EUROPE FOR CITIZENS, JUNIORS FOR SENIORS – ACTIVE AGING PROJECTS SESSION IN ASIKKALA

MEMO 16.9.2022

List of participants as an annex

1. Marja Koivisto, wellbeing coordinator of Asikkala opened the session and welcomed all participants to the discussion

2. Merja Palokangas-Viitanen, Eero Ala-Heikkilä and Saimi Vesterinen, members of Asikkalas 2022 Deuzelage-delegation told about their experience at the seminars and meetings in Skofja Loka.

3. Miha Jese, project manager juniors for seniors – active aging, attended the session via Teams. Miha Jese presented the project to the participants and told about different sessions in other cities that had taken place during this project.
   We heard about different sessions, primary targets and conclusions of the project. It became very clear that we´re facing the same kind of challenges and difficulties about aging all over Europe and that all participants have tried to solve them by themselves. We can use each others ideas and experience to tackle this challenge together. Projects main targets; intergenerational co-operation and seniors e-education, mobility and accessibility, accommodation for seniors and youth are targets/ challenges that we have to discus about and solve also in Asikkala.

4. Discussion
   Project is very interesting, very important topics for us in Asikkala right now.
   Some ideas:
   - Computer-course for senior-associations meetings lead by students – it should be very easy, very non-professional, more suitable for older person. Possibility to try and learn with youth.
   - Our high school student do a musical production in their studies every year – We should figure out different venues to show the musical, so that it would be accessible for elderly too.
   - Help at home by young volunteers for example to get the tv working or how to set up a computer desk
   - We should organice more meetings like this and find out different methods to activate both juniors and seniors.
   - Different joint clubs for juniors and seniors – for example cooking, arts and crafts, knitting, reading, nature etc.
   - Voluntary courses of different subjects to high schoolers, that would include some “workshops” with elderly.
   - Joint musical productions or stand up- comedy for all ages
   - joint club or a meeting where we could talk about different traditions and modern ways to celebrate Christmas, Easter, Midsommerfest, All saints day, Independents day etc. – dig deep in the history of these celebrations and to think how to put together older and modern ways to celebrate.
   - Volunteering at the seniors center Olo – our guidance student Sauli spoke about his experience in activating seniors at the everyday surroundings and couraged everyone to come by and see it themselves – this would make it easier for juniors to meet older people – less prejudice both ways!

TOGETHER WE CAN DO EVERYTHING!