

Developing Friends and Skills at Confederation Seniors Centre

By Nicole Doucette

Over the past few months, Donna has made new friends and connections while volunteering at Confederation Seniors Centre. She's also gained confidence in her skills and grown more independent in other areas of her life.

Several months ago, the passionate and lively BACI employee Jill Rowan discovered that there was a volunteer opportunity available at her neighbourhood seniors' centre. When she heard they were looking for a second dishwasher, she thought that Donna's skills could be well utilized.



Donna hard at work.



Donna and her mentor Bonnie.

Donna has been volunteering at the centre for several hours a week over the past few months with her dishwashing mentor – and fellow volunteer dishwasher – Bonnie. Donna's average shift involves helping Bonnie keep up with the busy lunch rush of dishes, placing all of the dirty dishes on a tray, spraying them down, and putting them in the washer. After her work is done, Donna gets a free delicious lunch made by her kitchen co-workers.

Both Bonnie and Jill have been very supportive of Donna's work, and Donna has been able to take on more and more responsibility and act with greater independence every week.

Not only is Donna gaining experience and skills, she is also making new friends and connections with both the friendly kitchen staff and seniors in the centre. Donna is very close with her mentor Bonnie, and also has bonded with a senior at the centre who has invited Donna over to her garden next week.

When asked about her position, Donna says:
"I love it! It makes me feel good!"



Donna eating lunch with a new friend.