



GIVING BACK

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Kupuna and Keiki Together™
Kupuna Kokua: Seniors Helping Seniors

Intergenerational Mentoring Programs

Kupuna Kokua: *Seniors Helping Seniors*

By partnering active seniors together with frail elders through the effective practice of *Brain Gym*® and other integrative games and vision activities, active, well senior volunteers stay healthy and involved and frail and at-risk elders improve their focus, balance and coordination.

Kupuna Kokua is both a preventive wellness program and “intergenerational,” as healthy and mobile seniors work with frail elders, and both benefit.

Benefits include improved coordination and balance, improved ability to move correctly and prevent injuries, improved energy levels, release of stress and tension, and improved well-being.



Kupuna and Keiki Together™

Giving Back’s intergenerational mentoring program trains senior citizen volunteers in *Brain Gym*® to become mentors to children, teaching them kinesthetic activities that enhance learning, concentration, and memory.

Linking the older and younger generations in this way provides numerous benefits for both groups...and for our communities.

Seniors report experiencing physical and cognitive benefits from the *Brain Gym*® exercises and an improved quality of life as a result of their relationships with the children.

School children demonstrate enhanced reading ability on standardized tests, increased focus and calm, reduced hyperactivity, and they benefit wonderfully from sweet relationships with their Kupuna.



GIVING BACK is a Hawaii non-profit agency, committed to fostering intergenerational relationships through mentoring and tutoring, enhancing the individual lives of both the giver and the receiver...helping children and frail elders develop learning and inter-personal skills, self-esteem and physical coordination, while creating vibrant and vital opportunities for elders to ‘give back’ to benefit their neighborhoods and communities.



GIVING BACK
Post Office Box 791339

Paia, Hawaii, 96779

Phone: 808-573-3109

www.GivingBackMentoring.org

Kupuna and Keiki Together™

Uniting Generations ~
Strengthening Communities

"I love playing with my Auntie and doing Brain Gym. It makes me feel calm and I can read better. I wish we had it every day"

4th grader

Exceptional Results

Both independent evaluations and rave reviews from seniors, children, educators and parents confirm excellent results, benefitting our keiki, Kupuna, schools and communities.



♥Seniors experience the joy of mentoring.

♥Children learn and grow.

♥Hearts and minds flourish.

♥Everybody wins!!

"I get younger every day I work with my children! And I love watching them learn and blossom."

Senior volunteer

"The relationships that developed between the mentors, teachers, and children were perhaps the best and most beautiful thing to watch. The mentors shared their life stories and their knowledge of many subjects with the students. At recess, many other students came around to talk and share with the mentors. They became a valued asset on our campus."

Special Education Coordinator



"Ms. Peterson has worked with senior citizens at Kaunoa Senior Center and we have had the extreme good fortune of having 12 of them come to school to work with our poor achievers...the results of which have been outstanding. I can't say enough about the 'Kupuna and Keiki Together' program and the positive effects it has had on our faculty and students."

School Principal



Kupuna Kokua

Seniors Helping Seniors



"She arrived nervous and unsure. By the end of the hour she was laughing and teaching me some Japanese words. She left laughing and relaxed."

Senior Mentor



"The exercises have improved my balance and concentration. I feel that getting together with like-minded seniors has improved my health by giving me a sense of usefulness and a sense of community."

Senior Mentor