



Bridging Generations

Summer 2009

Upcoming Events:

**VG Picnic and Chevron
Movie in the Park
August 30th, 2009
Confederation Park
(details to follow)**

**Accepting Ticket Re-
quests for MusicFest
Vancouver until June 18,
2009 for concerts held
between August 2-16.**

**Stay tuned for more info
about our upcoming
Volunteer Grandparents'
Contest which is cur-
rently being developed**

Spread the word! Please help by telling your family and friends about our organization. We have found that word of mouth is a very important way to hear about non-profit organizations. If you would like any promotional materials, please contact our office and something can be arranged. Thanks for your help with this cause.

Program Update:

We are pleased to announce that funding has been awarded to VG to hire a summer student. I would like to introduce Eliza Sam to our members. Her main duties will be to plan the summer picnic, develop marketing materials and organize a Grandparents Day recognition contest.



Florio Bursary:

We are excited to announce that there were three successful recipients for Florio Bursaries this year. Congratulations to all the winners! Funds will be used to support piano lessons, music lessons, and dance classes. We would like to thank Mary and Paul Florio for their amazing bursary opportunity for participants. If you would like more information on how you can contribute to the bursary, please contact Veronica.

Hats Off Day!

Volunteer Grandparents was present in Burnaby for the Hats Off Day event on Saturday, June 6. The summer students made a wonderful trolley car for people to take their pictures in. Great work!

Staying Active, Staying Healthy

By Veronica Grossi

I had the privilege to attend the SFU Gerontology Research Centre John Friesen Conference in April. The two day conference was centered on the subject of seniors staying active and healthy in today's society. It was suggested that one of the goals that everyone should strive for is to not only extend our quantity of life but also our **quality** of life.

There has been a lot of research concerning what seniors and services/ organizations need to do to ensure everyone enjoys a good quality of life in old age. Volunteer Grandparents plays a vital role in enhancing our volunteer's quality of life. Through being matched with a family or volunteering in a school, a senior is actively engaged in physical activities and mental challenges. Volunteering with children is rewarding for everyone involved.

During the conference, participants in a panel session discussed the issue of healthy lifestyles and the importance of keeping physically, mentally and socially active. Gareth Jones, an assistant professor of Human Kinetics at UBC Okanagan, encourages everyone to **'exercise like an Olympian'**.



Aging Well In Contemporary Society
Sister Madonna Buder- Triathlete at 79!

Picture taken from: <http://ironman.com/events/ironman/>

According to Gareth's research, in today's society we have seen a decrease in physical activity and an increase in sedentary lifestyles. Furthermore, individuals that are least fit require the most amount of dependence on other people, family members and friends. The research has proven that exercise can prevent chronic disease. He suggests that individuals should be encouraged to set goals with regards to exercise. He shared the fascinating story of Sister Madonna Buder, an amazing role model. Sister Madonna is a 79 year old triathlon runner who has set many ambitious goals for herself.

Let's all work hard to get and stay actively involved in our community!