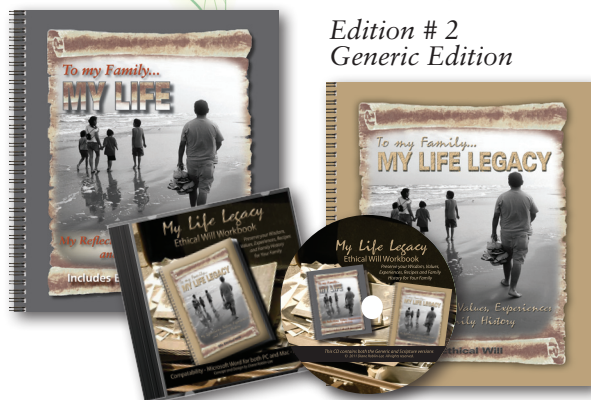


## Rediscover Generational Balance with *My Life Legacy Journals* by Diane Roblin-Lee

*Edition # 1  
Scripture Edition*  
Contains verses  
pertaining to each topic.

*Now on CD!*  
CD contains both  
Editions

*Edition # 2  
Generic Edition*



*My Life Legacy Journals* are finely crafted tools to facilitate transgenerational communication and mutual understanding. They include space for sharing thoughts on over 40 important life topics, experiences and personal history.

### Customized Journals

For bulk orders, journals can be customized for your organization. *Also great for advertising your company or corporate gifts.*

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call 905-852-6349 or go to*

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Generic spiral-bound - 978-1-897186-06-0  
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Call 905-852-6349

## Growing Together

In recent decades, society has become segregated by age with age-segregated schools, parental work obligations and senior housing developments. The barriers between generations have robbed every age group of the benefits of inter-generational interaction. Unless we take steps to strengthen the links, the new ways people communicate will widen the gap irretrievably.

These are critical years. We're losing one of our richest, most meaningful natural resources - the wisdom of seniors who fought in the war, dug deeply into life through the depression years and experienced the transition from horse and buggy days to our wired world. The wisdom of our elders are the wells from which we draw understanding, knowledge and warnings against repeating the evil elements of history.

Pairing seniors and youth for transmission of insights can be an extremely enriching experience for both:

- Imparting wisdom, values and insight to young people
- Assisting seniors in the development of social media skills, e-mail & cell phone use
- Helping to minimize isolation
- Revitalizing the sense of worth and ongoing value of seniors
- Encouraging transgenerational communication and understanding
- Facilitating opportunity for bonding in a special relationship



CASTLE QUAY BOOKS

<http://www.mylegacylinks.com>

# My Legacy Links

connecting generations

*Discover things you  
never knew about  
'the other' generations!*



<http://www.mylegacylinks.com>



## Here's how it works...

1. For students wishing to use the *My Legacy Links* project for Community Service Hours, obtain school approval.
2. Find a senior with whom you wish to be paired for the duration of the project. (This may be someone you know or someone suggested, perhaps through a visit to a local nursing home, church or retirement facility.)
3. Download the parental approval form from [www.mylegacylinks.com](http://www.mylegacylinks.com), have it signed by a parent and submit it to your school guidance counsellor or the supervisor of your school Community Service Program.
4. Commit to a number of hours or period of time you will spend with your partner (suggestion - 40 hours, one or two hours weekly, focusing on one or two journal topics in each meeting).
5. Determine a regular weekly meeting time with your *My Legacy Links* partner.
6. Determine a safe place (for both) to meet, i.e.) a library or other public area, always in an environment where someone is available for assistance. Confirm the location with your parent and school.

*My Legacy Links*



*My Life Legacy Journals* serve as a roadmap through which generations can journey together.

## Make the Connection!

### What you can do with your time...

1. Assist your partner in the completion of a *My Life Legacy Journal*. This will not only give you an opportunity to benefit from the experience and wisdom of one who has "been there," but will assist your partner in the preparation of a wonderful gift for his or her family. (Journals are available in stores or at <http://www.bydesignmedia.ca/store>)
2. If they have the equipment, your partner may appreciate assistance in learning how to use e-mail, cell phones or any of the social media that will assist in communicating more effectively with his or her family in this age of technology.
3. Encourage your senior partner to tell stories from his or her youth and share opinions on the topics in the Journals. Then listen and write in the Journal what he or she has said.

### What you can't do...

1. Don't go in a car with your partner without parental knowledge and participation.
2. Don't meet anywhere where you are totally alone with your partner. Someone must be available for assistance if necessary.
3. Don't initiate communication with your partner at times other than those specified without parental knowledge and participation.
4. Don't exchange money or assist your partner with any financial affairs – such as banking.
5. Don't discuss the personal affairs of your partner with others in any way that could prove to be endangering.



Disclaimer: Teens must have parental consent to participate in the *My Legacy Links* project. The suggestions presented for this project do not constitute part of the curriculum of any program. The author, publisher and agents of *My Legacy Links* do not take responsibility for consequences that may ensue from relationships formed. This material is distributed with the understanding that it does not constitute legal or medical advice.