

This is just a quick reminder to join us, if you are available, to share your stories about “what’s keeping you awake at night?” this Sunday, right after church. Your story could be directly related to you in this senior stage of your life. It could also be indirectly related to you, such as something that impacts you as a human being. It is all important.

We will hear and gather stories which will help us, as the seniors’ committee, to look at future St. David’s Seniors’ activities. We will also contribute our ideas to the Calgary Alliance for the Common Good (CACG) when that organization determines its next goals for the common good of the citizens of Calgary.

At our session, we will provide a template for each of us to write our story (ies). The template is at the end of this email and you may print the email, write your story and bring it with you to our session, this coming Sunday. If you can’t attend the session and want to share your story, please reply to this email and tell us your story that way. We will gladly receive it as part of our conversation. You also don’t need to use the template below if it is not helpful to you.

We look forward to continuing our conversation with you, one way or another. See you on Sunday if you are free to join us.

Sherri, Marlene and Pat

“What Keeps Me Awake at Night”

Challenges of Living on a Fixed Income

Describe a specific situation that was a problem for you. How did or does it impact you? What do you do to deal with it?

Your name: _____

Challenges of Not Having Your Driver's License

What is the result of not being able to drive your own car? What is the impact on you? What solution (s) would help you to overcome this? What are barriers?

Your name: _____

Challenges of living independently in your home

What makes this difficult? What do you need in order to live independently? What have you done that has worked well? What are barriers?

Your name: _____

Another issue that keeps you awake at night.

What situation, issue, experience worries you? Why is it a problem?
What is the impact on you? What solutions have you found? What are
barriers.

Your Name: _____