



The Texas 4-H & Youth Development Program and the Texas Department of Aging and Disability Services (DADS) has formed a partnership to offer 4-H members some new service learning opportunities.

The **Silver Lining Program** is a volunteer outreach program of the Texas Department of Aging and Disability Services (DADS) that assists in bringing social connections to people living in a nursing home, assisted living facility and/or state supported living center through friendly volunteer visits. The program supports volunteers with resources and incentives for their community service.

Texercise is a statewide health promotion program that supports people and communities in making healthy lifestyle choices. Regular physical activity and a healthy diet are essential to good health. Texercise provides free resources to participants. Silver Lining volunteers often implement a Texercise 12-Week Fit for the Health of It! Challenge to encourage wellness for facility residents.

4-H clubs and groups have the opportunity to form a partnership with local facilities and work with residents on promoting wellness. 4-H members can become a part of the Silver Lining Program and implement a 12-week Texercise Fit for the Health of It! Challenge. The Texercise Program includes a free, guided exercise DVD, for residents of the facility, as well as other resources to assist with the volunteer visits. Incentive items are also provided to the 4-H members throughout the program implementation. 4-H members, through their connection with older residents, will learn about aging and experience some of the benefits of intergenerational connections.

This program can be implemented at any time throughout the year; however, two ideas for implementation include:

- Spring 2010: Participate in Silver Lining Program and implement a 12-week Texercise Challenge Program in a local facility, offering a community service opportunity to 4-H members while also preparing them to participate in the 4-K for 4-H Walk & Run during Texas 4-H Roundup.
- Summer/Fall 2010: Participate in Silver Lining Program and implement a 12-week Texercise Challenge Program in a local facility, leading up to the adoption of the facility for the 4-H group's "one day 4-H" activities on October 9, 2010.

What else? 4-H members also have the opportunity to enter a photograph in the Silver Lining Photo Contest, with entries accepted May 9 thru July 31, 2010.

To learn more about the Silver Lining and/or Texercise Programs, visit: www.silverliningatdads.org and www.dads.state.tx.us/texercise/