



ACE IS THE PLACE

Our Testimonial Wall

My name is Peggy Douglas. I moved to Prince George to be closer to my family after I retired. I was involved with Richmond Mental Health and had worked for R.C.F.C. for 15 years as a Peer Support Worker. As instructed, I contacted a Northern Health intake worker upon arrival to Prince George and she referred me to the Activity Centre for Empowerment (ACE). Here I found home-cooked meals and was around other people. I am very shy and felt conspicuous and out of place so it was hard to leave the comfort and safety of my home.

I wanted to be part of the group but was unable to ask. I would just sit in the ACE kitchen and watch others interacting. Mary

“My involvement in ACE has given me self confidence.”

noticed my hesitation to get involved and suggested I go to the Halloween Dance at the Moose Hall. She picked me up and then introduced me to some of the group. This broke the ice for me and I felt like I was

part of something.

Mary got me involved in the kitchen peeling and doing prep work even though it was hard for me to stand for any length of time and I had no experience in kitchen work. I was slow and awkward but had total support from the kitchen crew. We had many laughs over my mishaps. This is part of the learning curve and makes the job that much more fun. I still need help with some things but my confidence has grown as well as my comfort level.

Mary and I started on a weight loss program and I lost 25 lbs and I started to get more energy and stamina. A wellness group started at the centre and I am excited to

be part of this group. I lost another 30 lbs since then and am capable of doing many more activities.

A walking, yoga and swimming group

have been added and I am a Peer Lead for the walking program. We support and encourage four to six people twice a week to walk and use other gym equipment. At first my knee and ankle pain slowed me down, but with time and exercise I have improved greatly.

I believe ACE has made this possible. I have gone from a 6X to a 3-4X and can now get out of a low chair without help. At yoga I can stand for most of the class instead of using the chair.

I used to be so exhausted I needed a daily nap. No longer!! My involvement in ACE and their activities has given me self confidence, something meaningful to do with my time, created a circle of friendships, but best of all – I have a sense of purpose now. I no longer fear sitting alone in my house for the rest of my days.

Thank you ACE and all the people there who take the time to listen and reach out a hand to lift up those in need.