

## PROJECT GENERATIONS—TESTIMONIALS



*My experience with PG has been wonderful. My pair is great. I really look forward to visiting her every week. It's a great way to relieve stress because it allows me to take myself out of the average college schedule and college life. I've learned about someone else's life, I've learned how to listen, I've learned how to care for someone I'm not related to, but might as well be at this point! The lady I visit has really made me a part of her life and she's become a part of mine. She tells me stories, she tells me about what's going on in her life, and I do the same. She's becoming a lot like a grandmother to me, which is really nice because I miss the relationship I had with my grandma a lot." -K.L., Volunteer*

"My experience with Project Generations thus far has been wonderful. I really enjoy spending time with my older adult. We normally play scrabble or a card game since those are her favorite activities. My visits with this older adult have taught me to have patience. I am thankful that she enjoys our time together as much as I do. She expressed how much she missed our time together over Thanksgiving break. She also told me that she always knows what day it is by when I will be there next. We are both going to miss our weekly meetings over the winter break and we are looking forward to our time together next semester."

- J.C., Volunteer

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*"After spending most of her time in a local skilled nursing facility, the lady I visited always appreciated opportunities to get out into the community. She was delighted to be able to attend Ithaca College's Harvest Moon Dance with me the year before last. On the dance floor, she was unstoppable. Although in her wheelchair, she was able to dance around freely without inhibitions. While she has passed on after a long struggle with Parkinson's disease, I will always remember this image of the beautiful, proud woman on the dance floor. She taught me that people should not be defined by their age, disease, or disability, but rather by the meaning and purpose they find in life." -Melissa S., Project Generations volunteer*

*The woman I visited with taught me a lot about life and shared so many cool stories with me. I really appreciate having her in my life and all that we have shared together. I am so thankful for this club!" -T.M., Volunteer*

*"My experience with project generations this semester has been very rewarding. I feel like it is club where you can see results with the time you put in. I can see how happy it makes my older adult when I come visit her every week, just to talk. That is really rewarding. With my experience, I have learned that taking the time to just sit and talk with someone can really have an impact on their life. During my visits I have helped her organize her kitchen cabinets so she has easier access to her most used items, and I have helped her start to organize her top shelf in the closet for the same reason. Most times we sit and talk, and work on puzzles that she has. I have also helped her organize some of her fabric that she uses for quilting. I would say that my relationship is very good. She is a big talker and a good listener and I can tell that she truly enjoys our visits because she always gives me a hug goodbye. She has even asked me if I will still be able to visit her after the holidays." -A.W., Volunteer*