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### 07/21/1992 - Elderhostel Program at EIU

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July 21, 1992

FOR IMMEDIATE RELEASE:

ELDERHOSTEL PROGRAM AT EIU

CHARLESTON, IL--Thirty-two senior citizens from across the country are on the Eastern Illinois University campus through July 25 to participate in "Elderhostel," a national program that is guided by the needs of older persons "for intellectual stimulation and physical adventure."

Elderhostel was organized in 1975 and is patterned after youth hostels and folk schools in Europe. It is based on the belief "that retirement does not mean withdrawal, and that the later years are an opportunity to enjoy new experiences," according to Joyce Crouse, assistant dean/chair of Eastern's School of Home Economics and co-coordinator of the local Elderhostel program.

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Crouse said during Elderhostel's first year of operation, five colleges in New Hampshire participated. This summer it is estimated that more than 700 colleges and universities in all 50 states and all Canadian provinces, as well as in a number of European countries, will offer programs to over 100,000 older adults.

The local program is offered in two one-week sessions and permits hostellers to participate in other programs within the national network. Eastern faculty teach the on-campus courses.

Norman Harellick of Del Ray Beach, Florida, who participated in the first week of the program at Eastern, said, "The staff is the most caring, congenial and devoted as any I've seen. I give the program a triple 'A' rating."

Crouse said participants in Elderhostel say what they enjoy most about the program is that it offers them an opportunity to broaden their horizons by exploring new subjects and meeting different people from Illinois and many other states.

In addition to educational seminars, social activities are planned during the week.