



“Youth is not a time of life; it is a state of mind, it is not a matter of rosy cheeks, a quality of the imagination, a vigor of the emotions; it is the freshness of the deep springs of life. Youth means the temperamental predominance of courage over timidity, of the appetite for adventure over the love of ease. This often exists in a man of sixty more than a boy of twenty. Nobody grows old merely by a number of years. We grow old by deserting our ideals. Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul. Worry, fear, self-distrust bows the heart and turns the spirit back to dust. Whether sixty or sixteen, there is in every human being’s heart the lure of wonder, the unfailing childlike appetite of what’s next, and the joy of the game of living. In the center of your heart and my heart there is a wireless station; so long as it receives messages of beauty, hope, cheer, courage and power from men and from the Infinite, so long are you young. When the aerials are down, and your spirit is covered with snows of cynicism and the ice of pessimism, then you are grown old, even at twenty, but as long as your aerials are up, to catch waves of optimism, there is hope you may die young at eighty”

-Konosuke Matsushita

SPONSORS

The e-sage-ing program is a cooperative initiative between the New Mexico State Agency on Aging and Sandia National Laboratories.

FOR MORE INFORMATION

If you would like more information on the project, have any suggestions on future developments, or feel that your community would like to participate in the project, please contact one of the program coordinators below.

Judy Moore

Sandia National Laboratories
 Phone: (505) 845-9415
 Fax: (505) 284-4778
 E-mail: jhmoore@sandia.gov

Simon Goldfine

Sandia National Laboratories
 Phone: (505) 845-0917
 Fax: (505) 284-4778
 E-mail: srgoldf@sandia.gov

Michelle Lujan Grisham

New Mexico State Agency on Aging
 Phone: (800) 432-2080
 Fax: (505) 827-7649
 E-mail: michelle.gisham@state.nm.us

AN INTRODUCTION TO:

E-SAGE-ING

Crossing Generational Gaps Using The World Wide Web



E-sage-ing is a program designed to bring together members of multiple generations, with a specific focus on elderly and youth populations. The program's purpose is to enhance the lives of the elderly and children through interaction, utilizing what both groups have to offer.

Future goals of the program include initiatives such as lifelong learning, recreation for at-risk or "latch-key" kids, and expanding long-term care services to support caregivers and prevent isolation and dependency.

WHAT IS AN ELDER?

The term 'elder' is very distinct from that of 'elderly'. An elder is not just an older person, but also someone with wisdom, life experience, and the desire to influence later generations.

"Elders go through a process of conscious and deliberate growth, becoming sages who are capable of guiding their families and communities with hard earned wisdom."

-Schachter-Shalomi, Zalman. From Age-ing to Sage-ing. Warner Books. New York. 1995.

HOW DOES E-SAGE-ING WORK?

Using internet-based technologies, populations of elders and youth can communicate over large distances or even when local travel is difficult. Remote communication allows elders and youth from different locations to get in touch and form lasting relationships.



The program uses Microsoft NetMeeting to transmit video and audio between two computers, allowing elders and youth to talk virtually face-to-face. The inclusion of both visual and audio stimulation is one feature that sets apart the concept of mentoring by means of a computer from other delivery methods, such as a phone.

E-SAGE-ING MODULES

Various modules included in the program help facilitate conversation between the participants. They are created using Microsoft PowerPoint, then integrated into a website so that they are easily accessible.

Module topics include:

- Attitudes towards aging
- Hobbies
- Family
- Work and school

These "starter" topics are meant to lead in time to a naturally friendly form of conversation. Once the mentor/mentee relationship is established, the participants can proceed on their own, building their relationship as they see fit.

