

From Aging to Loving

Suzanne Bedard

(Interviewed by Po-Yi Liu; Edited by Suzanne Bedard)



I am a life-long learner and group facilitator. Some twenty years ago I started down a personal development path that changed the focus of my career. In 1987, I realized that if my vision for being instrumental in creating community in the world was to be realized, all of the personal development work I'd been doing needed to be translated and applied to the corporate and work environment. I left my position in traditional financial management and committed myself to help businesses connect the heart to their bottom line and give their employees a meaningful voice in business operations.

I am currently self employed and a very content Volunteer Grandparent. I feel very blessed to have two lovely twins, Gisele and Chanel as well as their mom Danielle in my life.

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How I started with Volunteer Grandparents is a long story. A couple of years ago, I had the opportunity to watch a clip on CTV News on Volunteer Grandparents, and it really resonated with me. I love being around children, and I knew this could very well be a good fit for me. The next day, I contacted Veronica and set up an appointment to meet with her and to possibly begin the process. A couple of months later, I was very lucky to be introduced to a lovely family; it feels like a match made in Heaven.

The first visit was a real pleasure and left me enchanted about these lovely twins. Their mom and I were very confident that this would work. It's now two years, and it's getting better every day. Our relationship is deepening, and there is now such an ease about everything. It takes time and patience to come to a place where the

communication is more open. There is a level of trust that develops over time. I am proud to say that my relationship with the mom is manifesting as a wonderful friendship. I feel like I'm part of the family.

The requirement at the beginning of the engagement is a commitment to spending a minimum of three hours weekly with the children. However, after a while, I started becoming more involved in the girls' lives, and now, I get to spend a lot more time with them.

I, including Danielle, attend a music class every week with the girls. One day a week, I pick them up at school and spend the afternoon with them as well. We do together a lot of craft work, such as collages and drawings. We play all sorts of games that involve princes, princesses, and even queens. They love to dress up and transform themselves into whatever their imagination dictates. We also attend various events like, Symphony for Tots at the Vancouver Playhouse, and other events around the holidays.

Partial preview. For more information on how to order a copy of *Growing from the Roots*, please contact Volunteer Grandparents at info@volunteergrandparents.ca.