



BERNADETTE N. SWAN SOCIAL CARE FOUNDATION

Located in Bill Rees Y.M.C.A. Building
10211-105 St, Edmonton, AB T5J 1E3
Tel: 780-761-0881, 780-994-0669
E-mail address: bnsscf5@yahoo.ca

What's in the Testimonials for Seniors

In 2003-4 the Bernadette N. Swan Social Care Foundation carried out a research titled "NEEDS ASSESSMENT/BARRIER IDENTIFICATION FOR BLACK SENIORS IN EDMONTON". Anecdotally, Black seniors said "We need to be able to get together and share our history with the young generation". This TESTIMONIAL project is in response to this need identified by seniors.

This project will give seniors the opportunity to put in place the information that will enable them to get together and share their history with the young generation. It will provide them the tools necessary for sharing their history with the young generation. The testimonials produced and compiled by seniors will be an educational tool for them to use in promoting social interaction between seniors and the younger generation. As a follow-up to the compilation of the TESTIMONIALS, intergenerational sessions will be held with the youth and seniors. During these sessions seniors will be able to share their history with the young generation. The TESTIMONIAL project is also an excellent tool for closing the gap between senior and youth as well as bringing seniors together through their involvement in active and healthy activities which will also reduce the social isolation syndrome.

Through this project TESTIMONIALS TO BE HEARD-A WRITTEN COMPILATION OF BLACK SENIORS EXPERIENCES, seniors will have produced a document in which they will have contributed their skills, experiences and wisdom in its production. This document will be used in support of social wellbeing in their communities. This project will provide the tools to enable seniors to get together and share their history with the young generation. Also, it can promote seniors continued involvement in their communities as they will have produced a book of which they can be proud. This accomplishment could be very empowering to seniors.

Workshops on delivering TESTIMONIALS were held on Tuesday April 19th and Saturday April 30th, 2011

Delivering TESTIMONIALS are open to all men and women from 55 to 95 years of age and are of African Heritage from the Caribbean, Africa, USA and Canada.

Sessions for delivering TESTIMONIALS are held on Tuesday and Thursday between 11 A.M. and 3 P.M. at the BNSSCF address at 10211-105 Street. No appointment necessary. Lunch will be provided. No fee will be charged.

This project is funded by Government of Canada's New Horizons for Seniors Program.



**Government
of Canada**

**Gouvernement
du Canada**