-care education program for family caregivers with tools and strategies to better handle the unique challenges they face.

The Successful Aging Initiative (Alabama) - The Alabama Cooperative Extension System's Urban Affairs and New Nontraditional Programs at Alabama Agricultural and Mechanical University partners with the state's Bureau of Geriatric Psychiatry and other organizations to deliver educational programs that address issues relevant to aging such as dementia, financial and legal education. In addition to hosting one-day conferences across the state, the Successful Aging Initiative uses the *Seniors Can* curriculum, elder law and estate planning basics, health care literacy information, and local senior resources to educate older adults, family members, and caregivers about practical strategies on how to live independently and successfully during the latter years of life. For more information, contact Dr. Dorothy Brandon at (256) 372-5458 or dpb0010@aces.edu .

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Caregiver Employer Resources

Employed Caregiver Survey (Wisconsin) – The Employed Family Caregiver Survey collects data to provide information about family caregiving to employers. Results are shared with the employer in order to help them understand the effects of adult caregiving on their workforce, become aware of community resources needed by employed caregivers within their organization or company, and identify ways they can support family caregivers through changes in organizational policies and procedures.

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Chronic Health

Chronic Disease Self Management Program (Programs in Illinois, Michigan, and Missouri) – Chronic Disease Self-Management Program helps people and their caregivers manage their symptoms, improve their quality of life, and reduce healthcare costs. Extension Educators are trained as leaders to lead the 6-week program out in our communities.

Dining With Diabetes (Michigan) - Dining with Diabetes is a four-session course designed for people at risk of diabetes or who have diabetes, as well as their family members.

Healthy Homes Partnership – The Healthy Homes Partnership is a collaboration between NIFA and the U.S. Department of Housing and Urban Development (HUD) on the Healthy Homes Initiative (HHI) to support research, education, and extension programs that increase home health and safety, improve family health, and build stronger communities. Learn more about this national program and what states are involved in this effort.

1 on Diabetes (Illinois) – 1 on Diabetes is a series of four 2 ½ - 3 hour sessions designed for anyone interested in preventing or managing diabetes. The program provides information on treatment goals and self-monitoring, managing carbohydrates, sodium, cholesterol and fat portions, planning meals, reading food labels, and using artificial sweeteners, low-fat products, and herbs and spices. Contact Marilyn Csernus at mcsernus@illinois.edu for more information.

Meals for a Healthy Heart (Illinois) - Meals for a Healthy Heart is a series of two 2 -2 ½ hour sessions designed for anyone interested in preventing or managing heart disease. Meals for a Healthy Heart aims to improve your overall wellbeing. The program is meant to compliment the recommendations of your health care provider and to help you and/or your loved one manage heart disease. Contact Marilyn Csernus at mcsernus@illinois.edu for more information.

Personal Action Toward Health (PATH) (Michigan) - PATH provides the skills and tools to manage chronic health conditions. People who participate in PATH workshops are better equipped to face the daily challenges of living with one or more chronic conditions. PATH is a six-week series facilitated by two trained leaders who have chronic conditions themselves.

Powerful Tools for Caregivers (Iowa Extension) - Powerful Tools for Caregivers is a series of classes designed to empower family caregivers of adults with chronic conditions **or** children with special health and behavioral needs to take better care of themselves. The “tools” learned in the six week series benefit caregivers by helping them reduce stress, improve caregiving confidence, establish balance in their lives, communicate their needs, make tough decisions and locate helpful resources.

Powerful Tools for Caregivers (Michigan Extension) Powerful Tools for Caregivers is a self-care education program for family caregivers with tools and strategies to better handle the unique challenges they face.

National Diabetes Prevention Program (Michigan Extension) – The National Diabetes Prevention Program is a lifestyle change program designed for people who have prediabetes or are at risk for type 2 diabetes. Contact Michigan Extension to learn more.

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Disability Awareness

AgrAbility Program - The AgrAbility Program enhances the quality of life for farmers, ranchers, and other agricultural workers with disabilities. Learn more about NIFA's national program and what states are involved in this effort.

Raising Awareness about Disability (RAAD): A Simulation Activity (Kentucky) – RAAD is an empathic activity created to promote disability awareness and provide insight into typical age-related sensory and mobility decline. Adaptive equipment is incorporated in this activity to help participants better understand ways in which the environment and various technologies can contribute to independence, safety and life quality. Contact Amy Kostelic at amy.kostelic@uky.edu for more information.

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End of Life Education/Communication

Older Wiser Learners Series (OWLS) (Ohio) - Older Wiser Learners Series (OWLS) is a four-week program conducted by Ohio State University Extension Family and Consumer Sciences. The program is focused on the unique needs of individuals over the age of 65.

Pre-planning for the Loss of a Loved One (Wisconsin) – Pre-planning for the Loss of a Loved One are workshops that provide participants with materials to prepare in advance for the loss of a loved one and given information and materials related to what to do after a loved one has passed. Contact Libby Bestul at lbestul@wisc.edu or Kristin Litzelman at litzelman@wisc.edu for more information.

The Art of Goodbye: End of Life Education (Florida) - This educational series provides resources and tools for individuals and families to begin to think about end-of-life concerns, and to start to make their plans, at their own pace. In five core lessons, participants take steps to prepare for the end of life, including communicating effectively with loved ones; planning for health care decisions; putting legal and financial affairs in order; and planning final arrangements. Contact Linda Bobroff at bobroff@ufl.edu for more information.

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Environmental

Healthy Homes Partnership – The Healthy Homes Partnership is a collaboration between NIFA and the U.S. Department of Housing and Urban Development (HUD) on the Healthy Homes Initiative (HHI) to support research, education, and extension programs that increase home health and safety, improve family health, and build stronger communities. Learn more about this national program and what states are involved in this effort.

Retirees in Service to the Environment (New York) - The Retirees in Service to the Environment (RISE) Program responds to the intersection of two critical trends – mounting concern about environmental sustainability and the growing aging population. America's retirees have the time, talent, and skills to help address issues like climate change, air and water pollution, and protection of natural areas.

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Falls Prevention

A Matter of Balance (Missouri) - A Matter of Balance is a program designed to reduce the fear of falling and increase activity levels among older adults. It includes 8 two-hour sessions for a small group of 8-12 participants led by a trained facilitator.

B-Better: Caregiver Guide to Preventing Dependents' Falls (Oregon) - A course for volunteer in-home caregivers or anyone looking for training to help older or dependent adults prevent slips, trips and falls at home.

Better Bones& Balance (Oregon) – Better Bones and Balance is a community-based exercise program designed for non-frail older adults to reduce the risk of hip fractures through the enhancement of bone health and reduction of fall risk factors.

Fit and Fall Proof (Idaho) - Fit and Fall Proof™ (FFP) is an exercise-based fall prevention program for older adults in Idaho that focuses on improving strength, mobility, and balance to reduce an older adults' risk of falling. Local volunteer leaders are trained to teach classes in their communities. Classes are held in places such as senior centers, community centers, churches, libraries and hospitals.

Healthy Homes Partnership – The Healthy Homes Partnership is a collaboration between NIFA and the U.S. Department of Housing and Urban Development (HUD) on the Healthy Homes Initiative (HHI) to support research, education, and extension programs that increase home health and safety, improve family health, and build stronger communities. Learn more about this national program and what states are involved in this effort.

Matter of Balance (Michigan Extension) - A Matter of Balance is an 8-week structured group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

Stand Up to Falling (Kentucky) – Stand Up to Falling introduces the seriousness and consequences of falling, especially for adults age 65 and older. The program highlights four preventable risk factors as cited by the CDS: lack of exercise, unsafe home environments, vision problems, and medication usage. Contact Amy Kostelic at amy.kostelic@uky.edu for more information.

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Finances/Retirement

Finances of Caregiving (Iowa)- The Finances of Caregiving is a series of five 2-hour workshops to expand your understanding of possible solutions for providing care for a loved one and help families plan together for the care receiver's care. Understanding your choices means knowing your current situation. This program guides you through finding and collecting that information.

How To get an "A" in Retirement (Missouri) – How to get an "A" in Retirement is an 8-module, online class that melds research and best practices in personal financial planning and positive psychology to help people prepare for retirement and to begin during working years to adopt positive practices.

MoneySmart for Older Adults (Maryland Extension) - Money Smart for Older Adults is designed to provide you with information and tips to help prevent common frauds, scams, and other types of elder financial exploitation in your community.

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Food Security

More In My Basket (MIMB) (North Carolina) – MIMB provides participants increased knowledge about the SNAP program and will apply for SNAP if they are eligible and not already receiving benefits. This is done through community education and facilitating access to benefits through application assistance.

Wellness and Independence through Nutrition (WIN) (Iowa) - The **Wellness and Independence through Nutrition Program (WIN)**, formerly known as the Food Assistance Outreach Project, reduces hunger in underserved mid-life and older lowans, age 50 years and older, who are eligible for but not yet enrolled in the food assistance program.

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Health and Wellness

I'm Positive, I'm Aging (Illinois) – I'm Positive, I'm Aging is a 60-minute workshop that addresses what is considered successful aging. Studies show that successful aging has more to do with having a positive attitude, maintaining friendships and choosing to live a healthy lifestyle – rather than having a life free of illness or disappointments. This lesson includes research related to positive aging as well as a discussion on ageism and how negative stereotypes of aging can contribute to prejudices and even discrimination. Contact Cheri Burcham at cburcham@illinois.edu to learn more.

Elder Nutrition and Food Safety (ENAFS) (Florida) - ENAFS (Elder Nutrition and Food Safety) program promotes healthy lifestyle choices for active retirees and high-risk older adults to improve nutritional status and quality of life. Contact the university to learn more.

Eat Smart, Live Strong (Michigan) - Eat Smart, Live Strong includes fun, social and interactive sessions designed to improve fruit and vegetable consumption and physical activity among adult's age 55 and older.

Eating Well as You Age (Illinois) – Eating Well as You Age will help participants to learn which foods supply the nutrients that are especially important for us as we age. Contact Marilyn Csernus at mcsernus@illinois.edu for more information.

Gerontology (Puerto Rico) Gerontology is intended to assist individuals (focus on adult developing and aging aspects), in making better decisions about themselves and contribute to improve healthy lifestyles and well-being. Contact Carmen Olga Gomez at carmen.gomez4@upr.edu to learn more.

Health Motivators (West Virginia) - Initiated by the WVU Extension Service, the West Virginia Health Motivator program empowers friends, colleagues, faith groups and community clubs of all kinds to unite for better health.

Healthy Living Throughout the Lifespan (Illinois) – Healthy Living Throughout the Lifespan is an educational program for adult audiences relevant to issues experienced throughout the lifespan including, general nutrition and physical, money management, stress management, and maintaining healthy family relationships. Programs may be offered via teleconference, or face-to-face as an individual program or as a series of programs ranging in length from 60-90 minutes per session. Contact Cheri Burcham at cburcham@illinois.edu to learn more.

*Keys to Embracing Aging (Kansas; also in Kentucky and Arkansas) - Keys to Embracing Aging introduces 12 healthy behavior practices that encourage optimal aging throughout the life span.

Meals for a Healthy Heart (Illinois) - Meals for a Healthy Heart is a series of two 2 -2 ½ hour sessions designed for anyone interested in preventing or managing heart disease. Meals for a Healthy Heart aims to improve your overall wellbeing. The program is meant to compliment the recommendations of your health care provider and to help you and/or your loved one manage heart disease. Contact Marilyn Csernus at mcsernus@illinois.edu for more information.

*Taking Charge of Your Health & Safety (West Virginia) – Taking Charge of Your Health and Safety improves the health of older adults by using the train-the-trainer approach, senior-friendly curriculum, program evaluations, assessment of fall hazards, and automated phone health messages. Specific key areas of health improvement include: Be Active; Eat Healthy; Arthritis; Diabetes; Heart Disease; Prevent Falls. Contact Elaine Bowen at epbowen@mail.wvu.edu to learn more.

Inheritance Decisions

[Who Gets Grandma's Yellow Pie Plate? \(Minnesota\)](#)- Who Gets Grandma's Yellow Pie Plate?™ provides people with practical information about the inheritance and transfer of non-titled personal property. The curriculum, workshop, and related web resources help families communicate, make decisions, and lessen conflict.

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Intergenerational

[Building a Community Legacy together \(BCLT\) \(New York\)](#) - CITRA's Building a Community Legacy Together (BCLT) Program is an intergenerational program for youth and older adults. The BCLT Program involves having youth interview elders about their general advice for living.

[Creating and Maintaining Family Traditions \(Kentucky\)](#) – Creating and Maintaining Family Traditions was developed to reinforce the importance of creating and maintaining family traditions throughout the life course as a means of helping family members create a sense of connection and closeness, and emotional safety, security and stability. The lesson also provides practical approaches to establish new traditions. Contact Amy Kostelic at amy.kostelic@uky.edu for more information.

[Gray for a Day \(Kansas\)](#) - Gray for a Day aims to educate participants on age-related sensory and functional challenges some adults might face through various simulations that reflect daily routines, simple tasks, and leisure or social activities.

[Grillin' with My Grandchild: A Bonding Event for Grandfathers and Grandchildren \(Ohio\)](#) – Grillin' with My Grandchild is a 3-session multigenerational education program. Time is devoted to multigenerational instruction regarding grandfatherhood and grandchildhood as well as activities related to the creation of an electronic memory book. Time is also devoted to instruction in nutritional health and food safety and for grilling and eating the food cooked. Contact James Bates at bates.402@osu.edu for more information.

[Living \(well through\) Intergenerational Fitness and Exercise \(LIFE\) \(Iowa\)](#) - The Living well through Intergenerational Fitness and Exercise (LIFE) Program is the first of its kind—a unique program led by younger adults that increases access for at-risk older rural populations to sustainable, low cost, physical activity programming. It is comprised of 6 weeks of exergaming and 16 weeks of wellness newsletters.

[TeachSD Toolkit \(South Dakota\)](#) TeachSD Toolkit is an innovative intergenerational technology training program designed to use existing community resources to deliver a low cost method of increasing adult knowledge, confidence, and skills using the internet to access resources, connect with family and friends, and maintain independence as they age. The toolkit consists of the Intergenerational Technology Program Implementation Guide, the Volunteer Technology Trainer Orientation Guide, the Orientation Videos, and in-design templates for program customization.

[The Intergenerational Leadership Institute \(ILI\)](#) – ILI was developed by Penn State University as a certificate training program for older adults seeking new skills and volunteer opportunities to contribute to innovation and change in their communities.

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Kinship Care Resources

*[Healthy Grandfamilies Project \(West Virginia\)](#) - Healthy Grandfamilies is a free initiative led by West Virginia State University to provide information and resources to grandparents who are raising one or more grandchildren.

Kinship Families (Nevada) – Kinship Families is a family support program for caregivers of children in out-of-home placement.

Montana Grandparents Raising Grandchildren - The Montana Grandparents Raising Grandchildren Project focuses on grandparent well-being, providing research-based resources and support to manage the physical and emotional stress of kinship caregiving.

Parenting a Second Time Around (PASTA) (New York) – PASTA is a Cornell Cooperative Extension parenting program designed for relative caregivers who are not the biological parents of the children in their care. PASTA provides grandparents and other kinship caregivers with information, skills, and resources designed to enhance their ability to provide effective care for the young relatives they are parenting.

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Mental Health

Mental Health First Aid for Older Adults (Missouri Extension) - Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance abuse disorders in your community.

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Nutrition

Dining With Diabetes (Michigan) - Dining with Diabetes is a four-session course designed for people at risk of diabetes or who have diabetes, as well as their family members.

Eat Smart. Live Strong – (Michigan) Eat Smart, Live Strong includes fun, social and interactive sessions designed to improve fruit and vegetable consumption and physical activity among adult's age 55 and older.

Eating Well as You Age (Illinois) – Eating Well as You Age will help participants to learn which foods supply the nutrients that are especially important for us as we age. Contact Marilyn Csernus at mcsernus@illinois.edu for more information.

Elder Nutrition and Food Safety (ENAFS) (Florida) - ENAFS (Elder Nutrition and Food Safety) program promotes healthy lifestyle choices for active retirees and high-risk older adults to improve nutritional status and quality of life. Contact the university to learn more.

Older Wiser Learners Series (OWLS) (Ohio) - Older Wiser Learners Series (OWLS) is a four-week program conducted by Ohio State University Extension Family and Consumer Sciences. The program is focused on the unique needs of individuals over the age of 65.

Seniors Eating Well – (Pennsylvania) Seniors Eating Well is a curriculum intended to improve the nutrition and health status of middle-aged and older adults.

Wellness and Independence through Nutrition (WIN) (Iowa) - The **Wellness and Independence through Nutrition** Program (WIN), formerly known as the Food Assistance Outreach Project, reduces hunger in underserved mid-life and older lowans, age 50 years and older, who are eligible for but not yet enrolled in the food assistance program.

Whole Grain Cuisine for Seniors (Maryland) – A nutrition program that teaches the benefits of whole grains in your diet and how to incorporate them.

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Physical Activity

Better Bones& Balance (Oregon) – Better Bones and Balance is a community-based exercise program designed for non-frail older adults to reduce the risk of hip fractures through the enhancement of bone health and reduction of fall risk factors.

Extension Get Fit (Arkansas) - Extension Get Fit Program is a community-based strength training program targeted to midlife and older Arkansans.

*Extension Wellness Ambassador Program (EWAP) (Arkansas) – EWAP teaches participants simple strategies to improve their own health and the health of their family, friends, and neighbors, with special emphasis on physical activity. The training is conducted by Cooperative Extension Service professionals, health professionals, and other specialists in their field.

Fit and Fall Proof (Idaho) - Fit and Fall Proof™ (FFP) is an exercise-based fall prevention program for older adults in Idaho that focuses on improving strength, mobility, and balance to reduce an older adults' risk of falling. Local volunteer leaders are trained to teach classes in their communities. Classes are held in places such as senior centers, community centers, churches, libraries and hospitals.

Lifelong Improvements Through fitness together (LIFT) (Virginia) – LIFT is an 8-week, group-based strength-training program delivered in-person, two times a week by trained health educators to improve functional fitness which allows older adults to age in place.

Living (well through) Intergenerational Fitness and Exercise (LIFE) (Iowa) - The Living well through Intergenerational Fitness and Exercise (LIFE) Program is the first of its kind—a unique program led by younger adults that increases access for at-risk older rural populations to sustainable, low cost, physical activity programming. It is comprised of 6 weeks of exergaming and 16 weeks of wellness newsletters.

Stay Strong. Stay Healthy (SSSH) - Missouri's Stay Strong, Stay Healthy (SSSH) program is designed to increase aging adults' access to a safe, structured and effective strength-training program. At each session a prescribed set of 8 upper and lower body strengthening exercises are done. Participants are made to feel comfortable regardless of their current fitness level so they can safely participate and gradually build the strength beneficial to health.

StrongWomen (Oregon) - The StrongWomen Program is a national evidence-based community exercise and nutrition program targeted to midlife and older women.

Walk with Ease (WWE) (Oregon) – WWE is an evidenced-based physical activity program designed for adults with arthritis that can reduce pain and improve overall health.

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Preventative Bullying of Older Adults

No Bullies Allowed: Senior Bulling in Your Community (Illinois) – This 90-minute researched-informed program is focused on defining bullying among older adult populations, understanding bullying behavior, and discovering the impact of bullying on both victims and bystanders. Contact Karla Belzer or another member of the Extension staff to learn more.

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Reflective Writing

Stories from your past: Legacy for the future (Illinois) – Stories from your past: Legacy for the future gives participants the benefits of self-reflective writing. The emphasis of the workshop is on telling their story and through practice feel more confident in their writing. Contact Chelsey Byers at clbyers@Illinois.edu for more information.

Skill Training

Batik for Pleasure and/or Profit (Virgin Islands) – Batik for Pleasure and/or Profit was developed for a group of local women (mostly seniors from the local community) to teach them a marketable skill. The primary purpose of the program is to train the clients to produce high quality batik art work that they can sell to supplement their income. Contact Caryl Johnson at cjohnso@live.uvi.edu for more information.

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Technology

TeachSD Toolkit (South Dakota) TeachSD Toolkit is an innovative intergenerational technology training program designed to use existing community resources to deliver a low cost method of increasing adult knowledge, confidence, and skills using the internet to access resources, connect with family and friends, and maintain independence as they age. The toolkit consists of the Intergenerational Technology Program Implementation Guide, the Volunteer Technology Trainer Orientation Guide, the Orientation Videos, and in-design templates for program customization.

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Volunteerism

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Health Motivators (West Virginia) - Initiated by the WVU Extension Service, the West Virginia Health Motivator program empowers friends, colleagues, faith groups and community clubs of all kinds to unite for better health.

Retirees in Service to the Environment – (New York) The Retirees in Service to the Environment (RISE) Program responds to the intersection of two critical trends – mounting concern about environmental sustainability and the growing aging population. America's retirees have the time, talent, and skills to help address issues like climate change, air and water pollution, and protection of natural areas.

Senior Companion/Respite Aide (Washington, DC) - The Senior Companion/Respite Aide programs is for seniors to help other seniors through volunteerism. The Senior Companion/Respite Aide Programs preserves the independence of District of Columbia residents. The programs support low income and disabled older persons 55 years and older with high quality and compassionate volunteer service.

The Intergenerational Leadership Institute (ILI) – ILI was developed by Penn State University as a certificate training program for older adults seeking new skills and volunteer opportunities to contribute to innovation and change in their communities.

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North Central Region

[A Matter of Balance \(Missouri\)](#) - A Matter of Balance is a program designed to reduce the fear of falling and increase activity levels among older adults. It includes 8 two-hour sessions for a small group of 8-12 participants led by a trained facilitator.

[Advance Health Care Planning in Kansas](#) – Advance Health Care Planning in Kansas introduces the process and documents involved in preparing for your future medical care, should you become unable to speak for yourself. Topics include: what are advance directives, why advance directives are important to complete, the four types of advance health care planning documents, and how to properly store and share your documents.

[Alzheimer's 101 \(Kansas\)](#)– Alzheimer's 101 furthers the understanding of Alzheimer's, its warning signs, the benefits of early detection and diagnosis, and steps to bettering your overall brain health.

[Boost Your Brain and Memory](#) – Missouri Extension is delivering this program to help participants implement new habits to maintain cognitive health while also practicing new skills for better memory performance. Contact Jacquelyn Benson at bensonjj@missouri.edu to learn more.

[Brain Health: It's a No Brainer! \(Illinois\)](#) – Brain Health: It's a No Brainer! Is a research-informed, three-part curriculum series that educates adults about normal memory change and aging, highlights healthy brain contributors, and offers tips and strategies to lessen everyday forgetfulness. Contact Chelsey Byers at clbyers@illinois.edu or Molly Hofer at hoferm@illinois.edu for more information.

[Caregiving Relationships \(Illinois\)](#) – Caregiving Relationships is a research-based curriculum designed to reduce the emotional pressures associated with caregiving and to strengthen family relationships. Curriculum offers five modules that can be presented as a series or as stand-alone workshops.

[Caregiving Relationships: Conversations on Aging \(Iowa\)](#) - Caregiving Relationships: Conversations on Aging is designed to help family members recognize how caregiving affects relationships among family members. It also builds talking and listening skills for addressing changing needs in later life.

[Chronic Disease Self Management Program \(Programs in Illinois, Michigan, and Missouri\)](#) – Chronic Disease Self-Management Program helps people and their caregivers manage their symptoms, improve their quality of life, and reduce healthcare costs. Extension Educators are trained as leaders to lead the 6-week program out in our communities.

[Creating Aging Friendly Communities Facilitator Guide \(Wisconsin\)](#) – The Creating Aging-Friendly Communities Facilitation Guide is to help Family Living Educators inform and engage community leaders about the changing demographics of our communities, and invigorate discussion and planning about how communities can adapt to changing needs.

[Dining With Diabetes \(Michigan\)](#) - Dining with Diabetes is a four-session course designed for people at risk of diabetes or who have diabetes, as well as their family members.

[Eat Smart. Live Strong \(Michigan\)](#) - Eat Smart, Live Strong includes fun, social and interactive sessions designed to improve fruit and vegetable consumption and physical activity among adult's age 55 and older.

[Eating Well as You Age \(Illinois\)](#) – Eating Well as You Age will help participants to learn which foods supply the nutrients that are especially important for us as we age. Contact Marilyn Csernus at mcsernus@illinois.edu for more information.

[Employed Caregiver Survey \(Wisconsin\)](#) – The Employed Family Caregiver Survey collects data to provide information about family caregiving to employers. Results are shared with the employer in order to help them understand the effects of adult caregiving on their workforce, become aware of community resources needed by employed caregivers within their organization or company, and identify ways they can support family caregivers through changes in organizational policies and procedures.

Finances of Caregiving (Iowa) - The Finances of Caregiving is a series of five 2-hour workshops to expand your understanding of possible solutions for providing care for a loved one and help families plan together for the care receiver's care. Understanding your choices means knowing your current situation. This program guides you through finding and collecting that information.

Gray for a Day (Kansas) - Gray for a Day aims to educate participants on age-related sensory and functional challenges some adults might face through various simulations that reflect daily routines, simple tasks, and leisure or social activities.

Grillin' with My Grandchild: A Bonding Event for Grandfathers and Grandchildren (Ohio) – Grillin' with My Grandchild is a 3-session multigenerational education program. Time is devoted to multigenerational instruction regarding grandfatherhood and grandchildhood as well as activities related to the creation of an electronic memory book. Time is also devoted to instruction in nutritional health and food safety and for grilling and eating the food cooked. Contact James Bates at bates.402@osu.edu for more information.

Healthy Living Throughout the Lifespan (Illinois) – Healthy Living Throughout the Lifespan is an educational program for adult audiences relevant to issues experienced throughout the lifespan including, general nutrition and physical, money management, stress management, and maintaining healthy family relationships. Programs may be offered via teleconference, or face-to-face as an individual program or as a series of programs ranging in length from 60-90 minutes per session. Contact Cheri Burcham at cburcham@illinois.edu to learn more.

How To get an "A" in Retirement (Missouri) – How to get an "A" in Retirement is an 8-module, online class that melds research and best practices in personal financial planning and positive psychology to help people prepare for retirement and to begin during working years to adopt positive practices.

I on Diabetes (Illinois) – I on Diabetes is a series of four 2 ½ - 3 hour sessions designed for anyone interested in preventing or managing diabetes. The program provides information on treatment goals and self-monitoring, managing carbohydrates, sodium, cholesterol and fat portions, planning meals, reading food labels, and using artificial sweeteners, low-fat products, and herbs and spices. Contact Marilyn Csernus at mcsernus@illinois.edu for more information.

I'm Positive. I'm Aging (Illinois) – I'm Positive, I'm Aging is a 60-minute workshop that addresses what is considered successful aging. Studies show that successful aging has more to do with having a positive attitude, maintaining friendships and choosing to live a healthy lifestyle – rather than having a life free of illness or disappointments. This lesson includes research related to positive aging as well as a discussion on ageism and how negative stereotypes of aging can contribute to prejudices and even discrimination. Contact Cheri Burcham at cburcham@illinois.edu to learn more.

*Keys to Embracing Aging (Kansas; also in Arkansas and Kentucky) - Keys to Embracing Aging introduces 12 healthy behavior practices that encourage optimal aging throughout the life span.

Living (well through) Intergenerational Fitness and Exercise (LIFE) (Iowa) - The Living well through Intergenerational Fitness and Exercise (LIFE) Program is the first of its kind—a unique program led by younger adults that increases access for at-risk older rural populations to sustainable, low cost, physical activity programming. It is comprised of 6 weeks of exergaming and 16 weeks of wellness newsletters.

Matter of Balance (Michigan Extension) - A Matter of Balance is an 8-week structured group intervention that emphasizes practical strategies to reduce fear of falling and increase activity levels. Participants learn to view falls and fear of falling as controllable, set realistic goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance.

Meals for a Healthy Heart (Illinois) - Meals for a Healthy Heart is a series of two 2 -2 ½ hour sessions designed for anyone interested in preventing or managing heart disease. Meals for a Healthy Heart aims to improve your overall wellbeing. The program is meant to compliment the recommendations of your health care provider and

to help you and/or your loved one manage heart disease. Contact Marilyn Csernus at mcsernus@illinois.edu for more information.

Mental Health First Aid for Older Adults (Missouri Extension) - Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illnesses and substance abuse disorders in your community.

National Diabetes Prevention Program (Michigan Extension) – The National Diabetes Prevention Program is a lifestyle change program designed for people who have prediabetes or are at risk for type 2 diabetes. Contact Michigan Extension to learn more.

No Bullies Allowed: Senior Bullying in Your Community (Illinois) – This 90-minute research-informed program is focused on defining bullying among older adult populations, understanding bullying behavior, and discovering the impact of bullying on both victims and bystanders. Contact Karla Belzer or another member of the Extension staff to learn more.

North Central Region Aging Network (States of North Dakota, South Dakota, Nebraska, Kansas, Minnesota, Iowa, Missouri, Wisconsin, Illinois, Indiana, Michigan, and Ohio) – The North Central Region Aging Network (NCRAN) is a cohort of gerontologists and Extension professionals that are interested in enhancing and increasing knowledge on various aging-related topics. Through pooled resources, they present webinars and other outreach efforts through evidence-based programs.

Older Wiser Learners Series (OWLS) (Ohio) - Older Wiser Learners Series (OWLS) is a four-week program conducted by Ohio State University Extension Family and Consumer Sciences. The program is focused on the unique needs of individuals over the age of 65.

Personal Action Toward Health (PATH) (Michigan) - PATH provides the skills and tools to manage chronic health conditions. People who participate in PATH workshops are better equipped to face the daily challenges of living with one or more chronic conditions. PATH is a six-week series facilitated by two trained leaders who have chronic conditions themselves.

Powerful Tools for Caregivers (Iowa Extension) - Powerful Tools for Caregivers is a series of classes designed to empower family caregivers of adults with chronic conditions or children with special health and behavioral needs to take better care of themselves. The “tools” learned in the six week series benefit caregivers by helping them reduce stress, improve caregiving confidence, establish balance in their lives, communicate their needs, make tough decisions and locate helpful resources.

Powerful Tools for Caregivers (Michigan Extension) Powerful Tools for Caregivers is a self-care education program for family caregivers with tools and strategies to better handle the unique challenges they face.

Pre-planning for the Loss of a Loved One (Wisconsin) – Pre-planning for the Loss of a Loved One workshops provide participants with materials to prepare in advance for the loss of a loved one and given information and materials related to what to do after a loved one has passed. Contact lbestul@wisc.edu for more information.

Stories from your past: Legacy for the future (Illinois) – Stories from your past: Legacy for the future gives participants the benefits of self-reflective writing. The emphasis of the workshop is on telling their story and through practice feel more confident in their writing. Contact Chelsey Byers at clbyers@illinois.edu for more information.

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Universal Design (Ohio) - Universal Design, a collaborative project involving multiple partners including Family and Consumer Sciences, employs architecture and design to create user-friendly homes in an attractive, seamless way to meet the needs of a variety of ages and abilities. Universal Design is all about helping people recognize the variety of possibilities available to them so that they can select solutions that work for their family, friends and neighbors.

Wellness and Independence through Nutrition (WIN) (Iowa) - The **Wellness and Independence through Nutrition Program (WIN)**, formerly known as the Food Assistance Outreach Project, reduces hunger in underserved mid-life and older lowans, age 50 years and older, who are eligible for but not yet enrolled in the food assistance program.

Who Gets Grandma's Yellow Pie Plate? (Minnesota)- Who Gets Grandma's Yellow Pie Plate?™ provides people with practical information about the inheritance and transfer of non-titled personal property. The curriculum, workshop, and related web resources help families communicate, make decisions, and lessen conflict.

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North East Region

Building a Community Legacy together (BCLT) (New York) - CITRA's Building a Community Legacy Together (BCLT) Program is an intergenerational program for youth and older adults. The BCLT Program involves having youth interview elders about their general advice for living.

Health Motivators (West Virginia) - Initiated by the WVU Extension Service, the West Virginia Health Motivator program empowers friends, colleagues, faith groups and community clubs of all kinds to unite for better health. Healthy Grandfamilies Project (West Virginia) - Healthy Grandfamilies is a free initiative led by West Virginia State University to provide information and resources to grandparents who are raising one or more grandchildren.

MoneySmart for Older Adults (Maryland Extension) - Money Smart for Older Adults is designed to provide you with information and tips to help prevent common frauds, scams, and other types of elder financial exploitation in your community.

Parenting a Second Time Around (PASTA) (New York) – PASTA is a Cornell Cooperative Extension parenting program designed for relative caregivers who are not the biological parents of the children in their care. PASTA provides grandparents and other kinship caregivers with information, skills, and resources designed to enhance their ability to provide effective care for the young relatives they are parenting.

Retirees in Service to the Environment (New York) - The Retirees in Service to the Environment (RISE) Program responds to the intersection of two critical trends – mounting concern about environmental sustainability and the growing aging population. America's retirees have the time, talent, and skills to help address issues like climate change, air and water pollution, and protection of natural areas.

Senior Companion/Respite Aide (Washington, DC) - The Senior Companion/Respite Aide programs is for seniors to help other seniors through volunteerism. The Senior Companion/Respite Aide Programs preserves the independence of District of Columbia residents. The programs support low income and disabled older persons 55 years and older with high quality and compassionate volunteer service.

Seniors Eating Well – (*Pennsylvania*) Seniors Eating Well is a curriculum intended to improve the nutrition and health status of middle-aged and older adults.

*Taking Charge of Your Health & Safety (*West Virginia*) – Taking Charge of Your Health and Safety improves the health of older adults by using the train-the-trainer approach, senior-friendly curriculum, program evaluations, assessment of fall hazards, and automated phone health messages. Specific key areas of health improvement include: Be Active; Eat Healthy; Arthritis; Diabetes; Heart Disease; Prevent Falls. Contact Elaine Bowen at epbowen@mail.wvu.edu to learn more.

The Intergenerational Leadership Institute (ILI) – ILI was developed by Penn State University as a certificate training program for older adults seeking new skills and volunteer opportunities to contribute to innovation and change in their communities.

Whole Grain Cuisine for Seniors (*Maryland*) – A nutrition program that teaches the benefits of whole grains in your diet and how to incorporate them.

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Southern Region

Batik for Pleasure and/or Profit (*Virgin Islands*) – Batik for Pleasure and/or Profit was developed for a group of local women (mostly seniors from the local community) to teach them a marketable skill. The primary purpose of the program is to train the clients to produce high quality batik art work that they can sell to supplement their income. Contact Caryl Johnson at cjohnso@live.uvi.edu for more information.

Care Consultation (*Oklahoma*) - OSU Care Consultation is a program that acts as a compass, guiding families through the caregiving journey. We call it “Coaching”... and it’s more than a one-time resource or referral call. The consultant gets to know the client and their situation. Contact is mutually arranged to meet specific needs.

*Caregiver Education (*Oklahoma*) – The Caregiving Education Program was developed to train individuals on safely conducting care tasks. The program is comprised of six modules: Caregiving 101, Nutrition, Exploitation and Abuse, Aging and Finances, Home Safety, and Healthy Caregiving. Contact Whitney Bailey at whitney.a.bailey@okstate.edu for more information.

Creating and Maintaining Family Traditions (*Kentucky*) – Creating and Maintaining Family Traditions was developed to reinforce the importance of creating and maintaining family traditions throughout the life course as a means of helping family members create a sense of connection and closeness, and emotional safety, security and stability. The lesson also provides practical approaches to establish new traditions. Contact Amy Kostelic at amy.kostelic@uky.edu for more information.

Elder Nutrition and Food Safety (ENAFS) (*Florida*) - ENAFS (Elder Nutrition and Food Safety) program promotes healthy lifestyle choices for active retirees and high-risk older adults to improve nutritional status and quality of life. Contact the university to learn more.

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Gerontology (*Puerto Rico*) Gerontology is intended to assist individuals (focus on adult developing and aging aspects), in making better decisions about themselves and contribute to improve healthy lifestyles and well-being. Contact Carmen Olga Gomez at carmen.gomez4@upr.edu to learn more.

Know the 10 Signs (Kentucky) – Know the 10 Signs is an evidenced-based program that shares the 10 warning signs with Kentucky communities and KEHA clubs and provide resources from the Alzheimer’s Association, the world’s leading voluntary health organization in Alzheimer’s care, support and research. Contact Amy Kostelic at amy.kostelic@uky.edu to learn more.

Lifelong Improvements Through fitness together (LIFT) (Virginia) – LIFT is an 8-week, group-based strength-training program delivered in-person, two times a week by trained health educators to improve functional fitness which allows older adults to age in place.

Memory Banking (Kentucky) – Memory Banking is a three-week program that encourages the documentation of life story and health history as a way to promote an active brain, quality relationships, mental healthiness and legacy building. Contact Amy Kostelic at amy.kostelic@uky.edu to learn more.

More In My Basket (MIMB) (North Carolina) – MIMB provides participants increased knowledge about the SNAP program and will apply for SNAP if they are eligible and not already receiving benefits. This is done through community education and facilitating access to benefits through application assistance.

Raising Awareness about Disability (RAAD): A Simulation Activity (Kentucky) – RAAD is an empathic activity created to promote disability awareness and provide insight into typical age-related sensory and mobility decline. Adaptive equipment is incorporated in this activity to help participants better understand ways in which the environment and various technologies can contribute to independence, safety and life quality. Contact Amy Kostelic at amy.kostelic@uky.edu for more information.

Stand Up to Falling (Kentucky) – Stand Up to Falling introduces the seriousness and consequences of falling, especially for adults age 65 and older. The program highlights four preventable risk factors as cited by the CDS: lack of exercise, unsafe home environments, vision problems, and medication usage. Contact Amy Kostelic at amy.kostelic@uky.edu for more information.

The Art of Goodbye: End of Life Education (Florida) - This educational series provides resources and tools for individuals and families to begin to think about end-of-life concerns, and to start to make their plans, at their own pace. In five core lessons, participants take steps to prepare for the end of life, including communicating effectively with loved ones; planning for health care decisions; putting legal and financial affairs in order; and planning final arrangements. Contact Linda Bobroff at bobroff@ufl.edu for more information.

The Successful Aging Initiative (Alabama) - The Successful Aging Initiative address issues relevant to aging such as dementia, financial and legal education. It uses the *Seniors Can* curriculum, elder law and estate planning basics, health care literacy information, and local senior resources to educate older adults, family members, and caregivers about practical strategies on how to live independently and successfully during the latter years of life. For more information, contact Dr. Dorothy Brandon at (256) 372-5458 or dpb0010@aces.edu

Virginia Caples Lifelong Learning Institute (Alabama) – The Virginia Caples Lifelong Learning Institute (VCLLI) offers classes in the spring and fall that advance the quality of life for older adults. Topics include gardening, genealogy, the practical use of current technology, health and wellness, and financial management, including how to avoid financial scams. For more information, contact Dr. Constance Wilson at (256) 372-5943 or cjw0030@aces.edu.

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Western Region

B-Better: Caregiver Guide to Preventing Dependents’ Falls (Oregon) - A course for volunteer in-home caregivers or anyone looking for training to help older or dependent adults prevent slips, trips and falls at home.

Better Bones& Balance (Oregon) – Better Bones and Balance is a community-based exercise program designed for non-frail older adults to reduce the risk of hip fractures through the enhancement of bone health and reduction of fall risk factors.

*engage in Community MAPPS (Mapping Assessts using Participatory Photographic Surveys) (Oregon) – engage in Community program employs a “campus-community” participatory action research approach, and positions LGU Extension as the backbone organization within a collective impact frame with the aim of creating an “age-friendly neighborhoods and communities.

Fit and Fall Proof (Idaho) - Fit and Fall Proof™ (FFP) is an exercise-based fall prevention program for older adults in Idaho that focuses on improving strength, mobility, and balance to reduce an older adults' risk of falling. Local volunteer leaders are trained to teach classes in their communities. Classes are held in places such as senior centers, community centers, churches, libraries and hospitals.

Kinship Families (Nevada) – Kinship Families is a family support program for caregivers of children in out-of-home placement.

Montana Grandparents Raising Grandchildren - The Montana Grandparents Raising Grandchildren Project focuses on grandparent well-being, providing research-based resources and support to manage the physical and emotional stress of kinship caregiving.

StrongWomen (Oregon) - The StrongWomen Program is a national evidence-based community exercise and nutrition program targeted to midlife and older women.

Walk with Ease (WWE) (Oregon) – WWE is an evidenced-based physical activity program designed for adults with arthritis that can reduce pain and improve overall health.

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National

AgrAbility Program - The AgrAbility Program enhances the quality of life for farmers, ranchers, and other agricultural workers with disabilities. Learn more about NIFA’s national program and what states are involved in this effort.

Healthy Homes Partnership – The Healthy Homes Partnership is a collaboration between NIFA and the U.S. Department of Housing and Urban Development (HUD) on the Healthy Homes Initiative (HHI) to support research, education, and extension programs that increase home health and safety, improve family health, and build stronger communities. Learn more about this national program and what states are involved in this effort.