

Grandparents' Day

ACTION GUIDE



The Voices of Resilience



Acknowledgment

The Voices of Resilience extends deepest respect and gratitude to all grandparents, great-grandparents, and elder caregivers across communities.

Your enduring love, wisdom, and resilience form the foundation on which families and societies are built. By guiding younger generations, preserving traditions, and offering steadfast care, you strengthen the bonds that connect us all.

This guide is dedicated to honoring your legacy and the vital role you play in fostering compassion, resilience, and intergenerational connection.



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The Voices of Resilience, Inc.

The Voices of Resilience (TVR) is a non-profit organization dedicated to supporting vulnerable communities in Northern California and South Asia. Founded by compassionate professionals based in Northern California, TVR reflects their passion and commitment to improving the lives of families in need through volunteer efforts and targeted initiatives.

Northern California

- **Gender Disparities:**

Addressing systemic inequities and promoting equity across gender lines to create inclusive opportunities.

- **Youth and Drugs:**

Addressing challenges related to substance abuse prevention and education among young people.

- **Seniors' Emotional Restoration:**

Enhancing the social, emotional, and physical well-being of elderly individuals.

- **Immigration & Reintegration:**

Assisting immigrants and individuals reintegrating into society to rebuild their lives and communities.

- **Emergency Resources:**

Offering timely support and fostering resilience during crises.

South Asia

- Assisting Orphaned Children & Needy Families
- Enhancing Access to Education
- Empowering Widows
- Small Enterprise Develop for women

Seniors Social and Emotional Restoration

At The Voices of Resilience (TVR), we recognize the vital importance of supporting seniors in their journey toward social and emotional well-being. Aging can bring unique challenges such as isolation, loss, and a reduced sense of purpose, which can deeply impact overall health and quality of life.

TVR is dedicated to addressing these challenges through programs that foster connection, empowerment, and healing. Our initiatives focus on:

- Social Engagement Programs

- Emotional Support and Counseling
- Technology Training for Connection
- Health and Wellness Programs
- Transportation and Mobility Support
- Advocacy for Senior Rights
- Personalized Activities

Grandparents' Day

Grandparents' Day is celebrated annually in the United States on the first Sunday after Labor Day. At The Voices of Resilience (TVR), we honor this day by encouraging communities to #DoSomethingGrand. It is a moment to recognize grandparents, grand friends, and older relatives for the vital role they play in nurturing families, preserving traditions, and strengthening communities.

This Grandparents' Day – Do Something Grand!

Grandparents' Day is more than a date on the calendar—it is a call to action. TVR invites people of all ages to celebrate intergenerational connections. Whether you are a grandparent passing down wisdom, a young adult spending time with elders, or a community member supporting grandfamilies, your actions make a difference.

About the Take Action Guide

This guide offers meaningful activities for families, schools, faith groups, and organizations to create lasting impact. It provides ideas for intergenerational programs, volunteer opportunities, civic engagement, and legacy building. Every suggestion is designed to inspire action, honor older adults, and strengthen family bonds.

Tell Us How You Did Something Grand

We want to hear your stories! If you or your family celebrated Grandparents' Day in a special way, share your photos, reflections, or videos with TVR. By sharing, you inspire others to join this movement and highlight the power of

intergenerational connections. Submit your stories to info@thevoicesofresilience.org.

#DoSomethingGrand Activities for All Ages

Here are 10 activities to celebrate the spirit of Grandparents Day:

1. Read a book with a grandparent, child, or neighbor.
2. Take a walk through a park and share stories.
3. Cook a family recipe together.
4. Share memories using old photos.
5. Write a thank-you letter to a grandparent or mentor.
6. Volunteer as a family in your community.
7. Record an audio or video message for loved ones.
8. Host a game night across generations.
9. Plant a tree in memory of grandparents who have passed.
10. Participate in a virtual or in-person celebration of elders.



Be A Grand Volunteer

Volunteering bridges generations and fosters community resilience. TVR encourages intergenerational service in:

- Community kitchens and food drives
- Senior centers and care facilities
- Local parks and neighborhood cleanups

- Animal shelters
- Backpack drives and baby showers for grandfamilies



When youth and older adults serve side by side, they build empathy, purpose, and lifelong bonds.



Build Grand Connections

Social connection is essential to health and happiness. TVR promotes programs that reduce isolation and increase intergenerational bonds. Ways to connect include reading with children, teaching elders' technology, cooking meals together, or exploring family photo albums. These small acts foster belonging and resilience.



Building Grand Connections — Culturally Inclusive (TVR)

Social engagement boosts health and resilience. Try intergenerational activities that honor local cultures:

- **Northern California (multicultural):** Bilingual story circles; nature walks with elder-youth buddies.
- **South Asia:** Seva/volunteer day; chai & storytelling; embroidery or craft circles.
- **Latin America:** Abuela–abuelo cooking talleres; music & dance socials; homework help nights.
- **East Asia:** Tea ceremony or calligraphy demos led by elders; youth tech tutoring for seniors.
- **African & African American traditions:** Oral-history recording; drum/dance circles; church/mosque rideshare.
- **Middle East & North Africa:** Community cooking and poetry nights; intergenerational carpooling to events.
- **Indigenous communities (where invited):** Native plant gardens; land stewardship days; elders’ storytelling.

Rooted in respect and co-creation, these activities help all ages learn, play, and grow—aligned with TVR’s mission.

Making A Grand Change

Civic engagement empowers communities to thrive. Grandparents Day is an opportunity to:

- Encourage youth to register and vote
- Help older adults make a voting plan
- Volunteer at local polling stations

- Write letters or op-eds to decision makers
Through civic action, generations unite to shape a stronger future.

Faith & Community Engagement for Grandparents' Day

The Voices of Resilience encourages faith leaders and community organizations to uplift and honor older adults during the first week of September in celebration of Grandparents' Day. We invite religious leaders to highlight the importance of intergenerational connections during their services or to consider hosting a special service that brings together youth, families, and elderly people.



Congregations and community groups can take this opportunity to actively engage older adults by forming intergenerational service teams. These groups can work on meaningful projects such as:

- Helping older adults access and use technology.
- Visiting seniors to reduce social isolation.
- Hosting a backpack drive to provide school supplies for children in need.
- Starting a carpooling program to support older adults in attending services or community events.

By creating spaces where generations learn from, serve with, and celebrate one another, we strengthen both families and communities in alignment with TVR's mission of resilience and compassion.



Support Grandfamilies

Millions of children are raised by grandparents or relatives in grandfamilies. These families provide stability and love yet often face unique challenges. TVR supports them through:

- Kin-Pal letter exchange programs for children
- Honoring grandfamilies with proclamations and events
- Advocating for supportive policies and resources

Together we can uplift their strengths and ensure their needs are met.

Create Grand Legacies

Legacies are gifts passed from one generation to the next. TVR encourages families to build legacies by:

- Preserving family stories and oral histories
- Teaching youth about financial literacy
- Protecting the environment for future generations
- Planting trees and creating time capsules

These acts connect the past with the future and remind us that resilience is built across generations.

Help Grandparents' Use Technology

While more people are online, access to technology is still a significant barrier for many people of all ages. This includes connecting to the internet, having the appropriate electronic device, and knowing how to use it. Have you

recently upgraded one of your devices? Why not see if family members, friends, or neighbors could use it – and help them set it up! Just make sure to wipe the memory first!



Cook Up Connection

Nearly 70% of grandparents see their grandchildren most often while dining out—so why not bring the tradition home? Cooking a meal together is a fun way to bond, share stories, and enjoy comfort food.



Grandparents and grandchildren can pick favorite recipes, cook side by side, and savor the results with family and friends. For long-distance families, create a shared recipe book and cook the same dishes on the same nights to stay connected.

Plant a Living Legacy

Why It Matters

Trees are more than just part of our environment—they symbolize strength, roots, growth, and resilience. Planting a tree together on Grandparents Day is a powerful way to honor the bond between generations. It creates a living legacy that children, grandchildren, and communities can cherish for years to come.

Activity: Plant a Tree Together

Invite grandparents, parents, and children to gather and select a tree that will thrive in your climate. This act of planting becomes a shared story—one that will continue to grow just as your family and community relationships do.



Step-by-Step

1. Choose your tree & location. Select an appropriate climate species and a spot with room to grow (away from power lines and foundations).
2. Gather materials. Tree/sapling, shovel, mulch, water, stakes (if needed), gloves.
3. Prepare the hole. Dig 2–3× wider than the root ball and only as deep as the root flare.
4. Position the tree. Set the root flare at soil level; straighten and gently backfill with native soil.
5. Water & mulch. Water thoroughly, then add a 2–3" mulch ring—keep mulch off the trunk.
6. Stake only if necessary. If staking, keep ties loose and remove within 1 year.
7. Care plan. Water weekly (first year), refresh mulch, and check for pests or damage.
8. Dedicate your tree. Share a short blessing, poem, or memory together.

Making It Special

- Place a small marker or plaque with your family or congregation name.
- Take photos of the planting day to share with TVR's community.
- Encourage youth groups, congregations, and families to start a "Legacy Grove" of intergenerational trees in parks, schools, or community spaces.



Resources & References

Resources:

- The Voices of Resilience: www.thevoicesofresilience.org
- Generations United: www.gu.org
- AARP Intergenerational Programs
- StoryCorps: www.storycorps.org
- Feeding America Backpack Program

Arbor Day Foundation at www.arborday.org

References:

- Generations United (2022). Grandparents Day Take Action Guide.
- AARP Foundation, Intergenerational Connections Reports.
- Feeding America, Backpack Program Overview.
- StoryCorps, Intergenerational Conversations Toolkit.