

OUTREACH

April 2018

Message from Executive Director

*Elizabeth Nykorowytch
Macnab, CHRL*

Each April we recognize Volunteers for their contributions to the non-profit and charitable sector.

According to Yahoo, volunteers annually contribute 50 billion dollars to the Canadian economy. Volunteering opens doors for graduates, newcomers and immigrants giving them their first Ontario job experience.

Volunteering keeps retirees active and engaged. Volunteering allows you to do something different or strengthen a cause you believe in.

Volunteer activities can be highly structured such as weekly commitments. They can also be a one-time activity such as a fundraising event or cleaning up your local park on Earth day.

Volunteers are everywhere ... in sports, entertainment and arts fields, in hospitals, seniors' centres, libraries, faith-based organizations, youth groups, service clubs and many more places.

If something is going on in your community such as an Easter Parade, a Fall Festival or cultural event, there is a dedicated volunteer committed to your community.

When I started focusing on volunteer appreciation month, I wanted to include caregivers into this story. When volunteers' contributions of 50 billion dollars are reported, that amount does not include caregivers' contributions.

When you think about it, caregivers are the penultimate volunteers. Their contributions go mainly unrecognized. Caregivers are parents, spouses/partners, siblings, family members, friends or neighbours. Caregivers also provide more than 25 billion dollars in health care support every year.

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Tuesdays with OSSCO

Volunteerism

Finding your Fit

April 24, 2018 @ 3:00pm

333 Wilson Ave, Suite 406,
Toronto, ON M3H 1T2

Call (416) 785-8570 to register
or visit www.ocsco.ca

Ontario Society of Senior Citizens Organizations

La Société des Organisations des Citoyens Aînés de l'Ontario

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Telephone: 416.785.8570 Toll Free: 1.800.265.0779 Fax: 416.785.7361

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Charitable Registration Number: 88502 6351 RR0001



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Caregivers are celebrated nationally on Tuesday, April 3rd. From 10 a.m. - 12:30 p.m. in the Council Chambers at Toronto City Hall, please join us for an event organized by over 20 organizations. The event will also be streamed live at:

youtube.com/channel/UCa6PgMEo98RrcKQ7-pT8AbQ

You can also find a local caregiver event near you by calling 211 or connecting online with groups such as Caregiver Network.

Please consider volunteering and experience its benefits. If you don't think you can make a difference, you are wrong. Believe me, your volunteer experience will be something you will never forget.

OSSCO Celebrates Volunteers

by *Heather Beaumont, Communications & Programs Specialist*

Across the province, volunteers are making a difference.

Volunteers contribute both to their communities and the well-being of their neighbours

but they also enhance their own lives by participating.

People who give of their time and their knowledge to a cause, benefit by meeting new people, learning new skills, staying active and contributing to the growth of stronger communities.



April 15 to April 21 is National Volunteer Week in Canada. Each year at this time, Volunteer Toronto, a charity that builds caring communities by connecting volunteers to causes, holds a special ceremony. That ceremony honours 25 exceptional volunteers with a Legacy Award.

Here at OSSCO, we're proud of our Board of Directors who are all volunteers. They give unstintingly of their time here but they are also committed to other causes too.

Their passion for volunteerism is the result of interesting earlier work commitments and ongoing interests. In this issue, we're honoring our Board of Directors for their dedication to volunteerism

and also, for taking the time to help create greater awareness about the needs of our aging population.

Hopefully, together, we can transform attitudes. We are pleased to highlight some of the contributions of our Directors to Ontario's many communities.

2017 Ontario Senior of the Year Award recipient: Larry Duffield

The life of a man consists not in seeing visions and in dreaming dreams, but in active charity and in willing service.

-- Henry Wadsworth Longfellow



As a foreign trade commissioner, Larry Duffield built his career at seven foreign postings, including the U.S., Germany, Pakistan and the Ukraine. In 2004, after nearly 37 years with the federal department of foreign affairs and international trade, Larry retired in Windsor. However, he really hasn't stopped working.

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Larry's hard-work as a volunteer is an inspiration to those around him. He has been recognized several times for his contributions including the 2017 Ontario Senior of the Year, as a model citizen volunteer and 2012 Senior of the Year Award from the City of Windsor.

Nearly four years ago, Larry joined the OSSCO board of directors. He expends a great deal of his time and energy raising the profile of seniors as effective contributors to society and advancing age-friendly principles in Windsor.

This retired diplomat is chair of the Windsor Seniors' Advisory Committee and the Windsor-Essex chapter of CARP. He's a board member at Canterbury College. He's worked tirelessly as a founding member of Canterbury Elder College, to ensure that lifelong learning is made available to seniors.

Larry was a board member of the Centres for Seniors Windsor and volunteers there in different capacities.

For more than 15 years, he's served as a dedicated Meals on Wheels' volunteer and a life-long blood donor. Larry's faith is also important to him.

He's taken on many roles including Senior Warden at All Saints Anglican Church, City

Hall Square, and Warden on Parish council working with the Mission, youth ministry and other proactive positions in the community.

2017 Volunteer Toronto Award Recipient: Anna Zachariah

Earn your success based on service to others, not at the expense of others.

-- H. Jackson Brown, Jr.



A chance comment prompted Anna Zachariah to pursue a law degree at Queen's University and set her on the path to her life's passion: volunteering to make a difference in the lives of other people.

After graduation, in 1993, she opened a law practice and spent most of her time working with a vulnerable client base.

With experience in law in the areas of refugees, immigration, family, human rights, employment and social

welfare, Anna worked to make a difference in the lives of many clients, people who might not otherwise be heard, who were able to receive much-needed disability allowance support.

Throughout her career, Anna has been involved with not for profit organizations. Anna's first challenge as an OSSCO board member was to work with the board and staff on new controls, policies and procedures to avert a governance crisis. On its Bylaw Committee, she ensured that proper governance infrastructure was developed. She helped redesign the board nomination process, participating in recruiting and onboarding applicants.

Anna also made presentations on behalf of OSSCO on evolving seniors' issues including elder abuse prevention and Civic Dialogue.

She represented OSSCO with various provincial government ministries, raising awareness on access to hospitals, medications, caregiver needs and elderly persons' centres from a seniors' perspective, helping influence programs, policies and legislation.

Her involvement with the Ontario Health Coalition has shaped participant process

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and legislatively stopped the issue of hospital privatization.

Anna is one of the 2018 Legacy Award recipients.

Meet OSSCO Chair: Evelyn Theriault

It is not the style of clothes one wears, neither the kind of automobile one drives, nor the amount of money one has in the bank, that counts. These mean nothing. It is simply service that measures success.

-- George Washington Carver



Board Chair, Evelyn Theriault's motto is that when you see something that needs to be done, you roll up your sleeves and get to it.

"I'm not only here for myself and my family. I'm here for whoever needs me," she explains. "If I can help in any way, then it's my obligation to try and do that."

This retired nurse and administrator has been volunteering for more than 65 years.

When Evelyn began working in Long Term Care, she realized seniors needed to have a voice. "Some of us have pensions and we're fine. But there are seniors who don't," she explains.

A retired veteran from the Royal Canadian Air Force, Evelyn has also been continuously volunteering for more than 50 years with the Catholic Women's League of Canada and the Hospital Auxiliary.

She's chaired or been involved with a number of Seniors' Health Advisory Committees, including at Sault Area Hospital. Involved since 2009 with the Sault Area Hospital Volunteer Association, she served as its president, stepping down as a Charter Member last year.

Evelyn's volunteerism extends to her creative side, too. She started the Sault Rising Stars to educate seniors about health care. A passion of hers, the group of seniors perform mini skits (some written by Evelyn) and travel to different cities to spread their message.

When she recounts stories of the people in need that she's helped, Evelyn speaks of the many gifts she has received as a volunteer.

A woman who came to one Seniors' Health Advisory

Committee revealed that she didn't have the money to take care of her medical needs. Another woman with rotting teeth lacked the funds for a dentist. Evelyn and Seniors' Health Advisory Committee members were able to call on their contacts to offer assistance.

"To know I can do something and steer somebody in the right direction and see how they light up because someone listened to them." For Evelyn, that's the reward of her volunteer efforts.

Immediate Past Chair, Claude Hould

The best way to find yourself is to lose yourself in the service of others.

-- Mahatma Gandhi



Claude, a strong believer in supporting one's community through volunteering, was invited in the Fall of 2014 to join the OSSCO Board. Since then, he has enthusiastically taken on many roles, including Treasurer, Board Chair, Chair of the Human Resources

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Committee, as well as Communications and Membership committee and Strategic Planning process.

Claude obtained an MBA from Pacific Western University (Toronto campus) and developed a successful career in the petroleum and retail industries.

He's also worked as a consultant. He served as a Personnel Selection Officer with the Canadian Forces Reserves for five years and qualified as a Major.

He has successfully brought together more than 15 organizations to sponsor Syrian Refugee families to Canada. Claude guided non-profits and charities on the sponsorship process and assisted families integrating them into Canadian society.

He also managed the financial commitments and management/distribution of the refugee fund accounts on behalf of sponsoring organizations and groups.

Claude and his wife, Linda, regularly conduct presentations on Finding Your Passion Through Volunteering. Together they spread the sense of pride and achievement and the joy of volunteering and making a difference.

Claude and Linda are long-time volunteers with the Sports Festival in support of Special Olympics.

For over 20 years, they also volunteered with Dreams Take Flight, an initiative that sponsors annual, one-day trips to Disney's magical park to children with special needs and challenges.

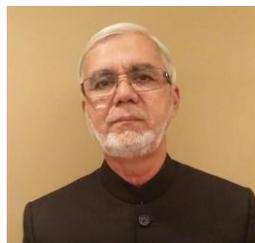
Through Dreams Take Flight, Air Canada employees, with the help of community volunteers and partners, helps these children achieve a once in a lifetime dream of visiting Disneyworld.

Since 1989, over 25,000 children have experienced the magic of Disney through Dreams Take Flight. In part, because people like Claude and Linda cared enough to make a difference.

Making a Difference: Ghazy Mujahid

There is no higher religion than human service. To work for the common good is the greatest creed.

-- Woodrow Wilson



Ghazy Mujahid served as a United Nations population advisor first at the country level and then for the region of East and Southeast Asia.

Since his retirement Ghazy has settled in Canada and has continued research and consultancy work focusing increasingly on population ageing and issues relating to seniors.

He has produced several publications on population policy, aging and migration. In his last assignment before retirement he acted as an advisor on Population Policies and Development for East and Southeast Asia based in Bangkok (Thailand).

Ghazy has served on OSSCO's Board since 2014. There he also serves as an Advisor to the Asia Pacific Population Journal of the United Nations Economic and Social Commission for Asia and the Pacific (York Centre for Research).

He is deeply committed to using his knowledge and volunteering his time to making a difference in communities around the world.

This March, Ghazy initiated petition E-1566 to call upon the Government of Canada to appoint a Minister or a Special

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Advisor on Seniors Affairs to the Prime Minister.

Ghazy's petition explains that seniors are Canada's fastest growing cohort and that by 2036, seniors will represent one-quarter of the country's population yet they are not represented in government. By signing Petition E-1566, you, too, can make a difference.

Support the petition and go to the link and sign:

<https://petitions.ourcommons.ca/en/Petition/Details?Petition=e-1566>

Then, click on Sign the Petition. After filling in all the required information, click Sign. You will then receive an email to confirm your signature.

Get to Know the Rest of the OSSCO Board



All of our board of directors are active in community. To get to know all them, please visit our website

www.ocscoco.ca and click onto About Board of Directors where you will find their photos and biographies.

Volunteering and its Surprising Benefits

How Giving to Others Makes You Healthier and Happier



Helping others kindles happiness, as many studies have demonstrated. When researchers at the London School of Economics examined the relationship between volunteering and measures of happiness in a large group of American adults, they found the more people volunteered, the happier they were, according to a study in Social Science and Medicine.

Compared with people who never volunteered, the odds of being "very happy" rose 7% among those who volunteer monthly and 12% for people who volunteer every two to four weeks.

Among weekly volunteers, 16% felt very happy—a hike in happiness comparable to

having an income of \$75,000-\$100,000 versus \$20,000, say the researchers.

Adapted with permission from [*Simple Changes, Big Rewards: A Practical, Easy Guide for Healthy, Happy Living*](#), a special health report published by **Harvard Health Publications**.

OSSCO Project Helps Launch new Group of Volunteers

A recent Ministry of Citizenship and Immigrant grant allowed OSSCO staff member Mitra Mohamedzadeh to teach newcomers and immigrants on how to establish and facilitate an employment networking group (ENG). In 2 months ENG grew from 5 members to nearly 17. This group is 100% run by volunteers with the following roles: Facilitators, meeting organizers, community outreach and media/ communications.



Newcomers and immigrants can join the group which meets on Mondays from 2-4pm at University Settlement North York location.

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