

GOLDEN JOURNEYS



FFORC

Food · Fitness · Opportunity
Research Collaborative

ABOUT THE PROJECT

Golden Journeys is a program between the Pier View Community Innovations and the UNC FFORC team, which seeks to provide an opportunity to explore and connect personal histories and genealogy to food, nutrition, and personal wellness. We sat down with community members to learn about their experiences engaging with this program. This is what they shared was most significant to them.

EXPOSURE TO A VARIETY OF HEALTH & WELLNESS TOPICS

"I'm impressed by variety of types of topics, from the spiritual, emotional, mental health, physical health, nutrition, gardening, plants, nature, you know, just the vast ways of types of things we talk about..."



"I am taking the time to learn more about foods I should eat, foods I should eliminate. And one I did eliminate was white sugar, because for me, I was developing arthritis in my hand, my joints were swelling. When I stopped the white sugar, the swelling went away. So that encouraged me a lot to make sure that I would try to do my best to eat healthier."



LIFELONG LEARNING

"...since I have been here, I've met a lot of people, I've learned how to cook foods, I've learned how to grow food, we learned about exercising, and the importance of just being. And even at the age that I am, I am still learning things about myself and how to make my life better..."

SOCIAL ENGAGEMENT & CONNECTION

Participants enjoy coming to gatherings to socialize and connect with new people

"When I started Golden Journeys, I was new back in the county and I didn't really know people very well, so it has been for me a great way to, one, get to make friends and have a social interaction, but it's also been very educational at the same time. Especially...with COVID...being able to connect and build relationships, reflect on our history and heritage...has been very helpful."



Participants overwhelmingly mentioned the value of the Golden Journeys program and its leaders. It allows community members to gather and connect with one another. Golden Journeys provides opportunity to engage in a variety of learning experiences, where they connect their past, present, and future with their health, diet, and personal histories.

APPRECIATION OF LOCAL ASSETS

"...I want to give props to Jane for being the force, the creative mind behind it."

"...the garden that Mr. Hunt have in Soul City, I have enjoyed that too."

