

OUR FAITH IN ACTION

A Project Funded by TIA

Calgary Seniors' Resource Society

Project Funded: Volunteer Services

Tiffany and Linda - Since being paired with Linda almost 3 years ago, I have gained a good deal of strength and courage from her. Although she did not know it at the time, I was experiencing depressing thoughts during my school year. Linda's personal strength and encouraging words gave me the strength to carry on.

We always talk about how far she has come since we first began our trips together. When we first met, Linda was in chronic pain and had difficulty mobilizing steadily without support, resulting in her being negative towards life. As we became closer, she adopted a healthier lifestyle and felt more comfortable telling me about the small accomplishments she was making on a weekly basis.

Now, she exercises more than others her age and performs word find puzzles daily. She manages a garden that thrives with twice as many varieties in crops compared to last year. She began wearing colourful clothing and, most importantly, she shares her life lessons with others to help them overcome their depression.

It inspires me when I see her continually grow herself, both in her physical abilities and her mindset. Limitations are all in the mind, not in the body.

Caring Companion - A married couple (Sally and George) was a referral through our Senior Connect Program. Sally was looking for someone to provide companionship for George (who has a brain injury and in the hospital due to a stroke). Sally, who was very overwhelmed, was going in for surgery, and was seeking support.

They were matched with a volunteer in our Caring Companion Program. This was a wonderful match and the volunteer not only provided companionship to George but also helped him with his speech exercises after his stay in the hospital. This companion made a big difference and helped Sally focus on more self-care.

As a result, Sally promoted the Caring Companion Program to the various programs George attends. This resulted in inquiries and referrals to the Caring Companion Program. Sally has started volunteering for us in the Telephone Reassurance Program. Sally felt supported and wanted to volunteer as a way to pay it forward as the volunteer did with her and George.

Submitted by

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