

# newsworthy trends

## Grandparents Are Living Links To The Past

(NAPSA)—According to recent Census figures, there are more seniors living today—nearly 80 million—than ever before. That number is expected to increase to almost 90 million in the next five years. This growing population of older Americans represents a new breed of grandparents—they live longer, fuller and healthier lives—with invaluable opportunities to act as historians in the family.

“Many children today are cut off from the rich history and experience of their ancestors. Thus they are confined to a narrow historical existence,” said Dr. Arthur Kornhaber, president and founder of the Foundation for Grandparenting and a grandparenting expert. “When grandparents and older adults spend one-on-one time with young people, sharing their memories, they offer them a unique pathway for learning information and often help them feel rooted in something bigger than themselves—their family’s history.”

One national hotel company, which sees generations brought together through travel every day, understands the power elders have as role models. Through its “Grand Memories” program, Hampton hotels is encouraging and providing tools to help older generations communicate with younger people, sharing their memories and tales of the past.

“We’re opening the doors for grandparents to connect with grandchildren,” said Phil Cordell, senior vice president of Hampton Inn hotels. “Grand Memories gives seniors the written and Web-based tips and tools needed to help them teach ‘living history’ to younger Americans, ensuring memories and life lessons are preserved for others to enjoy.”



**Says one grandparenting expert: “When older people reach out and talk about the past, they create legacies that could otherwise be lost.”**

The company plans to publish some of the compelling stories and memories learned through its grandparent outreach program in a “Grand Memories” book.

*Dr. Kornhaber recommends several ways for generations to achieve heartfelt communication:*

- Plan to spend quality, one-on-one time together whenever possible.
- Get to know and participate in the “world” of your grandchildren (visit schools, doctors, etc.).
- Create a scrapbook of life experiences together.
- Play games together.

*If yours is a long-distance relationship:*

- Use frequent flyer miles to get together whenever possible.
- Make special calls to your grandchild.
- Become a “cyber grandparent.” Use e-mail to connect with a grandchild.

For more information on the “Grand Memories” program or to share special stories of the past, visit [www.hamptoninn.com/grandmemories](http://www.hamptoninn.com/grandmemories).

