



Legacy Links hit Uxbridge Secondary School

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August 25, 2011

UXBRIDGE -- Uxbridge Secondary School's doors will be opening soon and students will have the opportunity to be exposed to some of the most valuable life lessons that can be learned while making new friends and teaching lessons of their own.

In 2007, Diane Roblin-Lee created and published My Life Legacy workbooks. Ms. Roblin-Lee was inspired by her own mother, who spent some time in a seniors' home. While her mother had frequent visitors, stimulation and constant love and affection, Ms. Roblin-Lee couldn't help but notice other residents, sitting quietly, alone and separated from loved ones. And so, My Life Legacy was created.

These journals were intended to assist and encourage seniors to write down their thoughts, life experiences, wisdom and advice on paper. It is a journal that families can have and cherish forever.

This year, Ms. Roblin-Lee grew equally concerned for the children and teens who were missing out on the advice and life lessons of seniors. For the first time, Legacy Links will be offered at Uxbridge Secondary School. Seniors and teens will be given opportunities to learn and grow with one another.

"Some of the most natural and most valuable resources come from the wisdom of our seniors," said Ms. Roblin-Lee.

She explained that many young adults may not be interested in what their elders have to say or teach right now but there will come a day when they will need the information and will thrive from it.

"Seniors need meaning in life and they want to communicate that meaning to others," she said. "The written word is more durable than someone's memory."

The Legacy Links program was pitched to the Uxbridge Secondary School guidance department and according to Ms. Roblin-Lee, the idea was immediately welcomed. Students will be collecting their required community service hours by pairing with a senior. The student will take time out of each week to listen and absorb their words of wisdom while helping their partner fill out a new journal. While each student has a lot to learn from the seniors, they also have a lot to teach.

As times goes on and the world continues to change, technology becomes more prominent and seniors seem to



Legacy Links hit Uxbridge Secondary School. UXBRIDGE -- Diane Roblin Lee has created My Life legacy journals. Partnering with the Uxbridge Secondary School, students can earn their volunteer hours by working with seniors who wish to leave a written legacy of their life. August 22, 2011 *Celia Klemenz / Metroland*

fall further behind.

"If you are not wired through e-mail or simple social media, you might get left behind," said Ms. Roblin-Lee.

While each student works on the journals with their chosen partner, they will also have the opportunity to teach simple new media skills such as e-mail and Facebook.

"This is a natural mentoring situation," said Ms. Roblin-Lee.

She explained that the journals are "ethical wills" that focus on priceless memories, lessons, experiences and hidden treasures. The Legacy Links program will allow both the student and the senior to benefit. Ms. Roblin-Lee started the journey in Uxbridge but hopes to reach schools across North America.

Ms. Roblin-Lee Lee hosts regular workshops at various seniors' centres and women's groups. She presents the journals, gets listeners interacting and expressing the importance of their individual lives. The seniors can then contact the schools that are participating in the program to set up one-on-one time with a student.

"We talk about the importance of their legacy and the importance of writing down their ideas, values and experiences, for the benefit of the oncoming generation," she said.

Ms. Roblin-Lee explained how age-segregated our society has now become. Grandparents may live in retirement homes, parents are busy at work and children and teens are in an age-appropriate school with same-aged classmates. My Legacy Links is intended to create new opportunities and life-changing relationships between two age groups that are the furthest apart.

"Their essence is basically lost through old, dusty photos but the written word gives the photos meaning and gives the people in the photos a voice," said Ms. Roblin-Lee Lee.

For more information or journal purchases visit Blue Heron Books, 62 Brock St. W, Uxbridge,
<http://www.mylegacylinks.com> or www.bydesignmedia.ca/store/index.html

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