Legacy Project
Task Definition

Name: Date: Hour/Class:

Who Might Be a "Super Senior"?

Here are some inclusion criteria:

- 75 years of age (preferably ≥ 80 years of age)
- Ideally living independently
- Physically fit
- Fairly active

NOTE: This is only the initial screening since the data we collect will eventually be what defines an extraordinary senior. Thus, the first step is to identify someone to interview and screen.

Selecting the real 'extraordinary' senior among the others and understanding their characteristics is on of the goals of this study. The data collected will eventually be what defines an extraordinary "Super Senior."

How To Find a "Super Senior"?

The students could start off by interviewing their family members or friends. Examples include:

- Grandmother
- Grandfather
- Aunt, or great aunt
- Uncle, or great uncle
- Godparents
- Any other relatives
- Family friends

In addition, students could go to various places to fin healthy, fit, and active seniors. These include:

- Senor Centers, preferably those that offer physical activity programs (Note: This is the best place to find the most fit and active seniors.)
- Health Centers with senior fitness programs and classes (e.g. YMCA, Gold's Gym, etc.)
- Malls with senior walking programs (these draw many active seniors)

The above places are where the kids will have the most luck in finding the most active and fit seniors. Other options include:

- Hospital volunteer programs (usually very healthy older adults)
- Local universities' alumni programs (usually older alumni are active volunteers)
- Schools or libraries with grandparent programs (if available)
- Volunteer organizations/clubs which draw many active seniors (e.g. Kiwanis Club, Lions Club, Knights of Columbus, etc.)

This should hopefully get then started in the right direction.

All possible participants should beet the above inclusion criteria.