

**A MAYLAND HEIGHTS, BELFAST AND
VISTA HEIGHTS COMMUNITY INITIATIVE**

FOR

SENIORS AND RETIREES



MEANINGFUL WORK



STRONGER COMMUNITIES

Resourceful Futures Community Support Ltd. (a non profit Calgary community disabilities service agency, www.resourcefulfutures.org) and the Crossroads Community Association, (serving the Vista Heights, Belfast and Mayland Heights communities, www.calgaryarea.com) have formed a partnership led by adults with disabilities and support staff from Resourceful Futures to foster stronger community connections and meaningful relationships. Retirees & seniors residing in these communities will be invited to participate in regular educational seminars, social events/activities and the sharing of caring and helpful hands that will create stronger communities.

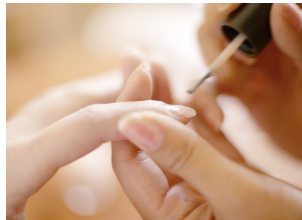
On February 26th, 2010, adults with disabilities and support staff hosted a meet and greet with the local seniors and retirees at the Crossroads Community Centre. It was overwhelming to see the immediate connections that the adults with disabilities and seniors demonstrated toward each other and how they were so overjoyed at the thought that they could be part of each others lives in some meaningful way.



I greeted two elder ladies as they entered the Hall and gave them an overview of our initiative and the volunteer supports we could provide, e.g., companionship, dog walking, sidewalk snow removal, light yard work, accompany them on walks to and from the grocery store, etc. The lady responded and said, “Its nice you want to help us, and we would appreciate that, but we like to volunteer too and want to be part of their lives, so how can we help?” An adult with a disability, who was standing by, heard the conversation and introduced herself to the lady. She told the lady her grandmother had recently passed away. The lady offered her condolences and gave her a hug. The RF client looked at me and said, “Rob, do you think she would want to be my new Grammy?” At that moment, many of the RF clients circled the two ladies and began introducing themselves. One lady said to the RF client, “Why don’t we all grab a drink and sit at the table and talk.” Within minutes, the two elder ladies were sitting at a table with ten RF clients, totally engaged in conversations, while the support workers

stood back and stared with amazement and an understanding of how this initiative could be a win-win for everyone. Some seniors who stopped in to check us out have taken our contact information and said they will share it with all their neighbours and the Church congregation.

As the meet and greet was coming to a close, an RF client told the ladies they had to get back to the office for their cosmetology class. The ladies asked what the class was about. The RF client explained that every Friday afternoon, a group at Resourceful Futures gets together to do their hair, make-up, finger nails to look really nice for the weekend. The ladies said, “We like looking good too, can we join your class?”



When the RF client returned to RFCSL for their cosmetology class, one RF client approached me and said, “Rob, you know that lady I was talking to, I think she wants to be my new Grammy. I would love her just like I did my real Grammy before she passed away. She wanted to come to the cosmetology class with me today. I told her we didn’t have much room but she could come. I hope that was okay.” Needless to say, the Friday afternoon cosmetology class will be relocated to the Crossroads Community Hall and will be open to seniors and retirees who reside in the area.

In December 2009, Resourceful Futures informally kicked off a dog walking program in Mayland Heights and are proud to announce that meaningful relationships and supports are beginning to flourish.

RFCSL and the Crossroads Community Association have a vision that, over time, sharing our resources, and utilizing the Community Hall as our HUB location, together our **Meaningful Work** will enhance **Stronger Communities** for all of us who are involved in these communities.

Rob Halfyard, RSW, Executive Director, Resourceful Futures

Marlene McCook, Facility Manager, Crossroads Community Association,

SHARING OUR PASSION, TALENTS AND CARING HANDS



WE CAN AND WILL REVITALIZE OUR COMMUNITIES

If **YOU** reside, work or are a business owner in any one of the communities of Vista Heights, Belfast or Mayland Heights, and want to be involved or learn more, please contact the following people listed below Monday through Friday from 9am to 3 pm.

Shelly Roach, Team Leader: 403-531-8631 ext 9 or email:
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