

ProAge

Preparation for Active Ageing

2018-1-HU01-KA204-047707

Dear Friends,

In the fifth newsletter, we published the dates and venues of the dissemination events, but COVID19 rewrote our plans. In the last three months, we have mostly worked and studied from home. Residents in social institutions were isolated from the outside world. Due to COVID19, our previous plans had to be redesigned and the promotion of our project continued electronically.

In this newsletter, we publish some feedback we have received from abroad, as well as a brief news about the Slovenian dissemination events and the interesting project from Alsómocsolád, in which our teaching materials were also included. We publish a TÖOSZ call. We indicate that we are redesigning the dissemination events and will meet with the different target groups of our project in person in the next period. Our Slovenian partner has already held two such events in mid-June, and the third is planned for the end of June.

Some feedback from Europe

Mary from Ireland

Hi Dezső,

It is so good to hear from you. Thank you for thinking of us and sharing your work and collaborations with us.

I have had difficulty trying to use the above link address you sent, I would really appreciate if you could kindly resend the live link to me ?

We are already aware of many of our associate organisations who would be very interested in this material and would be happy to provide feedback to your collaborators and you.

Ireland is just beginning to open up society again, very slowly given the danger posed by another surge in Covid 19. Our economy like many other countries around the world is in a very bad state. This too will pass and we look forward to collaborating with you going forward. Take care and stay safe.

All the best

Mary

May from Malta

Many thanks for the information you sent. I shall read through it asap and let you know my thoughts.

Well done.Regards, May

Valerie from GB

Thanks Dezso

I am afraid that the Covid 19 pandemic has made all oldies fell totally useless and are only there to be looked afterOur role as mothers and grandmothers are no longer needed as we cannot visit our children and help out.

Regards, Valerie

Franz from Wien

Well done!!

Do you have German translation plans for these books? Does anyone else in this list?

Looks quite interesting, all the themes could be interesting for us since we are co-developing a "competence center for active and healthy ageing" here in Styria.

Of course some contetns would need to be modified to national circumstances, but overall I like the fact that this is basically free material that could be treated like an Open Source that gets augmented (and not robbed) by participants.

Besides: We will kick off the website for our "academic senior cohousing project" in the next weeks, found quite a beautiful object here in BRB. Anybody interested could write me.

all the best

Franz fromWiena

Brendan from Ireland

Hi Dezso,

Great to hear from you and thank you so much for sharing the links to some wonderful information. I had a quick glance and it certainly whets the appetite for more reading. I will get back to you once I get my teeth into further. I am a member of a Mens Shed where I live and I will pass it on to our members

I hope you are all coping with Covid-19 and are all safe and well, again please extend our best wishes to your Mecsek colleagues.

Kind regards,

Brendan.

Maria from Malta

Dear Dezso,

It may be rather late as a reply, but I must admit I wanted to browse all through the documents. A great well done!

I definitely need to delve deeper into the matter provided but from what I've seen so far, it's highly enticing as much as profoundly studied as a theme. You have gone 360 degrees into the matter while at the same time leaving room for more reflection and adaptation to the different contexts.

Many thanks for the work done, and much more for sharing.

I wish you all the very best for all your interesting endeavours.

Maria

Thanks again for the many congratulations and kind words! We are pleased to have done useful, value-creating work by creating curriculum materials.

INVITATION FOR DISSEMINATION

Because of COVID19, life stopped for a while and we were stuck between the four walls. Fortunately, the pressure of the virus is easing and life seems to be back to normal. We have redesigned our planned events for the previous period accordingly.

We invite you to a conference that promotes quality old age. At the conference, you can get information and consult on the curriculum of the international partnership led by the Municipality of Alsómocsolád, which can serve as a tool for experiencing quality old age and which can be found in the “Preparing for Active Aging”. They were made within the framework of an Erasmus + project.

Furthermore, we present Alsómocsolád Municipality in the field of elderly care best practices.

You can also read the study materials in advance via the following link:

<https://alsomocsolad.hu/?menu=501>

On August 4, 2020, we are waiting for local government actors, settlement leaders and rural developers.

For our event on August 5, 2020, those working in Elderly Care, Senior Club leaders, relatives caring for the elderly, librarians, and representatives of folk high schools.

We would be happy if you or your colleague on the subject would honor us with your appearance and active participation!

If you are interested in our event, please contact us
erasmusplusam@gmail.com.

Dicső László mayor
Municipality of Alsómocsolád

'Changing the Steps' in the North-Hegyhát Microregion of Baranya county



The Municipality of Alsómocsolád, in consortium with the municipalities of Bikal, Kisvaszar, Mágocs, Mekényes, Nagyhajmás and the Roma Minority Self-government won a tender: The title of the EFOP-1.5.3-16-2017 project is the imaginary „Changing Steps in teh North-Hegyhát Microregion of Baranya county. The Managing Authority awarded HUF 240,064,066, 100% support, for its implementation. The vision of the program is a livable and developing North – Hegyhát.

This includes improving the life chances and quality of life of the people who are living here, raising the level of competencies, overcoming the social disadvantages present, and improving the population retention capacity of settlements. The aim of the program is to implement a consensus-based human development strategy, to strengthen the identity of settlements and regions, to activate and develop resources, to increase civic activity and to generate partnerships.

The implementation of the program started on March 1, 2018. In the 36 months of the project period, among other things, 11 trainings, 22 different types of events and 360 events were implemented. There is also an opportunity to use 4 different consulting services, 6 community venues will be renewed, 6 studies will be completed.

More information about the project here: <http://lepes-valtas.hu>

The manifestation of these thoughts is the North-Hegyhát Senior Academy, the aim of which is to update and expand the knowledge of the senior age group, to preserve and develop their intellectual activity - in the spirit of “learning for fun”.

Whitin the framework of the program, the Northern Hegyhát Senior Academy processes in 4 modules the curriculum what is part of the project of „Preparing for Active Aging” by Erasmus +. According by the schedule below:

1. Topic: Cleverly in the Silver Age too!

- ❖ How and what do we use smart devices for? /Presentation of NetreKész curriculum/- Balogh Anikó
- ❖ How do we create a smart home?- HegedüsCsaba

2. Topic: To be active in Silver Age!

- ❖ Senior volunteering./Presentation of the volunteering is the quality of life of the older generation for improving curriculum/- Mészáros-Taller Marietta
- ❖ Dementia and its prevention. / Presentation of SOS Dementia curriculum / - Anita Pitzné Keller

3. Topic: Cooperation in Silver Age!

- ❖ Az Észak-Hegyháti Mikrotérségi Unió- Halmai Gáborné
- ❖ About our lakes- Ginzer János

4. Topic: To be healthy even in Silver Age!

- ❖ Health awareness in old age. Be active! Be happy! Curriculum presentation / Balogh Anikó
- ❖ Environmental awareness in everyday life- Zagyva Gabriella

Some quotes from the curriculum of our Slovenian partner

- ❖ *If we manage not to regard ageing as a decaying body but as a harvesting time of the soul, we will learn that ageing can be a time of great strength, uprightness and self-confidence. (John O'Donohue)*
- ❖ *I got old the moment I became afraid of getting old. (John O'Donohue)*
- ❖ *Old age is far more than white hair, wrinkles, the feeling that it is too late and the game finished, that the stage belongs to the rising generations. The true evil is not the weakening of the body, but the indifference of the soul. (Andre Maurois)*
- ❖ *What counts are not the years of our lives, what counts is the life in our years. (Adlai E. Stevenson)*



Our Slovenian partner made two successful dissemination events on 15 June 2020 in Ravne Koroskem and on 17 June 2020 in Prevalje at the municipality. The June 15 event was made outdoors and various interactive tools were used to present the curriculum. <https://www.facebook.com/events/177731686995541/>

The second presentation of the Erasmus + project program took place in Prevalje. The participants were also welcomed by the Deputy Mayor of the Municipality of Prevalje Boštjan Gorenšek and the Mayor Dr. Matic Tasič.

After the presentation of the curricula, the participants received the translated Slovenian versions on USB flash drives and in print.

The curricula are also available on the EPAL platform and on the website: bit.ly/ProAgeALP.

Pictures from the Prevalje event:



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<http://alsomocsolad.hu/>