

Bridging Generations Newsletter



Fall 2022 | www.volunteergrandparents.ca

Program Update

The colder nights and shorter days of Fall are the perfect time for connections, new and old. Please reach out to us if you are interested in getting involved in our Volunteer Grandparent Programs. We are currently recruiting wonderful senior volunteers and accepting new families into our Family Match Program. We are also reaching out to our community volunteers for support in our Letters To Seniors Program.

That's a Wrap! Natalie's Summer Internship Experience

When I applied to work with Volunteer Grandparents, I wrote about my memories of my Grandmother, who passed along her love and knowledge to me through her stories. Now, after a summer of reading through pen pal letters, interviewing participants, and learning more about the history of VG, I've gotten to see her stories retold by many other individuals. Everyone has a story to tell, and Volunteer Grandparents is an incredible organization that gives seniors the opportunity to share their wisdom, experiences, and love with Burnaby's youth, thereby creating vital, community-sustaining intergenerational connections.

I've thoroughly enjoyed my summer working for this small yet mighty organization, where I've developed crucial skills that I can use in my future work experiences while directly engaging with the community, which is an opportunity I may not have had elsewhere. I am leaving Volunteer Grandparents with more confidence in my skills, an appreciation for the inner workings of non-profits, and a better understanding of what I want to do with my future.

Natalie

Christmas in July

We are so thankful for all the volunteers who participated in our Christmas in July project! In total, we received **108** holiday-themed cards!

We'd like to say a special thank you to Lorna and Ms. Heather, for sending in 15 and 37 cards respectively!



This is a great start to our goal of 1000 letters.

We will be accepting Christmas/Holiday cards throughout the fall and winter until December 6th, so spread the word and get together with friends during the colder weather to spread some warmth! Every card counts and will make its way to a Burnaby senior this December.



Participant Spotlight



We've been interviewing participants from our programs to see what they love about VG! Here is what one of our Letters to Seniors participants, **Mandy**, had to say...

Why did you apply to be in the Letters to Seniors program?

"I used to be a volunteer in a school with the Big Sisters of Toronto. After having my son I was limited in my time and was looking for a way to connect with others and give back."

How has this program added to your emotional wellbeing?

"It has helped me to focus on being more present. Letter writing allows me to slow down, reflect on my thoughts and share life experiences through our letters [...] I am working on my patience. I used to rush through life, and not really listen to others. I was always thinking about the next thing I have to do."

Is there anything you have learned through your correspondence with your pen pal?

"Marjorie is absolutely someone I look up to. She has done so much in her life and I love that she has a passion for learning. She seems to love life and I hope for the same things one day. To enjoy, be present, [and] love yourself and each day that we are blessed to experience"

To see more interviews from our amazing participants in the Letters to Seniors and Family Match programs, visit the "[Our Stories](#)" tab of our website!



Summer Recap

Any family enrolled in our **Family Match Program** who considers themselves low-income can request free entertainment tickets through our **Kids Up Front** partnership. Contact us for more details!

VG Summer Social: Whitecaps FC II vs. St. Louis City II



We were lucky to score tickets to the Whitecaps FC II for our first summer social since the pandemic's beginning. We had a total of 63 people attend and we were so happy to see so many new and old faces!

While the smell of popcorn wafted through the air, VG members watched a valiant effort by the Whitecaps to defeat St. Louis. While we may not have won, our group did get a special opportunity to meet Spike, the Whitecaps mascot! Thanks to everyone who came out to the game!

We would like to thank Kids Up Front and the Whitecaps FC2 for providing this fun opportunity to our members.