



Volunteers in action

What a Hospice Volunteer did for me

It is not often in life we are privileged with meeting someone so extra special who is not family. I had that privilege! My late husband had that privilege.

When I was informed that a volunteer could provide me with some respite and companionship for my husband who was palliative, I was a little hesitant. My husband, being the people-person he was, got quite excited over the idea. It was the best idea!

Our volunteer, Sandy, committed herself to 3-4 hours of regular weekly visits and gave me time to do what ever I needed to do. While I was out doing my thing, I knew my late husband was in very capable hands with a volunteer who he trusted so much. It made this part of our journey, my husband's journey, a lot easier. Sometimes they would hold hands, sometimes they wouldn't even talk. It was truly beautiful to watch and see their smiles and hear their laughter.

My husband always said "Sandy is such a great listener", and I know

how much he looked forward to her weekly visits. We both did! There were times I would come home early from "my time" just so that I could see her as well.

I really believe that a hospice volunteer gives people like my husband the opportunity to voice their feelings about their illness and for what they're going through. We as a family were so grateful for all that we were able to share with our volunteer.

I truly cannot thank Sandy enough for being the heartfelt person that she is, and the incredibly wonderful relationship my husband and I developed at a very difficult time in our lives.

For all those volunteers out there, Thank You! Sarah

If you're interested in becoming a Hospice Volunteer, please contact Lysa Springer at lspringer@circleofcare.com



Inna Datchenko, Supervisor KMOV with her hands full while training volunteers on the new client verification sign in system!

did you know?

Kosher Meals on Wheels (KMOV) volunteers deliver approximately 2500 meals per week! Ten years ago, approximately 750 meals were delivered per week!

Circle of Care has 990 KMOV clients. In November 2014, there were 450 clients!

Thanks to you, our dedicated KMOV volunteers, our grateful clients are able to live at home, knowing that a freshly cooked meal comes to their door (sometimes daily) and always with a smile!



**"It's not how much we give,
but how much love we put into giving"**

Mother Teresa



Welcome, New Volunteers!

MARCH 1 - MAY 31

Georgina Bagelman
 Jerry Bagelman
 Mindy Benchetrit
 Linda Birman
 Karen Brandes
 Anna Carman
 Sophie Cohen
 Judi Ezer
 Ilana Hoffer
 Lindsi Hollend
 Cheryl Kaplan Hughes
 Mindy Herman
 Alison Kashin
 Geoffrey Kalchman
 Lois Kalchman
 Marty Kofsky
 Alex Korn
 Dorry Korn
 Rhoda Levy
 Cynthia Malone
 Ruth Merkur
 Marla Saksznajder
 Shmuel Scheinbach
 Faezeh Shakeri
 Sari Stitt
 Natalie Uman
 Rosanne Waldman
 Reuven Yablonsky
 Rosa Zwaiman

And to those volunteers who wish to remain anonymous!



Age is just a number!

We are privileged to have many senior volunteers, here are some of their stories:

- 82 year old volunteer who delivers KMOW 3-4 times a week, just to stay healthy!
- 80 year old volunteer helping in Baycrest's kitchen getting meals ready every morning, just because he loves it!
- A couple, both in their 80's, delivering meals in between activities with their grandkids, just because it's rewarding!

We all know that volunteering is good for the mind, body and soul! There is one caveat to this, though, you have to "genuinely care" according to Stephanie Brown in her book "The Hidden Gifts of Helping".

According to Brown, "When you imagine helping someone, a part of the brain lights up. When people just think about giving, the body doles out feel-good chemicals such as dopamine, which has a soothing effect, and possibly serotonin, one of the brain chemicals we use to treat depression - hence the 'givers glow'."

Volunteering-keeping us young and inspired. SIRCH March 2012

The Secret to happiness is a good sense of humor and a bad memory.



Join Us!



Continuing Education for Volunteers

JUNE 11th 7:00-8:30pm
ALS: Awareness, Learning, Sharing Workshop

JULY 22nd 2:00-3:30pm
Wellness & Nutrition Education Session for all Volunteers

OCT 19, 22, 26, 29, NOV 2, 5, 8, 9, 12
Hospice Training 6:00-9:00pm

Please register with Lysa Springer at 416-635-2900 ext. 496, or email lspringer@circleofcare.com

From Lysa's Desk



VOLUNTEERS NEEDED!

Are you comfortable with technology, and interested in participating in a study to evaluate a new communication technology product? The study aims to explore whether communication technology on an iPad helps seniors stay in touch with their support networks (care teams, families, friends). If you're interested, please contact me for further information.

Please remember to wear your badge at all times, whether you're visiting clients or helping out in our offices. If you need a badge, please email me.

Please join me in welcoming **Corinne Marks**, who will be working in the Volunteer Department 2 days a week. Corinne brings with her lots of customer service experience, and a solid understanding of marketing.

We appreciate your feedback!

Send us news, pics, and stories to volunteer@circleofcare.com

This newsletter is produced by Volunteers for Volunteers

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