Virginia Planning District 10

Community Slogan: *Healthy Aging is a Lifelong Activity*

Covering the City of Charlottesville and sprawling counties of Albemarle, Fluvanna, Greene, Louisa and Nelson, Virginia’s Planning District 10 was, until fairly recently, as divided in its approach to serving multiple generations as in its geography. Thanks to a concerted effort by the Jefferson Area Board for Aging (JABA), that has changed. Today, organizations with audiences as different as the Boys and Girls Club, the Alzheimer’s Association, the YMCA, and the Local Food Hub work together to help ensure healthy aging at every stage of life in Planning District 10. The district has become a national model by embracing a philosophy of intergenerational mutual benefit. This unity of vision and purpose within an exceptionally diverse community, gives Planning District 10 its distinctive identity as one of the best places in America to age—at any age.

The roots of JABA’s pivotal role in Planning District 10’s intergenerational movement date back to 1975—long before most communities had even considered the need for or importance of intergenerational practices. As the movement grew, the district recognized it needed a formal plan to guide the growth of intergenerational initiatives. This transformation began...

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**Description of Community:**
Virginia Planning District 10 encompasses the autonomous City of Charlottesville and the five surrounding counties of Albemarle, Fluvanna, Greene, Louisa and Nelson.

**Demographics** (Source: U.S. Census Bureau, 2010 American Community Survey)
- Total population: 234,712
- No. under 23: 78,994
- No. over 55: 61,739

**Websites:**
- www.jabacares.org,
- www.charlottesville.org,
- www.albemarle.org,
- www.co.fluvanna.va.us, www.gcva.us,
- www.louisacounty.com,
- nelsoncounty.com.

**Current Program Examples:**
- Development and distribution of an intergenerational program toolkit
- Shared site facilities with preschool children and adult care center clients
- Active intergenerational programs in all 8 community centers
- Community Gardens, Community Farmers Market and various food/healthy living initiatives across the planning district
- Music, tutoring, vocational education

**Intergenerational Fact:** Jefferson Area Board for Aging’s mission reads: “to promote, establish and preserve sustainable communities for healthy aging” that benefit individuals and families of all ages.”
in 2003 when Planning District 10 created the 2020 Plan: Aging in Community. The plan recognized the importance of intergenerational initiatives and provided a clear blueprint the community could follow in its quest to become a truly great intergenerational place to live. The 2020 Plan caught the attention of the U.S. Administration on Aging, which presented Planning District 10 with an “Overall Excellence Award.” From that plan, Planning District 10 partnered with Just Partners, Inc. to develop the “Viable Futures Toolkit,” which offers ideas on creating solutions for older generations that simultaneously address the needs of younger people and community livability. Thirteen states now use the toolkit.

Today, JABA’s mission is “to promote, establish and preserve sustainable communities for healthy aging that benefit individuals and families of all ages.” All eight of JABA’s community centers have active intergenerational programs and members of its two adult care centers interact on a daily basis with co-located child care centers. In addition, there are intergenerational song-writing/performance programs, tutoring opportunities, vocational education programs, nutrition initiatives, and high school student representation on JABA’s volunteer board, as well as many other intergenerational activities. Community gardens yield locally grown food that is used to feed elderly residents at the local community and senior centers.

So what effect has this careful planning and emphasis on intergenerational living had on residents?

For Ray and Linda Jacquin, who tutor at a local elementary school, the experience has practically left them speechless—in a very good way. “Our participation in intergenerational programs has enriched our lives. We recently received a card from one of our students that read, ‘Thank you for coming every week to make me a little bit smarter.’ What more could we possibly add?”

Living in a community that honors everyone’s talents has opened high school student Lanie Newton’s eyes to new opportunities. Newton serves on the Volunteer Council at the Jefferson Area Board for Aging. She says, “I am the youngest member [of the Council]; the next oldest is a student at the University of Virginia. From the beginning, the council members have sought out my opinion. I will take this experience with me to college and beyond.”